



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

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New Documentary Examines the Sensual Nature of Birth

September 2008—*Orgasmic Birth*, a documentary film by internationally respected childbirth educator, doula, and birth activist Debra Pascali-Bonaro, is blasting a vital question around the world: What would happen if women were taught to enjoy birth rather than endure it?

Five years in the making, *Orgasmic Birth* challenges cultural myths by revealing the emotional, spiritual, and physical heights attainable through birth. Viewers witness the passion of birth as women give birth in unhurried, non-medicalized settings—including hospital birth centers—where they feel supported and safe.

The film will be shown at the Rio de Janeiro International Film Festival on October 1 and featured on ABC-TV's news magazine *20/20* this fall (date TBA).

As the dozen birthing experts who provide commentary in the film explain, a pleasurable birth that is allowed the time it needs is an integral part of women's sexuality and a neglected human right.

Women's health advocate and bestselling author Christiane Northrup, MD, observes in the film that people have been "brainwashed" to view birth not as a natural process but as "an emergency waiting to happen." Yet birth is an everyday miracle for which the body is well equipped, given the proper setting and caregivers and ample time.

Marsden Wagner, MD, former director of Women's and Children's Health for the World Health Organization, also in the film, said, "This important film documents childbirth as a normal part of life, with the woman respected and allowed to take complete control, following her body's guidance. Every birthing woman, midwife, labor and delivery nurse, obstetrician and hospital administrator needs to see this film."

Another expert who speaks in the film, pediatrician Larry Rosen, MD, said, "This moving and provocative film should be mandatory viewing for all families and practitioners involved in the birth process."

Orgasmic Birth had its world premiere on May 16 at the fifth annual World Respected Childbirth Week conference in Prague, Czech Republic. The United States premiere was held

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in Cleveland, Ohio, on May 18, followed by screenings in more than a dozen states, with many still to come. The film is being shown across Europe, Mexico, Brazil, Australia, New Zealand, Taiwan, Israel, and more.

The website includes a trailer and downloadable press kit and introduces the experts interviewed in the film. Many women have shared their pleasurable birthing experiences on the Birth Stories section of the film's website.

Audience members, including prominent members of the women's health care community, have posted their responses to the film in the popular Feedback section of the site. "We laughed, cried, cheered and clapped our way through this wonderful film," writes a midwife from Australia.

A midwife in Alaska describes the film as "The most comprehensive, honest and concise birthing video I've ever seen." A certified nurse-midwife notes, "It's less a story about orgasms and sex than of love and the power of birth."

"Ninety percent of the time, birth is an uncomplicated event," observes Connie Livingston, president of Perinatal Education Associates. "As a nurse with over 30 years of experience, I can say that every birth consumer and professional should see this documentary and will come away with renewed faith and trust in the process."

Copies of the DVD are available through the website, www.orgasmicbirth.com, for screenings at universities and for other educational uses, facilitated by the site's comprehensive Screening Planner. A regularly updated calendar of screening dates and venues and an archive of past screenings are posted at the site.

The DVD, with subtitles in French, German, Spanish, and Portuguese, has a remarkable score by John McDowell, composer of the score for the Oscar-winning documentary *Born Into Brothels*. Other versions with subtitles in Czech and Polish are available. Requests for subtitles in other languages are being processed.

Watch www.orgasmicbirth.com for an announcement of the broadcast date of a segment on *Orgasmic Birth* on the ABC-TV news magazine *20/20*.

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