

6 - Sustaining/Retaining Pregnancy (d)

Allowing easy transition out of
pregnancy



The inevitable - loss

However it started - this is happening.

It may have had a natural beginning and be now accelerating.

It may be a 'missed' miscarriage and there has been either surgical ('D and C') or chemical intervention. Unless you have been 'put to sleep' you will see and feel things that upset you.

Maybe look to some of the other work that precedes this.

The Liver Qi and the Stuck Liver Qi Release are spectacular at allowing you to ink into your body - letting things that do not concern you - go.

PAIN

In acupuncture terms, pain is due to a lack of flow - if/ when we get all flowing again - no pain. You maybe/are in deep pain - physical PLUS grieving.

Best that you allow some time to process this and firstly - lose the 'products of conception' - your hoped-for child.

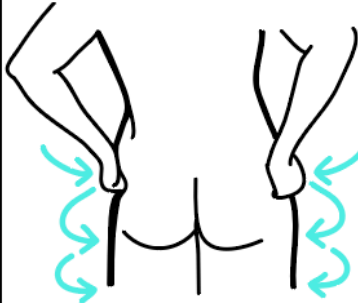
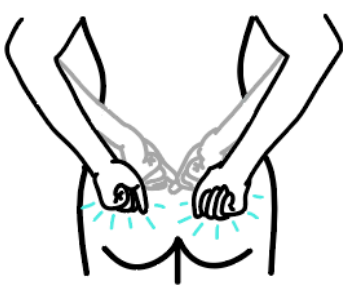



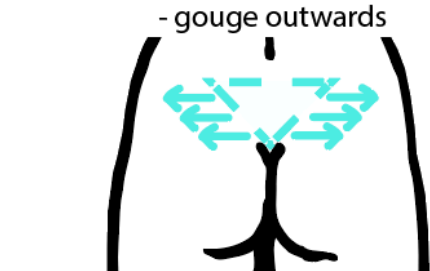



As with birthing - there are acu-points that allow the area concerned to work better. Working these and pressing the related areas can only assist. They may also divert attention enough for you to concentrate on an easier release.

Finding yourself with the Drion negative ion pads will be the safest and most comfortable way to bleed - you can find about [these here](#) - what you use to catch the blood is every important - never tampons and at this time - not a moon cup either. These both not only will possibly create infection but they block flows - and you need all to come out of you.

Steaming

At the end of this process - even if you have been introduced to perineal steaming - it is time. So gentle, relaxing and cleansing. [See more here.](#)

Be gentle on yourself.

| Relieving Gyne Stagnation = Pain | |
|--|--|
|  <p>Bash Bash with closed knuckles Up and down the outside of thighs</p> |  <p>With closed fists - wake up the sacral flows and bum area</p> |
| <p>GB 41 - at the end of the triangle</p>  <p>when running your finger up from the 4th and 5th toes (where they join). Will likely hurt with pressure.</p> | <p>Find the sorest point and press it - massage well. May also find others on the shin bone</p>  <p>- gently massage them</p> |
| <p>Pincer like - press in and out</p>  <p>OR press really firmly whichever works</p> <p>Co4</p> | <p>Attack with your fingers - gouge outwards</p>  |
| <p>Lean back to gain more leverage . Skin may be hard to loosen.</p>  <p>Rolling and eventually yank upwards.</p> | <p>Aim - undo adhesions disrupting flows - thus pain happens</p>  <p>Side to side yanks. repeat all moves several times.</p> |
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Expect to feel better with warmth and touch.

The suggestions below may make the physical transition from being full of no baby to being 'free' to 'begin again'. Whether you are in pain or not – the easy flow of Qi, lymph and Blood is essential for your life as a woman.

BLEEDING

Is to be expected.

There has been a whole new life support system established.

There may be tissue seen. Some may find their potential baby.

This may upset you. It may also hasten grieving.

Sometimes way more blood is lost than needed/is healthy.

There should be NO smell = infection

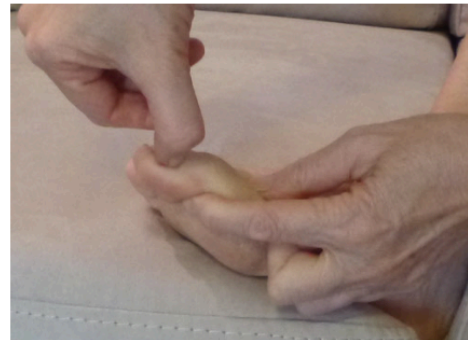
If you wonder - it seems to be gushing – pull/press these points:

GV 20 is at the top of the head. Pull the hair . . . visualising a cord tightening.

Sp 1 (Spleen) – at the outside corner of the root of the big toe nail. **ATTACK!!**

Grind your fingernail into this point.
It has saved a uterus many a time from being removed after birth when haemorrhaging will not stop.
A boon for all midwives! May lessen overly gushing menstrual flows.
Use 1 minute every hour.

Sp1



MOXA - DO NOT touch the skin with this.
Outside and with adequate ventilation.
Hold above the point and use a 'pecking' technique up and down
- hot - take away - hot - take away - **1 minute hourly.**
If full moon do not moxa GV 20 - but pull hair up instead



Gv20

