



Enter the intimate world of undisturbed birth as 11 couples share their intimate personal journeys, facing their fears and moving through pain into the ecstasy of birth.

“Watch this film and get in on the world’s best-kept secret: labor and birth can be pleasurable—even ecstatic. Better yet, pleasurable birth enhances the health of both mother and baby and creates a positive foundation for a lifetime.”

Christiane Northrup, MD, FACOG

Author, *Women’s Bodies*, *Women’s Wisdom* and *Mother–Daughter Wisdom*

With commentary by a dozen internationally renowned birth experts

Subtitles in Spanish, French, German, and Portuguese

Directed by Debra Pascali-Bonaro
 Produced by Debra Pascali-Bonaro and Kris Liem
 Edited by Kris Liem
 Soundtrack composed by John McDowell
 Additional composition and lyrics by Sabina Sciubba
 Photos: front cover, top and bottom, Jada Shapiro;
 center, Arp Laszlo. Back cover, upper left, Judith Halek
 Cover design by Suzie Vitez
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LTRT Dolby Stereo

NTSC

Color and black and white

85 minutes

An Intimate Documentary

Orgasmic Birth

The Best-Kept Secret

Orgasmic Birth

The Best-Kept Secret



A documentary that examines the intimate nature of birth and the powerful role it plays in women’s lives when they are permitted to experience it fully



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