

A Matter of Trust

Written by Paul Fuhrman, D.C.

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There s a story about a rock climber named Wim Hof, who has become a guru of sorts. In his

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The mainstream media and the medical establishment does a great job in cultivating this fear. We're told the body is fragile, weak, and easily broken. It's not true; we are all tougher than we give ourselves credit for. Childbirth is an absolutely beautiful example of how trust in your body can accomplish an incredibly complex and difficult task. I believe most women have that trust built in, but from the first OB visit it is reprogrammed into fear. Every detail is scoured for abnormality, and every genetic test forces you to consider what you would do if your child was born with a disability. We learn of every possible way that birthing can go wrong. It's a terrible place to be, mentally, going into labor with fear and self-doubt that has been continually reinforced for nine months.

We are trained to be unsure of ourselves, and therefore to become dependent on outside sources to tell us that we are healthy or unhealthy, go to the doctor. I believe in his self-doubt that you find

