

ACUPRESSURE FOR LABOUR SUPPORT

WHY LEARN ACUPRESSURE ? Because it ...

- ◆ promotes efficient labour
- ◆ relieves pain
- ◆ is practical non-invasive therapy
- ◆ offers women a greater sense of control throughout labour
- ◆ enhances assistance: Partners and support people consistently report feeling involved, useful, important and active in the birth, rather than simply “bystanding”
- ◆ gives women more comfort, as their partner provides the bulk of labour support

ACUPRESSURE on acupuncture points can ...

- ◆ promote the baby to descend in the first and second stages of labour
- ◆ promote cervix dilation
- ◆ prevent the appearance of radiating lumbo-sacral pain
- ◆ calm the mind & decrease panic (especially for previously unpleasant birthings)
- ◆ increase the frequency and intensity of contractions (for more efficient labour)
- ◆ reposition a posterior baby
- ◆ alleviate nausea and vomiting
- ◆ promote milk flow prior to and during breastfeeding

CASE STUDIES SHOW significant ...

- ◆ decreases in subjective labour pain and total labour time
- ◆ increases in naturally commencing labour

IN ADDITION, ACUPUNCTURE DURING PREGNANCY can relieve ...

sciatica, nausea, morning sickness, hemorrhoids, vulval varicosities, UTI, fatigue, insomnia, anxiety, depression, hypertension, small-for-date babies, breech, edema, musculoskeletal conditions, heartburn, constipation, plus more.

LINKS :

- ◆ Debra Betts: information on acupressure and acupuncture for child birth, & more
<http://acupuncture.rhizome.net.nz/acupressure/introduction.aspx>
- ◆ Research on prenatal acupuncture
<http://www.acumamas.com/research.html>

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NATALIE PRASHAW has been teaching labour acupressure points for over 2 years, and now offers this knowledge to pregnant women in the Sudbury area. She utilizes acupuncture and herbs to heal ailments and guide the body back into balance.

To discuss questions or book an appointment
email elementsacupuncture@live.ca or call (705) 693-3322.

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