

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

Orgasmic Birth is a documentary that examines the intimate nature of birth, and everyday miracle and the powerful role it plays in women's lives when they are permitted to experience it fully. This documentary asks viewers to reexamine everything they thought they knew about giving birth and the potential it holds.

What would happen if women were taught to enjoy birth rather than endure it? In answering that question, Orgasmic Birth poses the ultimate challenge to our cultural myths. Filmmaker Debra Pascali-Bonaro reveals a revolutionary approach to birth that is statistically safer and healthier for both mother and child than the birthing and delivery methods that are standard in many parts of the world today.

The viewer becomes an intimate part of the birth stories of 11 women who said YES to this journey. Each is shown laboring undisturbed in a free, sensuous, joyous moment.

The evocative score for the film was created by John McDowell, composer of the score for the Oscar-winning documentary Born Into Brothels, with additional composition by Sabina Sciubba of the group Brazilian Girls.

With commentary by Dr. Christiane Northrup, Ina May Gaskin, and other experts in the field . . . and stunning moments of women in the ecstatic release of childbirth. Available with subtitles in French, Spanish, German, and Portuguese.

Learn more about this remarkable film.

www.orgasmicbirth.com

Experts quoted in the film include best-selling author and OB/GYN Christiane Northrup, MD; Elizabeth Davis, BA, CPM, midwife, author, international lecturer, and co-founder and director of the National Midwifery Institute, Inc.; bestselling author and physician Sarah Buckley, MD; and Marsden Wagner, MD, a maternity care specialist and former director of Women's and Children's Health for the World Health Organization.

“It is possible to have an ecstatic birth – in fact, that is the best natural high that I know of. And these states of consciousness are best reached when a woman is fully aware and fully awake. Women don't have a way to know how their body works until they really try it out in birth. I think that women can be just completely surprised by the change in them from giving birth – you have something powerful in you – that fierce thing comes up – and I think babies need moms to have that fierceness – you feel like you can do anything.”

Ina May Gaskin

WORLD-RENOWNED MIDWIFE