

Secret Sensation Time: How to Have a Great Birth, Especially VBAC

Written by Gloria Lemay

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I wanted to write to those of you who are pregnant to tell you something that has been running through my mind all day about how you can be successful with your VBAC births. Many births begin in the night. The woman will get up to pee, feel her membranes release, and then an hour later will begin having sensations 15 minutes apart. Because you have

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