

## Why Give Birth in an Altered State?

Why would a woman want to be medicated for the most wondrous event of her life? Demerol, morphine and fentanyl are all narcotics. Narcotics are drugs that are used to get “high.” Why would a woman want to give birth in a drug-induced state? Whether the medications you receive in childbirth sedate you, numb you or make you amnesic, you are missing out on the most awesome miracle.

Would you be “high” at you wedding, your job, your child’s graduation, or at any time in your life? Then what is the excuse for drug use during labor and delivery? Do not allow yourself to surrender to peer pressure or low expectations that you may have put on yourself. You **can** give birth without pain relieving drugs. And, when you do, you will be elated. You will be forever empowered with a sense of accomplishment like never before. You and your baby deserve only the best: an unmedicated birth.