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|  | Twist and Turn  The best way to turn a breeched baby... Acupuncture or External cephalic version?  by: Cassandra Davis |  |  |  |
|  | **Background Information - Page 3**  Breeched Births  Around the eighth month of pregnancy, a baby will settle into position in a woman�s uterus after weeks of floating free. By this time there's not much room, so most babies make best use of their limited space by settling into a vertical, head-down arrangement called the vertex position ([Fig. 3](http://docs.google.com/Fig3normal.htm)). 96 per cent of babies will have assumed this position, but a few, about three or four per cent, will settle into a bottom-first, or breech, position ([Fig 4](http://docs.google.com/fig4breech.htm)).    Acupuncture  The point used is Bladder 67, also known as the Zhiyin point. The point is located on the outside of the little toe ([Fig. 5](http://docs.google.com/fig5littletoe.htm)). The bladder meridian runs around the abdomen area, promoting movement in the baby. The best way to stimulate this point is through heat from a moxa stick ([Fi6g](http://docs.google.com/fig6moxa.htm) ). One will experience a pleasant feeling of warmth in the toes, this is gentle treatment, and will not cause pain or burning. Remove the moxa stick when it starts to become uncomfortable. Then repeat the procedure on the right foot.  Continue in this, alternating between the right and left foot, for a total of ten to fifteen minutes. Repeat the whole procedure twice a day for maximum of five days, most babies turn within 3 days. Stop the using technique when the baby turns to the head-first potion, because it can turn back! (Pedley)  The best time to use this procedure is between 28 and 34 weeks. If one is less than 28 weeks pregnant, the baby is still pretty mobile and will probably turn on its own. Between 28 and 34 weeks into ones pregnancy, there is still a good chance that the baby will turn spontaneously and this is the best time to use the Zhiyin acupuncture technique in order to encourage it to move. 35 or 36 weeks into pregnancy, one should only attempt it with the approval of a doctor or midwife. It is not suitable if one is more than 36 weeks pregnant (Pedley).  [1](http://docs.google.com/abstract.htm) [2](http://docs.google.com/backgroundinfo2.htm) 3  [4](http://docs.google.com/bgi4.htm) | |  | |  |  | | --- | --- | |  | [Home](http://docs.google.com/truehome.htm) | |  | Abstract     [1](http://docs.google.com/abstract.htm) [2](http://docs.google.com/backgroundinfo2.htm) 3  [4](http://docs.google.com/bgi4.htm) | |  | [Prediction](http://docs.google.com/Prediction.htm) | |  | [Procedure](http://docs.google.com/procedure.htm) | |  | [Data](http://docs.google.com/data.htm) | |  | [Conclusion](http://docs.google.com/conclusion.htm) | |  | [Works Sited](http://docs.google.com/workscited.htm) | |