

10 Labour Induction Techniques

Aside from coming for acupuncture treatments for labour induction, every 2 to 3 days, here are some other suggestions to stimulate labour. If you try them, be sure to use them several times daily, for several days in a row. Good luck!!

1. Drink at least 3 cups of red raspberry tea daily
2. Take 1,000mg of Evening Primrose Oil (EPO) daily by mouth.

Evening Primrose Oil and Red Raspberry Leaf Tea

Neither will actually induce labour. While some lay midwives will argue that statement about the Evening Primrose, which is the reason it is not recommended until 36 weeks or "full term", almost all sources with experience agree that it does nothing that the body was not ready to do on its own. Evening primrose oil is an excellent source of prostaglandins, which we already determined readies your cervix for labour. It can be taken orally as soon as 34 weeks, and can be applied directly to the cervix at full term (36 weeks). The general recommendation is two 500mg capsules per day until week 38, at which time you increase to 3-4 per day. The entire capsule can be inserted vaginally (inserted just before bed, it will dissolve before the first time you wake to use the bathroom), or you can use the oil on your fingers for your perineal massage, and then also rub on your cervix (assuming you can reach it). Applying directly to the cervix is optimal, but the beneficial ingredients are absorbed through the external skin or the stomach also.

Red raspberry leaf tea is a uterine tonic used by Native Americans for thousands of years. It tones your uterus by helping to "focus" your Braxton Hicks contractions. Think of its job as helping your uterus do more effective exercising while you are pregnant. It does not "cause" contractions and can be safely used throughout pregnancy. It is contraindicated for those having complications "just in case", however, by most doctors who do not understand its use. Many women safely use it from the moment they learn they are pregnant at six weeks until months after delivery. (It helps to tone the uterus after delivery as well, shrinking it back to size more quickly and reducing bleeding.) Again, neither of these actually causes labour to start!

3. At night before bed poke a small hole on one EPO capsule and insert it vaginally. The EPO suppository helps soften and ripen the cervix.
4. Walk, walk, walk., especially uphill.
5. Several times daily, sit on birthing ball and relax pelvic floor muscles as if doing an opposite Kegal- like water flowing down out of the vagina. Or do this in squatting position for about one minute several times per day.
6. Have sex. The semen and orgasm help you to go into labour. If you can't deal with penetration, the next best thing is orgasm, so oral sex or your favourite vibe toy for clitoral stimulation can help that along. Have fun! Semen contains prostaglandins. Prostaglandins cause the cervix to "ripen", or soften and prepare to open. While it is debatable whether there are enough prostaglandins in semen to have any real effect, it is not a terrible way to keep hope alive and while away the last weeks of your pregnancy. Another great side effect is the fact that orgasms produce oxytocin, the hormone that causes contractions. So, between the two, there is a pretty good case for the cure for pregnancy.
7. Daily Creative Visualization. See yourself in labour, your partner assisting, you birthing vaginally, you holding and breastfeeding your baby, and your partner holding the baby.
8. Use the acupressure points on www.acupunctureemporium.com (under patient handouts) several times daily. These acupressure points are very important to stimulate several times per day. I suggest that you use the points for labour induction as well as the sacral points she lists under Pain Relief on Labour- because pressure on the sacrum releases oxytocin, which is a hormone that stimulates labour.
9. Watch videos of women breastfeeding their babies. Watching will stimulate release of your oxytocin (which also flows after you have the baby- it assists in mum, baby bonding/love), and you will learn a trick or two. Take videos on You-Tube by Breast Feeding Babies Channel but you find tons of others, too. Also nipple stimulation and lots of it.
10. Eat hot spicy foods, curry, or chilli, so think, Indian, Thai, or other spicy Asian food.

REFERENCE

1. Aiyana Acupuncture & Chinese Herbs NYC 2011, *Amazing Labor Induction Techniques*, viewed 2011,

<http://blog.amazinghealing.com/2011/09/amazing-labor-induction-techniques.html>