

Oxytocin for Birth



Oxytocin from the Greek “fast birth”

birth benefits

Reduces fear and pain, speeds labor, promotes bonding, and has an amnesiac effect.

Oxytocin is the hormone of love

Released by the primitive brain, oxytocin bonds with receptors in the uterus, causing contractions. No oxytocin, no labor. In undisturbed birth, oxytocin causes your brain to release morphine-like endorphins!

postpartum

Prevents excess blood loss as it helps return the uterus to size. Also creates euphoric birth high. Keep warm and breast-feed often.

natural morphine

When do people make oxytocin?

LABOR
SEX
BREASTFEEDING
EMPATHY
SKIN-TO-SKIN
ORGASM

Fake oxytocin (Pitocin) cannot cross the blood-brain barrier so it only works on the uterus. No calming, bonding or endorphins

Oxytocin is decreased by:

thinking

Avoid: anything unfamiliar, questions, light, decisions

observation

Minimize: people or machines monitoring you

adrenaline

Prevent: perceived emergency, fear, worry, cold, stress, negativity

unobserved

To release oxytocin you must feel

free of fear

relaxed

warm

Use the magic of Oxytocin!

Choose your birth place, provider and doula carefully. Do all your thinking ahead of time and when labor starts, let the hormones work. Think about what you need to relax and make love—it’s the same energy you need at birth.