



Friends of Science in Medicine

Images from 100+ Victorian acupuncture websites targeting the unborn

Acupuncture is the safest and most effective method for turning breech babies.



Acupuncture and moxibustion are safe and natural options to turn stubborn babies.

The success rates are as high as 81% in turning a breech baby.

Prevention of miscarriage

Acupuncture, either alone or with Chinese herbal medicine, has been proven effective in preventing miscarriage

acupuncture can be used to trigger the labour process.

promote the expulsion of the foetus.

acupuncture can lower the rates of caesarian-sections,

Recurrent miscarriage has been historically identified as a 'slippery foetus'

- there are acupuncture treatments available to support this

A full course of moxa treatment to turn a breech baby is usually 10 consecutive days.

**Can you really turn a breech baby using
acupuncture?? YES!!**

November 2016

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Organization

Endeavour College of Natural Health

https://source.endeavourlearninggroup.com.au/coursematerial/pdf/Documents/CMAC311_SN07_Lecture.pdf

Learning Outcomes

After this session study, students should be able to:

- Understand the normal process of labour.
- Describe and explain the aetiology & pathology of each disorder in this session.
- Outline the safe & effective TCM treatments (Acupuncture and Moxa) for prolonged labour, and retention of placenta.

Private Health Insurance

Medibank Private

<https://www.medibank.com.au/bemagazine/post/wellbeing/visiting-a-chinese-medicine-practitioner/>

Among those in the first tier, for which the therapeutic effect of acupuncture has been proven, include:

- **Obstetrics and gynaecology** – dysmenorrhoea (period pain), morning sickness, induction of labour, correction of malposition of foetus.

Practitioner Websites

Bing's Natural Health

<http://bingsnaturalhealth.com.au/pregnancy/>

organs. Acupuncture is effective in the treatment and management of pain, and is used in managing other symptoms you may feel such as reflux, constipation, sleep disturbances and restlessness, to mention a few.

As you approach your due date, from 36 weeks onward, regular acupuncture treatments are recommended to help the mother prepare her body and the fetus for labour by increasing energy and boosting stamina. Acupuncture treatment and [moxibustion](#) are also able to turn a breech position or posterior position fetus. The use of acupuncture induction treatments can help to trigger the hormonal cascade that precedes the process of natural child-birth. In doing this, acupuncture can lower the rates of caesarian-sections, reduce the use of pain medications and shorten the duration of labour.

My Acupuncture

<http://myacupuncture.com.au/pregnancy/>

What Can Acupuncture do?

Acupuncture has been proven to be extremely effective when it comes to maintaining the health and welfare of both mother and baby during pregnancy. Family is one of the most important institutions in traditional Chinese culture and because of this, a great deal of [Chinese medicine](#) practices focused on the wellbeing of an expectant mother and her unborn child. Traditional Chinese medicine is incredibly adept at addressing an expansive range of

Turning a Breech Baby

By relaxing the muscles in the abdomen, and regulating the womb, acupuncture can be used to treat breech presentation. This is a completely safe procedure done between 32 and 36 weeks and is successful in turning the baby to the correct position around 70% of the time.

Inducing Labour

Helpful in instances of overdue pregnancies, acupuncture can be used to trigger the labour process. Unlike western medicine treatments for this condition which can result in uncomfortable labour, this acupuncture induced labour tends to be smooth and relatively comfortable for the mother.

Inducing Labour

Helpful in instances of overdue pregnancies, acupuncture can be used to trigger the labour process.

Gardenvale Traditional Chinese Medicine

<http://gardenvaletcn.com.au/areas-of-focus/womens-health/>

Labor Inducement

Acupuncture is used to help induct labor if it is delayed or does not seem to progress. Often this can be caused by an energy blockage not allowing the downward movement of the baby. The acupuncture is a painless treatment that is often accompanied with massage to help the mother relax and promote blood flow to the pelvic region. The treatment can be carried out prior to the due time as a preparatory treatment or anytime if the baby is overdue.

Treatment in the very initial stage of pregnancy can strengthen the uterus and help provide a viable environment for a developing foetus. Acupuncture and herbal medicine can be taken safely during pregnancy to help prevent a miscarriage.



Innate Harmony

<http://innateharmony.com.au/acupuncture-for-womens-health/pregnancy/>

Acupuncture can be used effectively during pregnancy and postpartum to:

- optimise foetal growth and development by ensuring adequate flow of blood
- reduce the toxic load on the mother's body
- relax the mother
- regulate body processes to restore balance and maintain optimal health of both mother and baby
- reduce complications during gestation and the likelihood of interventions
- facilitate labour initiation and progress
- promote lactation and postpartum recovery.

Almond Wellness Centre

<http://www.oztcm.com.au/preventing-miscarriage/>

How effective is Acupuncture and traditional Chinese medicine at preventing miscarriages?

For over a thousand years Chinese doctors have used their treatment methods on hundreds of women noting down methods that worked and methods that did not. We now have a large list of very effective Acupuncture methods and herbal formulae.

Conceive Natural Health & Fertility

<http://conceivehealth.com.au/foetal-heart-rate/>

How does having acupuncture help my foetal heart rate?

The rule of thumb in pregnancy acupuncture practice is that to “treat the baby, treat the mother”.

At Conceive – Natural Health & Fertility our focus is always to treat what we observe and see in the mother (in order to help bub). Pregnancy acupuncture may help regulate blood pressure, reduce stress, release muscle tension and reduce excess fluid associated with pregnancy. All these factors may affect pregnancy heart rate and by extension, foetal heart rate.

Acupuncture, historically, has also been used to regulate irregular heart rhythm. Irregular heart rhythm may sometimes occur in pregnancy due to the increase in blood being pumped by the heart.

At heart, acupuncture is a therapy which works with blood – its manufacture and distribution throughout the body (hence its usefulness as a safe therapy during pregnancy and to support normalising the foetal heart rate). The principals of safe pregnancy acupuncture therapy promote maternal blood flow to support a healthy pregnancy.

Pregnancy Birth & Beyond

<http://www.pregnancy.com.au/birth-choices/breech-birth/moxibustion-for-breech-presentation.shtml>

acupuncture and moxibustion is a safe and effective modality to correct breech presentation in a clinical setting.

How to do your baby a good turn: Moxibustion for breech presentation

As a pregnancy progresses and the baby continues to grow, available space within the uterus reduces resulting in less room for the baby to move. The baby's head eventually becomes heavier than its bottom and under normal circumstances around 32 weeks gestation the baby sinks down, head first into the pelvis and engages in preparation for birth.

How is moxa used to turn breech babies?

During a TCM consultation to turn a breech baby the practitioner will take a comprehensive case history, make a diagnosis and apply the appropriate acupuncture treatment. They will assess if moxibustion might be helpful.

Practitioners will then instruct women on how to locate the appropriate acupuncture points and demonstrate how to safely apply moxa at home.

The Point of Wellbeing

<http://thepointofwellbeing.com.au/2016/10/acupuncture-in-pregnancy-and-childbirth-course-summary/>

- Acupuncture has a huge role to play in pregnancy from prior to conception, first trimester, second trimester, third trimester, labour and post partum
- Research has shown acupuncture to help prevent and manage; bleeding in pregnancy, miscarriage, gestational diabetes, pre eclampsia, caesarian section, premature or small for date babies, post natal depression
- Medical knowledge around acupuncture is improving with continual research which means communication and collaboration with specialists is improving
- In the luteal phase of the menstrual cycle (from ovulation to conception), acupuncture can help support the first trimester, support an 'at risk' pregnancy, support threatened miscarriage and as a treatment for nausea and vomiting

- Acupuncture can support natural birth in missed miscarriages and stillborn pregnancies – assisting the natural process of birth
- Recurrent miscarriage has been historically identified as a 'slippery foetus' – there are acupuncture treatments available to support this

We have a fantastic acupuncture point – KI 9 which is known as the 'happy baby point' – it has historically been used to improve poor hereditary traits, improve complexion and help babies 'sleep at night and smile during the day'. In research, this point has shown to be valuable in relaxing a contracting uterus

Breech presentation very well treated when seen at 36 weeks pregnancy – take home moxa also helpful

Supporting still birth and providing acupuncture and take home acupressure to help with birthing and labour, caring support important and shows improved clinical outcomes and experience

Induction support – acupuncture can support a women's natural hormone response

Debunking the cord around the neck myth, too often blamed for many negative birth outcomes – "multiple cord entanglement is not a contributing factor in intrapartum stillbirth, placental abruption or caesarean delivery"

Acupuncture and moxa is great to use post birth for caesar scar healing, breast feeding difficulties and hormone irregularities

Inner West Health Clinic

<http://innerwesthealthclinic.com.au/acupuncture-during-pregnancy/>

Acupuncture is an ideal form of treatment during pregnancy as it offers a safe, effective and drug-free treatment option for a multitude of problems that can arise during pregnancy.

Acupuncture is used to help relieve:

- morning sickness
- sciatica and symphysis pubis (pelvic) pain
- musculoskeletal pain
- low energy
- fluid retention
- indigestion
- constipation
- correct mal-positioning of the foetus and gently prepare the body for labour.

Acupuncture helps to increase energy levels, improve sleep and enable the body to deal better with the stresses of pregnancy.

Quiescence Chinese Medicine Melbourne

<http://chinesemedicinemelbourne.com.au/fertility/acupuncture-for-breech/>

Acupuncture for Breech

Chinese Medicine, in particular moxibustion (Moxa), is good at addressing breech presentations a relatively common occurrence in pregnancies. It is a simple treatment aiming to increase fetal activity thus encouraging correct position for the baby.

If the baby is breech, transverse or any other non-optimal presentation 34weeks is the best time for treatment. Studies show the success rate of turning breech presentation is between 89-90% when treatment is started at 34weeks (Wei Wen Co-operative Research Group). This success rate does tend to decline as the baby grows with other studies showing a 60% success rate at 38weeks, still high enough odds to give it a try.

Hawksburn Health

<http://www.hawksburnhealth.com.au/pregnancy/>

Third Trimester (29-40 weeks) Later in pregnancy, from around 36 weeks, acupuncture can help with turning breech babies and slowly preparing the body for labour. Women are recommended to participate in pre-labour treatment, which has been shown to reduce medical induction and emergency caesarean numbers. It encourages cervical ripening and shortens labour time, as well as encouraging optimal foetal positioning and turning breech babies.

Leaps & Bounds Health Clinic

<http://www.leapsandboundshealth.com.au/chinese-medicine-womens-health/>

Pregnancy and post-natal care

Acupuncture is safe and effective during pregnancy to help relieve morning sickness, boost energy, treat fluid retention, digestive issues, and muscular aches and pains.

Later in pregnancy, acupuncture can assist with turning breech babies and gradually preparing the body for labour. Weekly acupuncture treatment from 36 weeks helps to prepare emotionally and physically for childbirth, encouraging optimal foetal positioning and a timely birth with less intervention.

If overdue, acupuncture can be used for gently inducing labour, optimising the chances of an uncomplicated labour and natural birth.

Chinese medicine is traditionally used in postnatal care, and can be used to treat any breastfeeding issues, postnatal depression, or just help recovery and boost energy.

Renew Acupuncture Clinic

<http://renewacupunctureclinic.com.au/oriental-therapies/moxibustion/>

A landmark study published in the Journal of the American Medical Association in 1998 found that up to 75% of women suffering from breech presentations before childbirth had fetuses that rotated to the normal position after receiving moxibustion at an acupuncture point on the Bladder meridian. Other studies have shown that moxibustion increases the movement of the foetus in pregnant women, and may reduce the symptoms of menstrual cramps when used in conjunction with traditional acupuncture.

Acupuncture with Grace

<http://acupuncturewithgrace.com.au/acupuncture-and-chinese-medicine-melbourne/>



- Malposition of foetus (breech position)*
- Labour induction*
- Lactation deficiency^

Sentient Being

<http://sentientbeing.com.au/acupuncture-and-chinese-medicine/>

PREGNANCY

Pregnancy may present symptoms such as morning sickness, fatigue, back pain, oedema, just to name a few. All which can be improved with Chinese medicine. It can also be used to improve foetus position, labour preparation and induction and post partum care.

Birth Ready

<http://www.birthready.com.au/pregnancy-to-parenthood-information/body/acupuncture-induction>

Acupuncture induction for post-term babies

Acupuncture induction is safe and effective and works harmoniously with the delicate hormonal balance of pregnancy to promote labour. It is enjoying increasing popularity as women with uncomplicated pregnancies seek to avoid conventional medical induction, imposition of medical timeframes, and the cascade of interventions that often follow.

Chinese Medicine practitioners will never perform internal, vaginal examination under any circumstance. The primary method of collecting Chinese medical diagnostic information is through asking clinical questions, palpating the radial pulse and inspecting the tongue.

While acupuncture is very effective it works according to a different, less-aggressive philosophy to Western Medicine and therefore a specific timeframe for outcome can be difficult to guarantee.

In order to induce labour using acupuncture a woman's energy needs to be invigorated and moved downwards and outwards to allow her baby to be born.

The baby also needs to be stirred from a relatively restful, nourishing, restorative (Yin) state to an active, moving, dynamic (Yang) state. This process can naturally take time depending on the readiness of both mother and baby.

Generally, if a baby is mature, acupuncture will assist in promoting labour; if the baby is not ready, then induction will be difficult to achieve.

The Moxa Punk

<http://themoxapunk.com/moxibustion/>

: burning moxa near a specific acupuncture point can turn a breached foetus,

Life Force Acupuncture

<http://www.liforceacupuncture.com.au/pregnancy-and-fertility>

Acupuncture

Conceiving is the first natural phenomenon, yet staying pregnant is the next priority. The organs are highly involved in giving the necessary support to aide the gestation process of the baby and this important process is often over looked. Not only will regular Acupuncture support the organs to perform their daily jobs along with procreation and/or foetal development, it can also aide in the assistance of ensuring a smooth and a more drug-free birth.

Pregnancy-induced hypertention, Insomnia, Nausea, Heart Burn, Anxiety or posterior positioned babies are also highly effectively helped with Chinese Medecine.

Pre-labour treatments:

A protocol for the later stage of pregnancy, which is currently used by the New Zealand medical system, is to have 4 treatments weekly from 36 to 37 weeks, to help the body prepare and restore for the upcoming labour. Whilst specific Acupuncture points will be utilised during this stage of pregnancy, other points will also be included specifically tailored for the individual's constitution and presentation. The points selected will include assistance with ripening of the cervix, assist in the correct positioning of the baby and to promote energy and stamina.

Kensho Health & Dermatology

<http://kenshoclinic.com/chinese-medicine-melbourne/acupuncture/>

Moxibustion

The herb Ai Ye (*mugwort, Artemisia vulgaris*) is placed on top of an acupuncture needle and burned to transmit heat into the meridians, invigorate blood circulation and stop bleeding. It is often used for digestive complaints, period pain, excessive menstrual bleeding, infertility and foetal malposition in pregnant women.

Coburg Chinese Medicine

<http://www.coburgchinesemedicine.com.au/womens-health.html>

Treating Women's Health with Acupuncture and Chinese Medicine

At Coburg Chinese Medicine we provide safe, natural treatment for a range of menstrual and hormonal disorders including:

- Pre Menstrual Syndrome
- Painful periods
- Irregular periods
- Endometriosis
- Polycystic Ovary Syndrome (PCOS)
- Metrorrhagia
- Hot Flushes
- Morning Sickness
- Labour Induction
- Malposition of Foetus - Turning breech position
- Infertility - Natural fertility and IVF support
- Morning Sickness

Christine Hopkins

<http://www.christinehopkins.com.au/acupuncture.htm>

The Health Benefits of Acupuncture

Pregnancy / Birth / Post Natal /Lactation: Morning sickness, correction of malposition of foetus (breeched presentation), induction of labour, labour pain, lactation deficiency.


Inner Path Acupuncture

<http://www.innerpathacupuncture.com.au/areas-of-interest/2015/8/14/how-acupuncture-can-change-your-life-for-the-better>

10. Supports pregnancy and childbirth. Acupuncture can effectively manage nausea and vomiting associated with early pregnancy. Acupuncture can also help prepare the body for labour by loosening pelvic ligaments, stimulating cervical ripening and triggering the release of oxytocin. Research shows that pre-birth acupuncture can reduce overall labour time by up to two hours.
11. Corrects malposition of the foetus. Moxa therapy to the Bladder meridian has been proven to effectively correct breech baby position.

Serenity Chinese Medicine

<http://serenitycm.com.au/faq/>

 I am pregnant, can I have acupuncture?

Acupuncture is definitely safe to use while you are pregnant. It can help you with morning sickness relief, as well as to improve your general health whilst you are pregnant. Acupuncture can be also useful as you are approaching birth, as we can assist you with labour induction and correcting malposition of the foetus.

Salubre Health Solutions

<https://www.salubre.com.au/ivf-fertility-pregnancy/>

Acupuncture and herbal medicine can assist women with:

- Irregular cycle
- Shortened cycle
- Prolonged cycle
- Period pain
- Absence of menstruation
- Pre- menstrual Syndrome
- Uterine fibroids
- Polycystic Ovarian Syndrome
- Endometriosis
- Menopausal Syndrome
- Infertility
- Morning sickness
- Habitual miscarriage
- Breech baby
- Inducing labour
- Post-partum disorders such as inability to produce breast milk, fatigue, constipation, hair loss and much more.

Pregnancy

Once pregnant the female body undergoes many changes. Some women may experience some unpleasant symptoms based on hormonal changes that vary within each trimester. This is where utilising the services of an acupuncture clinic in Melbourne may assist in relieving the intensity of these symptoms and other circumstances that may eventuate that can cause the mother distress such as: morning sickness, heartburn, acute/chronic back ache and sciatica, gestational diabetes mellitus, bleeding during pregnancy, abnormal foetal positions and inducing labour.

Abnormal Foetal Positions

Babies that are in breeched positions are common.

Moxibustion is used to try and gently turn the baby through heating the little toe, this signals the placenta to release hormones that cause the baby to turn.

Inducing Labour

Acupuncture works very well in preparing for labour.

Treatment can initiate contractions and hardening of the uterus thus assisting with inducing labour.

Yarra Valley Innate Chiropractic

<http://www.yarravalleychiropractic.com.au/treatment/chinese-medicine/>

Labour preparation with Acupuncture aids your body in a variety of ways;

- it promotes optimal foetal position – meaning your babies back is against your stomach (anterior position). Anterior position makes it easier for you baby to pass through the birth canal, resulting in a less painful and quicker labour.
- it helps to prepare (efface) and begin cervix dilation. The cervix needs to efface (to become flat) and to begin to dilate – this means that when contractions begin, your cervix is much more ready and has already started dilation before this time – which generally means that you experience less pain and labour times are shortened;
- it aids to loosen and free your pelvic ligaments – making it easier for your baby to pass through with



less struggle. **Sounds too good to be true?**

If it wasn't useful and effective, then midwives around the world wouldn't be using Acupuncture to aid women with their birth preparation and assist them during labour; and providing assistance that normal interventions cant do anything about, e.g.. for starting a stalled labour and re-establishing contractions. In New Zealand it is very common for midwives to practice

labour specific acupuncture – and the feedback is very positive.

Acupuncture Pre-birth treatment – proven to decrease labour times and to promote an efficient and natural labour with less risks.

What is it?

Acupuncture pre-birth support is a series of treatments in the final weeks of pregnancy to prepare you for childbirth. Not only does it decrease labour times, but is also an ideal method to help you prepare yourself to have the most efficient and natural labour possible.

Usually these treatments start from the 36th or 37th week of pregnancy, happen once per week and last approximately 30 minutes per session.

Benefits

Acupuncture for conditions during pregnancy are very effectively treated (and often easily treated) with Acupuncture

The most noticeable benefit is shorter labour times

Other benefits also include:

- Increases the chances of a natural labour
- Promotes an efficient, timely labour with no increased chance of delivering early



- Reduces the rate of medical interventions
- Reduced risk of medical inductions
- Decreases requirement of epidurals and Caesars



It is easy, effective and painless. 1 session per week from your 36-37th week onwards.

"Minor" discomforts, which are considered normal, including heart burn, constipation, leg cramps, backache, varicose veins, haemorrhoids, difficulty in sleeping, and increased anxiety and tiredness, can also be treated during these sessions.

Straight Up Chinese Medicine

<http://straightupchinesemedicine.com/>

It seems like juju that burning moxa near a specific acupuncture point can turn a breached foetus, but clinical trials have shown that it works.

Bon Traditional Chinese Medicine

<http://bontcm.com.au/frequently-asked-questions/>

Can the patient continue with Chinese Medicine treatment during pregnancy?

Both acupuncture and herbal medicine are safe modalities during pregnancy. Acupuncture is especially very effective for morning sickness, delayed labour and upside-down foetus. Herbal medicine can help to reduce morning sickness such as vomiting, tiredness, and help with other general health condition such as common cold during pregnancy. In the case of habitual miscarriage, it is highly recommended to take herbal medicine for preventing miscarriage. Chinese Herbal medicine has been reputed to help pregnant women get healthier and to calm restless fetus'. However, it should be prescribed by a qualified Chinese Medicine practitioner with a strong educational background for safety.

Dr Pier Tsui-Po's Acupuncture & Chinese Herbal Medicine Clinic

<http://www.berwickacupuncture.com.au/>

How acupuncture and Chinese Herbs help you with fertility and pregnancy

- Improves blood flow to the uterus, encourages a healthy endometrial lining for embryo implantation
- Prevents uterine contractions, helps support retention of your pregnancy with the view of reducing the likelihood of miscarriage
- Supports your pregnancy to run full-term

Dantian Health Chinese Medicine & Acupuncture

<http://www.dantianhealth.com.au/conditions-treatment.html>

Fertility and pregnancy

Sub fertility, pregnancy support,
morning sickness, malposition of
foetus, labour.

Ninemonths.com.au

<http://www.ninemonths.com.au/using-acupuncture-acupressure-shiatsu/>

Discover how pressure point therapies can benefit you in preconception, pregnancy and post natal healing.

Bladder 67

On the outside of the little toe at the base of the toenail.

Difficult labour, malposition of the foetus, itchy skin

Traditional Chinese Medicine

<http://www.chinesemedical.com.au/conditions-treated/>

The use of this ancient Chinese technique can also be used in the prevention of miscarriage, by reducing contractions of the uterus and to alleviate both bleeding and spotting. Acupuncture is also very efficacious in the relief of heartburn, nausea, haemorrhoids and constipation

Bendigo Chinese Medicine

<http://www.bendigochinesemedicine.com/birth-classes.html>

Preparation for an active childbirth is an essential part of the journey to parenthood. In our birthing classes, we will look at birth from a traditional and a modern perspective. We aim to empower women and their partners with hands-on tools to cope with late pregnancy, labour and beyond.

Our classes include:

- **AN INTRODUCTION TO CHINESE MEDICINE AND ACUPUNCTURE**
- **ACUPRESSURE & MOXIBUSTION** We will teach you how to find, stimulate and warm acupuncture points using massage, 'moxa' (burning mugwort) and other techniques. The techniques taught will focus on late pregnancy, pain relief during labour and the post-natal period. These techniques are particularly important for partners in their involvement with the pregnancy and birth.
- **HOW TO ENCOURAGE 'OPTIMAL FOETAL POSITIONING'**
- **ACTIVE LABOUR** Partner supported positions to encourage effective contractions and manage pain.
- **BREATHING TECHNIQUES** Using the breath as a tool to calm, manage pain and manage stress.
- **MEDICAL INTERVENTION** Making informed choices.

David Hayblum Acupuncture

<https://acupunctureworks.net.au/tag/pregnancy-2/>

PREGNANCY & ACUPUNCTURE

While acupuncture is generally considered safe for pregnancy, there are some risks involved, however these are easily managed by qualified acupuncturists. The most obvious "will the needles harm my baby?". The answer to that, is that we would very rarely (if at all) actually needle around the lower abdomen on a pregnant woman. This way if the baby does move during there is no risk of the needle harming the baby. Most treatments for pregnant women would be done using points on the arms and legs that would not affect the pregnancy. Another issue that can occur is that some acupuncture points can accelerate the flow of energy around the uterus and promote and promote the expulsion of the foetus. While these points are ideal for inducing labour in the very late stages of pregnancy (after 37 weeks), obviously prior to that point they need to be avoided.

Some of the common acupuncture treatments during pregnancy include:

- Headache and Migraine Relief
- Nausea and Morning Sickness
- Quitting Smoking, Caffeine & Alcohol
- Improving Sleep
- Improving Energy Levels
- Labour Induction (as described above)

Traditional Healing Acupuncture Clinic

<http://www.traditionalacupuncture.com.au/acupuncture-during-pregnancy/>

There are many cases though where Acupuncture is unable to help natural labour start. Similarly too, how sometimes it isn't able to fully rotate a breech baby. This is because you sometimes can't make the body do something it either isn't strong enough, or willing to do. Especially when we only have a short window to work with.



In both cases though, I've always heard the same response. Even though Acupuncture couldn't help start things, breech babies were rotated very easily, and even the induced labours went quite smoothly, and both the mother and baby recovered well.

This is the greatest strength of natural medicine's like Acupuncture, they are safe, and even if they can't achieve the desired result, they always help.

Acupuncture during the third Trimester

As we are now getting closer to the due date, pelvic instability, carpal tunnel and back pain are common complaints. week 34 is an ideal time to come in begin labour preparation, so hopefully the baby comes on time. With the first pregnancy, it is not uncommon for women to go 7-10 days overdue. A treatment can be performed gently a few days before your due date, to try and help the baby be born on time.

Obviously treatment can extend past birth to help new mother's recover from child birth, aid in lactation and and help prevent post natal depression.

Robert Gentile Pregnancy Care

<http://www.robertgentile.com.au/pregnancy-care/>

Low-lying Placenta:

Robert often uses acupuncture and natural medicines for helping the body to lift and raise a low lying placenta according to an understanding of traditional acupuncture. If low lying placenta is diagnosed at the 20 week scan, acupuncture may be administered once a week to encourage the lifting and raising effect of the body which can help move the placenta to a higher, safer position away from the cervix.

Breech Presentation:

Many midwives and some obstetricians have recommended patients to me over the years to help turn their breech babies. The earlier the treatment starts the better the chances of success. Most commonly, treatment will start from around 33-35 weeks, with one course of therapy last around 10 days. One to two courses of therapy may be required. This involves using acupuncture and a heating therapy called moxibustion over specific acupuncture points. In one good sized study involving 260 pregnant women with breech presentation, acupuncture and moxibustion were performed from 33 weeks versus observation (no intervention). 75.4% of the treatment group had turned at 35 weeks compared to 47.7% in the observation (no treatment) group (Cardini & Weixin, 1998). In another study involving 226 participants, they compared the use of acupuncture and moxibustion vs. observation and noted that 36.7% of the observation group's babies turned while 53.6% of the acupuncture group's babies turned (Neri et al, 2004). In addition, moxibustion performed for 30 minutes total is more effective at turning breeched babies then when it is performed twice daily as opposed to one daily (Cardini & Weixin, 1998). Robert combines these research based methods alongside classical acupuncture approaches to form a very effective treatment option for breech presentation.

Pre-Labour Care:

Acupuncture is performed from once weekly from 36 weeks gestation until labour is brought on. This has been shown to reduce the average time in labour, particularly stage one of labour (Kubista & Kucera, 1974; Tempfer et al, 1998). Midwives commonly recommend acupuncture pre-birth as many patients report benefits as such a sensitive time.

Labour Induction:

Providing that there is enough fluid surrounding the baby and there are no signs of foetal distress, the obstetrician or midwife will usually allow the pregnant patient to go over their due date by 10 days. This allows us some time to administer labour induction acupuncture. Labour induction acupuncture is performed every two to three days after 40 weeks gestation until labour is brought on, with an average of two to three treatment required to bring on labour. From experience, Robert has found that the greater the cervical dilation, the quicker the response to acupuncture, however this is not always required for acupuncture to be successful. Acupuncture will be usually performed on the hands, feet, legs, and lower back to stimulate cervical ripening and promote uterine contractions. Recent research suggests that acupuncture and acupressure reduces stage one labour times, aids cervical ripening, and reduces the need for medical inductions (Rabl et al, 2001).

Ravens Nest

<http://ravensnest.com.au/health/pregnancy-care/>

Pregnancy can be a very exciting and sometimes overwhelming time, with many physical changes. Chinese medicine is a safe and effective treatment for many of the discomforts that may arise during the different stages of pregnancy.

Third Trimester (28–40 weeks)

Monthly treatments continue to support the growth of the pregnancy and ease any discomfort. During the later stages of pregnancy, common complaints include oedema, carpal tunnel syndrome and insomnia.

The most effective time to address breech presentation babies is between 32 and 35 weeks. Moxibustion is a technique used to stimulate the acupuncture point with heat in order to encourage the foetus to turn.

The main focus of treatment shifts at 36 weeks where weekly treatments are resumed in order to prepare the body for labour. These treatments aim to relax and soften the ligaments, aid cervical dilation and nourish the body.

At this stage, it is also important for the expectant mother to slow down, get plenty of rest and maintain a calm emotional state in order to enter labour in the best possible health.

Labour

A number of clinical trials have used acupuncture to induce labour in healthy, uncomplicated pregnancies. These studies show that acupuncture can influence cervical ripening, increase spontaneous labour and shorten the first stage of labour.

An acupressure booklet is provided to teach both the mother and partner techniques for pain relief and relaxation during labour. This also promotes partner involvement during labour.

Acu Centre

<http://www.acucentre.com.au/Clinic/WHOConditionsTx.pdf>

A Diseases, Symptoms and Conditions for which Acupuncture has been proved through controlled trials to be an Effective Treatment.

correction of malposition of foetus

ATMA Medicine & Massage

http://atmamedicine.ntpages.com.au/acupuncture/atma_acupuncture

- induction of labour
- correction of malposition of foetus (breech presentation)
- morning sickness
- nausea and vomiting
- postoperative pain

Hai Qi Chinese Medicine

<http://www.naturaltherapyforall.com/au/acupuncture/mornington/hai-qi-chinese-medicine/11929>

Pregnancy and Postpartum: Habitual miscarriage, IVF support, breech presentation, labour inductions, postnatal hair loss and fatigue, insufficient breast milk, postnatal depression and back pain.

Dr Paul Carter Acupuncturist & Herbalist

<https://www.acupunctureaustralia.com.au/turn-a-breech-baby-acupuncture-moxibustion/>

Turn a Breech Baby Naturally with Acupuncture & Moxibustion (moxa)

Turn a Breech baby with acupuncture & moxibustion (moxa). **Turning a breech baby position with acupuncture & moxibustion is ideally performed at 34-36 weeks of your pregnancy but babies are still known to turn after this time.**

At 34 weeks your baby has room to move. Aim to come in at 34 weeks of pregnancy for acupuncture and moxibustion treatment where as well as receiving acupuncture & moxa we'll discuss the moxibustion procedure you and your partner can do at home.

In your treatment we can discuss all aspects of your pregnancy, labour, pre birth and post labour recovery tips.

Hatch Therapies

<http://hatchtherapies.com.au/pregnancy-support/acupuncture-moxibustion-for-breech-position-baby/>

Acupuncture And Moxibustion For Breech Position Baby

[Home](#) / [Pregnancy](#) / Acupuncture and Moxibustion for Breech Position Baby

At Hatch Therapies we are experienced in providing Acupuncture and Moxibustion with a goal of turning breech position babies. Acupuncture and moxibustion for breech position baby is a Traditional Chinese Medicine technique with origins dating back hundreds of years in China. It is commonly used in modern times to turn breech or transverse babies in preparation for labour.

In your third trimester if you have concerns about the position of your baby Acupuncture and Moxibustion for breech position baby can be performed. Acupuncture involves the insertion of fine sterile needles into specific Acupuncture points. Moxibustion is a heat treatment that is created when a herbal stick called Moxa (Ai Ye mugwort leaf) is lit with a flame. The moxa stick generating heat is then held above the skin at a specific Acupuncture point used for breech position babies.

Baby Centre

<http://www.babycenter.com.au/x2063/are-there-any-safe-and-proven-methods-to-turn-a-breech-baby>

Are there any safe and proven methods to turn a breech baby?

Moxibustion, which is a form of acupuncture. It's currently being researched to see if it could help turn breech babies. Success rates as high as around 80 per cent have been reported, but before trying it, seek advice from a qualified acupuncturist; you'll find one via the [Australian Acupuncture and Chinese Medicine Association](#).

Brunswick Osteopathy & Acupuncture

<http://www.brunswickosteopath.com.au/pregnancy.html>

Breech and Posterior Positions

For breech babies, treatment commences ideally, between 34 – 36 week gestation. This usually consists of a one off treatment followed by women being shown how to administer treatment themselves at home with a moxa stick. A moxa stick is a herb that is shaped into a cigar, it is lit and held over specific points of the body to stimulate the acupuncture points.

Induction

A medical induction refers to initiating labour artificially, usually with the use of prostaglandins and possibly oxytocin. Instead, traditional Chinese acupuncture can be used to induce labour in a drug free treatment. Women should try to be treated before a medical induction is planned. Acupuncture may be followed by a self-treatment of acupressure at home. Although labour may not commence freely it was shown that acupuncture helped women to have a more efficient labour and women also needed less medical intervention.

Family Tree Acupuncture & Herbal Medicine

<http://familytreeacupuncture.com.au/birth-preparation-breech-induction/>

The philosophy of prevention through good preparation underpins pre-birth acupuncture treatment as it aims to support a woman to get into the best possible condition for an optimal labour and birth.

- Birth preparation
- Reduce anxiety
- Induction of labour
- Breech presentation
- overdue for dates / natural induction
- Pain relief in labour

Acupuncture:

- From week 34, weekly consultations with your acupuncturist can help you prepare physically and emotionally for birth, manage stress and improve your energy and stamina. Acupuncture also assists in preparing your cervix and uterus for birth, and helping your labour to start spontaneously and on time.
- Our Acupuncturists have great success in turning malpositioned or breech babies. This is most effective if the treatment is undertaken between 34 and 37 weeks, and the earlier you begin, the greater likelihood of success.
- Pre-birth acupuncture can serve as a springboard for acupuncture induction treatment, providing an alternative or adjudicative step to medical induction and can help to minimise the possibility of associated interventions. This is especially relevant for those whose pregnancies are overdue, those with gestational diabetes, large for dates, or those deemed necessary for early induction under medical advice. Even high risk or complicated pregnancies can benefit from pre birth acupuncture and may even enhance the ability to proceed to natural birth.
- Acupressure points will be shown and a manual will be given to couples for pre reading to be prepared for labour.
- Pre-birth treatment also provides a strong foundation for providing Chinese Medicine treatment and advice for recovery after birth, post-natal care and pediatric care if required.

Pre-birth treatment

Pre birth treatment usually involves two aspects. The primary treatment uses a standard combination of acupuncture points. The aim of treatment is to gently and progressively move the mother's energy and blood circulation into her lower abdomen as the birth approaches.

Additional points are added to help soften and relax the ligaments and tendons and assist the baby to engage, laying the foundation for the safest, most efficient birth possible.

Secondary or extra acupuncture points are included to address symptoms if they manifest in the later stages of pregnancy such as haemorrhoids, oedema of the hands and feet, fatigue, heartburn, anxiety, sleep difficulty, tiredness, and back pain. Generally, the number of acupuncture points needled is kept to a minimum and gentle needling techniques are used so the natural process of childbirth is encouraged, not overwhelmed or interfered with.

Restore Haberfield & Chinese Medicine

<http://www.restoreacupuncture.com.au/breech/>

Turning Breech babies

Posted on August 1, 2015 by Restore Acupuncture

If you find out your baby is in the breech position, a technique called moxibustion can be used to encourage the baby to turn into the correct position. This is best performed at around 32-34 weeks of gestation, and since no needles are involved the treatment can be self-administered at home. If you've left it later than this then acupuncture will also need to be used. It is more difficult for the baby to turn in the uterus as it continues to grow larger, but it's still worth a try. You can find out more information about breech presentations in the following article.

<http://www.pregnancy.com.au/birth-choices/breech-birth/moxibustion-for-breech-presentation.shtml>

Acupuncture is also an effective way to naturally induce labour without the use of drugs. In the weeks before your due date, the treatments focus on labour preparation and building up a woman's energy before birth. For women who do not naturally go into labour and are considered overdue, acupuncture induction treatments are then performed to encourage contractions and the onset of labour.

Sustain Health

<http://www.sustainhealth.com.au/blog/acupuncture-breech-babies/>

Acupuncture Turns 72% of Breech Babies

There has been a lot of research and investigation into acupuncture for breech presentation. The procedure is simple, painless, non-invasive and cost effective. In China acupuncture for breech presentation has been used for thousands of years and now it is becoming a prevalent intervention in western countries.

Dr Christine Cui Fertility Clinic

<http://www.medccc.com.au/pregnancy/breech-baby/>

Breech Baby

Acupuncture can be beneficial for expectant mothers who want their baby in head down position. According to survey, there are 3-4% women who have breech presentation. This means the baby's head is not presenting as in the head has not turned downward. Therefore, it is necessary by week 34 that women should start doing acupuncture to avoid the breech presentation while there is still room to move before it turns into stable position in week 36. After week 36, obstetricians usually recommend to use caesarian section.

Overall, Acupuncture has many benefits not only before pregnancy but throughout the pregnancy. From the first time an expectant mother conceives until the birth of the baby. It is recommended that women whose in first trimester to have regular acupuncture treatments as this is a very fragile state and acupuncture combined with Chinese herbal medicine can strengthen the uterus lining and avoid miscarriage.

The Acupuncture IVF Support Clinic

http://www.acupunctureivf.com.au/pages/research_by_cat.php?research_type_id=9

The use of acupuncture and moxibustion on women presenting with breech babies at week 33 was assessed in this large retrospective Dutch study. Acupuncture was shown to reduce the number of breech presentations at term, thus reducing the number of caesarean sections.

Robin March

<http://www.robinmarchment.com.au/Chinese%20Medicine%20Obstetrics/>

Breech Presentation

The optimal position of the baby for birth is where the buttocks are up and the head is down; this means at birth the head is the presenting part. When the buttocks are the presenting part, it is called breech presentation. The baby frequently changes position during the earlier stages of pregnancy, and even if lying head upwards, will often spontaneously turn before 34 weeks' gestation. The Western medical intervention of physically trying to manoeuvre the baby by pressing and pushing on the abdomen has largely been discarded, due to its low rate of success, and the risks of pre-term labour, placental rupture, cord injury and uterine rupture. Acupuncture and moxibustion are not always successful but have been shown in a number of studies to double the incidence of the baby turning when compared to spontaneous version. Breech presentation occurs in about 3-4% of women going into labour. Western obstetricians are not concerned until 36 weeks of pregnancy. In most cases, caesarian section will be recommended. However, the optimal time for using acupuncture and moxibustion to turn the baby is between 34 and 36 weeks, before the baby grows further and 'drops' lower in the abdomen - in other words, when there is still room to move.

Overdue Dates

Western obstetric practice manages overdue dates with the application of prostaglandins to the cervix, rupture of the membranes (breaking the waters) and the administration of syntocinon (synthetic oxytocin). The last option usually results in a more intense and uncomfortable labour, and is associated with hypertonicity of the uterus, raising the risk of uterine rupture. [Acupuncture](#) is more acceptable to many women because it results in a smoother and more comfortable labour.

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Childbirth

Acupuncture can be used to facilitate labour in many ways: it is used at the time of delivery to promote the descent of the baby, to establish labour, to moderate (but not weaken) the contractions and to ease back pain. Best results are obtained when the mother has had treatment prior to the birth, where acupuncture can prepare the perineum and enhance cervical ripening. As described above, the best outcomes come for a mother in good health. Prolonged labour can be the result of deficient 'qi'. A Chinese medicine practitioner can determine if this is so quite early in the pregnancy and prescribe herbs to take during the pregnancy.

Utopia Health Care

<http://www.utopiahealthcare.com.au/pregnancy-acupuncture/>

In the area of gynaecology, acupuncture is effective for a wide range of problems, including: *period pain, irregular periods, amenorrhea, PMT, endometriosis, fibroids, and infertility*. Acupuncture is also safe and effective during pregnancy, where it is used to relieve morning sickness, boost energy, reduce fluid retention, correct breech presentation and gently prepare the body for labour. Acupuncture helps to increase energy levels, improve sleep and enable the body to deal better with stress.

Chinese medicine can care for maternal health while avoiding antibiotics and other strong drugs, and by caring for maternal health and building the mother's strength, has been found to improve **labour** outcomes. The best outcomes occur when the mother's health and 'qi' are at optimum levels. Prolonged labour is often the result of deficient 'qi'.

BREECH PRESENTATION

The optimal position of the baby for birth is where the buttocks are up and the head is down; this means at birth the head is the presenting part. When the buttocks are the presenting part, it is called breech presentation. The baby frequently changes position during the earlier stages of pregnancy, and even if lying head upwards, will often spontaneously turn before 34 weeks' gestation. The Western medical intervention of physically trying to maneuver the baby by pressing and pushing on the abdomen has largely been discarded, due to its low rate of success, and the risks of pre-term labour, placental rupture, cord injury and uterine rupture.

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CHILDBIRTH

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Melbourne Holistic Health

<https://www.mhhg.com.au/conditions/obstetrics>

Breech presentations can be treated with moxibustion (the burning of a Chinese herb a few centimeters over an acupuncture point on the little toe) and acupuncture. One study from the Netherlands used moxibustion at 33 weeks as a preventative measure for breech presentation requiring caesarean section, and showed a decrease in the need of caesarean section compared to conventional treatment.

Patients are often referred to MHHG for induction labour using acupuncture, particularly when aiming to avoid the use of labour inducing drugs. Acupuncture helps facilitate the natural stages of labour and can assist with the ripening of the cervix (dilation), increase the strength of uterine contractions and also aid the mother's recovery post delivery. Acupuncture does not interfere with any medical interventions which may subsequently occur and can also help alleviate anxiety and manage pain.

North Eastern Chinese Medicine

http://www.acupunctureandherbalmedicine.com.au/conditions_treated.html

Chinese medicine is successfully used for a very wide range of conditions. Among the more commonly treated disorders are:

- **Pain management and Injuries** - Back pain, neck pain, frozen shoulder, sciatica, tennis elbow, knee pain, [more....](#)
- **Circulatory Disorders** - cold limbs, poor blood flow, calf cramps
- **Digestive Problems** - constipation, diarrhea, bloating, indigestion, nausea, vomiting, diverticulitis
- **Respiratory Health and restoration** - asthma, cough, colds & flu, wheezing
- **Allergies** - [Hayfever](#), Sinusitis
- **Headaches and Migraines**
- **Emotional / Mind Disturbance** - stress, depression, anxiety, irritability, panic attacks
- **Insomnia**
- **Gynaecological Disorders** - [PMS](#), irregular periods, period pain, endometriosis, polycystic ovaries
- **Womens Health** - [IVF assistance](#), [infertility](#), recurrent miscarriages, menopause
- **Pregnancy and postnatal care** - [breech presentation](#), labour induction, postnatal depression
- **Men's Health** - low libido, impotence, prostate enlargement, low sperm count and poor quality
- **Skin conditions** - eczema, psoriasis, acne
- **Dizziness, Vertigo & Tinnitus** (ringing in the ears)
- **Urinary Tract Infections**

Breech Presentation

Studies have shown that Acupuncture is successful in turning breech babies to their optimal position for birth, using a Chinese technique called 'moxibustion' or 'moxa'. This can be helpful for those wishing for a natural birth, or a birth with as little intervention as possible.

The technique involves the burning of a Chinese herb (mugwort) to warm an acupuncture point on the outside of the little toe. It is carried out once-twice a day for up to 10 days, until the baby has turned into the optimal position. Many women report the baby beginning to kick and move after a few minutes of treatment. It can take several days of treatment for the baby to turn.

The optimal time to perform this treatment is at 33-35 weeks gestation, but babies have been known to turn in the later weeks, too, when this technique has been used.

This technique has been used by the Chinese for thousands of years. It is relaxing, safe for both you and your baby and it works!

Fertile Ground Health Group

<http://www.fertileground.com.au/pregnancy/pregnancy-acupuncture-melbourne>

Pregnancy Acupuncture

As well as treating the many common complaints of early pregnancy, optimising your health and well being, moderating stress and applying measures for miscarriage prevention, acupuncture and Chinese herbal medicine can also help you to prepare for an expedient labour and birth.

During this time we will focus on treating the many common complaints of early pregnancy (nausea, vomiting, anxiety, etc.) while optimising your health and well being, moderating stress and applying measures for miscarriage prevention. Appointments are often less frequent during second trimester unless issues arise which require treatment. Four to six weekly visits are usually adequate during this time when the pregnancy is progressing normally and well.

Birth preparation

Around 30-34 weeks is a great time to check in with your acupuncturist / herbalist if you haven't already. At this time we are starting a conversation about preparing for labour. Weekly visits from around 34 weeks ensure optimal fetal positioning and a weekly focus on helping you to move you closer to being ready to achieving a spontaneous labour and uncomplicated birth. Birth preparation during this time includes:

Weekly consultations with your acupuncturist to help you prepare physically and emotionally for birth, manage stress and improve your energy and stamina. Acupuncture also assists in preparing your cervix and uterus for birth, and helping your labour to start spontaneously and on time.

Breech presentation

Our acupuncturists have great success in turning malpositioned or breech babies. This is most effective if the treatment is undertaken between 34 and 37 weeks, and the earlier you begin, the greater likelihood of success.

Acupuncture to induce labour

Acupuncture is often successful in inducing labour if you are overdue for your dates. Induction acupuncture provides an alternative step to medical induction and can help to minimise the possibility of associated interventions. Induction with acupuncture still enables a slow build to contractions, not suddenly starting intense contractions, therefore optimising your chances of an uncomplicated labour and natural birth.

Balance Acupuncture

<http://www.balanceacupuncture.com.au/BalanceAcupuncture/Fertility.html>

IVF It is well documented that acupuncture during IVF can increase the chances of a healthy pregnancy.

Treatment is focused on

- improving ovarian function
- strengthening the immune system
- reducing stress, regulating hormones
- relaxing the uterus
- maintaining implantation
- nourishing embryo growth
- preventing uterine contractions
- improving semen quality & quantity in men

- anxiety
- fatigue and insomnia
- water retention

Breech Baby?

Studies show that a special treatment called moxibustion is a safe and effective way of turning a breech baby.

The treatment can be continued at home and Samantha will show you how to do this, to give your baby the best chance of turning.

Treatment can start from around 33-35 weeks.

Regulating Hormones

Overdue?

If your pregnancy goes overdue, you may face a medical induction. Studies have found acupuncture to be very effective in inducing labour naturally.

Not Enough Milk?

Acupuncture can help to stimulate milk production following childbirth, in women with insufficient lactation.

Post Natal Depression

Sometimes the 'baby blues' can develop further and depression can be the result. This can be a very confusing time for you as a new mother as well as for your partner and family.

Acupuncture can settle your anxieties and help to lift the dark clouds, enabling you to enjoy motherhood and your life again.

Carlton Natural Health

<http://carltonnaturalhealth.com.au/acupuncture>

Acupuncture in Pregnancy:

Acupuncture can be used safely throughout your pregnancy, to help support a healthy pregnancy, prevent miscarriage and prepare you for labour.

During your pregnancy, acupuncture can be used to alleviate many common symptoms such as morning sickness, digestive issues, leg cramps, sleep disorders, stress and anxiety. Acupuncture may also aid miscarriage prevention, particularly important if there is a previous history of miscarriage.

Birth and Beyond:

Between weeks 30-34 weeks is a great time to start preparing for labour. Weekly visits from week 34 are ideal to prepare you both physically and emotionally for your pending labour and birth. We want to ensure optimal fetal positioning, and help you achieve a natural, spontaneous and uncomplicated birth. These sessions will also focus on your general health and well-being, improving your energy, and helping you manage any stress or anxiety that you may be experiencing as the time draws near. At this time, both herbs and tea may accompany the acupuncture treatment.

Breech:

Acupuncture has been shown to help correct malposition of fetus (breech presentation), and treatment is best started between weeks 34-37 for greatest success.

Induction of labour:

If you are past your due dates, acupuncture can provide a successful alternative to medical induction in women with uncomplicated pregnancies. Acupuncture is safe and works with our delicate pregnancy hormones to gently promote labour. Acupuncture does not suddenly or cause abrupt or intense contractions, but rather enables a slow and progressive build to regular contractions. At the same time, acupuncture induction invigorates energy in both the mother and the baby in readiness for labour, and helps to promote a natural, uncomplicated birth.

Dragon Fly Chinese Medicine

<http://www.dragonflycm.com.au/pre-natal/breech-baby/>

Moxibustion* has long been used as a technique to encourage baby into correct positioning. The treatment creates optimal conditions and space for baby to turn. Moxibustion is applied to an acupoint near your little toe that is theorised to stimulate hormones that encourage uterine contraction and in turn stimulates the baby to move. You'll probably notice increased baby movements during the moxibustion.

Breech Baby treatment is best performed at around 34 weeks.

The session involves a full consultation to ensure there are no energetic or structural problems preventing baby from turning and may include Massage and Moxibustion to help open the pelvis and diaphragm to create space. According to diagnosis, 3 or 4 **Acupuncture** points may be chosen. During treatment you will be guided into a deep relaxation using **Birth Hypnosis** helping you establish communication with your baby and 'talk' your baby into the correct position.

Ford Wellness Group

<http://www.fordwellnessgroup.com.au/treatment/pregnancy/>

Pre-birth acupuncture treatment

Pre birth acupuncture refers to a series of treatments in the final weeks of pregnancy, it is an ideal method to help women prepare themselves physically and emotionally to have the most efficient labour possible by boosting energy, calming the mind and preparing the cervix and pelvis for labour. Research into pre birth acupuncture has demonstrated that labour in a group of women giving birth for the first time was reduced by two hours compared to women who did not receive acupuncture. There have also been reports of a reduced rate of medical intervention with women undertaking prebirth acupuncture.

This treatment is very gentle and relaxing, we recommend clients to have prebirth acupuncture at week 32, week 34, week 36 and then weekly thereafter.

Malpresentation including breech

Chinese medicine can be used to encourage the turning of a breech position baby. This traditional technique has been used for centuries in China. Ideally treatment would be between 34 and 36 weeks gestation. This treatment uses moxibustion rather than acupuncture.

Acupuncture induction

In the event of a delayed labour, acupuncture can be used if necessary to promote the natural labour process by aiding cervical dilation and influencing a woman's hormones. This treatment will not bring on a labour as a chemical induction does, but it will encourage the body's own production of chemicals including oxytocin and prostaglandins that initiate labour.

If there is no medical reason to promote labour this treatment will not be performed and a prebirth treatment will be recommended as an alternative.

Labour support

At Ford wellness group we encourage our clients to use acupressure during labor to provide pain relief and assist in the efficiency of labour. This non invasive technique is taught to women and their care-givers and an illustrated booklet outlining the pressure points is provided. No previous knowledge of massage or acupressure is required.

Rosanna Traditional Chinese Medicine Centre

http://www.rtcn.com.au/tcm_moxibustion.php

A landmark study published in the Journal of the American Medical Association in 1998 found that up to 75% of the pregnant women in the study had breech fetuses that turned in the normal position after receiving moxibustion at an acupuncture point on the Bladder meridian. The study showed that moxibustion using mugwort leaf on expectant mothers could help breech babies relocate into a normal head-down position that is considered safer during childbirth.

breech presentation. **A study of 260 Chinese women at 33 weeks of pregnancy demonstrated cephalic version within two weeks in 75% of fetuses carried by patients who were treated with Moxibustion, as opposed to 48% in the control group.**

Benjamin Healthcote Acupuncture & Chinese Medicine

<http://www.benjaminheathcote.com/single-post/2015/07/21/Turning-Babies-With-Chinese-Medicine>

Turning Babies With Chinese Medicine

Chinese medicine has been helping women for thousands of years including those needing assistance in improving fertility, during pregnancy and with problem that may arise after giving birth. One of the most successful areas we can see Chinese medicine helping pregnant women is in the case of breech babies.

Being told your baby is not in the ideal position prior to birth can be stressful for the mother but can also make for a more difficult birthing experience. It is well known that most obstetricians will recommend a C-section delivery rather than trying to deliver a breech baby. But by using acupuncture combined with a technique called moxibustion there is an increased likelihood that breech babies will turn before going in to labour.

Newtown Natural Fertility & IVF Support Centre

<http://newtownnaturalfertility.com.au/practitioners/>

Pregnancy: She uses the clinically-proven benefits of Acupuncture to have a positive effect on symptoms that can arise during pregnancy. For example, anxiety, back/pelvic/rib pain, heartburn, morning sickness, breech presentation, to name just a few of the most common ailments that she assists with.

Birth Preparation: Philippa knows that acupuncture treatments from 36 weeks assist with cervical ripening, reducing the length of labour and the number of inductions, epidurals and caesareans. She uses this knowledge to help women reduce the chances of needing an induction and, if need be, naturally induce their labour.

Metro Chinese Medicine Clinic

<http://www.mcclinic.com.au/Pregnancy.html>

Pregnancy

Acupuncture is very useful during pregnancy and the post partum phase. Chinese Medicine can be used in the treatment of:

Morning sickness
Constipation
Fluid retention
Back pain
Placenta previa
Fatigue
Overdue babies – induction
Breech presentation babies
Problems with lactation
Fatigue
General wellbeing

Labour Induction with Acupuncture and natural pain relief with acupressure.

Acupuncture has for many years been used to induce an overdue baby into the world. It is safe and free of the side effects of hospital induction.

Peninsula Acupuncture & Natural Medicine

<http://www.peninsula-acupuncture.com.au/mobile/>

Once successful conception has occurred Acupuncture and Chinese Medicine still has much to offer. At Peninsula Acupuncture and Natural Medicine we have experience in treating the following;

1. **Gastrointestinal Conditions** such as: Morning Sickness, Nausea, Constipation or Diarrhea and Heartburn
2. **Fluid retention**
3. **Aches and pains**, Carpal Tunnel as well as Pelvic Instability
4. **Anxiety, Stress, Fatigue and Insomnia**
5. **Pre-eclampsia and High Blood Pressure**
6. **Assisting in the correction of breech presentation** (between 32-37 weeks)
7. **Assisting in preparing mothers for a natural labour**, usually treatment is weekly from 35 weeks onwards. Focusing on increasing energy, managing stress levels and gently assisting in ripening and preparing the cervix and uterus for dilation and labour.

Decrease chances of miscarriage

Heidelberg Chinese Medicine

<http://www.heidelbergchinesemedicine.com.au/pregnancy.html>

During pregnancy acupuncture treats: morning sickness, heartburn, constipation and insomnia, improves labour efficiency, eases back, pelvic and sciatic pain, turns breech babies and is a safe, effective and drug free method.

At around 33 weeks your baby is ideally positioned head down, if not it's in breech position. While most babies will eventually move themselves into a head down presentation, a breech presentation is a major reason for the recommendation of caesarean section. A neat technique using moxibustion at this stage can turn the baby, and is recommended in New Zealand Evidence based Best Practice guidelines. Oedema and Carpal tunnel often generate toward the end of the pregnancy by the extra blood being produced and the demands on your fluid metabolism become almost overwhelming. By reducing this puffiness acupuncture can make the last weeks of your pregnancy a much more comfortable experience.

Nurturing Life

<http://nurturinglife.com.au/acupuncture/acupuncture-and-pregnancy/>



Acupuncture is a fantastic way to naturally help your body back into balance as it is going through the changes that pregnancy initiates. When you are pregnant your body is going through a number of huge changes, sometimes as well as getting a nice belly bump, you can also experience some of the not so nice “side effects” of pregnancy. Some of the common ways we can help you with acupuncture in pregnancy

are listed below.

- | | |
|---|---|
| <ul style="list-style-type: none">• Anaemia• Anxiety• Breech baby (recommended to start treating from 32 weeks)• Carpal tunnel• Constipation• Colds & flu• Depression• Fatigue• Haemorrhoids• Hay fever• Headaches• Heartburn• Hypertension (pregnancy induced high blood pressure)• **Induction (getting labour started)• Insomnia | <ul style="list-style-type: none">• Itching• Migraines• Morning sickness• Nausea• Oedema (swelling of hands and/or feet)• Posterior baby (from 34 weeks)• Sinusitis• Small-for-dates babies (intrauterine growth retardation)• Threatened miscarriage• Urinary tract infections• Vaginal discharge• Vaginal itching• Varicose veins• Vomiting• Vulval varicosities (varicose veins around the vulval area or in the vagina) |
|---|---|

Acupuncture for Malpositioned or Breech Baby

There are several studies that have shown that by using moxibustion from 32 weeks can help a fetus to turn by their due date. In an Italian study done in 1998 (including 260 women) it showed that acupuncture and moxibustion can help to turn a breech baby in 75% of women between 33 and 36 weeks gestation (compared to 48% in the control group). Another study in China from 1984 (using 505 women) had similar results with 81% of babies turning when treated with moxibustion and acupuncture, compared to 49% in the control group.

Acupuncture for Labour Preparation

Read more about [Birth Preparation Vs Induction here](#).

As you near the end of your pregnancy, often you will become tired, heavy and a little “over it”. The perfect way to help ease you through these last few weeks is to help your body prepare for the upcoming birth by having labour preparation treatments. These treatments are not aimed to initiate labour, but instead aimed at helping your body prepare for the onset of labour by helping to ripen your cervix (encouraging it to be soft so it can easily dilate), relax your muscles and tendons, as well as calming you and helping you to relax. This is also a wonderful last opportunity to work through any worries or concerns you have in the lead up to birth. Many midwives have observed the association of a woman's emotional state with her labour progress, so in order to help make sure you don't have any unnecessary disruptions to your labour, it is fantastic to talk about any worries before you find yourself about to give birth.

**Induction

Unless there is a legitimate medical reason for requesting an induction, it will not be performed. Induction often leads to an increase in other interventions during labour which in turn increases the likelihood of a caesarean section birth. Although acupuncture is a much gentler way to encourage your body to start labour, it is still interfering with the natural course of your pregnancy, and any interference has the potential to change your experience. If you are keen to try and encourage your baby to come out early then it is recommended that you think about having a labour preparation treatments as discussed above in the weeks leading up to your estimated due date.

Golden Lotus Acupuncture & Chinese Medicine Clinic

<http://www.goldenlotusacupuncture.com.au/faqs/>

Moxibustion is a traditional Chinese medicine technique used to facilitate healing through burning a herb called mugwort (*artemesia vulgaris* or *ai ye* in Chinese) on certain acupuncture points or body areas either using a direct or indirect application. If you don't like the smoke or smell we can use a smokeless type which is made with charcoal and moxa extract.

Moxibustion has a regulating effect on the body (qi and blood) and warming quality. It promotes blood flow and warmth, moves stagnation, promotes healing, boosts immunity, regulates the menstrual cycle, and there is [credible research on its effect to turn a breech baby](#) and prepare the body for labour.

Acupuncture with a registered, qualified Acupuncturist is completely safe during all stages of pregnancy and can be helpful for threatened miscarriage, lethargy, morning sickness, heartburn, rib/back/sciatic pain, turning a breech baby, and birth preparation plus more.

Freemantle Chinese Medicine

http://fremantlechinesemedicine.com/index2.php?option=com_docman&task=doc_view&gid=6&Itemid=38

Later on in pregnancy, acupuncture and moxibustion (warming an acupuncture point with mugwort) are used to correct foetal position (i.e. [breech](#) or posterior presentation). Also, pre-labour acupuncture is quickly gaining recognition as an effective treatment to shorten labour times, reduce labour pain and reduce the need for interventions such as cesaerian, and chemical induction. It can also be used to promote bring on labour when the baby is overdue or to avoid being induced.

Warwick Acupuncture Centre

<http://warwickacupuncturecentre.com.au/therapies-moxibustion/>

Tiger Warmer: Moxa is placed within a brass barrel like instrument which is rolled over the muscles and channels warming and promoting circulation. Moxa therapy treats;

- Acute and Chronic pain including; frozen shoulder, neck pain, slipped discs, and knee pain.
- Breech presentation (moxa to BL67, an acupuncture point located outside of little toe, has been used for centuries to successfully turn a breech baby from 35 weeks gestation.

Moxa Natural Therapies

http://www.moxanaturaltherapies.com.au/Pregnancy_care_and_labour_preparation

Studies have shown that weekly acupuncture treatment in the final weeks of pregnancy can also have many benefits, including reduced labour times and less need for medical intervention during labour. As well as the acupuncture unique to you, we like to use the points suggested by this research each week from 36 weeks onwards.

As any preparation is beneficial, we encourage expectant mothers to come for these four treatments even if they've had no other acupuncture at all. We also encourage the primary birth support person to attend a session and learn some techniques to assist with birth progression and pain management during labour.

Ultimately, we aim to help you and your birth partner feel calm, empowered and ready to bring your baby into the world.

Finally, should the need arise, some acupuncture treatments can also be effective in turning breech babies and inducing labour naturally. Please feel free to enquire about whether this would be appropriate for you.

Ten Moons

<https://www.tenmoons.com.au/about/team/allied-health/>

Services

Pregnancy & Birth:

- Treatment of morning sickness
- Pre-birth acupuncture & Chinese Medicine to prepare for a natural birth (from 34 weeks)
- Acupressure as a natural method of pain relief during pregnancy
- Acupuncture induction for post-term babies
- Moxibustion to turn breech presentation
- Vaginal birth after caesarean (VBAC)
- Management of stress & anxiety
- Birth attendance: providing acupuncture during labour and birth (for pre-existing clients on

Postnatal care and breastfeeding:

- Treatment of Mastitis
- Promote breast milk
- Chinese Medicine to aid recovery after birth
- Natural remedies to care for your perineum after birth
- Treatment of baby (colic, jaundice)

Bamboo Spirit

<http://www.bamboospirit.com.au/>

Conditions occurring during pregnancy

- Including morning sickness, muscle aches and pains, carpal tunnel syndrome, preparation for natural childbirth (from week 36), turning breech babies, induction of post term babies (after week 40), and pain relief during labour.

Recovery after childbirth

- To help your body recover from the process of pregnancy, labour and childbirth, promote breast milk supply and treat mastitis.

Kundalini House Yoga Studio & Health Clinic

<http://kundalinihouse.com.au/pregnancy-support/>

Breech

Acupuncture and moxibustion has been shown to **increase movement and turn breech presentation**. Acupuncture is best between 34 and 37 weeks but can still be effective later if needed. Your therapist will treat you for malposition and you will be shown how to moxa yourself daily for 10 days for best results.

Acupuncture Induction & Birth preparation

If your birth is late or needing to come earlier due to medical reasons, Acupuncture can be used to encourage the natural process of the body. By using specific points Acupuncture can ripen the cervix and support the hormonal process to release oxytocin, to encourage a natural labour. It is beneficial to have weekly treatments leading up to your due date and we suggest you come in from week 37. These treatments are relaxing and supportive, not only helping to prepare you physically but emotionally for the journey ahead.

Acu-point massage training for labour

The points needled during these treatments are also helpful to use during your labour, to help ensure a smooth labour, relaxation and for pain relief. We offer 1.5-hour appointments, where your birth partner can attend your treatment and your Acupuncturist will teach them how to massage these points when you are in labour. This is a supportive, effective and empowering process for both you and your birth partner. Please specify when booking in for your treatment.

Discover Chinese Medicine

<http://www.discovertcm.com.au/treatments>

Moxa is used to expel cold and warm the meridians, and to promote the flow of energy through the body. It is useful for a range of conditions, including fertility, turning breech babies, fatigue, poor circulation, poor digestion, musculoskeletal pain. Your practitioner will be able to determine if moxibustion is appropriate to add to your treatment protocol.

Inner Balance Health Clinics

<http://innerbalancehealthclinics.com.au/service/acupuncture-treating-infertility/>

Fertility and Pregnancy Care: Dr Merna El Chaaban and Elise Thomas

Traditional Chinese Medicine and acupuncture has aided women using acupuncture treating infertility, helping with conception and pregnancy care including morning sickness, turning breech babies and inductions.

The Pagoda Tree

<http://acupuncturetoorak.com.au/pregnancy-acupuncture-toorak/>

10. If your baby is a **breech presentation** they can be turned naturally with no side effects for you or your baby;

11. Pregnancy acupuncture can gently induce your labour if you are past your due date. Birth is generally within 48 hours after the treatment, which is painless and encourages your body to start the process of birth;

East Ringwood Clinic

<http://eastringwoodclinic.com.au/acupuncture/>

ACUPUNCTURE

DOCTORS :

- Dr Huei-Min Chen - M.B.,B.S. Hons (Melb), FRACGP, Grad cert. Medical Acupuncture (Monash).

Dr Chen is a qualified GP. She uses predominantly laser acupuncture which is painless and safe for patients of all ages including children and pregnant women. Needle acupuncture is also available on request.

- Infertility
- **Breech** presentation and induction of labour
- Nausea and vomiting (including morning sickness and post chemotherapy)
- Stroke

Elsternwick Acupuncture & Natural Therapies Clinic

<http://www.elsternwickacupuncture.com.au/pregnancy-and-postpartum/>

At **Elsternwick Acupuncture and Natural Fertility Clinic** we are specially trained in the use of acupuncture for treating unwanted symptoms during pregnancy. As an alternative to Western Medicine, acupuncture is safe and non-invasive. It has been used for over 2000 years to alleviate conditions associated with pregnancy including:

- Nausea and morning sickness
- Threatened miscarriage
- Tiredness and insomnia
- Headaches
- Muscular aches and pains
- Fluid retention
- Breech presentation
- Pre birth acupuncture
- Labour induction
- Insufficient lactation

Dr Louis Cali

<http://www.louisicali.com/fertility-a-ivf-support.html>

Pregnancy and Post-Partum Care

For both natural fertility and IVF, follow-up care is provided throughout the pregnancy. Common ailments during pregnancy such as morning sickness, lethargy, back pain, leg cramps and the like are easily dealt with using acupuncture and herbal medicine. Even more serious conditions such as threatened miscarriage, preeclampsia and gestational diabetes can be treated (in conjunction with Western medicine). Closer to the due date, acupuncture can help turn a breech baby and induce labour. And after birth, ongoing care to support the mother is available.

Vitalessence

<http://www.vitalessence.com.au/pregnancy>

Acupuncture and Chinese herbs have been used safely and effectively during pregnancy for thousands of years to treat a wide range of problems, including:

- Morning Sickness
- Threatened Miscarriage
- Carpal Tunnel
- Fluid Retention
- Sciatica
- Lower Back Pain/Pelvic Instability
- Placenta Previa
- Breech Presentation

Balance Complementary Medicine

<http://www.balancemed.com.au/acupuncture-traditional-chinese-medicine/>

Some conditions which may respond well to acupuncture include:

- Fertility / IVF Support
 - Menstrual and hormonal issues such as menopause
 - Musculoskeletal problems such as lower back pain, tennis and golfers elbow, tendonitis, knee and joint problems, shoulder and neck tension, pain management
 - Most Pregnancy conditions such as morning sickness, synthesis pubis, sciatica, miscarriage prevention, varicose veins, constipation, breech presentation and pre-birth acupuncture to help prepare the body for labour and natural labour induction
 - Headaches, migraines
 - Hay fever/ sinus issues
 - Digestive issues
 - Low energy levels and chronic fatigue
 - Nervous tension, anxiety and mood disorders
 - Children's health issues
- Our acupuncturists are gentle and only use top quality Japanese style needles so your comfort is assured.

Five Elements

<http://www.fiveelements.com.au/services/pregnancy/>

Nadia has experience using acupuncture to support couples in the pre-conception period, treating women through IVF, addressing symptoms in pregnancy, turning breech babies and preparing for childbirth, as well as pain relief and support during labour.

Acupuncture can be useful in all stages of your journey to parenthood:

PREGNANCY

- Threatened or missed miscarriage
- Morning sickness
- Constipation & haemorrhoids
- Anxiety & depression
- Urinary Tract Infections
- Dermatitis, acne & itching
- Rib and hip pain
- Lower back pain and sciatica
- Carpal tunnel pain
- Muscle cramps and restless legs
- Oedema
- Pubic symphysis/pelvic pain
- Sinusitis, colds & flu
- Headache and migraine
- Blood pressure issues
- Insomnia
- Dizziness

PRE-CONCEPTION PERIOD

- Painful & irregular menstruation
- Improving sperm count & motility
- IVF support

AROUND LABOUR

- Breech presentation
- Encouraging labour
- Pain in labour
- Strengthening & regulating contractions
- Retention of placenta

POST-NATAL PERIOD

- Persistent bleeding
- Insufficient lactation
- Mastitis
- Depression

Fertile Life

<http://fertililelife.com.au/pregnancy-birth/>

The following can be safely and effectively treated using Acupuncture

- ♥ Threatened Miscarriage
- ♥ Fatigue
- ♥ Morning Sickness
- ♥ Musculoskeletal Pain
- ♥ Pregnancy Induced Hypertension
- ♥ Gestational Diabetes
- ♥ Stress & Anxiety
- ♥ Oedema
- ♥ Breech & Posterior Presentation
- ♥ Labour Preparation
- ♥ Pain Relief during labour

LABOUR PREPARATION

Pre-Birth treatment involves a series of four treatments weekly from 36 or 37 weeks to prepare for labour. Points are used according to a woman's constitution and pregnancy history. These include points to:

- ♥ Aid cervical ripening and dilation
- ♥ Promote optimal energy and stamina for labour
- ♥ Help shorten duration of labour
- ♥ Reduce the need for c-section and interventions
- ♥ Reduce need for pain medications
- ♥ Women who receive pre-birth acupuncture and do not go into labour spontaneously usually respond very well and quickly to induction either by acupuncture or medication.

INDUCTION OF LABOUR

Acupuncture can provide a gentle inducement of labour when the baby is overdue. It can be an effective alternative to Syntocinon drip or prostaglandin gel induction.

Acupuncture encourages the body to release hormones such as oxytocin and prostaglandins that instigate labour as well as encouraging the baby downward in the birth canal. Many mothers find this treatment very relaxing, feeling calmer, more relaxed and have a more efficient labour. One or more treatments are usually required. As with the pre-birth treatment if you do not go into labour, you will respond well to medical induction.

induction.

PAIN RELIEF & SUPPORT IN LABOUR

Acupuncture offers drug free alternatives for pain relief during labour.

Acupuncture in Labour can help with:

- ♥ Promoting efficient contractions
- ♥ Encourage baby into optimal positioning
- ♥ Aid cervical ripening and dilation
- ♥ Pain relief
- ♥ Promote endorphin release (primal state)
- ♥ Smoothing transition
- ♥ Promote delivery of placenta

Vital Integrated Health Clinic

<http://www.naturopathmassage.com.au/yvonne>

Pregnancy / Pre Birth / Induction

Acupuncture is safe to use as a treatment during pregnancy. It can treat and prevent nausea, reflux, constipation, back hip and pelvic pain, varicose veins etc. There are specific treatments to assist the body in the weeks prior to birth and if overdue acupuncture education be tried prior to medical induction. Acupuncture can be used to turn breech baby and posterior position. Yvonne will advise if this is suitable for your situation.

Autumn Retreat

<http://www.autumnretreat.com.au/Practitioners.html>

towards motherhood both in pregnancy and post natally. Acupuncture offers women a drug free alternative for overcoming morning sickness, fatigue, fluid retention, headaches, back and hip pain and pubic symphysis pain. She commonly sees women from 36 weeks for routine pre birth preparation whereby acupuncture is used to encourage the cervix to soften and dilate which studies show helps reduce the duration of labour. For breech presentation, moxibustion treatment is available and advised at 34 weeks. Angela provides acupuncture support during IVF treatment. For pregnancy massage, book in to have one of her glorious pregnancy massages using the belly pillow for the rare opportunity to lie belly down. As a mother of three children, Angela's exploration into fertility, pregnancy, birth choices and ante-natal care has provided her with a broad base of experience and personal reflection which she warmly brings to her practice.

Mont Albert Acupuncture & Chinese Medicine

<http://www.montalbertacupuncture.com.au/>

Caring and Professional Natural Health Care for the Whole Family

At Mont Albert Acupuncture we are dedicated to providing a holistic approach to wellness and healing using the ancient art of Acupuncture and Chinese Herbal Medicine combined with the knowledge of modern medical science.

We treat a wide range of conditions including:

- **pain and injuries.**
- **stress and anxiety.**
- **fatigue and chronic fatigue syndromes**
- **women's health and fertility**
- **support for couples undergoing IVF procedures**
- **pregnancy - preparation for labour and breech presentations**
- **children's health**
- **seasonal allergies/hay fever**
- **digestive disorders**

Australian Mind Body Balance

<http://www.ambb.com.au/acupuncture-chinese-medicine/>

wide range of health care conditions and concerns including:

- Pain management: such as sports injuries, muscle pain, some types of nerve pain, and arthritis,
- Infertility and gynaecological (including menopause),
- Morning sickness and pregnancy: including breech presentation and threatened miscarriage,
- Digestive complaints,
- Dermatological complaints, including eczema (atopic dermatitis) and psoriasis,
- Poor energy, stress, and 'regulating' emotions,
- Insomnia,
- Weight-loss,
- Colds and flu,
- Children's health, for example allergies, eczema and bed wetting.

New Life Therapies

<http://www.acupuncturenewlife.com.au/pregnancy>

In Early Pregnancy

Weekly acupuncture treatments until week 12 to avoid miscarriage, support your pregnancy and treat any conditions such as nausea, anxiety or threatened miscarriage.

In Late Pregnancy

- **Birth Preparation** - We highly recommend weekly treatments from about week 36 until birth to gently dilate the cervix and to feel balanced, calm and energetic in preparation for labour. As your due date approaches we will start to gently induce, for an on-time birth.
- **Overdue** - From week 40 we can naturally induce your labour if your aim is to avoid a medical induction. Treatments may be done daily if required, in the final days before your birth.
- **In labour** - Acupuncture can be used from early in labour to help keep your contractions strong & regular, particularly if contractions have ceased, or your labour is not progressing as well as you were hoping. We often work in conjunction with midwives and doulas, or before you go to hospital in your final stage of labour. Home visits are available by appointment in the Melbourne metropolitan area. We will train you and your support partner in various techniques to help make your birth
- **Improve Baby's Position** - We recommend treatments from around week 33 (or as soon as you find out) if your baby is breech or not an optimal presentation.

Steven Clavey Apricot Grove

http://www.stevenclavey.com/uploads/acupuncture_for_gynaecology_and_fertility.pdf

Acupuncture for gynaecology

In the area of gynaecology, acupuncture is effective for a wide range of problems, including period pain, irregular periods, amenorrhea, PMT, endometriosis, fibroids, and infertility. Acupuncture is also safe and effective during pregnancy, where it is used to relieve morning sickness, boost energy, reduce fluid retention, correct **breech** presentation and gently prepare the body for labour. Acupuncture helps to increase energy levels, improve sleep and enable the body to deal better with stress.

Bayside Therapies

<http://www.baysidechinesemedicine.com/therapies/>

TREATING

Male and female infertility, loss of libido, IVF and pregnancy, pregnancy complaints, preventing miscarriage, breech birth presentation, induction with acupuncture and moxibustion, increasing milk supply, birth preparation.

Echuca Family Acupuncture

<http://echucafamilyacupuncture.com.au/pregnancy-birthing/>

In my private practice treatment is provided for;

- Insomnia
- Anxiety and depression
- Thrush and abnormal vaginal discharge
- Itching in pregnancy
- Sinusitis
- Pregnancy-induced hypertension
- Oedema
- Small for dates babies
- Miscarriage
- Nausea and vomiting
- Heartburn
- Constipation
- Varicose veins
- Urinary tract infections
- Fatigue and exhaustion
- Anaemia
- Breech and posterior positioned babies
 - Induction
 - Prebirth treatment to prepare the body for an efficient labour
 - Acupressure for pain relief during labour
 - Pain relief and problems during labour
 - Postpartum recovery

Data on 169 women was gathered by 14 midwives as part of their midwifery practice in Wellington, New Zealand. It found that when comparing all caregivers (Midwives GP's and Specialists) to those women who had received prebirth acupuncture there was:

An overall 35% reduction in the number of inductions (for women having their first baby this was a 43% reduction)

A 31% reduction in the epidural rate.

When comparing midwifery only care to women receiving prebirth acupuncture there was a:

32% reduction in emergency caesarean delivery

9 % increase in normal vaginal births.

There was no difference in the onset of early labour in those women receiving prebirth acupuncture.

Renee Knott Chinese Medicine

<http://reneeknott.com.au/acupuncture/>

ACUPUNCTURE

Acupuncture is a safe and natural system of treating illness and disease.

induction of labor
correction of malposition of fetus (breech presentation)
morning sickness
nausea and vomiting
postoperative pain
stroke

Freedom Chinese Medicine

<http://freedomchinesemedicine.com/acupuncture-can-prevent-caesarean-delivery/>

Acupuncture can prevent caesarean delivery

by Elaine Hickman | Sep 2, 2014 | Blog | 0 comments

13. October 2009 00:59

There are more and more studies showing that acupuncture can decrease the rates of caesarean delivery. This fits right into the new campaign launched by the Society of Obstetricians and Gynaecologists of Canada (SOGC) to 'normalize' childbirth and reduce Canada's soaring caesarean section rate."

There are more and more studies showing that acupuncture can decrease the rates of caesarean delivery. This fits right into the new campaign launched by the Society of Obstetricians and Gynaecologists of Canada (SOGC) to 'normalize' childbirth and reduce Canada's soaring caesarean section rate."

The SOGC claims 20% fewer caesarean sections could be performed if doctors and hospitals followed guidelines aimed at lowering unnecessary surgeries and if women had support during labour.

Studies have shown that women receiving prebirth acupuncture compared to a control group had:

- An overall 35% reduction in the number of inductions (for women having their first baby this was a 43% reduction)
- A 31% reduction in the epidural rate
- A 32% reduction in emergency caesarean delivery

Bamboo Medicine

<http://bamboomedicine.com/conditions/pregnancy-and-labor-preparation/>

BREECH AND POSTERIOR BABIES:

The New Zealand Evidence Based practice guidelines for care of women with Breech presentation recommends that Moxibustion may be offered to women from 33 weeks gestation. This follows research from Italy that demonstrated that moxibustion can have a significant effect in helping turn breech babies. Ideally treatment is at 34-35 weeks, but can still be useful when used later in the pregnancy. Techniques can also help babies that are not in the optimal position prior to birth, such as those in posterior position.

LABOUR PREPARATION:

From week 36 we start preparing for Labour by relaxing the tendons and preparing the pelvis and cervix. Acupuncture prepares the body to release Oxytocin (your natural pain reliever) so that when you go into labor your body is ready and more efficient at releasing this pain relieving endorphin, this usually results in the baby coming on time and the length of labor time reduced.

Acupuncture can provide a gentle inducement to labor if baby is overdue and an effective alternative to medical induction.

TREATMENT CAN BE USED TO RELIEVE A VARIETY OF CONDITIONS DURING PREGNANCY INCLUDING:

- Anemia
- Anxiety
- Constipation
- Heartburn
- Insomnia
- Headaches and Migraines
- Sinus Problems
- Sciatica and back pain
- Threatened miscarriage
- Tiredness and exhaustion

The Spinal Centre

<http://www.thespinalcentre.com.au/the-spinal-centre-practice/clinical-neuro-acupuncture/pregnancy-4/>

How can acupuncture be used in pregnancy?

1. Acupuncture for the healthy mom:
2. Acupuncture for pre-existing medical issues:
3. Acupuncture for pregnancy related conditions:

- Psychological issues
- Physical problems
- Fatigue
- Morning Sickness
- Heartburn
- Constipation
- Haemorrhoids
- Back Pain and Sciatica
- Oedema
- Carpal Tunnel Syndrome
- Rhinitis of pregnancy

4. Breech Presentation
5. Induction for post due date
6. Labour
7. Acupuncture for Post-partum disorders:

- Fatigue
- Postpartum vaginal discharge
- Postpartum Depression
- Mastitis
- Insufficient or Excessive Lactation
- Post Operative Healing

Dr (T.C.M.) Alice Goa

<http://www.alicegao.com.au/services>

Pregnancy management

There are treatments available at Dr (TCM) Alice Gao in Melbourne to treat common conditions that tend to arise during pregnancy, such as:

Morning sickness

Headaches, stress, insomnia, neck pain
and lower back pain

Fluid retention during pregnancy

Breech babies

True Health

<http://www.truehealth.net.au/acupuncture-moxibustion-for-breech-babies/>

Acupuncture and moxibustion for breech babies



Dr Ben Heathcote is a practitioner of Traditional Chinese Medicine. Contact Dr Ben at hello@truehealth.net.au.

Chinese medicine has been helping women for thousands of years, including those needing assistance in improving fertility, during pregnancy and with any problems that may arise after giving birth.

One of the most successful areas we can see Chinese medicine helping pregnant women is in the case of breech babies.

Being told your baby is not in the ideal position prior to birth can be stressful for the mother but can also make for a more difficult birthing experience. It is well known that most obstetricians will recommend a C-section delivery rather than trying to deliver a breech baby. But by using a combination of acupuncture and a technique called 'moxibustion' there is an increased likelihood that breech babies will turn before going in to labour.

Moxibustion is similar to acupuncture in that it involves specific points on the body being stimulated; however, in this case the points are stimulated with heat. This heat is created by burning a herb called 'mugwort vulgaris' close to the chosen points for around five to 15 minutes.

Moxibustion is not painful but heat must be felt on the points for it to be effective.

My Acupuncture Chinese Medicine Fertility & IV Support Centre

<http://myacupuncture.com.au/breech-presentation/>

Breech Presentation

Acupuncture and Moxibustion For Breech Babies

New research shows that acupuncture is an effective method for turning breech fetuses to the proper position for a healthy vaginal delivery. Five different randomized studies conducted by the Department of Fetal Medicine at Hautepierre Hospital in France demonstrate that needling acupuncture point UB67 (located on the 5th toe) is an effective means for turning a breech fetus. Another study published in *Complementary Therapies in Medicine* (which includes a lead researcher from the Harvard School of Public Health in Boston, Massachusetts) concludes that needling acupuncture point UB67 “reduces the number of breech presentations at term, thus, reducing the number of caesarean sections, and is cost effective compared to expectant management, including external cephalic version.” The latter study included stimulation with both acupuncture needles and moxibustion at acupoint UB67. Moxibustion is a technique used by acupuncturists to stimulate an acupoint with heat by burning a specially prepared mixture of the herb Ai Ye (mugwort) near the acupoint.

Rapha Chinese Therapy

<http://www.raphatcm.com.au/moxibustion>

What is moxibustion used for?

In traditional Chinese medicine, moxibustion is used on people who have a cold or stagnant condition. The burning of moxa is believed to expel cold and warm the meridians, which leads to smoother flow of blood and qi. In Western medicine, moxibustion has successfully been used to turn **breech** babies into a normal head-down position prior to childbirth. A landmark study published in the *Journal of the American Medical Association* in 1998 found that up to 75% of women suffering from breech presentations before childbirth had fetuses that rotated to the normal position after receiving moxibustion at an acupuncture point on the Bladder meridian. Other studies have shown that moxibustion increases the movement of the fetus in pregnant women, and may reduce the symptoms of menstrual cramps when used in conjunction with traditional acupuncture.

Lun Wei Traditional Chinese Medicine Clinic

<http://www.lunweichinesemedicine.com.au/condition-treatments.php>

PREGNANCY AND LABOR

- ▶ Preventing miscarriage
- ▶ morning sickness
- ▶ Pelvic instability
- ▶ breech baby
- ▶ induce labor
- ▶ pre/post natal care;

Four Gates Chinese Medicine

<http://www.fourgates.com.au/womens-health-fertility/pregnancy/>

Acupuncture in pregnancy can help to

- boost energy
- relieve morning sickness
- treat muscular aches and pains
- alleviate fluid retention
- turn breech babies
- gently prepare the body for labour

Weekly acupuncture treatment from 36 weeks helps to prepare emotionally and physically for childbirth, encouraging optimal fetal positioning and a timely birth with less intervention. If overdue, acupuncture can be used for gently inducing labour, reducing the need for intervention and optimising the chances of an uncomplicated labour and natural birth.

Chinese medicine is traditionally used in post-natal care to treat any breastfeeding issues, postnatal depression, or simply help support recovery and restore energy after childbirth.

Read more about [self-care for a smoother transition into motherhood](#).

Kerry Marshall Acupuncture

<http://www.kerrymarshall.com.au/pregnancy.html>

PREGNANCY

With new life growing inside you now is an important time to nourish yourself to nourish your baby. Acupuncture is a safe and sought after treatment that enhances your well being during pregnancy, preventing any adverse symptoms that may arise and helping to alleviate them if they do.

Below is a list of what acupuncture can treat in pregnancy. A treatment plan is discussed at your first appointment. As the benefits of acupuncture extend into the time post delivery I offer home visits for your convenience. Visit the [Post Birth](#) page for further information.

- Nausea and Vomiting
- Threatened miscarriage
- Heart burn
- Digestive complaints
- Thrush
- Itching
- Urinary tract infections
- Rib pain
- Carpel tunnel syndrome
- Sciatica and lower back pain
- Pelvic instability
- Restless legs and cramps
- Insomnia
- Anxiety and depression
- Varicose veins and haemorrhoids
- Fluid retention
- Pregnancy induced hypertension
- Small for dates baby

BREECH PRESENTATION

Acupuncture and Moxibustion treatment can be applied to encourage your baby to move into the ideal position for labour. I will teach you how to use the Moxa stick at home and you will need to continue for ten days. Greater success is achieved the earlier you find out your baby is breech but I have had babies turn up until 40 weeks.

BIRTH PREPARATION

Your body will naturally start to prepare for labour in the third trimester. Acupuncture at this stage of pregnancy aims to encourage optimal position of baby, tone the uterine muscles, facilitate the production of birth hormone and help soften and ripen cervix. I recommend weekly treatments from 36 weeks.

INDUCTION

Acupuncture can provide a gentle inducement to labour if our baby is overdue and can be an effective alternative to a medical induction.

MOTHER WARMING

A very nurturing treatment best done with in the week after delivery. A Moxa stick is used to warm your lower belly to encourage healing of your womb.