

Orgasmic Birth

The Best-Kept Secret



A documentary that examines the intimate nature of birth and the powerful role it plays in women's lives when they are permitted to experience it fully

www.orgasmicbirth.com

Synopsis...

Powerful, passionate and thought provoking, with commentary by a dozen preeminent health professionals and 11 women and their partners who share their birthing journey, *Orgasmic Birth* dismantles untruths about labor and birth that women have been told for generations. The women in the film are transfigured and transformed by the power of their own bodies.

Pioneering first-time filmmaker Debra Pascali-Bonaro brings to the screen the ultimate challenge to our cultural myths by inviting viewers to see first hand the glorious emotional, spiritual, and physical heights attainable through the miracle of birth. Her documentary reveals that birth is something a woman can enjoy, rather than endure. Pascali-Bonaro challenges common preconceptions while inviting viewers to witness the safest, easiest, most pleasurable way to give birth. *Orgasmic Birth* intersperses expert commentary with stunning moments of women in the ecstatic release of childbirth.

In contrast, we see women in bed, strapped to fetal monitors and surrounded by strangers. *Orgasmic Birth* presents the theory that birth today is too often mechanized, hospitalized, technologized and removed from women's control. As best-selling author and OB/GYN Christiane Northrup warns, we have been brainwashed to view birth not as a natural process but as "an emergency waiting to happen." She further explains, "If your providers knew that it was their job to create a safe container for you to experience everything that was possible and they encouraged you to do this, you would relax, your body would open, it would be totally different."

The laboring women of *Orgasmic Birth* courageously allow their births to be filmed to show others what is possible. In the hospital, birth center, and home, they share personal moments of birth.

Tamra says her friends think she's "brave" for choosing a home birth. But she believes the reverse: that it's women who give birth in hospitals who are brave, since many face up to a 50% chance of being rushed into a cesarean section—with all the attendant risks of major abdominal surgery.

Deirdre and Murph tell their physician that they want to avoid a cesarean section at all costs. They trust him to decide what will be needed during labor. But when her labor pain escalates, Deirdre requests and receives an injection of epidural anesthesia. This numbs her pelvic floor so that she can no longer control the muscles that push the baby out. A cesarean may be necessary, after all.

First-time mom Helen was sexually abused as a child and raped as a teenager. Fearing flashbacks during delivery, she tells us, she decided to have her baby in a safe environment. She carefully chose every person who would be present, knowing they would understand her fears, care for her, respect her, and support her at a challenging time.

Amber relaxes fully in a hot tub, allowing her baby's birth to culminate in a rolling orgasm. She allows us to witness an everyday miracle.

Pediatrician Lawrence Rosen states that the way women are cared for as their babies enter the

world can profoundly affect their own and their infants' health and well-being. Both mother and baby are producing peak levels of hormones at the moment of birth. Sarah Buckley, MD, explains that many of the interventions that are commonly used in maternity care today reduce the release of these hormones in the laboring woman's body, making her birth less ecstatic, less pleasurable, and less safe for herself and her baby.

The women in *Orgasmic Birth* experience labor undisturbed, free to move their bodies to the internal rhythm of labor with their partners at their side. They laugh, kiss, and moan through their contractions, providing a rare look at an approach to childbirth that is not only more pleasant, but safer and healthier for both mother and child than the medicalized experience that has become the norm in the United States.



Photo courtesy of Jada Shapiro ©2008