



Birthright: Are we able to Exercise this Right!

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We associate a lot of weightage to the word birthright. In our country still at a lot of places women aren't allowed to birth right. Irony is we are the most populated country in the world, in this patriarchial mindset everyone decides for the women except the women. It is her body and of course her baby let her decide. she is smart, intelligent and can definitely choose what is better but sadly she isn't given the right information to choose. Google has too much information, I tell my girls in my sessions if you search for cold in Google you get covid as diagnosis and not all cold leads to covid. Sadly our health care system is under staffed and over-worked. your doctor doesnt have time to sit and cater your anxiety and fears individually.

Everyone says don't stress be happy how can you be happy when you don't know the whys and how's of it. When you are in the space of creation you not only code the child's IQ you also code the child's EQ, we understand the genotype and the phenotype. The environment influences too. If the women is stressed and anxious the sympathetic system goes on an overdrive the body is in a flight fright mode and the baby can sense the spike in the Heartbeat and the breathing and the baby is also in that fright flight environment. Once this understanding is reached the women realises happiness is by choice, you choose to stay happy in the situation you are caught in and your coping mechanisms work when you are more cool calm and collected. Pregnancy is a beautiful journey whereas nowadays is associated with eating whatever you like not nutritional and you fear labour.

An alert!!! LABOUR dictionary meaning is WORK.

So if u are resting. How can you suddenly run a marathon. the body as an apparatus is made for labour but you need to prepare the body for labour. without the preparedness how difficult it is going to be.

So your excercise should include cardio either walking or swimming, stretching, strengthening of pelvic floor, yoga n balanced diet. Once you practice all this regularly and in a positive frame of mind. You can proudly say birthing right is my birthright!