

Natural Induction Methods

The number one method is **patience** and **trust**, these are both qualities that parenting requires. Patience and trust enable the body to relax and to trust that the baby will come in it's own perfect time.

The baby during birth

Today there seems to be little doubt that labour is initiated by the child. Once the baby has fully developed all his organs, in particular the lungs, he sends a clear message to the mother. After a series of positive feedback signals – such as the activation of the adrenal steroids, which start the production of cortisol, enabling the functioning of his lungs, the production of prostaglandins in the amnion and in the placenta, and many others – the baby's organism starts producing its own oxytocin hormones. This signals to the mother's organism that the moment has come to go into labour. When the mother's organism is ready and in harmony with the child's, it usually gathers the message within 24 hours (Nathanielsz 1992, Rockenschaub 1998). This is when the actual labour begins. From About Physiology in Pregnancy and Childbirth – Verena Schmid

There are several natural, drug-free methods for inducing labour, including:

- Sex
- nipple stimulation
- herbs and
- acupuncture or acupressure

Sex

Sex has long been a method of inducing labour, making use of the Prostaglandin in semen and orgasm as a stimulating contraction. It is often more relaxing than using Pitocin and is done at home rather than a hospital. While partners may sometimes be reluctant to have sex with their expectant partner (fear of hurting mother or baby), the mother may have to assume positions that are new to accommodate the weight of the near-term baby.

Nipple stimulation

Nipple stimulation can be done successfully and uterine hyper stimulation may be avoided by following this protocol from Maternity Nursing: Family, Newborn, and Women's Health Care by Reeder, Martin and Koniak-Griffin:

Method

- roll nipples between thumb and forefingers for 2 minutes
- rest for 3 minutes
- repeat rolling/resting for 20 minutes*
- *increase rolling to 3 minutes and decrease resting to 2 minutes for 20 minutes if inadequate contractions occur after initial 20 mins.

Herbs

For labour, several herbs are used by midwives to induce labour or to stimulate contractions. Care should be taken NOT to take any of these herbs without first



conferring with a midwife, physician, and an herbalist. These labour-enhancing herbs are:

- Blue Cohosh (alone or in combination with other herbs such as Black Cohosh)
- 5W: Combination of Black Cohosh, Squawvine, Dong Quai, Butchers Broom, and Red Raspberry
- Evening Primrose Oil: ripens the cervix
- Castor Oil
- Ginger root and Ginseng. For long labours and tired moms, Ginger root (should not be given within an hour of birth) and Ginseng can increase a mom's energy level during a long, difficult labour.
- Motherwort or Skullcap For pain, some midwives suggest meditations along with Motherwort or Skullcap (take the edge off the pain).
- St. John's Wort has been known to help with back and uterine pain and may be used in conjunction with Skullcap for a complete effect.

Acupressure/Acupuncture

For Induction of labour see an acupuncturist for highly effective results.

When applying finger acupressure, press against the desired point on the skin. Massage in a small circular motion. Continue for 1-5 minutes.

Three points are commonly used to stimulate labour and the first two are also linked to relief of migraine headaches.



Hoku (Large intestine 6): located deep in the webbing between either hand's thumb and forefinger; in between the 1st and 2nd metacarpal bones. Stimulation of this point has been known to begin labour, enhance contractions during labour and in non-pregnant females, bring on menstruation several days early. Also may relieve pain from migraine.



Chih-yin (Bladder 67): located approximately 1/10" behind the lateral corner of the smallest toe's nail of either foot. Stimulation of this point has been known to relieve labour pains and migraine discomfort.



San-yin-chiao (Spleen 6): placing your left hand on your right leg with your pinkie finger just above the interior ankle bone, the lateral tibia is located just under where your index finger lies. You may utilize both points simultaneously by placing a thumb on each point as shown.

