



**NO PAIN:** Laura Kendall (left) with newborn baby Amber and hypnobirth practitioner Wendy Nichols. Photo: Steve Bucknall/SB0067-1

# Give birth with no pain and no drugs... just by relaxing

Anyone who can get a woman to not only conquer her fear of childbirth but actually enjoy the event, avoid pain relief and have a swift labour truly deserves recognition. Jill Gallone meets hypnobirthing practitioner Wendy Nichols, a woman who is achieving astonishing results when it comes to conquering labour pains.

**GIVING** birth was pure pleasure according to Laura Kendall, who had no pain relief during an event most women go into cold sweats just thinking about.

"The pushing stage for me was really nice," said Laura, an avid social climber to Amber Lily Kendall.

"I was thinking, 'come on, I want one of those contractions again. It feels good'."

It was at this moment I had to pick myself off the floor and book an appointment to have my organs sprayed. Surely that had been wrong?

No woman can normally tell the major event of producing a child pass without regaling hundreds of people with tales of unbearable pain.

These include 24-hour labours, botched epidurals, inadequate pain relief, entire medical teams splattered from head to toe in blood and over-wrought fathers passing out.

I still recall caating grants in the final stages of labour that a daisy being prodded with hot tongs would struggle

to produce. But Laura and her partner Roger went on a course led by a hypnobirth practitioner, Derby's Wendy Nichols, prior to their first child's arrival on May 13.

According to Laura, Amber's birth was unusually quick, easy and pain-free in the sense that she felt only discomfort.

"Laura, 26, and Roger, 36, of New Street, Duntroon, say that was all down to Wendy."

During more than 22 hours of tuition, she taught them relaxation and self-hypnosis techniques.

Instead of soaking up horror stories or watching TV birthing dramas, the couple tuned into positive birthing messages - even though Roger was sceptical at first.

"Hypnobirthing is common sense really," said Laura, who had a six-hour labour.

"Wendy taught me to stay relaxed and chilled and Roger helped me do that. He loved being involved."

"I went into labour at home and, because I had no pain,

wasn't sure when to go to hospital. By the time I did get there, I was keen to deliver, which surprised medical staff."

Even in the final throes of labour, Laura stated calm: "I didn't scream and genuinely didn't feel any pain, just discomfort. I didn't need any pain relief. I've told all my friends they have got to do this if they have a baby. It's so worth it."

Laura's experience is typical of those enjoyed by hypnobirth mothers, according to Wendy. She says the key to success is overcoming the fear generated by scary stories.

She points out that women worry each other with their birthing experiences.

Some mums-to-be even re-

"When they finish the course, I ask them to do the same thing again. They write words like peace, love, calm, baby. It is an absolute transformation."

Wendy, who has a degree in genetics and cell biology, says there are important scientific reasons why this mind-changing approach is successful.

"If you are terrified, your body goes into fight-flight response and blood is directed to the muscles needed for fighting - not the uterus," she explained.

"If we are relaxed, our bodies cope much better with birth. Biologically it makes sense."

"In poorer parts of the world, where women have neither the time nor education to be indoctrinated by scary stories, birth is a more peaceful process, according to Wendy.

"People talk about women 'dropping babies' in developing countries," she said.

"It is because they have no pre-conceived idea that birth will hurt."

Wendy of Troviva Lane, has studied her topic deeply.

Hypnobirthing was first developed in the States in 1960 but a London obstetrician, Dr Gerally Dick-Road, spotted the key issue way back in the 20s.

"He noticed that women in the dorms birthed easily while well-educated women didn't."

Wendy, 40, has always been interested in natural birth. She had her two sons, Luke, 15, and Dillon, 12, in hospital but

without any pain relief and, after qualifying as a hypnotherapist three years ago, decided to expand her skills to offer hypnobirthing classes.

"These are pretty mainstream down south, and mid-wives love them because they make birthing much easier," said Wendy, who recently returned to Derby after 20 years away.

"They are just catching on here and, to my knowledge, I'm the only practitioner in the city."

Wendy shows her clients videos of hypnobirths. In one, a woman is so relaxed she nods off during labour and is later seen cutting jelly just prior to the baby's arrival.

"All the women who have come to me have opted without pain relief during birth," said Wendy. "When you are deeply relaxed your body is flooded with endorphins (natural pain killers) and when the uterus is receiving a good supply of blood it can work more effectively."

"The endorphins also flood through to the babies, who reap the benefits. They often sleep and feed well."

To find out more visit [www.wendynichols.co.uk](http://www.wendynichols.co.uk) or call 01575 41584.

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**GO TO**

To listen to an extract from one of the hypnobirth CDs, visit [www.thisisderby.co.uk/hypnobirth](http://www.thisisderby.co.uk/hypnobirth)

## COURTS

Recent cases dealt with by Southern Derbyshire magistrates

### No insurance

Robert DUFFRY, 18, of Woodland Drive, Poston, fined £156, ordered to pay £35 costs and licence endorsed with six penalty points for driving a vehicle without tax and insurance on October 24, 2006. No separate penalty was imposed for driving a vehicle without a correct licence on the same date.

### £823 to pay

Simon Robert HARRIS, 28, of Arthur Street, Castle Gresley, fined £288, ordered to pay £43 costs and licence endorsed with six penalty points for driving a vehicle without a correct licence and using a vehicle without insurance and without a correct licence on October 30, 2006.

### Speedy £80

Kenny CHORHAN, 36, of Huxley Close, Swoon Hill, Eakring, fined £80, ordered to pay £25 costs and licence endorsed with three penalty points for speeding on October 27, 2006.

### Three points

Eduard de la Cruz, 46, of Enfield Road, Derby, fined £80, ordered to pay £25 costs and licence endorsed with three penalty points for speeding on October 28, 2006.

### Six points

Garth BALLAM, 25, of Plumstead Avenue, Leicestershire, fined £80, ordered to pay £35 costs and licence endorsed with six penalty points for using a vehicle without insurance on January 23, 2006.

### Fined £540

Monica Louise HANSON, 34, of Lorain Close, Stifford, fined £540, ordered to pay £43 costs and licence endorsed with six penalty points for using a vehicle without insurance on January 9, 2007.

### Speeding fine

Fahim HURSTIC, 31, of Beaman Walk, Sennyhill, fined £80, ordered to pay £25 costs and licence endorsed with three penalty points for speeding on November 1, 2006.

### Licence points

Sebastian IDEZ, 34, of Rosehill Street, Derby, fined £80 and licence endorsed with three penalty points for speeding on October 27, 2006.

### £690 fine

Walter KANYANGO, 26, of Cross Street, Mickleover, fined £690, ordered to pay £43 costs and licence endorsed with six penalty points for using a vehicle without insurance on December 21, 2006.

## 'Too dominant' detached home plan rejected

DEVELOPER JRD Homes has been refused permission to build a house in Blunston.

The company applied to

Erewash Borough Council for permission to build a detached house in Ridgeway Drive.

The council's planning

department refused the application because the development "would appear as an overbearing and dominant feature."

'What passed for a football pitch was actually L-shaped, so that one set of goals was at right angles to the other.'

Head Anton Rippen's remains in Epsom



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