



# 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](http://www.orgasmicbirth.com)

## Documentary Explores Sensual Nature of Birth

**October 2008**—Audiences around the world are cheering *Orgasmic Birth*, a documentary film by internationally respected childbirth educator, doula, and birth activist Debra Pascali-Bonaro that asks: 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, recently shown at the prestigious Rio de Janeiro International Film Festival, will be featured this fall on ABC-TV's news magazine "20/20".

Birthing experts who provide commentary in the film include women's health advocate and bestselling author Christiane Northrup, MD; Marsden Wagner, MD, MS, former director of Women's and Children's Health for the World Health Organization; and other leaders in the field. They explain that a pleasurable birth is an integral part of women's sexuality and a neglected human right.

*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 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 DVD, subtitled in French, German, Spanish, and Portuguese, has a remarkable score by John McDowell, who wrote the music for the Oscar-winning documentary *Born Into Brothels*.

Copies of the DVD and original soundtrack CD are now available through the website, [www.orgasmicbirth.com](http://www.orgasmicbirth.com). DVDs and CDs continue to be sold for screening events at universities and for other educational uses, facilitated by the site's comprehensive Screening Planner.

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## Quotes from the experts and other viewers of *Orgasmic Birth*

Women's health advocate and bestselling author Christiane Northrup, MD, observes in the documentary *Orgasmic Birth* 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, MS, former director of Women's and Children's Health for the World Health Organization, also in the film, says, "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, says, "This moving and provocative film should be mandatory viewing for all families and practitioners involved in the birth process."

The film has attracted many enthusiastic comments from viewers worldwide.

"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."

For more quotes from people who have seen the film, please click on the Feedback tab at [www.orgasmicbirth.com](http://www.orgasmicbirth.com).



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