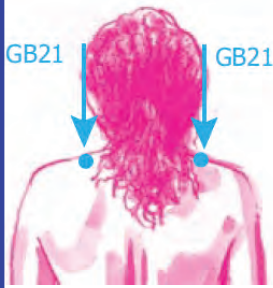


A Quick Run Around Her Birthing Body

Please cycle through these as required

GB 21 Downward Acting



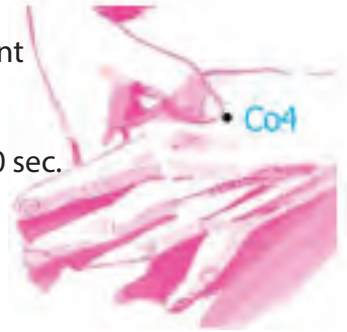
Press firmly for at least 10 sec
She needs to be sitting or standing for this point to be effective.

Helps the 'Let Down' response arrive when breastfeeding.

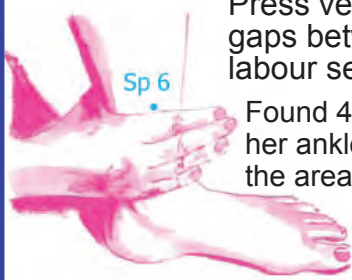
Co 4 Pain Relief

Found at the highest point of the junction of thumb & forefinger.

Press firmly for at least 10 sec.
Useful as a distraction when pain relief is required & you can't use sacral points.



Sp 36 Mother's Helper



Press very firmly. If there are big gaps between contractions or if labour seems to be slowing.

Found 4 of Mum's fingers up from her ankle at sorest part around the area on the inside of the bone.

Either press firmly for 10 sec (or pump if not too sore).

GB 41 - at the end of the triangle

Found when running your finger up from the 4th and 5th toes (where they join).

Will likely hurt.
Press firmly or pump for at least 10 sec.



Bladder Sacral Points

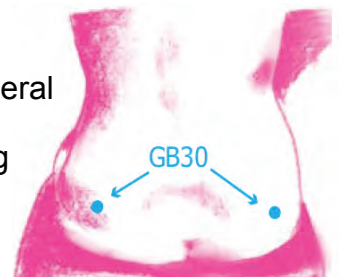


Major pain relief
Press very forcefully during contractions.

Press with great gusto the point BI 35.

Pelvis Opening

Play with the whole general bottom area in between contractions, massaging the vicinity of GB 30.



GB 34 Master point for tendons & ligaments

Run finger down outside of knee fall into bump (head of fibula).



Massage downwards in between contractions.

St 36 Energy Point

Press firmly & downwards



Li 3

This is a **cervix opening** point.

Good also for relieving muscle spasms.

Found in the depression at the junction of tendons of 1st & 2nd toe.

Press very firmly for about 20 secs, possibly pumping.



Du Yin Difficult Labour



The point Du Yin can be severely ground into using your thumbnail.

This is a point specifically for rescuing difficult labours.

Ki 1 Release 'Emergency Tank'/Rescue

Grind thumbnail into point 1/3 way down the sole at the junction of the 2 pads.

Either pump or press solidly for 10 sec as needed.

