

Birth Options

Research indicates an enormous consumer demand for birth options. The Sanctuary will be the first of its kind, the only luxurious water birth center in Los Angeles with a large family yoga studio and a supervised 'Waldorf inspired' playroom for children.

Since the release of documentaries like "An Inconvenient Truth" and "Sicko" there has been an explosion of advertising, products and media that reflect a conscious cultural shift towards sustainable living practices and alternative health care options. Big business, insurance companies, and the government have been forced to take notice that consumers are educating themselves and demanding that responsible products and services are created to meet their growing concerns.

Maternity care in the US is another topic that is currently receiving media scrutiny. Ricki Lake's documentary "The Business of Being Born", several recent articles in the Los Angeles Times, the release of "Pushed" a novel by Jennifer Block and several on line sites are all highlighting the alarming statistics and questioning the way American women are giving birth.

The United States spends twice as much per capita on obstetric care than any other industrialized nation, yet ranks 37th in the world for infant mortality and 40th in the world for maternal mortality. 72% of women giving birth in this country receive augmentation to "improve" the labor process, and of those, half will receive cesarean sections due to complications caused by medical interventions. Cesarean carries twice the risk of injury and death for both mother and baby (International Cesarean Awareness Network). Clearly this type of care does not insure the ideal outcomes that science and insurance companies would have hoped for.

A 1998 CDC study concluded that midwives cost less than physicians and have equally good, if not better outcomes for low-risk women and that women using midwifery care have fewer overall complications. In the countries with the best infant outcomes, 70% of babies are delivered by licensed midwives with obstetric care available when needed for high risk and complicated deliveries. Here in the U.S., only 5% of births are attended by midwives. These statistics clearly indicate a direct correlation between midwifery care and good infant outcomes. Current trends, statistics and media coverage all point towards a growing need and demand for birth centers and midwifery care.

The founders of this project are four visionary women who have come together with decades of experience in the birth, education and the natural products industries, teaming with numerous distinguished health care practitioners and educators specializing in pregnancy, birth and the family. Together, we are inspired and committed to bringing this comprehensive center to the families of Los Angeles.