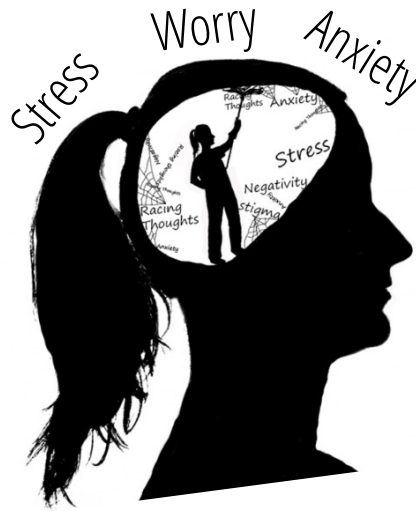


# Birth Physiology

**Adrenaline** – Fight or flight  
Blocks the production of  
Oxytocin and Beta-  
Endorphins



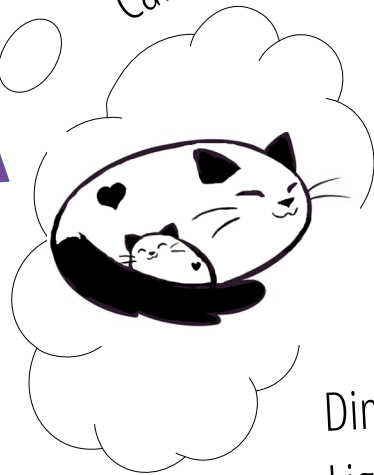
Fear  
Interruption



Use your techniques to break the fear, tension, pain cycle

A woman **NEEDS** to feel **SAFE** to give birth

Supported



Calm

Quiet

Nice smells

Calming sounds

Safe

Dim  
Lights

Slow, calming breaths

**Beta-Endorphins**  
natural pain relief  
(the morphine within)



**Oxytocin** –  
quick birth