

000 27 00 02710p Eleanor Laser 847-874-3021 p. 1

### Hypnobirthing Testimonial

We studied Hypnobirthing with Ellie Laser in 2000, for the birth of our second child. While we were unable to use the technique to its full capacity that time around (the baby was breech, and we required a c-section), we came back to Ellie during our next pregnancy in 2003. This time we got to put it all to use, and were able to meet our goals of birthing a healthy baby vaginally, without drugs.

Labor was fast—I went into labor at 3:30 am and the baby was born at 6:45 am. I pushed for 8 minutes (honest!) and while I didn't have to labor very long, the relatively brief hypnosis helped me save my energy for when I really needed it, during the pushing. I must admit, I started having a little trouble focusing during the transition phase of labor. Cranking up my walkman really helped—I don't know how he captured it, but Matt (Smashing Pumpkins) Walker's music did an excellent job of mimicking what the body is doing during the throes of labor. It really got me through, along with Ellie's supportive instruction. After delivery, the nurses commented on how different this birth was—everything was so calm, and there wasn't the usual screaming and hysteria that they so often see.

Also worth mentioning is how great it was not to be all shaky and nauseated after delivery. My recovery was a lot quicker than I suspect it might have been had I had drugs or an epidural. Even the recovery nurses commented how different it was not to have to hover all over me as they settled me into my recovery room; I was tired, but fine.

We were very happy with our hypnobirthing experience. Ellie is an extremely committed, caring coach, and her techniques really worked for us.



Sally (and Tim) Mauery  
Park Ridge, IL

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Advice to others in training:

1. Get to the hospital asap so you can go into hypnosis sooner.
2. When you preregister at the hospital, be sure to tell them you're hypnobirthing, and be sure to put something in your instructions asking them not to talk about pain. I started to lose focus during transition, and I think it's partially due to the fact that when the doctor broke my water, she proceeded to tell me how "the contractions are going to get a lot more *painful*." She really should've used a word like "intense" or "stronger" instead—you should encourage that verbiage in your preregistration instructions for the hospital staff.
3. Practice, practice, practice! I only practiced to Ellie's voice (that side of the tape) and so many times I fell asleep, but it helped anyway, especially because I had to get down into hypnosis as fast as I could once I went into labor.
4. Don't forget to use your hypnosis again while they do all the "after-birth" stuff (stiches, especially). I forget to at first, and it seemed to take an eternity for the doctors to finish up. Once I did the hynosis again, things seemed to go quicker.

Best of luck!

Sally Mauery

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