

Ina May Gaskin

Quotes

Baby, Birth, Mother, Giving, Thinking, Pregnancy, People, Brave, Men, Want, Matter, Home, Ideas, Needs, Doe, Doctors, Culture, Rooms, Moose, Mind

We are the only species of mammal that doubts our ability to give birth. It's profitable to scare women about birth. But let's stop it. I tell women: Your body is not a lemon.

~Ina May Gaskin

Whenever and however you give birth, your experience will impact your emotions, your mind, your body, and your spirit for the rest of your life.

~Ina May Gaskin

If a woman doesn't look like a Goddess during labor, then someone isn't treating her right.

~Ina May Gaskin

There is no other organ quite like the uterus. If men had such an organ they would brag about it. So should we

~Ina May Gaskin

Why in the world do the insurance companies get to be the boss of birth? That's what I want to know.

~Ina May Gaskin

Even if it has not been your habit throughout your life so far, I recommend that you learn to think positively about your body.

~Ina May Gaskin

It does a man good to see his lady being brave while she has their baby... it inspires him.

~Ina May Gaskin

The human species is no more unsuited to give birth than any other of the 5,000 or so species of mammals on the planet. We are merely the most confused.

~Ina May Gaskin

The way a culture treats women in birth is a good indicator of how well women and their contributions to society are valued and honored.

~Ina May Gaskin

The energy that gets the baby in is the energy that gets the baby out.

~Ina May Gaskin

Don't forget to bring your sense of humor to your labor.

~Ina May Gaskin

Squat 300 times a day, you're going to give birth quickly.

~Ina May Gaskin

I had to learn not to let anyone push me around, to be brave and to say things I knew might make people mad.

~Ina May Gaskin

When we as a society begin to value mothers as the givers and supporters of life, then we will see social change in ways that matter.

~Ina May Gaskin

It is important to keep in mind that our bodies must work pretty well, or their wouldn't be so many humans on the planet.

~Ina May Gaskin

When you cast doubt on some bodily function- you don't know how sensitive the body is to that kind of idea.

~Ina May Gaskin

It's easy to scare women. It's even profitable to scare women... But it's not nice, so let's stop it.

~Ina May Gaskin

The Creator is not a careless mechanic.

~Ina May Gaskin

I think midwifery was developed by people with common sense, people who were close to nature, and people who observed other species of mammals and saw that there were lessons there to be learned.

~Ina May Gaskin

Why do we, then, continue to treat women as if their emotions and comfort, and the postures they might want to assume while in labor, are against the rules?

~Ina May Gaskin

Ask the woman, she will tell you everything you need to know

~Ina May Gaskin

Many of our problems in US maternity care stem from the fact that we leave no room for recognizing when nature is smarter than we are.

~Ina May Gaskin

Don't criticize nature, stand in awe of it.

~Ina May Gaskin

The best a health care system can do is to equip itself to meet the needs of each individual woman and birth. Those needs run the gamut from undisturbed home birth to planned cesarean section.

~Ina May Gaskin

Why should nutrition matter less in the creation of young humans than it does in young plants? I'm sure that it doesn't.

~Ina May Gaskin

If you can't be a hero, you can at least be funny while being a chicken.

~Ina May Gaskin

When a child is born, the entire Universe has to shift and make room. Another entity capable of free will, and therefore capable of becoming God, has been born.

~Ina May Gaskin

It will take your breastfed baby an average of five to six months to double her birth weight.

~Ina May Gaskin

Why should insurance companies continue to get away with limiting the skills that a health profession has always previously required of its members if they were to be considered fully trained?

~Ina May Gaskin

I dreaded having a boring life when I grew up. And I certainly can't complain about being bored.

~Ina May Gaskin

Let your monkey do it.

~Ina May Gaskin

It's good to laugh at times that feel inappropriate.

~Ina May Gaskin

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