**WOMB & BLOOM**

**LONDON**

# A) Late Pregnancy Phase
# Time to rest & relax

## PROSTAGLANDINS & RELAXIN HORMONES

You body will start to produce a cocktail of hormones when your baby is ready to be born.

Prostaglandins are at play now. These incredible hormones are released, known as the softening & preparing hormones. They are working to soften the tissues and stimulate muscle surges smoothly.

Relaxin does as it says by relaxing the ligaments in the pelvis, softening and opening the cervix.

## OESTROGEN & ENDORPHINS

Get ready for the oestrogen surge in the final days of your pregnancy. Oestrogen will aid the oxytocin receptors at the top of the uterus to do their work in building good contractions in labour.

Endorphins are a natural opiate like morphine or heroin. They provide you with feelings of pleasure & euphoria transferring pain into pleasure and suppress the immune system.

## OXYTOCIN & PROLATIN HORMONES

Oxytocin is a shy hormone but an invaluable one in your birthing experience. Oxytocin is the hormone of love, calm and connection. We must entice her out to reduce stress, calm and relax you and bring you into a state of serenity. In the right environment Oxytocin will work her magic in stimulating powerful surges to bring your baby down the birth canal.

Prolactin is slowly increasing to ready you for milk production. This is often referred to as the mothering hormone.

## A TIME TO KEEP ADRENALINE AT BAY.

Adrenaline is the hormone of excitement, secreted from the adrenal glands in response to stresses ie : fright, anxiety, hunger, cold. Adrenaline increases attention and alertness and high levels inhibit labour and reduce Oxytocin by diverting blood supply to parts of the body needed for fight or flight. Adrenaline also reduces circulation to the uterus and baby.

Remember we are mammals and like animals in the wild, when they are threatened by a predator, Labour will stop to allow the animal to escape. Once in a safe place the oxytocin will rise again.