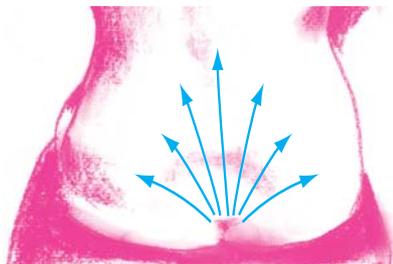
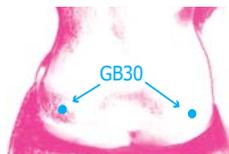


SCIATICA/BACK PAIN

This is a condition that is very well treated by visiting a good acupuncturist and/or chiropractor/osteopath. THIS IS NOT TO BE CONSIDERED A NORMAL CONSEQUENCE OF PREGNANCY, and is best treated promptly to avoid ongoing back problems, and creating birthing dramas, as baby finds a less than optimal place to lodge in the pelvis, awaiting labour. **PLEASE FOLLOW INSTRUCTIONS ON PAGE 92 , THEN CONTINUE HERE.**



Remember that there is always less pain with massage if you moxa the sacrum first.



Following the general relaxing back massage, and heating the sacrum with moxa, attention to the acupuncture point **GB 30** that controls the pelvic region may help.



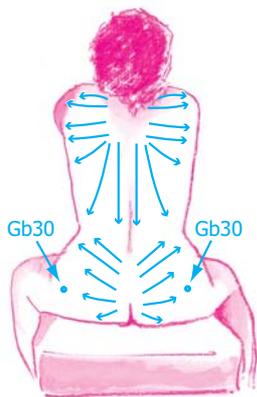
GB 30

WARNING: This may bring on labour, and is part of the cervical ripening process (page 94, 95), so do not use at all if threatened early labour has occurred. Best to not press too deeply until after 37 weeks. Before then it can be massaged as a generalised area to be to alleviate all back and neck problems, especially if the lower back/pelvic girdle is affected.

Either with Mum lying on her side, with the top leg bent, and pregnant belly supported with pillows, another pillow between the knees, or with her sitting straddled a chair, legs splayed out on either side.

Start with strong, sweeping massage strokes from the mid line, out to the buttocks (pp 92-3).

Gradually use more thumb pressure, focussing on the point **Gb 30**, using **outward strokes in all directions.**

**GB 30**

Dig in deeper each session, starting reasonably lightly, as sometimes this is a very painful (stuck residue) site.

Later on - in birthing preparation - after you have awoken the area as per directions on page 92 with Mum straddling a chair, opening out the pelvis, you should be able to go in deeply enough to lose sight of at least your first thumb joint into the flesh on her hips. See pages 94-5, 150-1.

Magnesium/Calcium

It may be necessary to take therapeutic amounts of minerals - preferably in liquid form. This can magically resolve the aches and pains in later pregnancy, also paving the way for an easier delivery and recovery - **Magnesium assists mental equilibrium & a lack of it causes muscle spasms and cramping.**

**LIV 3**

If pregnancy is 37 weeks, or beyond, strong pressure in the junction of the tendons in the foot, between the large and second toe will effectively stop cramping. **This is also a point to help the cervix dilate, so use it with caution before 37 weeks.**

**LEG SPASMS/CRAMPING**

GB 34 is the point that relaxes muscles and tendons, and will help if included in any massage to ease pain and discomfort.

GB 34 If an area cramps, go down the leg to the point found under the side bone outside the knee, on the side of the lower leg, and press that strongly for about a minute.