

## Getting your mind and body ready for your baby

### Nipple stimulation

Studies show that if this is commenced over the final couple of weeks, it is unlikely that you will pass your due dates, if they are correct.

### How and when

#### Method 1

- ❖ once per day
- ❖ Stimulate one nipple at a time for 5 minutes
- ❖ Rest for 5 minutes
- ❖ Other nipple for 5 minutes
- ❖ Keep this going for 1 hour only

#### Method 2

to increase slow labour, or get it started

Must be one side at a time

20 seconds each side with a 3-minute break between.

Continue for 15 minutes

This releases the hormone oxytocin in the brain, which is responsible for the softening and ripening of the cervix.

Minimize fish in the last two weeks of pregnancy as it may slow down the release of oxytocin

### Raspberry leaf tea

fresh is better than bags – 3 cups per day

### Past due dates by 9 days.

- ❖ Acupuncture
  - Webbing of thumb and first finger – stomach point
  - Spleen 6 – 4 fingers up from the inner ankle
  - Sacro iliac hollows
  - Corner of the neck, where meets shoulder – gall bladder point
- ❖ Sort out unresolved issues
  - relationship, fears about anything in her life....
- ❖ Homeopathy/herbs
  - Balancing of the woman "chi" – needs to be strong to go into labour
  - Herbs to support the uterus
  - Homeopathic or Bach flowers for fear, courage etc
- ❖ Spend time with a new baby
- ❖ Visualisation...all is safe and ready
  - It is time for the birth
  - My body and baby are ready
  - I can do this
  
- ❖ Squat, walk, bounce on ball, up and down stairs several times, vacuum the house, wash the floors, do the bathroom
- ❖ Rest when tired
- ❖ Allow yourself to get excited

To avoid induction in the hospital.....only after all above has been attempted, as this will ripen your cervix ready for the Cohosh

Start carefully as all substances, and even nipple stimulation can induce strong contractions. Always best done under Homeopathic supervision.....Call Roman 0408 495 274

*Not to be used if you have elevated blood pressure*

*Stop once you have the desired reaction...too much can stop labour*



Blue Cohosh Tincture, 5 - 10 drops, in glass of water or tea, every half-hour for up to 4 hours, until contractions are regular. If no labor in 4 hours, take 1 dropper full, under the tongue every hour for up to 4 more hours until labor is strong and consistent..

Most people agree that induction of labor doesn't always work, but once labor has started, these methods do work well.

Things often tried:

- Blue cohosh (may cause irritability in uterus, non-labor cxs; better to use to enhance labor rather than induce. Try making your own tincture. Less "violent" than castor oil.)
- Castor oil (same as above, also ends constipation/induces runs, but can be very effective with stripping) -- serve in OJ, root beer float or other drink; don't use the mother's favorite just in case it doesn't agree with her stomach. 1-4 Tbsp in drink (in 2 doses)
- sex, nipple stimulation with breast pump or manually
- EPO capsules (evening primrose oil), 2-3 capsules high in the vagina, repeat 2-3x 24hr intervals
- Tincture of motherwort 5 - 10 drops
- enemas
- membrane stripping (same as above): the attendant separates the BOW from the cervix by running her finger around the internal os between the cervix and the membranes.
- cervical massage: 2 o'clock spot on cervix, rub for as long as 30 min. slowly and gently
- Caulophyllum 200 - 1 tab 1/4 hourly for 1 hour then 1 tab hourly for another 4 hours.
- acupuncture

Castor Oil: there are reports that this can cause respiratory distress in babies

a. May be warmed and rubbed on the belly and covered with a warm towel or hot water bottle if the cervix is ripe and labor seems near. (Blue Cohosh call also be used as above.)

OR b, Mix 2 ounces in 2 or more ounces of orange juice with a couple ice cubes in the blender and followed by a hot shower if desired. The dose may be repeated in 2 hours and followed by an enema if desired. If poor response, a third dose may be attempted. Labor will usually begin within 3 - 5 hours of the last dose. Many women object to this regimen since uncomfortable diarrhea and intestinal cramping is common.

Strengthening Labor try in a glass of water first! Stop once you have had a reaction!

Blue and Black Cohosh Tinctures, 5 - 10 drops each under tongue or in glass of water or tea, every hour for up to 6 - 8 hours if labor stalls or contractions become weaker.

