



Acupressure Support for Labor

Many people ask what they can do at home to support their body to prepare for labor.

The points I use most often are Spleen 6, Large Intestine 4 and UB 31-34, the Ba Liao.

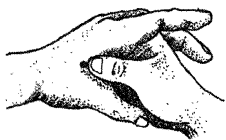
With intention and love, jiggle these Points 100x fast and then 10x slowly, 100x fast, 10x slowly – repeat for 5-15 minutes or as mom is open to receiving it.

You can start using these points at 38 weeks And use them until labor is moving well.

Have mom breathe in through her nose and out through her mouth as this will help her relax, soften and open which will only support her.

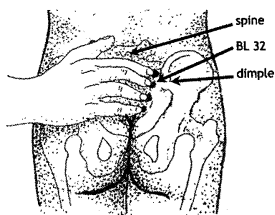
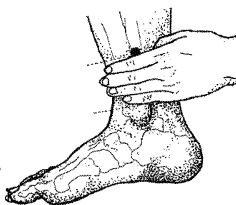
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For deeper support, contact Amy @
413.222.8616 or www.MagerHealing.com



LI4 / He Gu:
Joining Valley
Located on the dorsum of the hand between the 1st and 2nd metacarpals, on the radial side of the index finger.

SP6 / San Yin Jiao: 3 Yin Crossing Located 3 cun (the width of 4 of mom's fingers), directly above the tip of the medial malleolus, on the posterior border of the tibia.



The Ba Liao / Eight Crevices
Located in the 1st, 2nd, 3rd & 4th sacral foramen.

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acupuncture.rhizome.net.nz/Acupressure/induce.aspx

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