



## How to Avoid an Unnecessary Caesarean: A Handbook for Women Who Want a Natural Birth

By Helen Churchill, Wendy Savage

Pinter & Martin Ltd. Paperback. Book Condition: new. BRAND NEW, How to Avoid an Unnecessary Caesarean: A Handbook for Women Who Want a Natural Birth, Helen Churchill, Wendy Savage, Women are over four times more likely to have a caesarean birth now than they were thirty years ago and eight times more likely than they were fifty years ago. However, as this book explains, many of these caesareans are not necessary and are often carried out for non-medical reasons, of no benefit to mother or baby. Written for expectant mothers and health professionals How to Avoid an Unnecessary Caesarean provides information to help women give birth in the way they want to. The book provides suggestions for constructive ways to achieve a natural childbirth, when this is the right option for mother and baby. As well as detailed explanations of all the pros and cons of caesarean birth, the book contains several real-life birth stories, a comprehensive glossary of terms and essential information for parents-to-be.



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