

CHINESE MEDICINE GEMS FOR A NATURAL BIRTH

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TOPICS FOR TODAY

- Labor preparation/induction
- Breech presentation
- Post partum Support
- Preventing common complications



WHAT DO WE HAVE IN COMMON?

- Desire for natural birth without intervention
- Focus on supporting the natural process of birth and recovery
- Treatment with natural methods when necessary



TCM ENERGETICS OF PREGNANCY

- Moms body energy is naturally challenged by a pregnancy
- Women who have constitutional weaknesses are more likely to have complications
- Chinese medicine can help us identify those women at risk and help manage problems or prevent them in subsequent pregnancies
- Post partum recovery is critical to future health

IDENTIFYING CONSTITUTIONAL WEAKNESS

Kidney: rules endocrine system, aging, reproduction
Moms over 35, moms with long standing health issues, moms who have had children close together or little support or recovery time after previous pregnancy, moms with family history of reproductive difficulty, women with infertility issues or miscarriage history, history of congenital issues with previous babies or in family history, endocrine imbalance

Spleen: rules digestion, holds energy in an up, including pregnancy, holds in blood
moms with significant history of digestive problems, miscarriage issues, placenta previa

Blood: makes blood to nourish fetus and mom, vital for healthy blood pressure and fluid metabolism, makes breast milk
Moms with history of anemia, amenorrhea, very light or infrequent periods, vegetarianism, poor nutrition before or during pregnancy

COMMON ISSUES THAT CAN HELPED, OR PREVENTED IN A SUBSEQUENT PREGNANCY

- Nausea
- Placenta previa
- Bleeding in pregnancy
- Early delivery preterm labor
- High or low amniotic fluid
- Pregnancy induced hypertension
- Preeclampsia
- Pelvic pain
(always in conjunction with mom's midwife/ob)



LABOR PREPARATION AND INDUCTION

Work of Debra Betts in New Zealand midwife and acupuncturist

Observational study of 196 women using prebirth acupuncture from week 37 vs all other deliveries in the county at that time across all types of providers

<https://acupuncture.rhizome.net.nz/acupuncture/pregnancy-childbirth/research/>

TCM CONCEPT OF LABOR PREPARATION

Step 1

Identify and treat blockages with acupuncture which might keep labor from starting

Identify weakness which might deprive mom of energy to initiate or sustain labor and strengthen them with acupuncture

Step 2

Use induction points gently to start preparing for birth. Use them more aggressively if deadlines for induction are near

Treat weekly from week 37 until delivery

With preparation, induction is rarely needed

BETT'S OBSERVATIONAL STUDY : LABOR PREPARATION

35% fewer inductions

43% fewer inductions in first time moms

31 % fewer epidurals

32% fewer emergency c-sections in midwifery only care

9% increase in normal vaginal births

LABOR TIME REDUCED

From 3 cm to complete dilation 196 minutes with acupuncture instead of controls 321 minutes

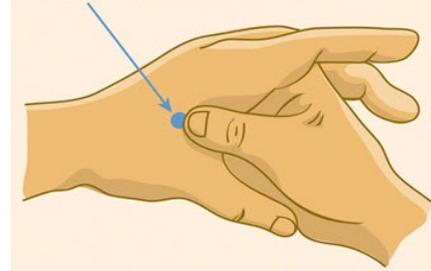
From 1.5 min regular contractions till delivery: 6 hours, 36 min vs. 8 hours, 2min in the controls.

3-4 cm till delivery: acupuncture 4 hours , 57 min. vs. Control: 5 hours,54 min

SELF CARE ACUPRESSURE: SPLEEN 6



Acupressure point LI4



MOXA UB67 FOR BREECH



Moxa 5-10 min on each side daily for 10 days ,
 optimally week 34-37
 Can use up to delivery
 Use moxa on day of external version to make it easier
 Use heat safe container with salt to extinguish moxa
 Stop is turn is suspected

Best to refer to acupuncturist and treat internal issue as well
 (is there energy to turn is there a block)
 Educate patient on positions for optimal turning for after
 moxa. Works well before bed.

POST PARTUM SUPPORT

Mom's Kidney energy is naturally weak from pregnancy and birth

Mom's are naturally empty of energy and blood

Mom's are giving lots of energy and blood to baby in the form of milk and loving care

Women with preexisting weakness and hard pregnancies will benefit from more help

HOW DO WE HELP HER RECOVER

Encourage rest and relaxation, calm fears

Warm food that is easy to digest

Mother warming: Heat on the low abdomen,
 low back, and feet

Encouragement and reality check on fears
 over weight gain and activity too early



MOTHERWARMING

Restore builds energy and blood to make milk

helps vital energy to recover muscles and structures in low abdomen

Helps hormones recover

Gives her energy

Prevents menses from return too early which is hard on nursing

Mom

Helps pelvic floor and joints return to normal

Prevents postpartum depression

Elevates mood and gives heightened sense of well being

MOTHER WARMING CONTRAINDICATIONS

Suspected uterine infection

Fever

Dry stool type constipation

Night sweating use only with cold abdominal feeling on palpation of abdomen

MOTHERWARMING

Best performed with moxibustion

1 week after vaginal birth

For c-section wait 2 weeks after birth

Moxa on low back and low abdomen

Perform 1-3 times weekly for 4-5 weeks



MORE RESOURCES

Acupressure for labor

<https://acupuncture.rhizome.net.nz/download-booklet/>

Source for moxibustion Sticks

I recommend smokeless moxa sticks

Lisa OMS: www.lhasaoms.com