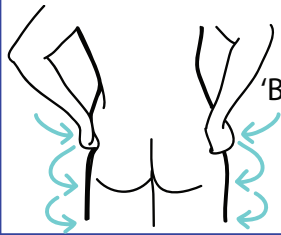


# Pregnancy Pelvic/Pubic Pain

You have pain because of congestion & stagnation of Qi & lymph

To be used in conjunction with **Pregnancy Back Pain Solutions**

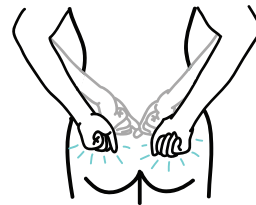
## 1 Awaken Qi & Blood Flow



'Bash Bash' with closed knuckles

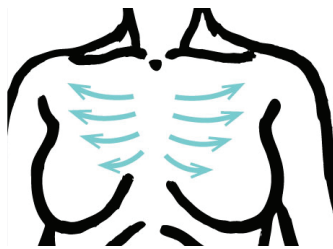
Up and down the outside of thighs

## 2 Awaken Qi & Blood Flow



With closed fists  
- wake up the sacral flows  
and bum area

## 3 Gentle Upper Lymphatic Drainage



Little oil between the rib spaces

**3x** each side  
repeat as you like

One side at a time, beginning very gently  
alternating sides, gradually deepening move

## 4 Shallow Very Slow Round & Round



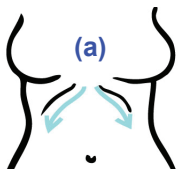
Feather touch  
**9x** initially

Finger pads slow, gentle  
always clockwise.

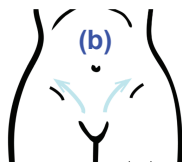
**x1** in between each belly/chest move .

## 5 Gentle lymphatic drainage:

Begin upper right, then upper left  
After clearing upper & 1 belly round,  
repeat for lower belly.



One side  
at a time.

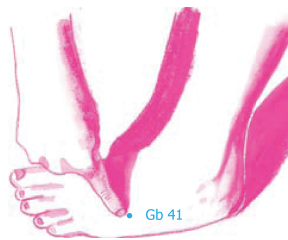


Gradually increase depth. **3x** each side.

Alternate - repeat as needed  
Finish with 1x #4.

## 6 GB 41 Balancing & Harmonising

Located - at the end of the "V" when  
running your finger up from the  
4th & 5th toes (where they join).

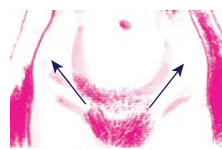


Check to see which is  
sorer: between tendons  
or outside tendons.  
Massage/press very  
firmly the most tender one.

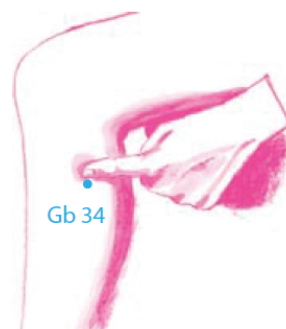
## 7 Moxa CV2 (smoky moxa only)

Mum-to-be on her side or back, maybe spread  
her pubic hair to prevent possible scorching.  
Hold lit stick 1cm away from skin moving to  
that level, and away at least 15 times.

Using gentle hand strokes move the lymph up  
the lingual groove each alternate side.



## 8 GB34 Master Point tendons & ligaments



To relax press firmly,  
GB 34 pump it,  
or massage gently in a  
downward direction.

