

## Acupressure Support For Labour

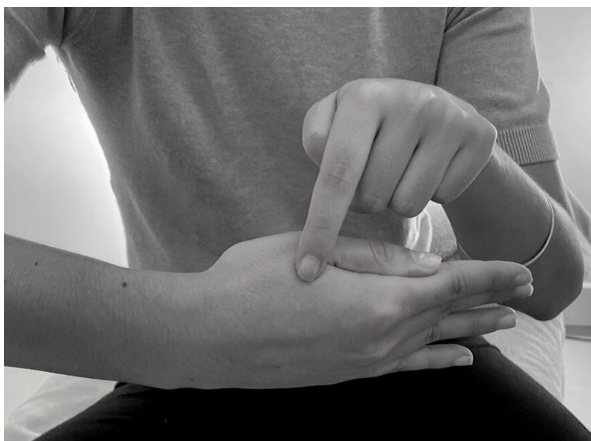
Here at Village Remedies, we use traditional acupuncture to help prepare the body for labour. We can't force bub to come, but we do try to create the ideal environment for them to do so when they're ready.

Typically we like to see expecting mothers for weekly acupuncture from 36 weeks onwards, as the effects are accumulative. During this time we're looking to help prepare the body by reducing stress, improving sleep, regulating digestion and relieving pain. If your body is relaxed, bub will interpret that the world is safe to come into.

When your doctor and/or midwife gives the all clear, we start incorporating specific acupuncture points which were traditionally used to encourage labour. These points are deliberately avoided during the main part of pregnancy because of their strong association with bringing on labour.

**At full term**, we want to do these treatments as often as possible to give you the best chance of going into natural labour. Getting bub to come is like bringing water to boil, we have to have the right heat and time for it. Each time we do the treatment, we're turning up the heat by stimulating the release of the necessary hormones and relaxing the body. That's why we recommend daily treatments from full term, to give you the best shot at reaching that boiling point before induction is needed. However, even if induction is needed, often there will be a better response to the induction process.

**Acupressure** can be a useful tool for turning up the heat at home to encourage labour, as well as relieving pain when labour does begin. Below are two simple points you or a partner can massage:



**LI-4 HEGU**  
**UNION VALLEY**



**SP-6 SAN YIN JIAO**  
**3 YIN MEETING**



**LI-4: Locate on top of the mound between thumb & index finger**



**SP-6: Measure 4 finger widths up from inside ankle**

*Please remember that these points should only be used once you have the all clear for labour, they should not be used during any other part of pregnancy.*

The first point is on the hand in the webbing between the thumb and first finger. Pinch the area until you find a tender spot - this is "He Gu" or "Union Valley". The second point is on your leg, four finger widths above your inside ankle. You'll find the most tender spot right next to the bone - this is "San Yin Jiao" or "3 Yin Meeting".

Traditionally, these points can be massaged frequently throughout the day to encourage labour. Maintain pressure on the points for at least 30 seconds to a minute each time, each point. When labour does begin, remember the point on the hand as it's easy to get to and can have general pain relieving effects.

At the end of the day, it's either bub's call when they're ready to come, or the doctors when intervention is needed. Our job is to help create the ideal environment to encourage bub to make that call, and prepare the body for labour.

For more information on how acupuncture and acupressure can help you during pregnancy and labour, please chat with us at Village Remedies.

Village  
Remedies

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