

Preparing For A Gentle Birth The Pelvis In Pregna

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The Gentle Birth method is a concise pregnancy programme combining diverse therapies such as 'creative healing' massage, a simple diet, self-hypnosis, reflexology and affirmation techniques* The method was created by Dr Gowri Motha as an alternative to conventional obstetric practise, when she became alarmed at the increasing number of women needing intervention during their births. reduce or prevent complications during pregnancy and labour.;

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The dynamic power of the female pelvis is the key to a gentle birth. Throughout pregnancy, hormones soften the ligaments and joints of the pelvis in preparation for labour, a time when the four bones of the pelvis - the two ilia (hip bones), the coccyx (tailbone) and the sacrum - do their intimate dance of release, rotation and counter-rotation around the soon-to-be newborn.

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