

MMA Vol. 3 For a safe and easy childbirth

I often see pregnant women who look for acupuncture treatment for overdue pregnancy. There were successful cases. But some cases were not successful, and they sometimes ended up as C-sections. So to avoid such results, I would like to recommend beginning home therapy with Moxa (heat therapy) as a preparation for childbirth during the earlier stage of pregnancy.

This home therapy helps keep mothers in good shape during pregnancy, and enables a safe and easy delivery. This home therapy can prevent late delivery, lighten labor pains and shorten childbirth. Pregnant women often suffer from edema in their legs. But this home therapy prevents the edema, as well as other various symptoms during pregnancy. In addition to this, when you become a mother, you will have a better quality and quantity of breast milk, recovery from pregnancy will be faster, and your baby will have a strong stomach and intestines.

There is no other way without taking advantage of this!

Now how to do this wonderful home therapy:

1. Locate an acupuncture point on the leg called Saninko (Spleen-6) which is 2-3 inches above the ankle, inside the border of the leg bone, where you feel pain with pressure (See Fig. 1).
2. Light up moxa (Fig. 2) and stick it on the located point. You can burn moxa for both legs at the same time.
3. Wait until you feel hot. When you feel hot, remove the moxa and put them in a cup of water.

It is good to start this home therapy when mothers first begin feeling the movement of the baby in the womb, or at 5 months pregnancy. Start with

1 piece of moxa for each leg every day, and increase the number of moxa one by one every month. That is, during your fifth month of pregnancy, you should apply one moxa per leg. At the six month this increases to two moxa per leg. This continues all the way until the tenth month during which you would use six moxa per leg.

The above home therapy alone helps pregnancy. But for the accurate point location and health maintenance during pregnancy, it is recommended that you consult with a trained acupuncturist.

