

## *The HypnoBirthing<sup>®</sup> Advantage*

- ◆ Eliminates the Fear-Tension-Pain Syndrome before, during and after birthing.
- ◆ Eliminates or greatly reduces the need for chemical painkillers.
- ◆ Shortens the first stage of labor by several hours.
- ◆ Eliminates fatigue during labor, leaving mother fresh, awake, and with energy for actual birthing.
- ◆ Eliminates risk of hyperventilation from “shallow” breathing methods.
- ◆ Promotes special bonding of mother, baby, and birthing companion.
- ◆ Fosters more rapid postnatal recovery.
- ◆ Returns birthing to the beautiful, peaceful experience nature intended.
- ◆ Creates a more integral role for the birthing companion.

## *You Will Learn*

- Relaxation and self-hypnosis techniques to eliminate the fear and tension that cause long labor and pain, replacing them with confidence, calm, and comfort.
- Other techniques to produce a shorter, more comfortable labor.
- To create and control the body’s own natural anesthesia.
- The sources of the myths that pain must accompany normal birthing.
- Why women in other cultures have birthings almost entirely free of discomfort.
- How the mother’s body is designed to work in neuromuscular harmony with nature throughout labor.
- To practice deep relaxation during and between uterine surges.
- The importance of prenatal and perinatal bonding.

## *What Parents are Saying*

“How could I believe when I had gone through not one, but two long and excruciating labors? I was petrified. Then I found **HypnoBirthing<sup>®</sup>**. This birth took 4 ½ hours. I was relaxed and comfortable all the way. It was wonderful!”

“I was with my wife for the birth of our first child. It was a bad experience for us. Most of the techniques we practiced from the other course just weren’t there for us. **HypnoBirthing<sup>®</sup>** was far more than we had even hoped for. Our daughter came into the world so easily and in such a calm atmosphere.”

“I kept telling myself all I would feel is pressure—and it works! That’s all I did feel. What a difference from my first labor!”

“I read of the advantages of self-hypnosis and relaxation in a magazine and set out to find a program that could teach me the method. I’m so happy I found **HypnoBirthing<sup>®</sup>**! This was our first baby, and my active labor was only three hours from start to end. We were thrilled.”

## *What is Hypnosis?*

Hypnosis is a naturally induced state of relaxed concentration—a state of mind and body in which we communicate suggestions to our subconscious mind. This part of our mind influences what we think, how we feel, and the choices we make. It can actually control pain.

There is no magic to achieving success with self-hypnosis. Almost anyone who chooses to can reach deep relaxation and redirected focus.

When having your baby with **Hypno-Birthing**<sup>®</sup>, what you will experience is similar to the daydreaming or focusing that occurs when you are engrossed in a book or staring at a fire. You will be conversant and in good spirits—totally relaxed, but fully in control. You will be aware of your body's contractions, but will be able to determine the extent to which you feel the surge. You will experience your birthing in an atmosphere of calm and relaxation, without the fear and tension that cause pain. Your body's natural anesthesia (endorphins) will replace the stress hormones that cause pain.

When it is time for your baby to be born, you will be fully awake and involved.

## *Professional Reactions*

*"I've been delivering babies for over 20 years, including all of my own, and I've never seen anything like this. Don't tell my wife; she'll want another baby!"*  
-a NH Obstetrician

*"This is just incredible! When I get pregnant, I'm coming to you."*  
-an OB/GYN Physician

*"I'm impressed! I'm impressed! I'm impressed! It's wonderful!"*  
-an OB/GYN Physician

*"This is the way all babies should come into the world."*  
-an Obstetrical Nurse

### **Five 2 ½ hour classes**

**Debbie Nesbitt RN, CH, NLP**

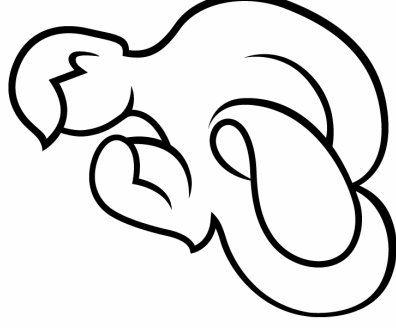
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**For additional information:  
<http://www.HypnoBirthing.com>**

**HypnoBirthing**<sup>®</sup>  
The Mongan Method

*A Celebration of Life*



## Childbirth Classes

*Easier, more comfortable birthing in the way that most mirrors nature*

**Debbie Nesbitt** RN, CH, NLP  
Affiliate of the *HypnoBirthing Institute*<sup>®</sup>