



## **The MPM Family Grows: A Family Introduction and Accompanying Article**

**By: Gary E. Foresman, MD**

Leonardo Augustus Foresman entered this world this June 2<sup>nd</sup>. At the age of 55, and my wife at 33, we become new parents. The support of our village at MPM has been enormous and we thank you all for your well wishes!

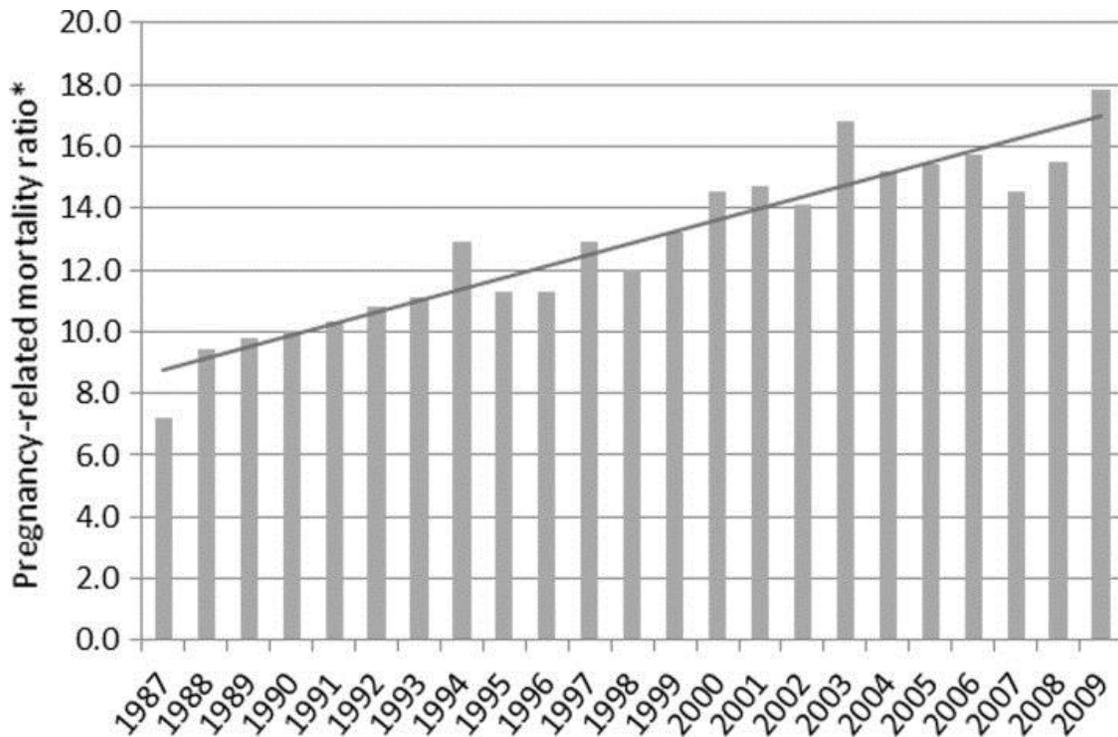
The delivery occurred at the Santa Lucia Birth Center with Tiffany Dietrich ND, our midwife, and Sophia Heick, licensed midwife, as well as Miranda's mom Janna and myself present. Miranda rocked the delivery (more on that later) and we returned home approximately 2 and ½ hours later. No vaccines, no invasive monitoring, none of the horrors of modern medicine interfering in this beautiful yet laborious process.

Yes this was a totally natural birth—makes you wonder why that has become such a rarity as pregnancy is not a disease but a natural process. Though it has been a while since my medical school days and assisting with deliveries, I have to tell you I have never been a part of such a birthing.

For a first labor Miranda progressed rather quickly for the first 10 hours. It was that last two hours of true actively engaged pushing that I had never witnessed before. Any OB/GYN I have seen would have done an episiotomy, or “assisted” in other ways. Yet the four of us encouraged and assisted Miranda the best we could and she did it, just the way the woman's body is meant to. Trusting women to support women through a natural process..... Seems kind of obvious, right?

Read on to understand what is actually happening with birth trends in the United States.

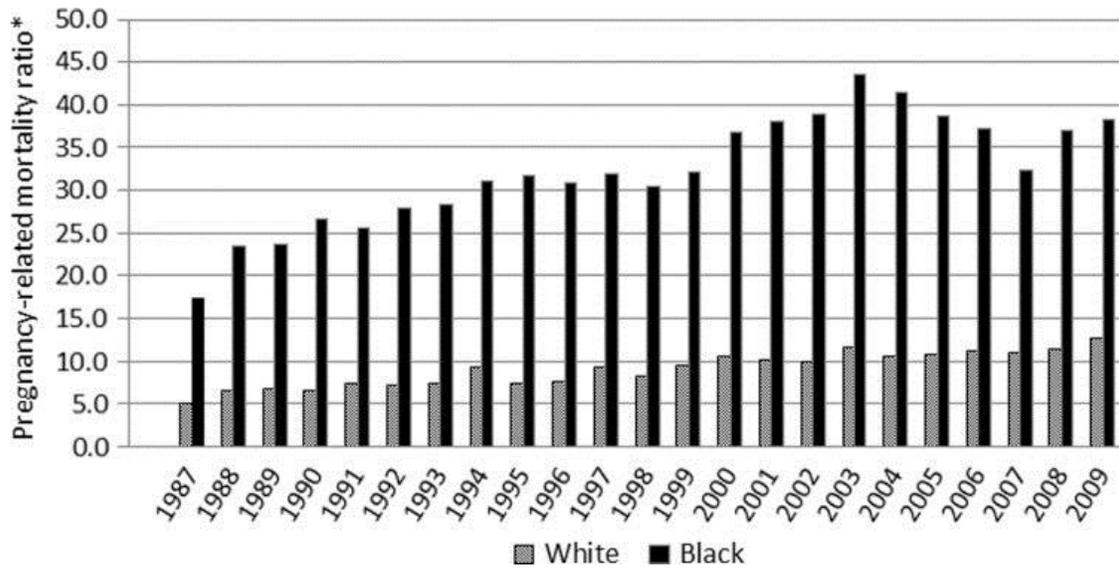
In *Maternal Mortality and Morbidity in the United States: Where Are We Now?* By Andreea A. Creanga, MD, PhD, et al, PMID: [24383493](https://pubmed.ncbi.nlm.nih.gov/24383493/) we see a staggering trend best illustrated with the graphs from this article.



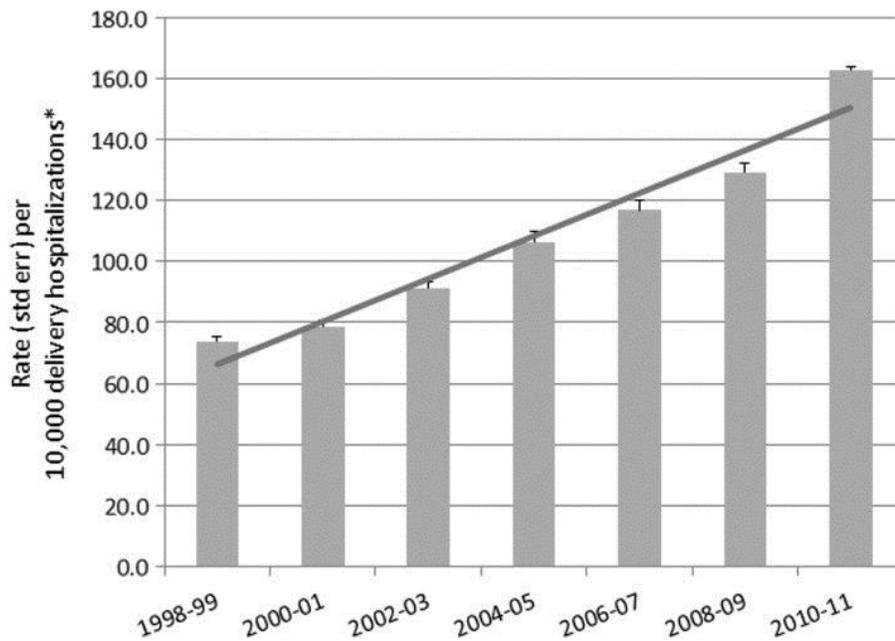
**FIG. 1.**

Trends in pregnancy-related mortality in the United States, 1987–2009.

\*Number of pregnancy-related deaths per 100,000 live births per year; test for trend  $p < 0.001$ . Data from Centers for Disease Control and Prevention.<sup>2</sup>



**FIG. 2.** Race differentials in pregnancy-related mortality in the United States, 1987–2009. \*Number of pregnancy-related deaths per 100,000 live births per year.



**FIG. 4.** Trends in severe maternal morbidity during delivery hospitalizations in the United States, 1998–2011. \*The number of delivery hospitalizations with at least one severe maternal morbidity indicator per 10,000 delivery hospitalizations. Data from Centers for Disease Control and Prevention.<sup>19</sup>

What we see is the progressive worsening of outcome for women from the “unnatural” approach that we consider “standard of care”. Also note the threefold racial disparity between the black and white women. As a father of a biracial child I know of some of the challenges he will face, which pale in comparison to those of a black woman.

It might seem weird to most of you that I combine something as magical as a new birth with an article that might just seem damn depressing. It really isn't if you know me! The article is to implore you to support and pursue the world of natural childbirth, saving medical intervention for when the healthcare professional, the midwife, tells you it is time, while of course listening to your needs as well as your baby's.

Please question medicine, question authority. Pregnancy and childbirth have been stolen from the modern woman, it is time for the next generation to take it back!

Your Journey to Health and Healing,  
Gary E. Foresman MD



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