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Painless Childbirth Audio Program : Labor Pain and Fear Eliminated with Best Pain Free Childbirthing Program

Mark E. Wilkins

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FINALLY! LABOR PAIN ELIMINATED WHEN PAINLESS CHILDBIRTH IS USED FOR LABOR PAIN MANAGEMENT

Labor Pain: Is It Necessary?

Labor pain is a fact of childbirth. Or is it? In fact, numerous cultures throughout the world do not suffer from labor pains, and you don t have to either. According to research by the Ohio State University College of Nursing, pain during childbirth has numerous psychological factors. What this means is that childbirth is a scary experienced made worse by the thought of pain. So how do you eliminate the source of pain? Well, there s a number of methods, but our program is available here.

Labor pain can be dramatically reduced with this painless childbirth program, and, typically, clients only experience contractions for between one and three hours. That s much better than the prolonged 24-hour-plus contraction periods experienced by some expectant mothers. It s called the Painless Childbirth Audio Program, and it works.

Studies have shown that a child delivered in a painless stress-free and trauma-free natural childbirth have higher IQs and fewer problems both physically and mentally in their lives. *JAMA*

Women are told to expect Labor Pain
In Western culture, women are told to expect labor pain, so they suffer. How many times have you sustained an injury that only really started to hurt after you noticed the wound? The key to prevent labor pain is through self-hypnosis, and this is what the Painless Childbirth Program is all about.
An analysis of numerous studies about hypnosis and childbirth conducted by a group of academics in Australia in 2004 concluded that compared with controls, fewer participants having hypnosis required analgesia. In short, those who were hypnotized required fewer medications. The mind is a powerful thing, and this doctor-approved self-hypnosis program can significantly reduce labor pain.

So why are women taught to expect and experience labor pain? The honest answer is we don t know. It seems to be a common and self-defeating theme in Western society, whereas in other societies, women are not told about the pain, so many do not suffer from it. There are many benefits involved with self-hypnosis. If you are completely relaxed, the size of your baby is relatively immaterial. After all, your body is designed to give birth, so if you are relaxed, you can avoid labor pain, tearing, and all manner of other problems during childbirth. You minimize or avoid an episiotomy, and the less that part of you is cut, the better! You also recover rapidly because you re not exhausted with the pain of childbirth. Best of all, not being drugged up is also great for bonding with your newborn child.

Without pain, without stress, without worry, and without fear. This is the best kind of childbirth, and it s the one you deserve to experience. If this sounds like something you want to experience, this painless childbirth program is for you.

Don t forget that this **doctor-approved program** is compatible with various childbirth techniques, such as

yoga and water births, the Bradley Method, and the Lamaze technique. This is because this self-hypnosis birth program is a mental preparation, whereas these techniques are all physical preparations to birth.

A number of OB/GYN doctors recommend this program as it significantly reduces the chance of complications, and that alone makes the Painless Childbirth Program worth buying.

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