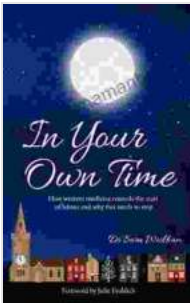


# How Western Medicine Controls the Start of Labour and Why This Needs to Stop



**In Your Own Time: How western medicine controls the start of labour and why this needs to stop** by Sara Wickham

★★★★☆ 4.8 out of 5

Language : English  
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Text-to-Speech : Enabled  
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Labour is a natural process that has been happening for centuries. However, in recent years, Western medicine has become increasingly involved in the process of labour and birth. This involvement has led to a number of interventions that are unnecessary and often harmful.

One of the most common interventions used to control the start of labour is induction. Induction is the process of starting labour artificially, using medications or other methods. Induction is often used when a woman is overdue, or when there is a medical reason to start labour early. However, induction can also be used for non-medical reasons, such as to schedule a birth around a doctor's or midwife's schedule.

There are a number of risks associated with induction, including:

- Increased risk of caesarean section
- Increased risk of uterine rupture
- Increased risk of postpartum haemorrhage
- Increased risk of fetal distress

In addition to induction, augmentation is another common intervention used to control the start of labour. Augmentation is the process of speeding up labour once it has started. Augmentation is often used when labour is slow or stalled. However, augmentation can also be used for non-medical reasons, such as to speed up labour so that a woman can give birth before a certain time.

There are a number of risks associated with augmentation, including:

- Increased risk of uterine rupture
- Increased risk of postpartum haemorrhage
- Increased risk of fetal distress

Induction and augmentation are just two of the many interventions that Western medicine uses to control the start of labour. These interventions are often unnecessary and harmful, and they can lead to a number of complications. It is important to be aware of the risks of these interventions before making a decision about whether or not to have them.

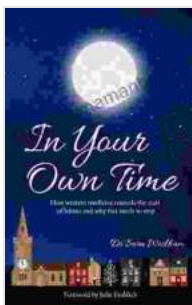
There is a growing movement towards a more holistic and woman-centered approach to labour and birth. This approach focuses on supporting the woman's body to give birth naturally, without the use of unnecessary

interventions. There are a number of things that women can do to support their body's natural ability to give birth, including:

- Educating themselves about labour and birth
- Finding a supportive care provider
- Creating a birth plan
- Staying active during pregnancy
- Eating a healthy diet
- Getting enough sleep

By following these tips, women can increase their chances of having a natural, healthy birth.

Western medicine has a long history of intervening in the natural process of labour. However, these interventions are often unnecessary and harmful. It is important to be aware of the risks of these interventions before making a decision about whether or not to have them. There is a growing movement towards a more holistic and woman-centered approach to labour and birth. This approach focuses on supporting the woman's body to give birth naturally, without the use of unnecessary interventions.



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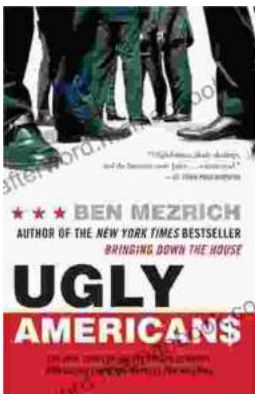
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