



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

www.orgasmicbirth.com

New Documentary Leads the Way in Examining the Sensual Nature of Birth

NEW YORK, May 2008—*Orgasmic Birth*, a documentary film by internationally renowned childbirth educator, doula, and birth activist Debra Pascali-Bonaro, will have its world premiere on May 12 at the fifth annual World Respected Childbirth Week conference in Prague, Czech Republic, followed by a screening in London and presentations by the filmmaker in Paris and Glasgow. The film will be featured on ABC-TV's "20/20" this spring.

Five years in the making, *Orgasmic Birth* challenges cultural myths by revealing the emotional, spiritual, and physical heights attainable through birth. Viewers witness the passion of birth as 11 women have their babies in unhurried, nonmedicalized settings—including hospital birth centers—where they feel supported and safe. According to birthing experts who provide commentary in the film, a pleasurable birth that is allowed to take its time is an integral part of women's sexuality and a neglected human right.

Women's health advocate and bestselling author Christiane Northrup, MD, observes in the film that people have been "brainwashed" to view birth not as a natural process but as "an emergency waiting to happen." Yet birth is an everyday miracle that the body is well equipped to handle, given the proper setting and caregivers and ample time.

Health professionals in the film who present their views with evidence-based support include:

- Sarah J Buckley, MD, general practitioner/family physician with qualifications in GP obstetrics; author of *Gentle Birth, Gentle Mothering*
- Maureen Corry, MPH, executive director, Childbirth Connection, a not-for-profit organization dedicated to improving the quality of maternity care
- Elizabeth Davis, BA, CPM, midwife, author, international lecturer, and co-founder and director of the National Midwifery Institute, Inc.
- Ina May Gaskin, MA, CPM, world-renowned midwife, author, and founder/director of the Farm Midwifery Center in Summertown, Tennessee
- Marsden Wagner, MD, former director of Women's and Children's Health, World Health Organization

The website includes a trailer and downloadable press kit and introduces the experts interviewed in the film. A "Birth planning FAQ" section includes links to many other helpful websites about birth.

Screenings around the world will soon begin, facilitated by the site's comprehensive Community Screening Packet, developed specifically for people who wish to host such an event. Downloadable materials supply many useful tips for running a screening and panel discussion as well as colorful postcards, posters, and more. Organizers sign an agreement to purchase a copy of the DVD for educational use. Profits may go toward fundraising for the presenting group, if desired. As an additional incentive, screening dates and venues will be posted at the site.

Another interactive feature of the site is its invitation to viewers to share their birth experiences and read others'. Many have already been posted.

The DVD, with subtitles in French, German, Spanish, and Portuguese, has a remarkable score by John McDowell, composer of the Oscar-winning documentary *Born Into Brothels*. Until late 2008, DVDs and soundtrack CDs will be sold to individuals at screenings only.