



Hypnosis & Childbirth supper with

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Setanta Hypnotherapy Clinic
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How can Hypnosis help to reduce fear and pain in Childbirth

When under stress, a woman's uterus contracts and the cervix tightens. The greater the fear, the more intense the muscular reaction and the harder the uterus must work to force the cervix open during labour.

Pethadine, epidurals ... medicinal anaesthesia breaks the fear – tension – pain cycle at the point of pain. In simple terms when a pregnant woman experiences contractions she may ask for pain relief in the form of pethadine, gas or epidural. This offers pain relief during this point in the labour.

However hypnosis breaks the cycle at the fear – tension pointbefore the body experiences pain. By practicing self hypnosis during pregnancy you will give birth to your baby with joy. The process will be natural, effortless and automatic as your body does what nature intended it to do.

Supper and Talk £23 per person

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