

## Hormones/Chemicals of Pregnancy and Birthing

### Natural Hormone/Chemicals

### Synthetic Hormones/chemicals

Estrogen

(as seen in birth control pills and methods)

Progesterone

(as seen in birth control pills and methods)

Relaxin

(Relaxes the joints, especially during the end of pregnancy)

<http://www.gentlebirth.org/archives/relaxin.html>

Prolactin

(Hormone of breastfeeding)

Oxytocin

Pitocin

Prostaglandin

Cytotec: systemic prostaglandin E Analog)

Prostin, Cervadil (gel form)

Catecholamines (stress hormones)

Cortisone, cortisol

Stress hormones

Endorphins (calming hormones)

Morphine, marijuana

### Epidurals

Ecstatic birth - nature's hormonal blueprint for labor

<http://sarahjbuckley.com/articles/ecstatic-birth.htm>

<http://home.comcast.net/~hypnosisforbirth/hormonesofpreg.htm>