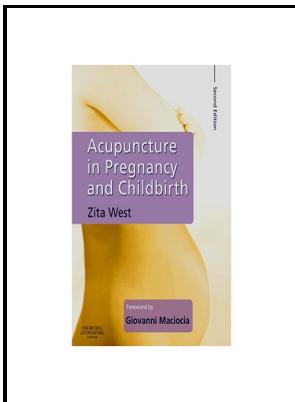


Acupuncture in pregnancy and childbirth

Churchill Livingstone/Elsevier - Acupuncture for Pregnancy and Labor



Description: -

- Acupuncture
 - Childbirth -- Alternative treatment
 - Pregnancy -- Alternative treatment
 - Acupuncture in pregnancy and childbirth
- Notes: Includes bibliographical references and index.
This edition was published in 2008



Filesize: 32.93 MB

Tags: #Acupuncture #in #Pregnancy #and #Childbirth

9 Effective Acupressure Points to Induce Labor and Delivery

Many people who try acupressure — usually through a vigorous massage — do it along with modern medical practices. The birthing woman will also experience strain and fatigue in various parts of the body including the back, legs and arms.

The Acupressure Points for Inducing Labor: Where to Target

Acupuncture can also help prepare the body for labor and birth. Known as Sanyinjiao — or three yin intersection — SP6 is located above the , on the backside of the shinbone lower calf. Women who had acupuncture that was tailored to improve their depression experienced a drop in the severity of their symptoms — even more so than women who received general acupuncture or massage, one study found.

The Benefits of Acupuncture for Pregnancy and Childbirth

That in turn triggers the release of several brain chemicals, including endorphins, which block pain signals and may help relieve a number of pregnancy symptoms. Design your optimum diet and personal exercise program. It is the phase where the uterine muscles are hard at work creating powerful contractions in order to dilate the cervix, and it causes considerable pain, discomfort and cramping.

The Benefits of Acupuncture for Pregnancy and Childbirth

Inside you'll learn: -How your lifestyle may be inhibiting your ability to conceive - and what to do about it - Why popular fertility diets may be leading you down the wrong road -What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet -How to determine your personal health imbalances that may be interfering with your fertility -How to use Chinese medicine to bring your body into balance and improve your odds of conception -How to streamline your supplements and take only what you really need -Your natural and medical treatment options for common fertility issues -How to navigate the medical fertility world and when to seek help Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with Feed Your Fertility. Stimulate these acupressure points in your birthing partner at any time during labor in order to provide relief and relaxation from agonizing back pain and prepare her body for a smooth delivery.

[PDF] Acupuncture in Pregnancy and Childbirth ebook

But if you do have time to prepare, research demonstrates that acupuncture may reduce the level of intervention required to induce your labor or, better yet, help you go into labor spontaneously so that you avoid induction altogether. From fatigue to anxiety, several problems can arise during pregnancy. It includes information on what happens before, during and after birth from both a biomedical and Chinese medical perspective, and a toolkit of treatment strategies for birth work.

Research on Acupuncture in Pregnancy and Childbirth: The U.S. Contribution

The body undergoes several changes during pregnancy.

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