

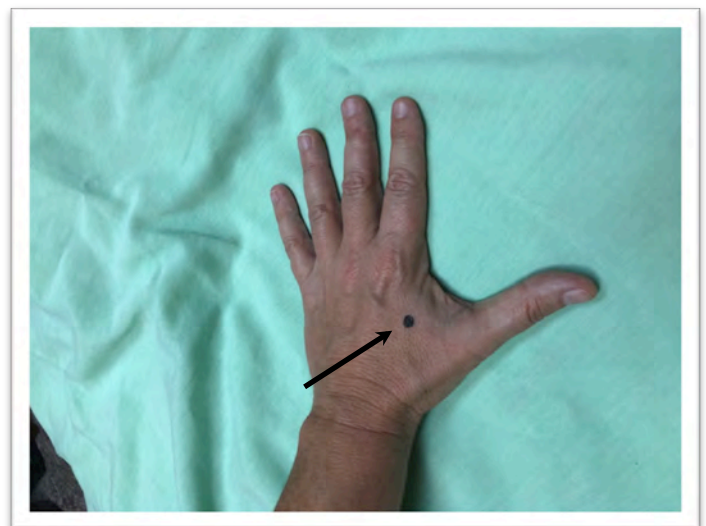
Preparation for Labor

This helps to prepare her body for labor by stimulating the right hormones that would ripen her cervix, and calm her mind. These points can be used as often as you like in the last couple weeks of pregnancy (38 and beyond) and especially useful during labor and delivery. I show all pregnant moms these two points as the most important points to know about going into labor. They can be used by the mom herself, or from a supportive partner, doula or family member.

Point Locations

Large Intestine 4 (LI4)

This is such a great point for labor, both naturally preparing for it and during the birth process! This one is located on the hand and is the point most people already know about as a major point for headaches. This is a master point for pain anywhere in the body. Press and squeeze for 30-120 seconds as often as it feels good. It's especially helpful to squeeze during contractions, so teach mom to use this point on herself for she can easily reach it.



Spleen 6 (SP6)

This is my favorite labor point of all time. This point has so many wonderful benefits including calming the mind, stimulating the birth hormones for an easier labor and delivery. This point is located on the inner leg. Cross one ankle over the opposite knee. Place your pinkie finger on the inside tip of the opposite anklebone. Where your pointer finger lands in the soft flesh closer to your core is the correct point. It will be very tender. FYI It is more important for this specific point to find the tender spot than the exact picture of point location. Press and hold 30-120 seconds and remind the mom to breathe.

