

Creation

Full Moon, New Moon - The Relationship between Conception, Labour, the Lunar Cycle

Since working as a Naturopath and Complementary Therapist within the Fertility and Pregnancy field I have become increasingly fascinated with the lunar cycle and how its effects the hormonal cycle. Traditionally the female cycle is known as the "moon cycle" because

- a) The menstrual cycle follows the lunar cycle - between 28 - 31 days,
- b) Menstruation occurs at a New Moon and
- c) It has a sway over our libido and sex life.

The Moon is part of a rhythm observed in the natural world of cycles, with Life Force developing, growing and energising during the waxing cycle (up to the Full Moon), and reducing during the waning cycle (Full Moon -> New Moon). An example of this is that marine animals/crustaceans synchronise their breeding cycles with the full moon.

From an esoteric perspective, Molly Hall (2014), astrologer, explains that the Full Moon creates the moon's love connection. She suggests that when the moon is full we are at the peak of our sexual ardour. "Traditional medicine women", healers and Anthroposophical Medicine have watched and worked with the Moon and its mysteries, connecting it with feminine energy, the seasons and breeding/menstrual cycle for aeons. Many women and Biodynamic farming such as that studied by Maria Thun have reclaimed this connection to the Moon, seeking to go with the flow, and not against it, - working with the Moon to increase crop and animal farming or using its energizing power to support abundance of some form. During the 1950's a Czech doctor called Dr Eugene Jonas noted that a women's fertility peaked during the Moon's cycle and developed a fertility method around his findings. Since then others have introduced lunar calendars and more recently Apps to find peak fertile days for conception.

Over the past three years I have been tracking my clients conception with the moon and also the birth of their babies. With the exception of client's who

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have undergone assisted conception procedures the majority of clients have started labour within 48 hours either side of a Full Moon and some a New Moon.

So how and why is this?

Let's explore some science research. There are published works that show a relationship with the onset of labour, the seasons and the Moon. One study⁴ indicated that there are two different rhythms in birth frequencies: -a weekly rhythm characterized by the lowest number of births on a Sunday and the largest number on a Tuesday and an annual rhythm with the maximum number of births in May and the minimum in September-October. A statistical analysis of the births in the lunar month shows that more are born between the last quarter and the new moon, and fewer are born in the first quarter of the moon.

Wikipedia explains that **Tides** are the rise and fall of sea levels caused by the combined effects of the gravitational forces exerted by the Moon and the Sun and the rotation of the Earth. So, if water is affected by the moon can humans be? Well, we are 80% water and therefore it seems likely that we will be influenced. If you speak to any hospital labour ward, midwife, doula or experienced childbirth professional such as myself we are likely to agree that there is a connection with the full moon and the onset of labour, most likely noted through clinical/hospital admissions rather than scientific research (unless they have studied Jonas or scientific research journals!)

In 1984 The Journal of Midwifery published a study which investigated the influence of the new and full moon on onset of labour and spontaneous rupture of membranes. Admissions during the year to a Labour and Delivery Hospital in Ohio, USA recorded frequencies for onset of labour and spontaneous rupture of membranes at the full and new moon and compared them with days controlled for barometric pressure. Results showed a link of the onset of labour to the full moon and barometric pressure.

Other research analysis:

- a) During 1996⁵, Joshi et al examined the relationship between the lunar position and spontaneous deliveries, especially in relation to the presence of a full moon.
- b) A retrospective analysis of 1248 spontaneous full-term deliveries in a three-year period (36 lunar months) was done at the Department of Obstetrics and Gynaecology, Civil Hospital, Fanon (Marche, Italy). Both of these studies showed a connection between spontaneous full-term deliveries and the lunar month.
- c) However, to confuse you there has also been research in Carolina (8), Canada and also North Carolina (2005) on Full Moon labour and births which proved inconclusive.

Whatever your thoughts on Birth and the Moons influence I can only offer my opinion – which is that I have noted a connection with Full Moon conception and the onset of labour within my clinic. When researching this blog The Huffington Post offers an interesting article on the Moon and labour which you may find interesting.

http://www.huffingtonpost.com/2011/08/15/full-moon-babies-lunar-effect_n_927703.html

So What About Conception and the Moon? It appears that, as Dr Jonas noted women are more likely to be interested in sexual intercourse and conceive around the Full Moon. Therefore, a birth is likely to also fall around a Full moon and marks

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“completion of the pregnancy cycle”. Biodynamic farming, astrology and traditional healing methods have long associated lunar cycles with beginnings and endings, rebirth and vitality.

Summary of the Moon and Fertility:

- As the Moon waxes (meaning from New Moon to Full Moon) oestrogen levels increase – they peak at the Full Moon when women are receptive to sexual intercourse and conception is most likely.
- During the waning Moon (from Full Moon to New Moon), higher progesterone prepares the womb for a healthy implantation and a positive pregnancy.
- The most fertile days apparently are when the mid-cycle ovulation matches up with the natal lunar phase, however I am not an astrologer and have no knowledge of this – look at the Jonas Fertile Method.
- It is considered that at New Moon hormones are at their lowest, and there’s a need to rest - beginning a “new cycle” and therefore menstruation most likely. Birth rates are lower in the three-day period at the new Moon and highest around the Full Moon.

And Finally

- Dr. Jonas found that the baby’s sex was in synch with whether the Moon was in a masculine or feminine sign at the time of conception.
- If you are keen on a boy you may wish to conceive using the masculine moon - signs - Aries, Gemini, Leo, Libra, Sagittarius and Aquarius. For your best chances of a girl you need to conceive under the feminine Moon signs - Taurus, Cancer, Virgo, Scorpio, Capricorn and Pisces. Sorry can’t help you any further with this as I am not an astrologer but if you are interested in this I recommend you Google the Dr Eugene Jonas Method!

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Disclaimer: This article is based on my own research and thoughts and should not be construed as anything further. Please feel free to explore Dr Jonas work, astrology or the scientific research papers or web sites mentioned above and come to your own conclusions.

Written July 1st 2014 by Justine Evans