

Birth Charter

For social health

By François Amigues, DO (Canada)



“It is easier to build strong children than to repair broken men.”

Frederick Douglas

Objectifs

Since recently, numerous meta-analysis studies about the impact of primal health on adult health compel us to revise our priorities in the realm of preventive health.

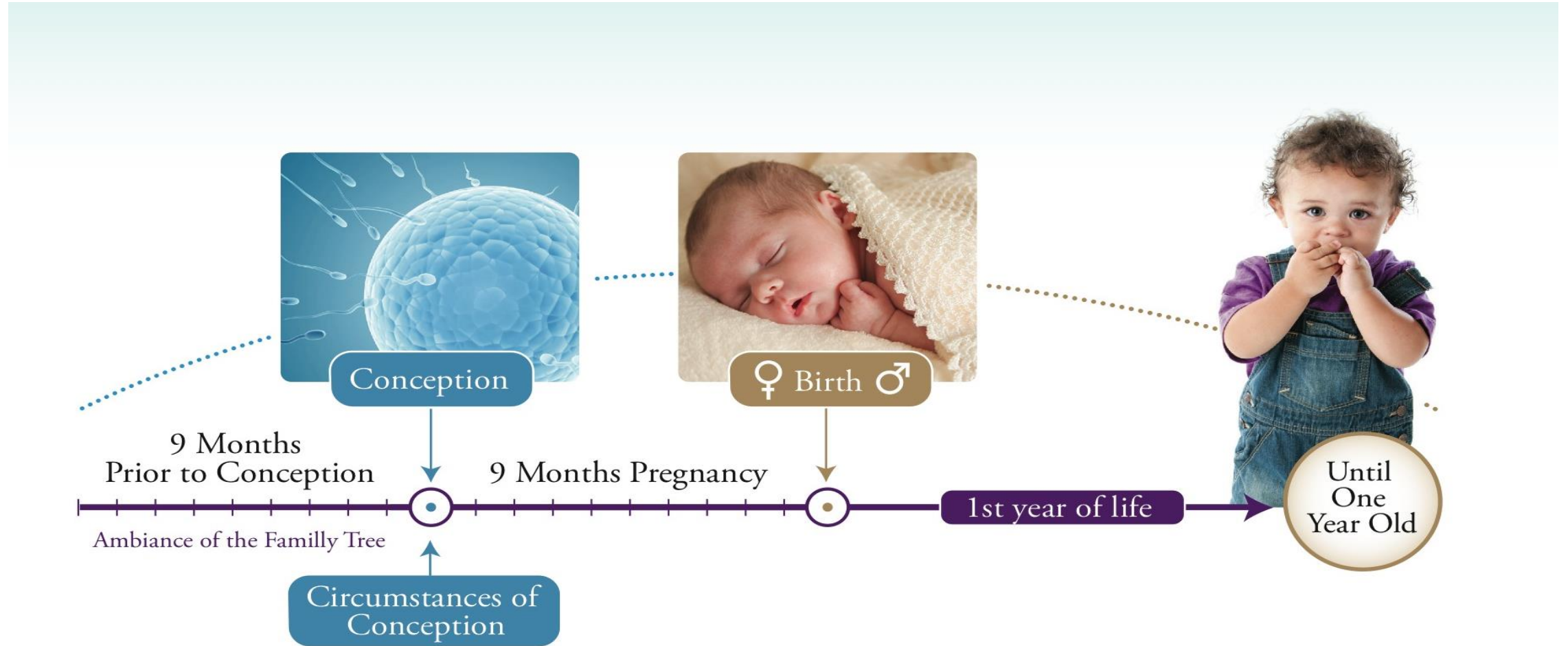
Optimal interventions during this period do considerably diminish the need to deploy medical resources later on, as well as devise special educational and socio-economic rescuing programs.

This presentation invites you

- To get acquainted with a new, enlarged dimension of birth and realize the powerful relevance of primal health on a life's outcome.
- To explore innovative solutions in the field of preventive medicine.
- To analyze what is at stake for society at large, as well as for world economics and politics.
- To integrate these data in your health promoting practices.

* From conception to 1 year old age

Childbirth in 2015



Life imitates Birth

Political awareness

Civilization projects need a far vision.

(Attali, J. 2013)

Epigenetics applied to pregnancy.

A "mental revolution is indispensable. [...]"

A child is surely what he is through prenatal causes.

Give to the mother something else than futile chatter, then, as the child's brain is formed from her blood, you can expect to have a radiant offspring in childhood, youth and adulthood".

A.T. Still



Decisive relevance of pre- and perinatal life

Latest research of de Rosnay, J., 2013, demonstrates the importance of this formative period.

Epigenetics is the revolution of the last 7 years, it will define tomorrow's preventive medicine. [1]

- Couples and pregnant women can prepare and offer their children healthy pre- and perinatal imprints
- Growing hope of establishing a lasting and fulfilling peace throughout the world



Scientific evidences - 1

Epigenetics

Summarizes by de Rosnay, J. (2013): [1] [3] [4] [5] [6] [7] [8]

Life program is encoded in only 15% of our DNA.

85% of “junk DNA” regulate the genes according to the environment.

The same gene placed in different environments can, thanks to epigenetics, produce different morphologies.

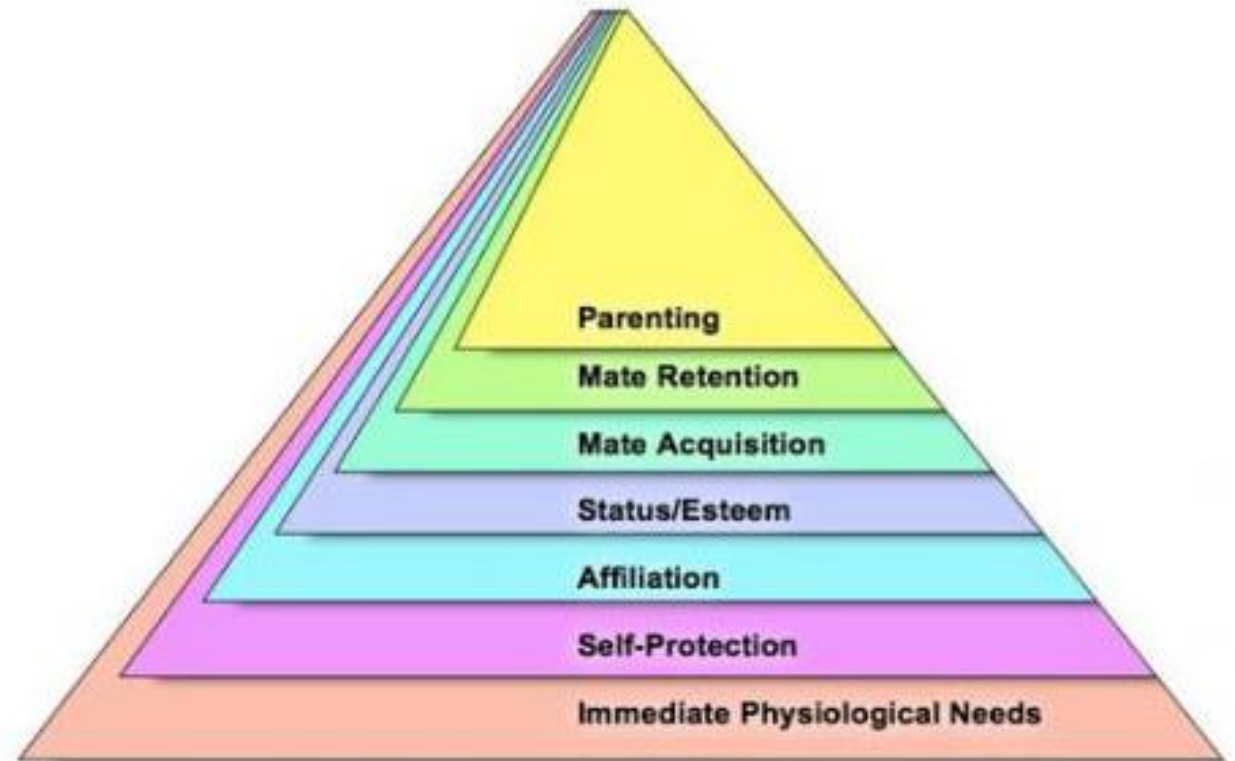
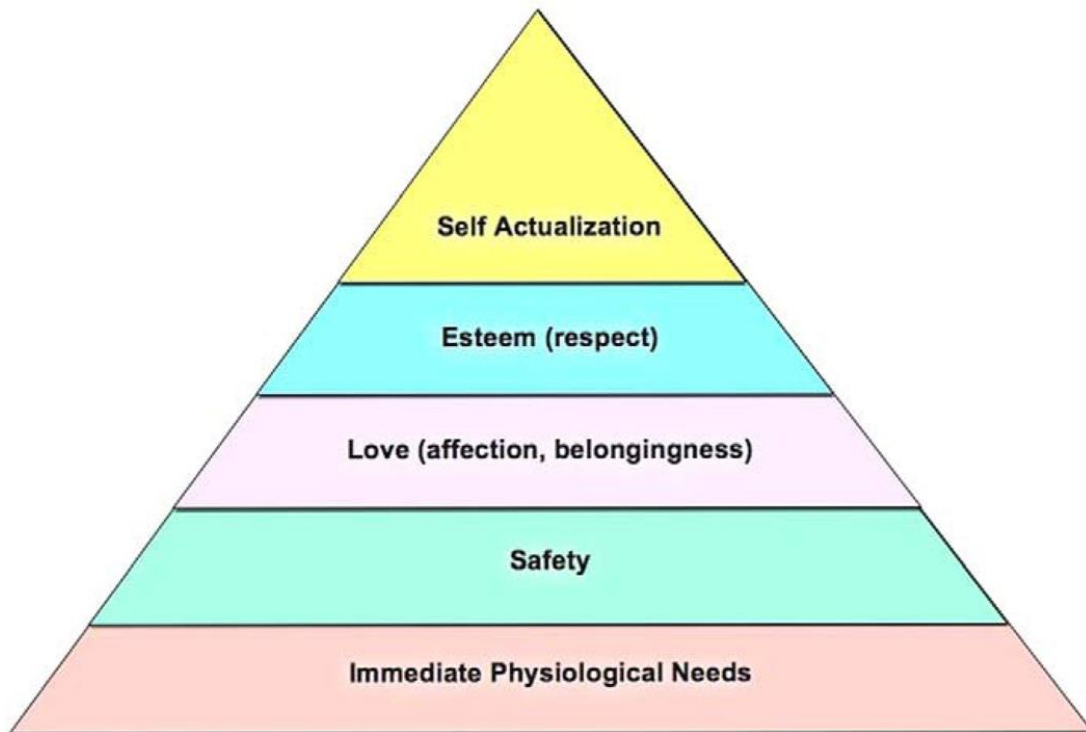
Epigenetics is the modulation of the genes' expression according to our daily behavior on :

1. what we eat
2. how we exercise
3. how we manage our stress
4. How much we enjoy what we do
5. How efficient and nurturing is our social and family network

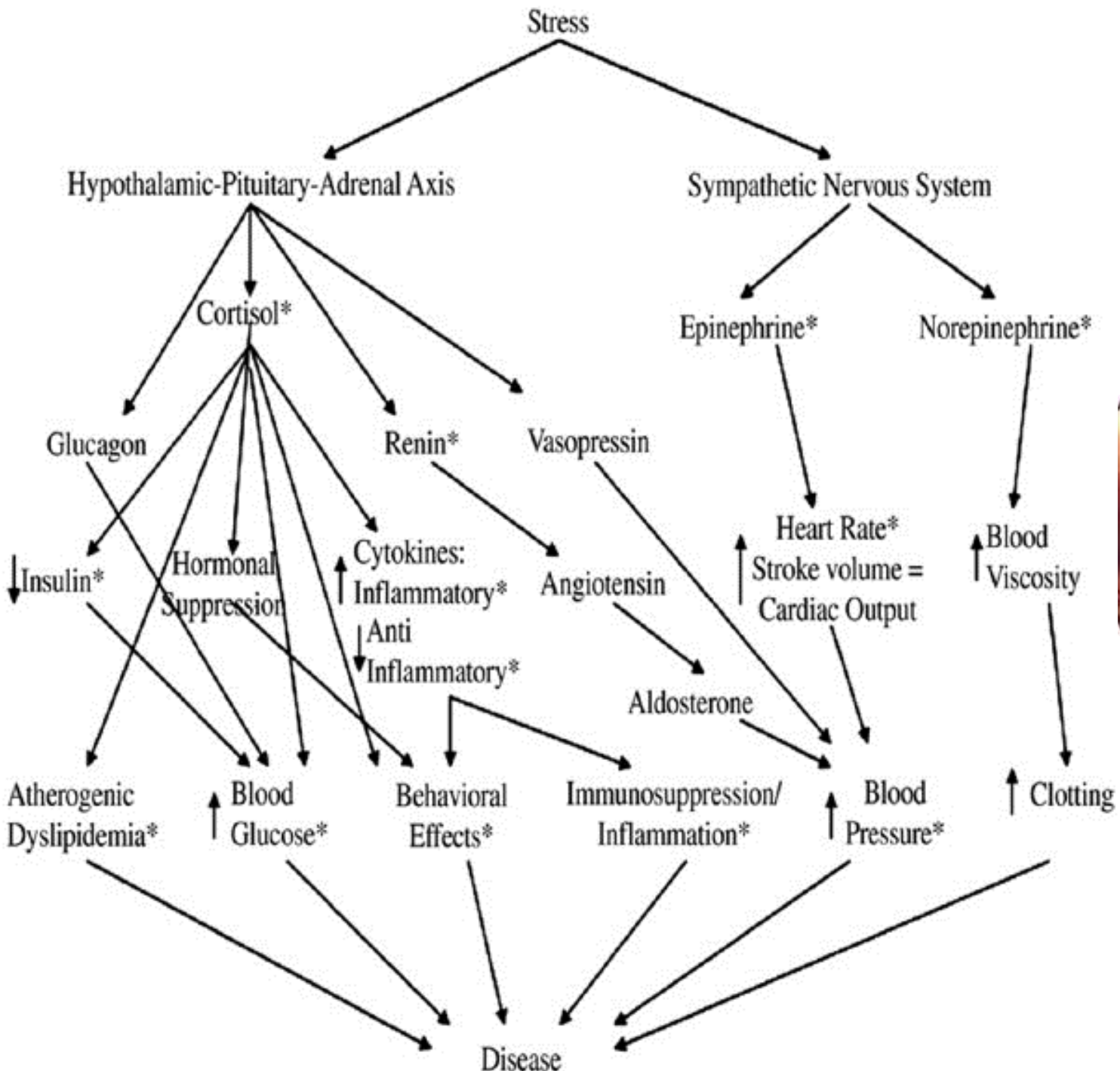
And let's remember, the relevance of beauty and of a meaningful life



Maslow Pyramid renewed by Pr Kenrick in 2013 (2)



Scientific evidences - 2



Stresses:

- Stress and testosterone, erases oxytocin, are transmitted by catecholamines and lessen learning abilities
- Harmful effects of stress in the womb diminish the level of gamma brain waves activity in the baby, which affect brain development, hindering later on the ability to communicate and master language and behavior



Specific prenatal stresses

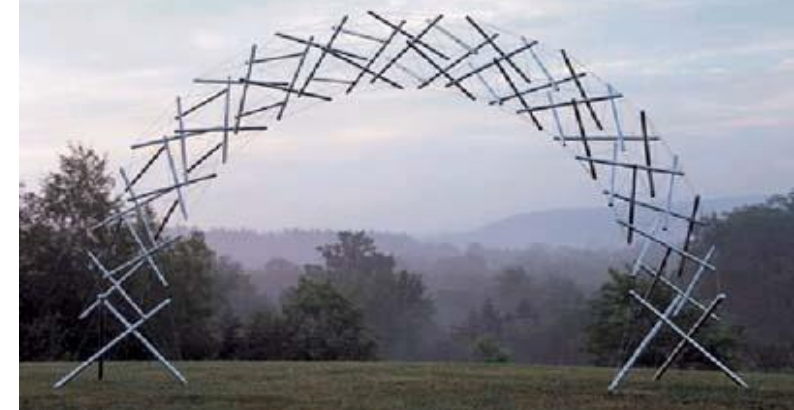
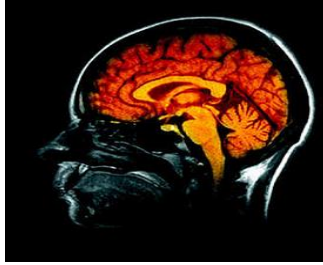
(see document)

- **Emotional imprints**

- Psychological acute stress
- Chronic or subacute stress
- Environmental epiphenomenal stress
- Protective role of the mother facing acute stress
- **Sustained positive stimuli**

- **Sensory-motor imprints**

- **Physical imprints:** virus, severe toxicity, maternal infections, high blood-pressure, prematurity, pathological pregnancy, fetal malposition in utero



Starvation – food deficit

Low socioeconomic level – feminine condition

Lowest-educated mothers, sexual health and family planning, no breastfeeding initiation

Traumas: birth, metabolic, pathological, whiplashes & shock, psycho-emotional, domestic violence

Family and maternal psychological states: lack of positive cofactors – mourning - interpersonal hypersensitivity

High rates of obstetric interventions

Pet, food, personal hygiene (drugs, illicit drugs, pollution) ***

Low or high gestational age - multiparous women

Pregnancy discomfort – over medicalization of pregnancy

Unsatisfactory pregnancy classes

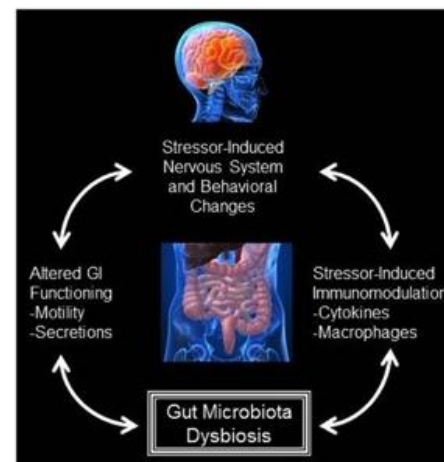
Transgenerational cycles : grandma's experiences leave a mark on your genes

Physical & Psychological stressors



Stress response

1. Hypothalamic-Pituitary-Adrenal Axis
2. Inflammatory changes
3. Suppression of maternal behavior [14]



Epigenetic programming+

Regulation by methylation cause gene alteration

- infant neuro development**
- Infant brain-gut microbiota interactions
- Maternal dysbiosis

High rates of labor induction, augmentation and use of epidural anesthesia, C-section

Low Weight Birth
preterm labor or birth
poor fetal growth

High Risk Pregnancy
Mother toxemia and obesity, high blood pressure, diabetes, amniotic liquid infection # mycoplasma####, ureaplasma ##, chorioamnionitis ###, preeclampsia @

1. Perinatal morbidity [Psychological & \$\$\$ cost]: broncho-pulmonary dysplasia, brain injuries, sepsis...

2. Mortality [Psychological & \$\$\$\$ cost]

3. Primal health life outcomes [Personal, Social & \$\$\$\$\$]: respiratory distress syndrome, wheeze ***, heart disease, diabetes mellitus, hindered neurodevelopment ***, behaviors & learning disabilities++, TDAH, ADHD, mental disorders

Convention on the relevance of life before and around birth

Based on traditional knowledge and scientific discoveries – including the ones from the field of epigenetics –, it is paramount to draw attention on the importance of pregnancy and the period surrounding birth for the future of every child.

Our children are tomorrow's humanity.



“Respect towards nature and human beings cannot exist without respect towards the child in the womb. Womb ecology reveals itself in world ecology.”

Dr. Thomas Verny

Birth Charter

A work in progress on the open source www.tobeparent.com

Under the scientific direction of Dr. Michel Odent, MD

- **Article 1 Conception**

There are parental prerequisites favoring men, women, couples, conception and the health of the prenaté.

- **Article 2 Pregnancy**

There is a strong relationship between the couple's experience of conception and pregnancy, and the future of their child whose life will echo this formative period. A healthy prenatal education is very basis of a health society.

- **Article 3 Birth**

Birth, breastfeeding, infant care and postpartum have a long-life influence on the child's health and behavior.

- **Article 4 Parenting**

The ability to be educated is strongly conditioned by prenatal life, and it is enhanced by parental example.



Birth Charter *

Under the scientific direction of Dr. Michel Odent, MD

Prenatal life, birth and infancy are important for the world

Parental prerequisites
for conception

Correlations between
intra-uterine life and
parent's pregnancy

Birth, nursing,
post-partum
and newborn imprints

Peaceful parenting

Conclusion

Knowing the importance of pre- and perinatal influences on life
enhances the quality of every life and of society at large

Commitment journey

- . Perinatal congresses since 86
- . Physiotherapist since 92 - Osteopath DO since 2000 - Andrew Taylor Still award
- . Pediatric osteopathy & 3 postgraduates teaching - Teacher in our NGO immersion program
- . Weekly and monthly experiential workshops for pregnant women

Creator of :

- Midwives Without Border
- Ideal Family, NGO
- Canadian Association for Prenatal Education, charity
- project of a 17 B\$ center around birth 2006-2009
- Between 2001 to 2015
 - 4 pre-and perinatal international symposiums (Canada, India)
 - 6 Pregnancy World Day (Canada)
 - 2 Kootenays Birthing Congress (BC)

Co-creator of

- Guide for pregnancy, Bangladesh 2008
- Convention on Birth, India 2014

Creator of a Birth Charter , UN (CSW59) March 2015, Russia June 2015

Interpreter of the “10 golden rules for pregnancy” Greece, India, Russia, Italia, Brazil, Chili, Mexico 2015

Consultant 1st Birth Center in British Columbia & project manager 2nd “Blue House” 2015



Social actions

- Health policies for Group for Quality Prenatal Care (Novick, 2011) (Dai, 2014)
 - Antenatal care delivered by midwives (Sword, 2012) (Stoll, 2012)
 - Preconception & prenatal Education
 - Culture & park / Laws on childbirth
- = Reduce social isolation and normalizes pregnancy-related fears

Oxytocin(has received renewed attention and) **rules the game**

- (it) triggers (enclenche) social behaviors such as social memory, attachment, sexual approach, maternal behavior, pair bonding, and trust
- (it) triggers nonsocial behaviors functions of the brain, which covers brain development, reproduction, sex, endocrine, immune regulation, learning and memory, pain perception, energy balance, and almost all the functions of peripheral organ systems

Family actions

- Nutrition & treatments
- Osteopathy: cytoskeleton & gene expression - Hands on glucocorticoids*
- Stress management during the pregnancy for pregnancy of the father & social and society support
- Yoga: physical posture, breathing, meditation*
- Heart coherence, walking, sport

Resilience

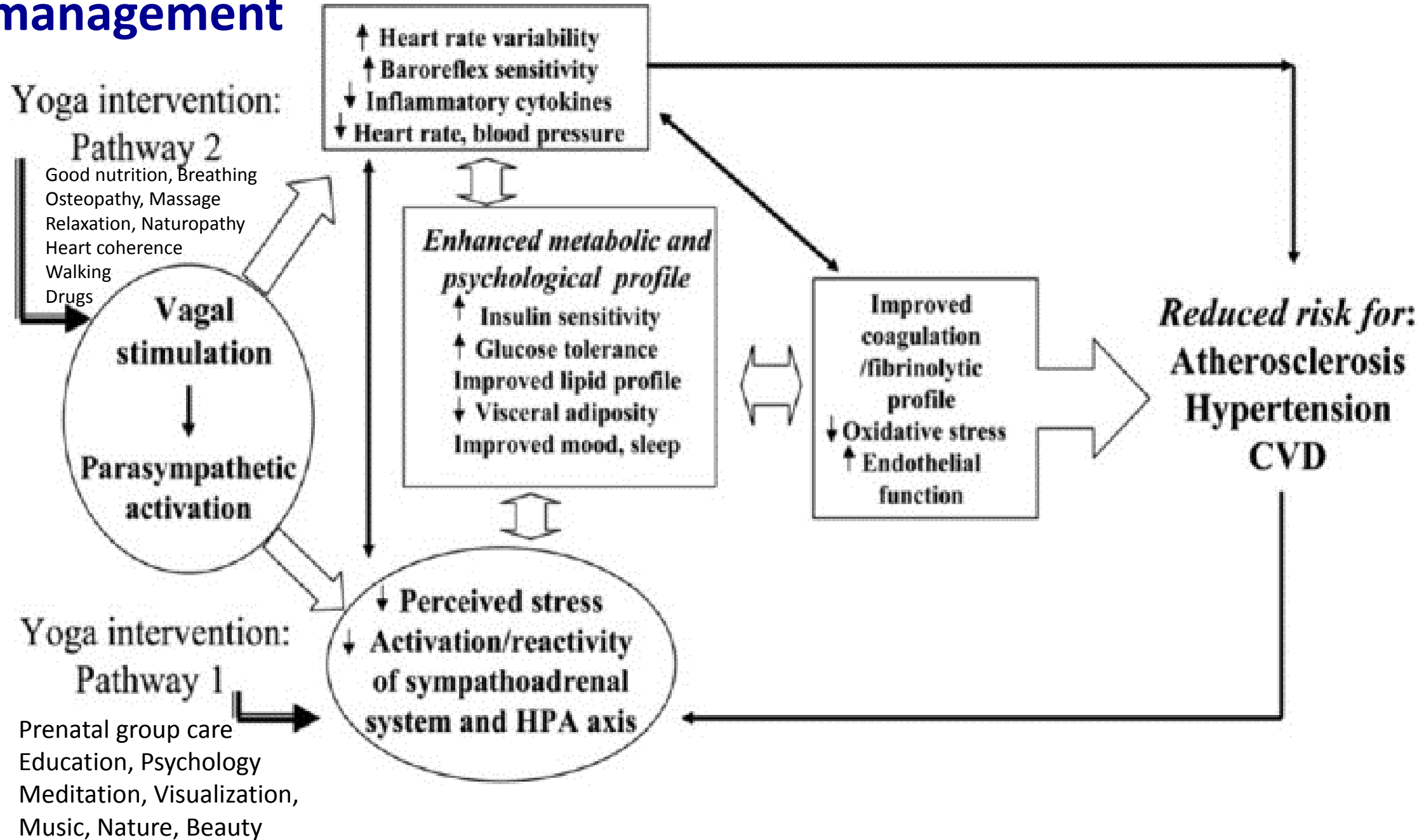
Stresses
become
learning

Otherwise

Family and societal stakes (enjeux)

- TDAH, ADHD, Autism
- behavior disabilities
- psychiatric disorders,
- heart disease,
- diabetes, obesity
- respiratory distress syndrome

Stress management



Preventive medicine priorities

1. Pre- and perinatal education: relational, emotional and neurological factors

- To be aware of how parental behavior imprints itself on the fetus
- To update sexual health and family planning
- To develop new preconception and prenatal educational group programs

2. To involve father, family and society in pregnancy

- Outings, natural parks, non violent communication, special care
- Healthy food, exercise, leisure, hobbies, networking, stress coping
- Equity mean adapted work for pregnant women

3. Non-medicated pregnancy for low risk pregnancies

- Groups for quality prenatal care
- Prenatal and perinatal care by midwives and doulas
- Birth center and home birth

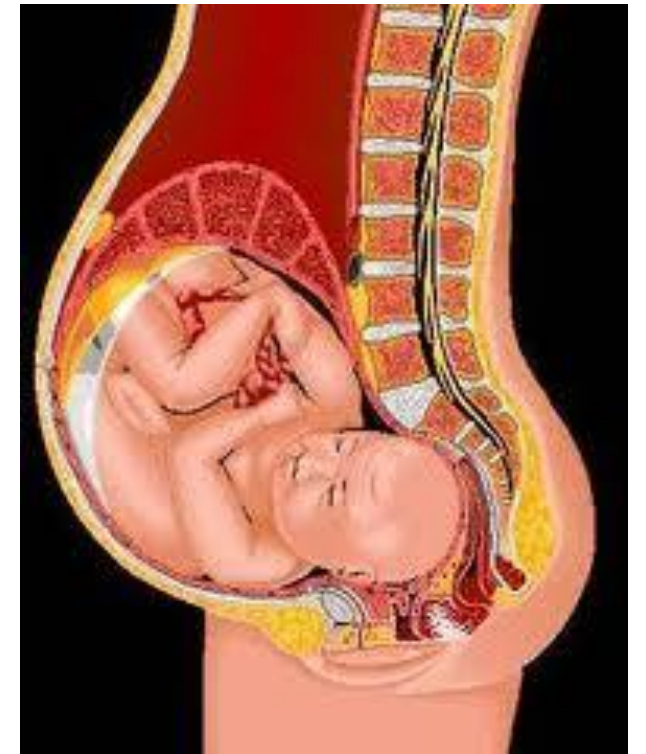
4. To update obstetric intervention

- To support good conditions for vaginal birth
- C-section in labor for the microbiome
- To support breastfeeding

5. To update post-partum

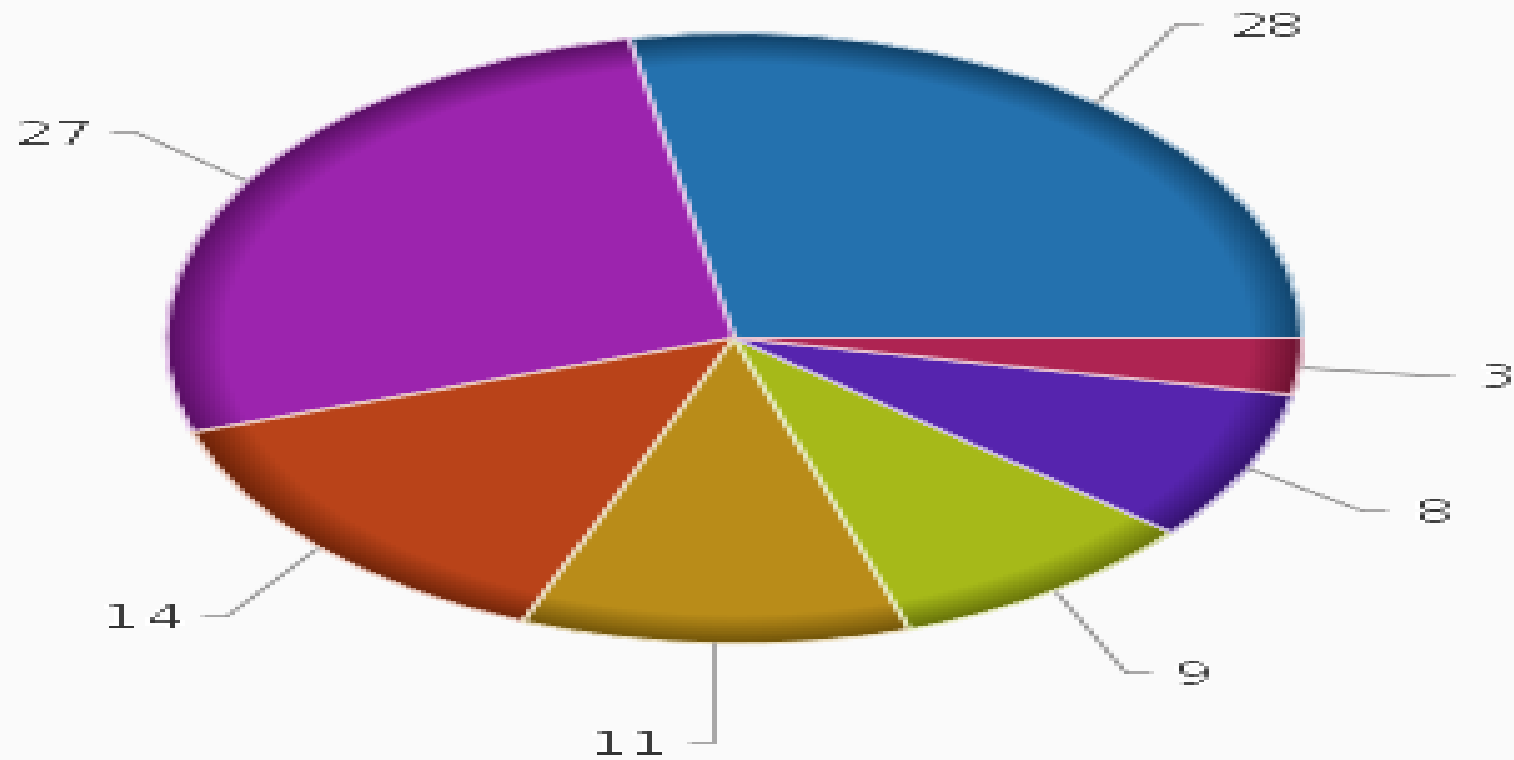
- Medium term mommy and baby massage
- Adapted diet against post-partum depression
- Co-mothering group and environmental support

6. Peaceful parenting



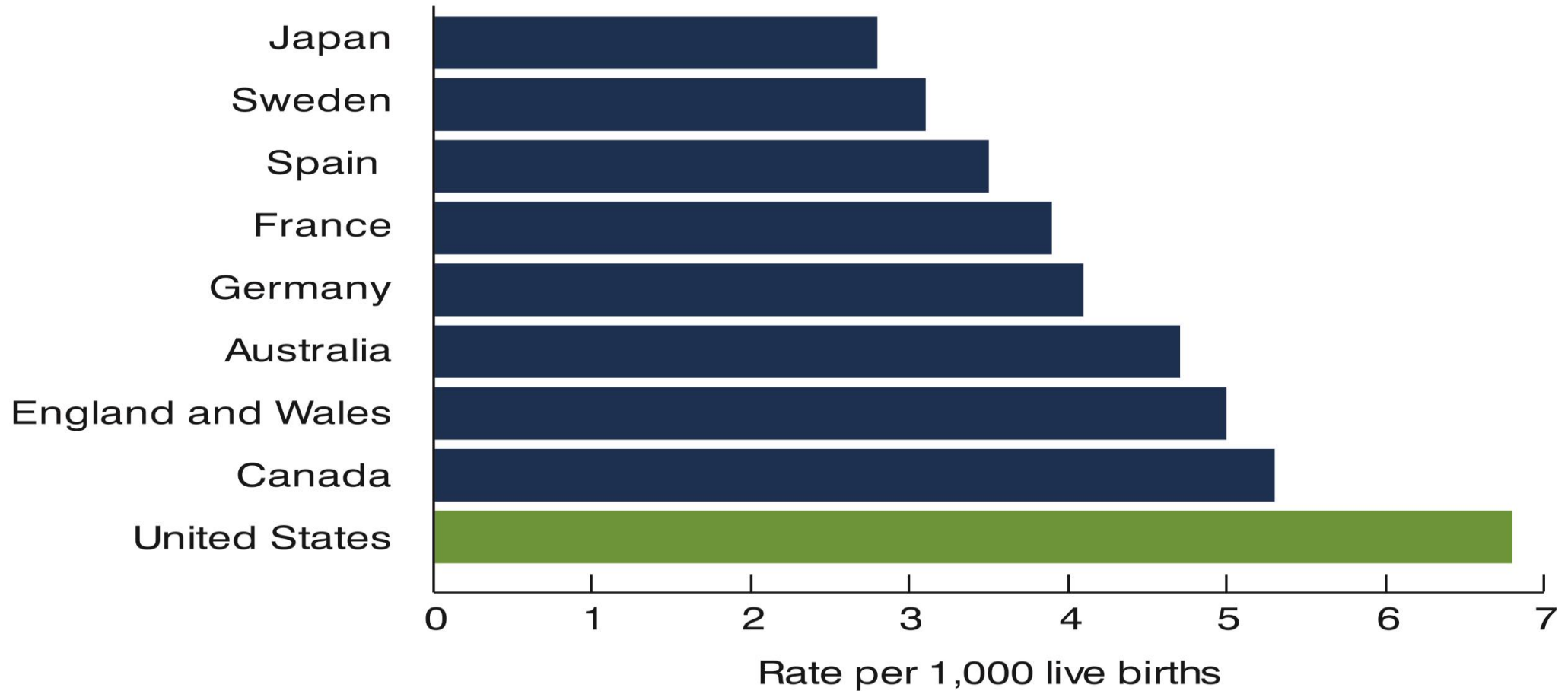
Causes of maternal death in the world by percentage

Source: Say L et al. Global causes of maternal death, 2014.



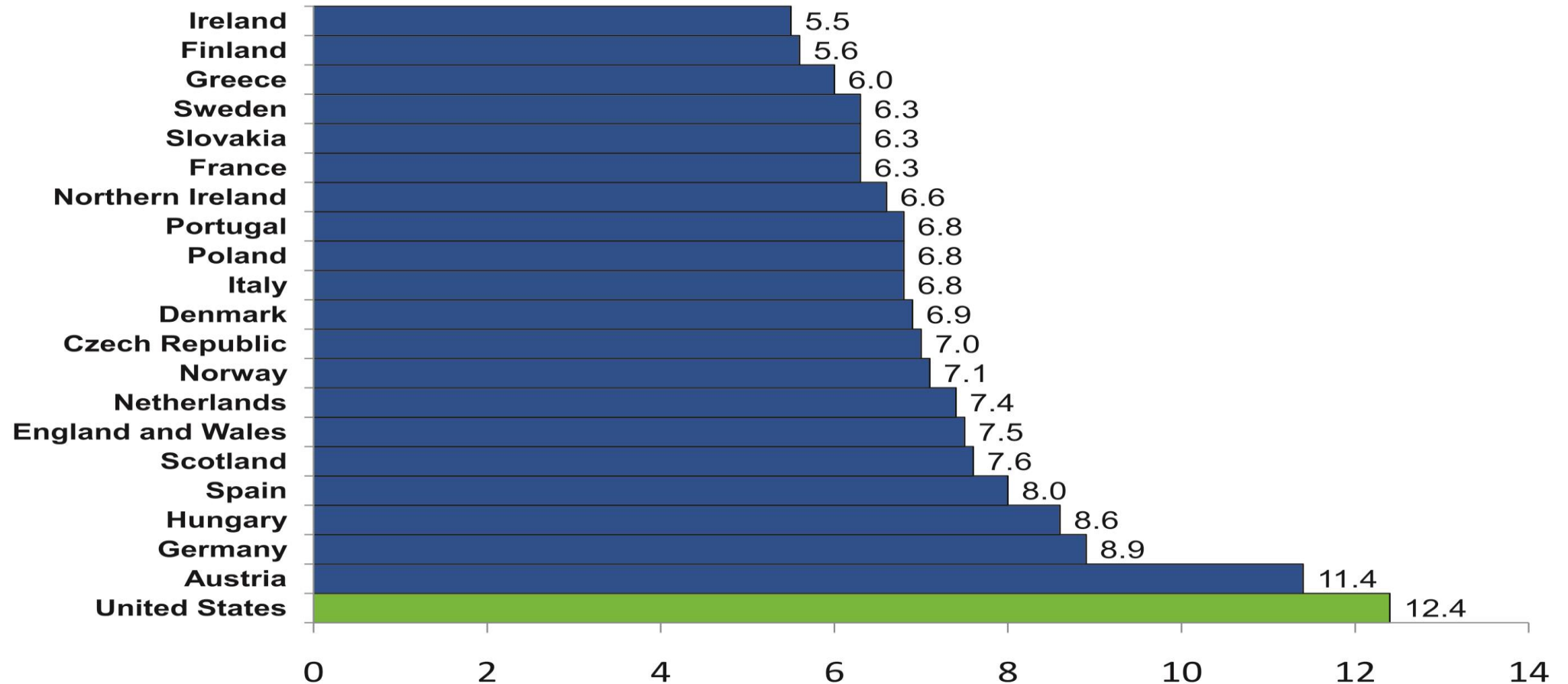
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|---|---|
|  Pre-existing conditions |  Severe bleeding |
|  Pregnancy-induced high blood pressure |  Infections |
|  Abortion complications |  Blood clots/embolism |
| |  Obstructed labour and other |

INFANT MORTALITY



SOURCE: *Health, United States, 2007*, Table 25, <http://www.cdc.gov/nchs/data/hus/hus07.pdf#listtables>

Percentage of preterm births, United States and selected European countries, 2004



Note: Excludes births at <22 weeks of gestation to promote comparability between countries. Preterm births are those from 22 to 36 weeks of gestation. Source: NCHS linked birth/infant death data set (for US data), and European Perinatal Health Report (for European data).

Inheriting Stress

Attention deficit hyperactivity disorder (ADHD)

is a mental disorder that most often occurs in children.



6.4 Million American children ages 4-17 have been diagnosed with ADHD.

How Much Does It Cost?

\$14,576

Average cost of ADHD per person

Yearly cost to Americans

\$42.5 Billion

Girls' symptoms are less obvious, and more "internal":

- Being withdrawn
- Low self-esteem and anxiety
- Intellectual impairment and difficulty with academic achievement
- Inattentiveness or a tendency to "daydream"
- Verbal aggression: teasing, taunting, or namecalling



Boys and girls display very different ADHD symptoms.

Boys' symptoms are obvious and "external":

- Impulsivity or "acting out"
- Hyperactivity, such as running and hitting
- Lack of focus, including inattentiveness
- Physical aggression

\$%#!



New strategies to promote health

- **World food co-produced networking**
- **Education and co-education**
- **Empower women and families**
- **Abolition of genetic determinism**
- **Prevention through epigenetic**
 - eating behavior, diet, drugs
 - as L-arginine or Low-dose aspirin ≤ 16 w...
 - exercises
 - stress management
 - To enjoy what you do
 - efficient social and family network
- **Osteopathy** – epigenetic healthy mutation



Request to the OIA

1. Develop a scientific committee to implement the Birth Charter
2. Dissemination
 1. To develop an **open source** to reach
 - Social networks
 - Practitioners & activists
 2. To broadcast it to governments & WHO agencies – so that prenatal rights are legislated
3. Application to develop Birth centers, trainings, & initiation to the Birth Charter (educators, parents, facilitators), with long term impact studies of 20 years



Battin, J., 2002, “The genomic and environmental footprint of an individual is the product of complex socio-educational environment, emotional experiences and parental messages of self-permission or prohibition, influencing the future behavior of the child, his or her development and morbidity in adulthood.”

“The greatest burden a child must bear is the unlived life of the parents.” C.G. Jung



Conclusion

“Nature has given women powers which at the present time they are not exploiting at all or are exploiting poorly.

She has the power to modify, corrupt or improve the 1st architectural genetic imprint.

They must become aware of these powers, and know that the future of humanity depends on them.”

Omraam Mikhaël Aïvanhov, 1938

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