

# induce **LABOUR**

ACUPRESSURE POINTS FOR PAIN RELIEF IN LABOUR



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## IMPORTANT NOTE FOR INDUCING LABOUR NATURALLY: Get the 'all clear'

It's important to have the all clear from your medical carer, especially if you have a pre-existing medical condition.

### LABOUR INDUCING TEAS

A great way for you to increase the chances and support a more natural birth is to drink this amazing tea of Oregano, Basil and Ginger. Once you have reached your due date, this tea is a safe and say way to support labour. Oregano and Basil contain wonderful properties that stimulate contractions and bring on labor. Basil and Oregano are emmenagogues herbs that are used to improve the blood flow in the uterus and help with menstruation. Some cultures use basal and oregano tea as an emmenagogue to bring on a late period. Both herbs are considered safe to consume, but they can cause uterine contractions in high doses.

Midwives and natural health care providers recommend basil and oregano to women who go past their due date. This tea is really ease to make however it can be a little tough on the taste buds. You will need to drink two to three cups of this a day over 7 days starting from your due date.

#### Basil, Oregano and Ginger tea

There are so many ways to make this and its great to experiment when making your teas. You can make it with dried herbs or fresh. Fresh herbs are of course the better option but the dried herbs can also work. To make with fresh herbs: Fill about 1/4 of a tea cup with fresh basil and oregano. Take some fresh ginger and place 2-3 slice into your cup. Pour boiling water over herbs and steep for around 5 minutes. Then drink. You can reuse the herbs a few times in the same day by refilling your cup with more boiling water.

If you are going to use dried herbs then Boil hot water and pour over 1 tsp of basil and 1 tsp of oregano and a half tsp of ginger. Leave tea to steep for around 5 minutes and drink. I find it best to place the herbs in a tea bag which can be purchased in any health food store. This infuses the herbs and their amazing properties.



## Raspberry Leaf Tea

Raspberry leaf is a herb from red raspberry leaves, and has been used medicinally for thousands of years. In the 1920s, western medicine practitioners began to use it as a tonic for the uterus during pregnancy and childbirth. It also contains a wide variety of vitamins that are vital for a healthy pregnancy. Raspberry leaf tea contains essential minerals such as vitamin E, iron and calcium. Learning the proper way to prepare raspberry leaf tea is important. Although preparing tea sounds simple enough, it can actually be a bit overwhelming if you have never done it.

This is certainly one of the most common herbs used by pregnant women world-wide. Among its many properties: it helps to prevent miscarriage, helps to prevent excess bleeding during and after labor, nutritive very rich in calcium, magnesium and iron, thus helping to prevent cramps, facilitates the birth process and it is a tonic by promoting healthy tone in the kidneys, liver, uterus and mucous membranes.

Over the years I have seen that Using loose tea produces the best results, it also produces amazing flavours, for some women they find the taste a little overwhelming.

- \* Add six cups of water to a large pot and bring it to a boil.
- \* After the water boils, remove the pot from the heat and add approximately ten teaspoons of the raspberry tea into the water. Stir well.
- \* Cover the pot and let the tea steep overnight for the best results.
- \* After the tea has finished steeping, strain the water into a pitcher.
- \* Reboil the tea as your required.

### **You should avoid consuming red raspberry leaf if you:**

- \* Have previously had a short labour of three hours or less
- \* Have previously had a caesarean section
- \* Have previously had premature labour
- \* Have experienced vaginal bleeding since week 20
- \* Are having a planned caesarean section
- \* Have high blood pressure
- \* Have previously had breast or ovarian cancer, fibroids or endometriosis
- \* Have a family history of breast or ovarian cancer, fibroids or endometriosis
- \* Are expecting twins
- \* Have any complications or health problems in your pregnancy



## ESSENTIAL OILS, FRUITS AND HERBS

### Clary Sage

Clary sage is known as an especially helpful oil for women. It naturally supports estrogen production, and thus helps with menstrual difficulties and menopause health concerns, as well as aiding in inducing labor. Also, clary sage works on the hypothalamus, relieving anxiety, thus easing the birth process.



### Lavender

Lavender is one of the gentlest oils to use on the skin. It has emmenagogue properties and thus should not be used by pregnant women unless trying to induce labor. Its calming and pain-relief properties can help create a more relaxing labor situation for the mother.



### Jasmine

Some people are sensitive to jasmine, so the mother's potential allergic reaction to this oil should be established before use. Jasmine has emmenagogue properties and should be avoided by pregnant women not seeking to hasten labor. It has mood-elevating as well as calming qualities. It has a strong effect on the uterus, which can ease childbirth but should be used sparingly.



### Palma Rosa

This essential oil with the rose-like scent oil is believed to boost the levels of oxytocin (the "love" hormone) in the blood, as well as having calming properties.



## You can also support a natural labour with:

### Pineapple

Pineapple contains the enzyme bromelain which is thought to help soften your cervix and bring on labour. Eating large amounts will probably stimulate your tummy, which could also stimulate your uterus.



### Evening Primrose Oil (EPO)

Evening Primrose Oil is another 'cervix ripening' method. EPO helps by imitating prostaglandin and can be used orally and/or internally. A usual oral dosage is 2-3 of 500mg capsules daily from 36 weeks. If you are taking EPO internally, you can do this from 36 weeks – simply insert 2-3 capsules directly to the cervix before bed. You might like to wear a pad or liner as it can get messy when you get up.



## Black Cohosh

Black Cohosh is a herb used to encourage contractions and facilitate labour. It should be avoided in pregnancy and is better taken in early labour. Please consult a naturopath before taking Black Cohosh as the wrong dose may cause problems.



## EAT DATE FRUIT!

Yes, and this one has a recent study behind it. According to this study on ‘the effect of late pregnancy consumption of date fruit on labour and delivery’:

*“We set out to investigate the effect of date fruit (Phoenix dactylifera) consumption on labour parameters and delivery outcomes... 69 women consumed six date fruits per day for 4 weeks prior to their estimated date of delivery, compared with 45 women who consumed none... It is concluded that the consumption of date fruit in the last 4 weeks before labour significantly reduced the need for induction and augmentation of labour, and produced a more favourable.”*

## Uterine Contracting Herbs Include:

**Herbs with Oxytocic properties** - these herbs induce uterine contractions by stimulating oxytocin.

**Blue Cohosh, Cotton Seed/Root, Angelica** - Herbs containing Thujone Thujone is a volatile oil found in several plants known to be a uterine stimulant. Anyone with a tendency toward epileptic seizures should not use herbs like **Tansy, Mugwort, Juniper berries, Chamomile**.

## OTHER THINGS TO REMEMBER

If you are in early labour or trying to get things moving, remember these things:

\* **Rest is so important**, so at night rest as best you can. You have the whole the day to get things moving, but don't exhaust all your energy in early labour – it's like training for a 10 k and then deciding to run a marathon, don't exhaust yourself before the race.. You have a long way to go, and more energy you can save the better your labour experience will be.

\* **Walking** – especially through contractions will help increase blood flow and distract you from the pain. Physical activity like walking may move your baby's head to drop lower and put a little pressure on your cervix. Taking bigger steps may be why. When you take larger steps, you lift your legs higher and this position may put more pressure on your cervix.

\* **Stairs** – climbing stairs is a great way to get things going and to help get that baby down and into a good position. It's tiring of course closer to your due date but will really help you.

\* **Keep upright where possible** – When the uterus contracts, it contracts forwards, so lean into the contractions, bending your knees slightly and position your knees apart supporting yourself with a chair or wall.

\* **Keep yourself busy**

## OTHER WAYS TO INDUCE LABOUR

### 1. Nipple Stimulation

Nipple stimulation produces oxytocin and can produce some strong effects, so you can try stimulating your nipples with your fingers, massaging one at a time. Massage the first nipple for 5 minutes (when there are no contractions), then wait to see what happens (around 15 mins or so) before doing more. Once labour is well established again, stop the stimulation.

### 2. Breathing

Slow, focused breathing will help keep you calm. A deep breath followed by slow, steady, deep breaths help to take the your focus off of the discomfort of labor. Breathing techniques quicken as the rhythm of the labor progresses.

### 3. Sweeping Membranes / Sweep

Sweeping the membranes involves your medical doctor separating the membranes from the cervix by vaginal exam. This can be a little uncomfortable for some women. Some spotting or bleeding may occur as a result and some find they have irregular contractions after a sweep, which may be uncomfortable and still not progress into labour. If you can meet your acupuncturist on the same day as the sweep, it can really help with the process, I see amazing results from a combined session of a sweep and acupuncture on the same day.





## LABOUR INDUCING FOOD

### Eggplant Parmesan Baby Surprise

*If you are getting close to or past your due date you might be looking for some easy ideas to bring on labor. One of my favourite is from a good friend of mine who is an amazing cook and a wonderful nutritionalist. She gave me this receipt to try and I have to admit there may be something in it...The secret to the recipe lies in the ingredients. As I mentioned before, basil and oregano contain properties that stimulate contractions. Its such a yummy dish and easy to make, so definitely give it a try and do let us know how it goes for you. Did it help.*

#### Ingredients

3-4 eggplants

4 cups bread crumbs

Good Quality Olive oil

Our super surprise sauce  
(see recipe on next page)

1 cup of flour

5 eggs, beaten

Parmesan cheese grated

mozzarella cheese

ricotta cheese

#### DIRECTIONS

Preheat your oven to 355 degrees.

Slice the Eggplants into slices. Using paper towels, press on the eggplant slices to get rid of any extra moisture.

Salt and set them aside for 10 minutes.

Then take your eggplant slices and lightly cover them with flour. Dip them in your beaten eggs and finally cover then in your bread crumbs.

Saute your eggplant slices in the olive oil until both sides are nicely golden brown.

In a baking pan place a layer of eggplant slices and cover with sauce then ricotta and your parmesan cheese. Next layer the eggplant again with your sauce and cheese and finally end with a last layer of cheese. Cover with mozzarella cheese and bake in preheated oven for 30 minutes.



# Eggplant Parmesan Sauce

*So for our sauce we need the following ingredients, don't worry its very simple to make, so have lots of fun with it.*

## Ingredients

chopped garlic  
3 tablespoons of olive oil  
chopped tomatoes  
onions chopped  
fresh chopped parsley  
1 teaspoon of oregano  
crushed red pepper  
fresh chopped sweet basil  
Pinch of thyme  
Pinch of rosemary

## DIRECTIONS

Saute garlic and the onions in your olive oil.

Add your tomatoes and bring to boil.

Reduce heat to simmer.

Then add the rest of your ingredients.

Cover sauce and simmer for about 30 minutes.



# General Tso's Chicken Recipe to Induce Labor

*Believe or not Chinese food is a secret of mine that I tell all my patients to try... This recipe is know throughout china as a way to potential bring on labour. If you want to cheat a little you can always go to your favourite local Chinese restaurant and have that cheeky takeaway. But heres my recipe to try.*

## Ingredients

hoisin sauce  
soy sauce  
sugar  
cornstarch  
water  
4 boneless skinless chicken breast  
olive oil  
4 garlic cloves  
ginger root  
3 large egg whites  
cornstarch  
flour  
baking soda

## DIRECTIONS

**Marinade chicken pieces:** To make marinade mix hoisin sauce, soy sauce, sugar, corn starch, and water in mixing bowl. Put chicken pieces in a Ziploc bag and add about 6 tablespoons of hoisin sauce marinade. Shake bag the bag to ensure the chicken gets covered in the marinade and then pop it into the fridge for about 20 minutes to settle.

**Next** we need to simmer the main ingredients of garlic, ginger, and pepper flakes in olive oil over medium heat for about a minute. Stir in the remainder of hoisin sauce marinade and continue simmering until the sauce thickens. In another bowl mix cornstarch, flour, baking soda and baking soda. Place your chicken into the beaten eggs then the cornstarch mixture.

**Next** Heat oil in large frying pan on medium high heat. Cook coated chicken on medium high heat. Then added cooked chicken to hoisin sauce mixture and simmer for about a minute or until chicken is coated well. Making sure that the chicken is completely cooked. And then serve over some of your favourite rice.



## Pineapple Mango Smoothie to support labour

*Smoothies are a great way of getting valuable nutrients into your body quickly, pineapples have been used for many years to support and bring on labour, so theres nothing better than making a delicious smoothie with it. Adding mangos brings in a beautiful taste to the smoothie and if your feeling adventurous then*

### Ingredients

fresh chopped pineapples,  
with pineapple core

chopped mangos

freshly squeezed orange juice

vanilla yogurt

Ice

### DIRECTIONS

Blend pineapples, mangos, juice and yogurt in blender.

Add ice and blend until desired consistency.



# Labor Inducing Cookie

## Ingredients

flour  
baking soda  
cinnamon  
ginger  
ground cloves  
salt  
margarine  
granulated sugar  
brown sugar  
2 egg whites

## DIRECTIONS

Preheat your oven to 350 degrees.

Taking the following ingredients, flour, baking soda, cinnamon, ginger, cloves, salt and cayenne pepper in small mixing bowl.

Then blend margarine in large mixing bowl. Stir in brown sugar and granulated sugar slowly. Add then the egg whites. Finally, add the dry ingredients to your mix.

Roll dough into balls. Roll cookie balls in sugar to lightly coat each cookie. Place balls on cookie sheet lined with parchment paper. Bake in oven for 8-10 minutes or until cookies are golden brown.

And there you go, a lovely treat to support inducing labour.





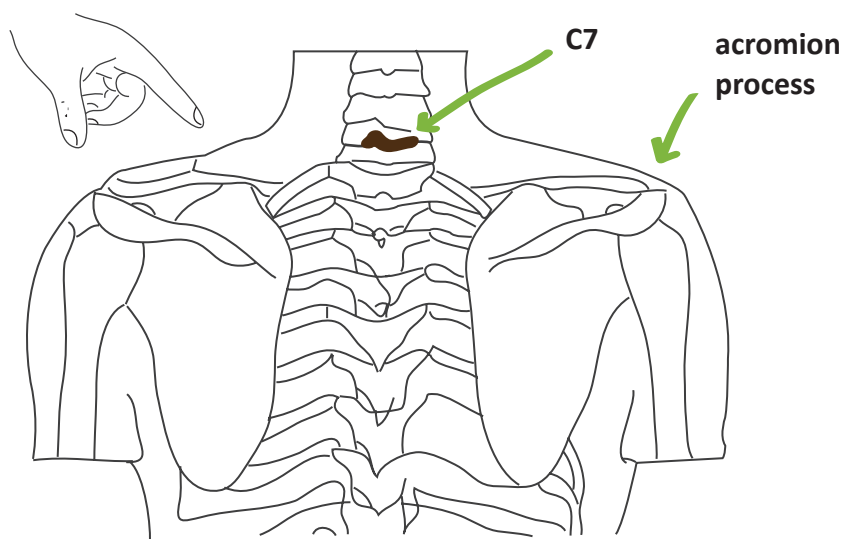
# ACUPRESSURE POINTS FOR PAIN RELIEF IN LABOUR

## Gall Bladder 21



### Its location

The best way to locate this point is to imagine drawing a line between the bony point of the neck, called **C7**, and the top of the corner of the shoulder called the acromion process, the point is located midway between the two, at the highest point of the shoulder muscle. It will feel a little tender. Look for the area which has the strongest sensation. Massaging this point on both sides for between 3 and 5 minutes at a time.



### The method to use

- Have your birthing partner apply firm downwards pressure using their thumb..
- When using the thumbs the pressure needs to come from the arms rather than the thumb joint - otherwise people will end up with very sore thumbs.
- These acupressure points are usually used with the birthing partner applying pressure using their knuckles on both shoulders together.
- The pressure can be applied at the beginning of each contraction or continual gentle pressure applied that is intensified during contractions.
- This acupressure point has a descending action to aide the first and second stages of labour and can stimulate uterine contractions.

**! Using Acupressure for labour can only be used after 38 weeks.**

# Kidney 1



## Its location

This point lies is found in the top one third of the sole of the foot. It can be easily located as a depression formed when the toes are pulled forward.



## The method to use

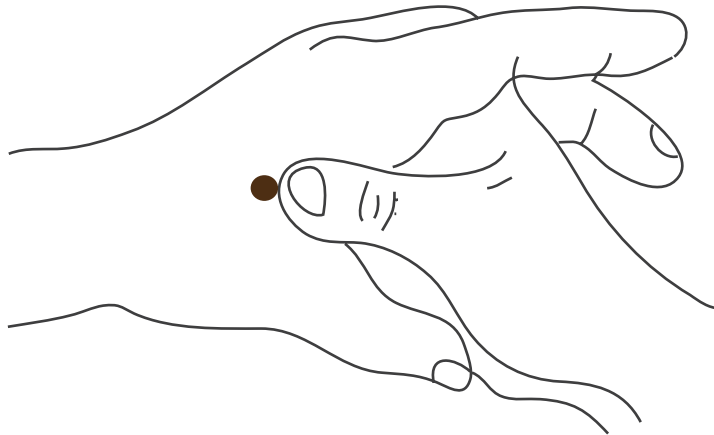
- The birthing partner can put strong pressure on this point with their thumb, pushing upwards in the direction of the big toe.
- The point has an extremely relaxing effect and can be used at any time during labour.
- This acupressure point is extremely useful during a labour where there are feelings of fear and anxiety by the birthing mom.

## Large Intestine 4



### Its location

This point is found between the thumb and index finger. Place the thumb and index finger together and you look for the highest point on the skin between the thumb and finger.



### The method to use

- The birthing partner can firm pressure with their thumb. This point can be quite sore once you have found the correct location.
- Acupressure to this point can be used to providing general pain relief in labour. It can be very useful for women who would prefer to not have an epidural. It is used for stimulating contractions. It aids the body's efforts to move the baby down through the birth canal and can be especially useful if women are tired and not pushing effectively.

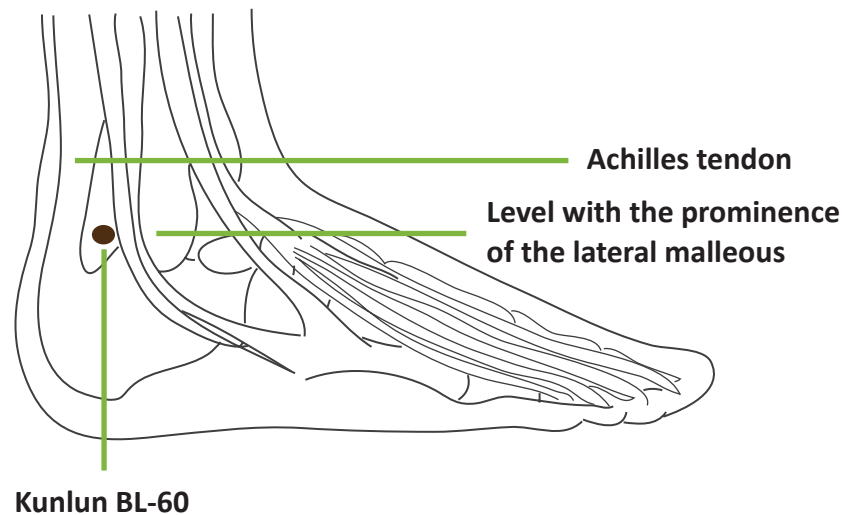
**! Using Acupressure for labour can only be used after 38 weeks.**

## Bladder 60



### Its location

This point is found midway between the tip of the the external ankle bone and the outer edge of the achilles tendon.



### The method to use

- The birthing partner can apply pressure to this point by gripping the women's ankles and applying firm pressure with their thumbs.
- This acupressure point is frequently used in the first stage of labour and can be used to promote the baby to descend during labour.



**Using Acupressure for labour can only be used after 38 weeks.**

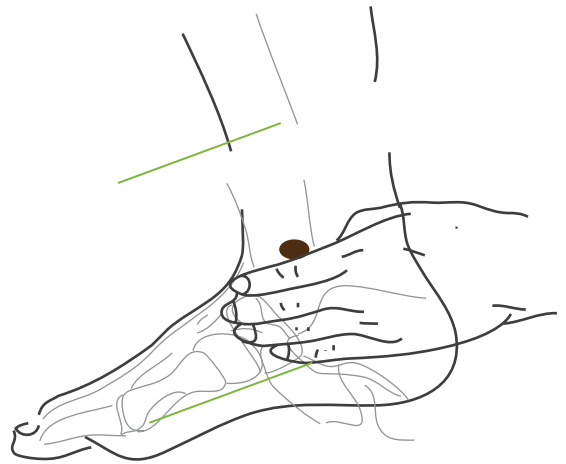
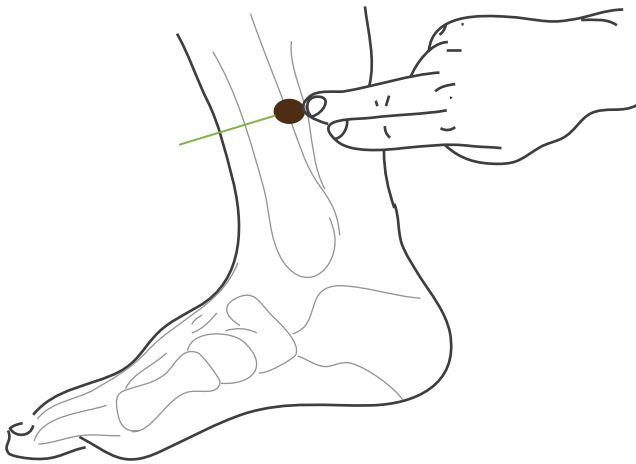


## Spleen 6



### Its location

This point is found between the thumb and index finger. Place the thumb and index finger together and you look for the highest point on the skin between the thumb and finger.



### The method to use

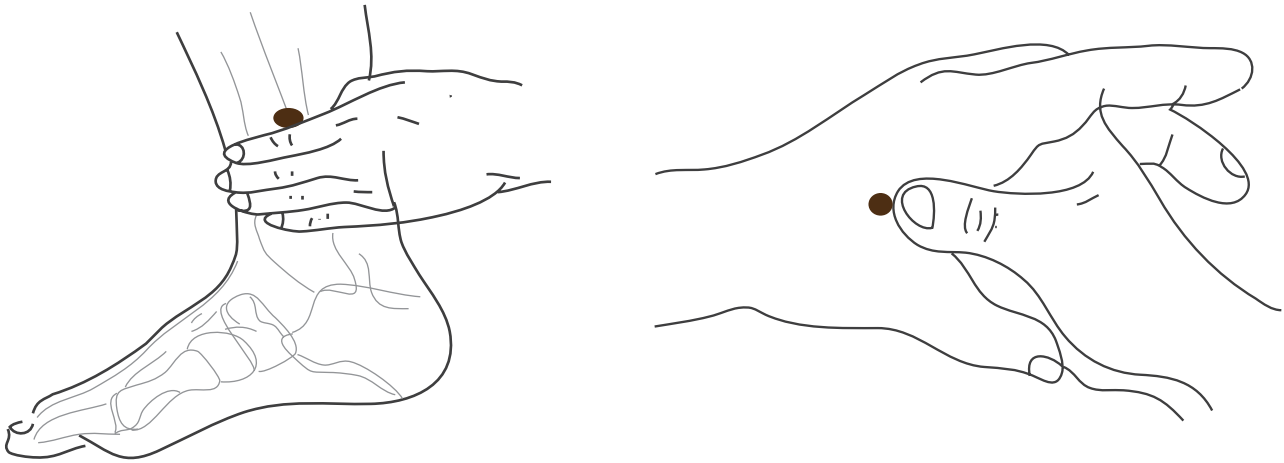
- Have your partner apply direct pressure with their index finger or thumb.
- This acupressure point has an effect in helping the cervix to dilate and can be used to help the cervix to dilate efficiently. It can be used by applying firm pressure on one leg at a time for , approximately three to five minutes, then using it on the opposite leg. Once labour has become attained, the point can be used to continue to dilate the cervix..

**! Using Acupressure for labour can only be used after 38 weeks.**

## Waters Breaking

The term “**waters breaking**” refers to the rupture of the membranes surrounding the baby and the leaking of amniotic fluid.

If a woman’s membranes have ruptured **Hegu L.I.-4, Sanyinjiao SP-6** can be used to help establish labour.



Hegu L.I.-4 can be used in combination with Sanyinjiao SP-6 with the woman or her support person applying firm pressure to each point for several minutes at hourly intervals. All four acupressure points can be used and repeating ever 30 minutes, with Hegu L.I.-4 on the opposite hand.

# ACUPRESSURE FOR PROBLEMS IN LABOUR

There are a variety of reasons what no stage should these points be used to delay medical intervention when it is deemed necessary by your medical team.

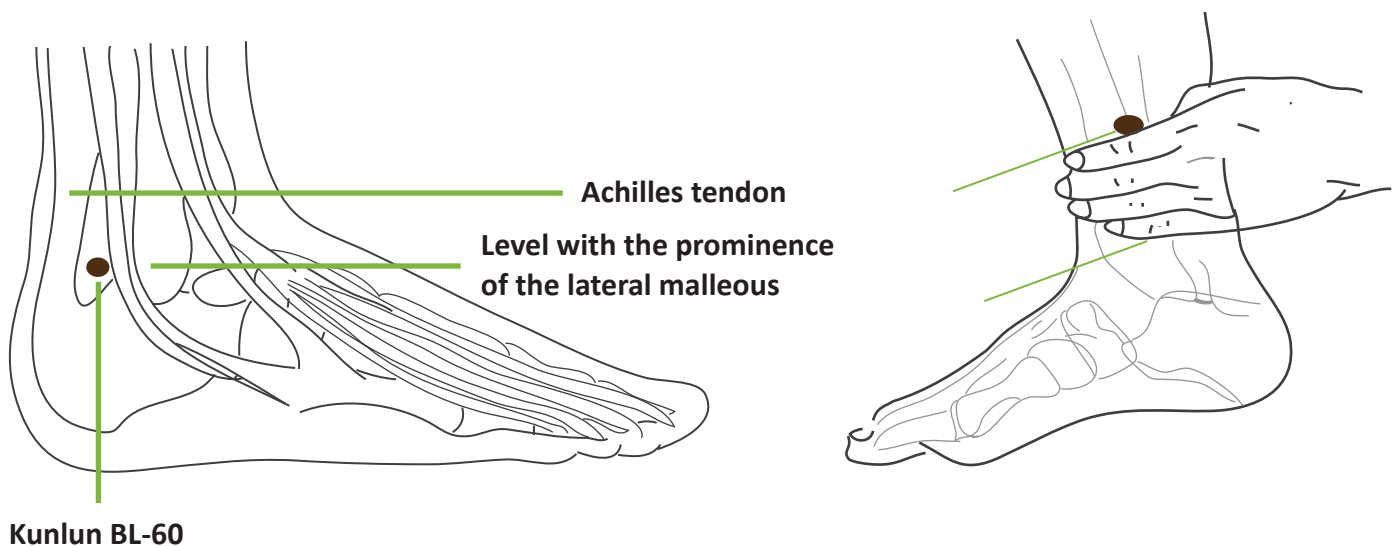
## Posterior Position

The best position for a baby to fit easily through the pelvis when the back of the baby's head and its back face towards the mother's abdomen. If lying slightly to the left it is termed Left Occipito Anterior, if lying to the right it is Right Occipito Anterior.

If the baby is lying with the back of its head and back facing posterior towards the mother's spine the baby is in a posterior position. In either of these positions labour may become less efficient as the baby's head is not lying in an optimal position over the cervix, your partner will also feel increased back pain due to the baby's back being pressed up against her spine.

The points below can be tried to help the baby turn into an anterior position during labour.

## Bladder-60 in combination with Spleen-6



These points can be used together, placing pressure on Kunlun BL-60 for up to four to five minutes followed by pressure to Sanyinjiao SP-6 for up to three minutes, preferably both legs are used at the same time for a more effective treatment

## Bladder 67



### Its location

This point lies on the little toe, just on the outside of the toe nail.



**Zhiyin BL-67**



### The method to use

When the baby presents in a posterior position during labour they can then be applied and left in place; if they feel uncomfortable they need to be repositioned. When using local pressure to stimulate the point the blunt end of a ballpoint pen can be used. Essential oils such as Rosemary and a combination of basil in a carrier oil work amazingly on this point.

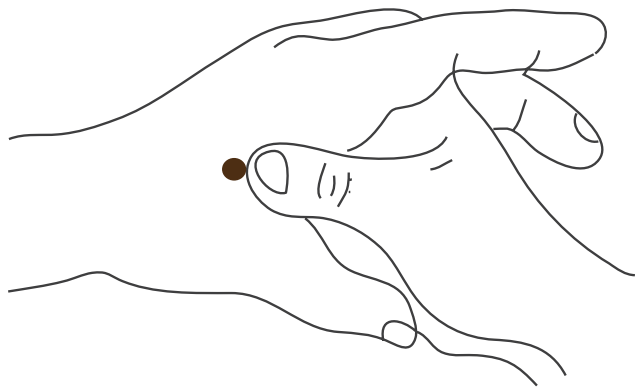
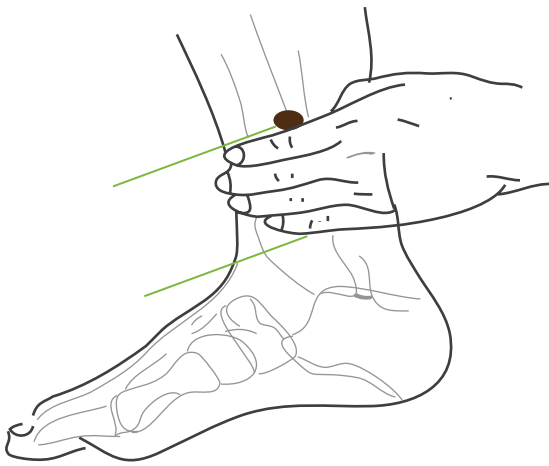


## LABOUR NOT PROGRESSING

If labour is not progressing efficiently the following points can be used in combination to encourage efficient contractions.

### Spleen-6 and Large Intestine-4

Acupressure can be used for several minutes on each point. And every 15 minutes continuing a rotation with a 30 minute break every hour.



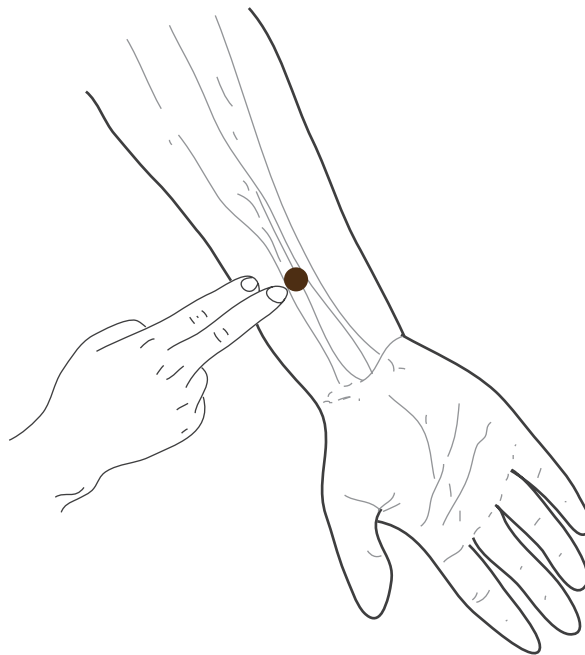
# NAUSEA DURING LABOUR

## Heart Protector-6



### Its location

So take a look at the wrist and bend it slightly, you will see a crease developing at the articulation of the wrist, from there take four fingers to locate the point between the two tendons.



### The method to use

There are two techniques that can be used, the first is a downward massage from the elbow to the wrist from the point or by placing pressure on the point and hold until the symptoms are relieved, usually within five minutes.

It is better to apply the pressure on both wrists if possible.

It is possible to buy a wristband to help apply pressure to this point. These are typically bought in health shops or pharmacies, usually for sufferers of sea sickness.



## YOUR HOSPITAL BAG

*Definitely have your hospital bags ready at least 2 weeks before your due date. I think its a good idea to have to separate bags prepared, one for your labour and the other bag for the stay in the hospital after you've had your beautiful baby.*

- 1 Have something comfy to wear for the delivery, maybe a t-shirt or nightie, even better if it opens from the front.
- 2 Toiletries, such as toothbrush, tooth paste, soap, hairbrush and any other little bits you might need
- 3 A couple of face cloths or sponges
- 4 If your birthing partner is going to do some acupressure with you, definitely have some massage oils to rub into the pressure points
- 5 You need to keep yourself nice and hydrated, so a water bottle and straw for drinking liquids easier.
- 6 Snacks for the labour, do treat yourself here.. :-)
- 7 Music player, iPod etc, we have a free hypo birthing program on our website for you.
- 8 Spare underwear.
- 9 Some of your birthing teas.

