

hypnobirthing the original method pdf

The Bradley method of natural childbirth (also known as "husband-coached childbirth") is a method of natural childbirth developed in 1947 by Robert A. Bradley, M.D. (1917–1998) and popularized by his book Husband-Coached Childbirth, first published in 1965. The Bradley method emphasizes that birth is a natural process: mothers are encouraged to trust their body and focus on diet and exercise ...

Bradley method of natural childbirth - Wikipedia

The Lamaze technique, also known as the psychoprophylactic method or simply Lamaze, started as a prepared childbirth technique popularized in the 1950s by French obstetrician Dr. Fernand Lamaze based on his observations in the Soviet Union as an alternative to the use of medical intervention during childbirth. Today, Lamaze has become a popular way to get information about pregnancy, birth, and ...

Lamaze technique - Wikipedia

A method which has as its aim to help people reduce pain from injuries and chronic pain conditions and restore health and balance to the person in a holistic sense.

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The international organisation for the education and certification of Kinesiology Professionals. Courses are taught worldwide in many languages, and students can gain a globally recognised qualification in the practice of Kinesiology (the science of muscle balancing).

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