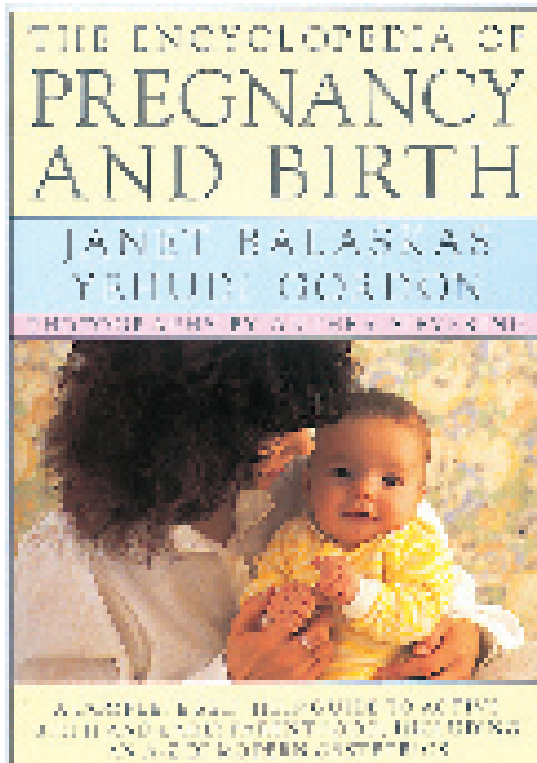


# ***The Encyclopedia of Pregnancy and Birth***

by

Janet Balaskas and Yehudi Gordon



***Treasured by thousands of parents as the ultimate 'birth and baby bible'***

This book is unique in that it is co-written by natural childbirth pioneer Janet Balaskas and Yehudi Gordon the ground breaking consultant obstetrician who has pioneered the concept of integrated practise - both pioneers of the Active Birth Movement. In this book all options are available to women. There is firstly an understanding of the natural physiology of pregnancy and birth as well as an acknowledgement of the huge emotional changes involved in this challenging journey. Then there is also the benefit of modern science as back up or choice - and/or of complementary care with alternative therapies. Any or all of these may be used as needed against a background where the primary expectation is that pregnancy is a state of health and birth is a natural physiological process.

***In the introduction Janet Balaskas writes:***

"I first met Yehudi Gordon when I asked him to read the manuscript of my first book, *New Life* in 1978. This is a book which broke new ground at the time it was published, by focusing on the physiological events of pregnancy and birth and demonstrating how a woman's body is ideally designed to give birth in an upright position, rather than semi reclining like a 'stranded beetle'. It clearly described the advantages of the squatting position and suggested a programme of yoga-based exercises a woman could practise throughout her pregnancy in order to prepare herself for birth. At the time *New Life* was written these ideas were revolutionary...

...(after reading *New Life*) Yehudi Gordon encouraged the pregnant women he met to practise yoga, we discovered that it was possible for a completely active, instinctive birth to take place in a hospital. For this to occur - whether at home or in hospital - a profound change of attitude is necessary. The woman giving birth needs to learn to trust her body and its potential. The midwives and doctors who take care of her need to be able to resist the temptation to control, stepping in only when their expertise is specifically needed.

We have now entered a new era in childbirth. For the first time in history it is becoming widely possible for normal, physiological birth to take place, with the safety net of modern obstetrics in the background. Starting from the standpoint of trust in a woman's own potential to carry, give birth, nurture her children, a sensible perspective can be gained on the appropriate use of medical back-up. The Encyclopedia of Pregnancy and Birth is unusual in that it combines the views of a woman with those of an obstetrician. We deliberately decided not to write individually on our own specialities, but instead we have, as far as possible, reflected both of our views throughout this book. The result is a book neither of us could have written alone. I believe it is therefore a book which may be especially useful at this time, when the advances of modern obstetrics are happening alongside a new understanding of the physiological events and psychological changes that occur when a baby is born."

**Obstetrician Yehudi Gordon writes:**

"The passage from adult to parent, from woman to mother, man to father and parents to grandparents is filled with wonder, excitement and emotion. The emotions range from elation and euphoria to fear, anxiety and depression. We have not confined our attention to the rosy aspects of parenthood, but try to deal realistically with the problems which sometimes complicate pregnancy. It is a time when human support is often needed; a time for caring and being cared for; a time of both dependence and independence.

New technological advances have made birth less hazardous for mother and baby. However, the improvement in safety ceases at a certain point and thereafter the excessive use of machines or drugs creates problems and complications by interfering with the normal physiology of mother and baby. Birth is an intricate and finely balanced process which has evolved over hundreds of thousands of years, whereas the new technology is often crude in comparison and frequently promises more than it can deliver. The basic tenet of this book is that active birth and baby care is normal and attainable for the vast majority of women and babies. Technology is useful for the minority and should be present in the background and used when indicated in individual cases...

... I hope this book will encourage understanding, warmth, contact, kindness and love, because the way we are born and nurtured has a profound effect on the way we live our lives."

**The Encyclopedia of Pregnancy and Birth  
£16.99 order now**

**3 ways to order:**

1. **Online [www.activebirthcentre.com](http://www.activebirthcentre.com) - shopping**
2. **Phone 020 72816760 Ext 22 -  
please have your credit card details ready**
3. **Fax 020 72638098**

100% Money Back Guarantee

All Active Birth products are backed by our 100% no-quibble refund guarantee. If for any reason you wish to return any product, you may do so within 60 days of purchase for a full refund



Active Birth Centre,  
25 Bickerton Road,  
London N19 5JT  
Tel: 020 7281 6760  
Fax: 020 7263 8098  
Email: [sales@activebirthcentre.com](mailto:sales@activebirthcentre.com)