

Safer Third Stage

Leave Well Alone

To be used in conjunction with other labour sheets in this series

Allow Mum & baby to fall in love, breathe and be thankful.

When baby is still attached (cord pulsing) s/he is receiving the 'breathing blood' back into her/his body to begin independent life.

If/when separation is required nature has perfected this.

When assistance is needed the work below can be life (and uterus) saving.

Ki 1 Life rescue point.

Also use on baby.

Point found about 1/3 way towards the toes (between toe pads) in the sole in the depression



Pump with thumb vigorously until desired change appears.

Usually a few seconds

Sp1 Stop bleeding/save uterus

Point found at bottom outside corner at root of big toe. It has saved a uterus many a time from being removed after birth when haemorrhaging will not stop.



Grind your thumbnail into this.

Use 1 minute or until bleeding lessens.

If retained placenta

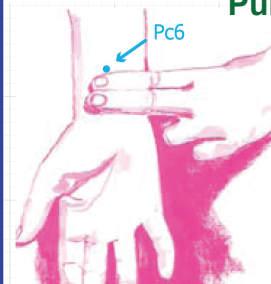
Left Sp4 Found in the depression at the side 2/3 down the foot where a finger stops



Press very firmly into the depression at the side 2/3 down the foot where a finger stops

Press for 1 minute.

Right Pc6 Locate point using Mum's fingers 2 finger widths up from wrist crease between tendons.



Pump 1 minute .

After 30 sec on **Sp4** also press this point. Placenta should come away easily.

Sp 3 Brings Shen/spirit back

Point found in the depression when you slide finger down the foot towards big toe joint..



Great after fainting (usually return in a few seconds)

Helpful Extras

Co 4 opens/relieves



St 36 massage as a tonic

