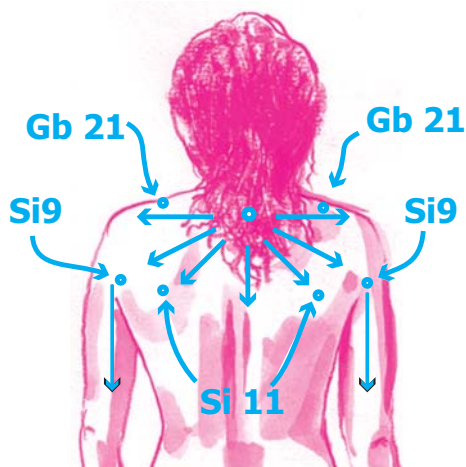


TINGLING/NUMBNESS IN HANDS/FINGERS



Start with **general massage** as shown on p 88.

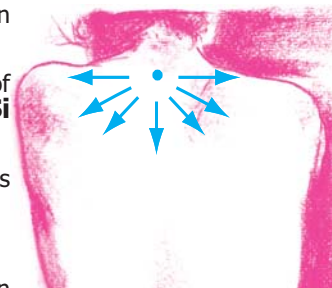
Using **exploratory probing** as part of the massage, see how painful **Si 9, Si 11** are.

Finish with a light sweep. outwards and downwards.

Moxa on point **Gv 14**

Return to repeat from the beginning, then use deep finger pressure and flowing sweeps out from the spine, around the points **Gv 14, Si 9, 11.**

If Mum is 37+ weeks pregnant, use deep pressure on GB 21



NERVE AND QI CIRCULATION TO THE ARMS AND FINGERS BEGINS AT THE NECK.

If Mum has had any past incidence of whiplash-like injury, or if she sometimes get tingling and/or numbness in the fingers, especially when in bed asleep, from pressure from her pillow, it is likely that working on the upper shoulder and neck area will help. **General tension held here (pp 51, 138) can also thwart normal circulation.**

Taking **two B12/folic acid** supplement tablets **three** times daily in combination with a **good B Complex** at the same time. and a **liquid Magnesium** supplement, coupled with at least **3 Vitamin C** tablets daily will assist the return to healthy circulation.

If the symptoms persist, see a good **acupuncturist and/or osteopath**. **Chinese herbs** may be remarkably effective. If left untreated, it is possible that this may become carpal tunnel syndrome, and it is usually quite preventable, and easily remedied. Whilst it may gradually disappear after delivery, as always with pain, the body is warning you - trying to alert you to another problem - in this case, either a **lack of liver yin/blood to nourish, and/or poor circulation.** Leaving these unattended to will have other ramifications (p 57).