

VALADE HEALING ARTS CENTER

Daytime and evening
appointments are available.

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stjohn.org/ValadeHealingArts



ST. JOHN HOSPITAL
& MEDICAL CENTER



Hypno-Birthing

We welcome the chance to help
you live a healthier life

Comfortable, Natural Childbirth

Deep Relaxation and Natural Childbirth

Wouldn't it be great to have your baby quickly, naturally and comfortably? It is possible to have this kind of experience using a special process of deep relaxation that can be incorporated with the childbirth method of your choice.

Anxiety, tension and fear are the most common factors that contribute to long and uncomfortable deliveries. Relaxation in a vertical or semi-vertical position allows the baby to slip easily and naturally down the birth canal utilizing the natural forces of gravity.

Alleviating anxiety, tensions and fears throughout the pregnancy as well as during the delivery can result in a baby that is very calm and relaxed following the birth, which means it sleeps well and has a generally placid personality.

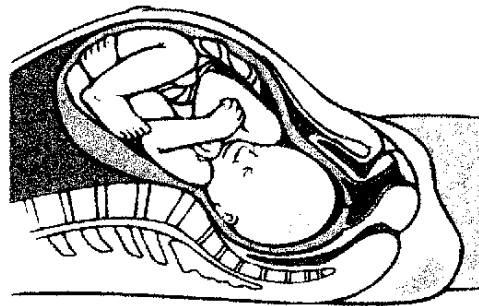
Tension itself can be the cause of pain. A complex internal communication system links mother and baby. The baby will experience whatever mother thinks or feels so tension and anxiety can complicate the natural process of childbirth.

In a natural process like childbirth discomfort can be eliminated or greatly diminished by learning deep relaxation. There is no discomfort involved in doubling up your fist, which is a normal muscle contraction. The uterus is one of the largest muscles in the female body and just because it contracts does not mean that sensation has to be experienced as painful, but rather a simple hardening of the muscle that brings that new love into your life quickly and easily. Even most first time mothers will experience deliveries on the order to 1-4 hours using deep relaxation.

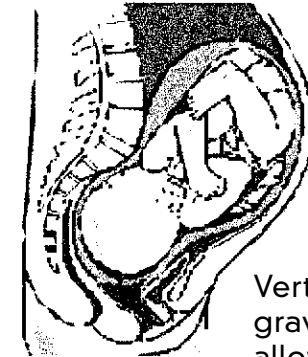
With the aid of a hypnotherapist trained in The Garfield Method of deep relaxation and childbirth, you can easily learn how to apply these techniques at work, home, or in the hospital. Deep relaxation is very beneficial for both mother and child throughout pregnancy and during the delivery.

DEEP RELAXATION childbirth techniques can help you with the following experiences:

- Relief from morning sickness.
- Relief from low back pain and other discomforts due to body changes during pregnancy.
- Relief of headaches and other pain that cannot be treated with medications during pregnancy.
- Shorten delivery time considerably.
- Quicker recovery time for mom after delivery.
- Decrease or eliminate the need of pain medication during labor and delivery.
- Your partner can participate in a joyful birthing experience free of worry, fear and anxiety.
- An immediate bonding with your baby before it is born.



Horizontal delivery = push the baby uphill



Vertical birth utilizes gravity while relaxation allows easy delivery

