



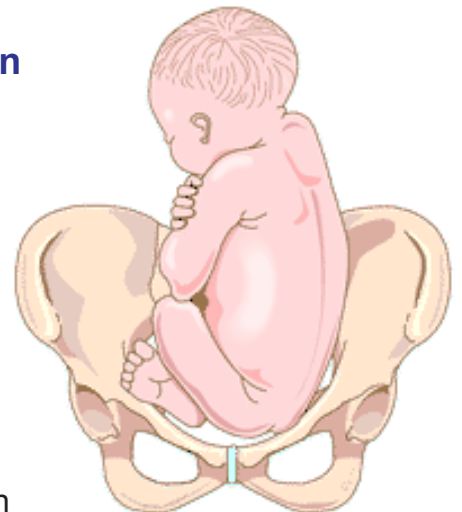
Breech presentation / moxibustion

Breech presentation (bottom-first position) occurs if your baby cannot settle easily into a head-first position. If your baby is still breech after about 32 weeks of pregnancy, your options include vaginal breech birth, external cephalic version (ECV), in which the doctor attempts to turn your baby, or you may be advised to have a Caesarean if a normal birth is not possible.

Natural ways to encourage a breech baby to turn

Moxibustion

Moxibustion is the application of heat to an acupuncture point on your little toes, which links by internal energy lines to your uterus. The heat, from sticks of compressed, dried herb (moxa) stimulates energy which triggers hormone changes, slightly relaxing your uterus and increasing your baby's heart rate, helping him to turn to head-first. The procedure is best done at around 34-35 weeks and research shows it to be 65% successful. You can do the procedure at home but please seek professional advice first. Moxibustion is contraindicated if you are expecting twins or your baby is big, if you have vaginal bleeding, threatened premature labour, high blood pressure, diabetes or other major medical condition. If you have been told by your midwife or doctor that ECV is not appropriate, it is also not safe to try moxibustion. If you have had a previous Caesarean, moxibustion should not be performed because the scar on your uterus is a weak point.



If you would like to discuss your particular circumstances please telephone us on 0906 400 6227 (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary) www.acumedic.com to purchase moxa sticks by mail order – or telephone on 0207 388 6704 and ask for moxa sticks specifically to turn breech babies (some types of moxa sticks are not suitable).

Homeopathic remedies

Pulsatilla is suitable for mothers in whom things keep changing (including your baby's position). If your mood is "up and down" or you keep changing your mind about what you want, pulsatilla may work for you. It is the homeopathic remedy most commonly used to turn breech babies. Natrum mur. is thought to regulate fluid balance and is useful for mothers who have problems in which something appears to be "stuck" – in this case, your baby is "stuck" in the breech presentation.

For advice on homeopathic remedies for breech presentation telephone us on 0906 400 6227 (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary) www.helios.co.uk to purchase homeopathic remedies by mail order.

Chiropractic

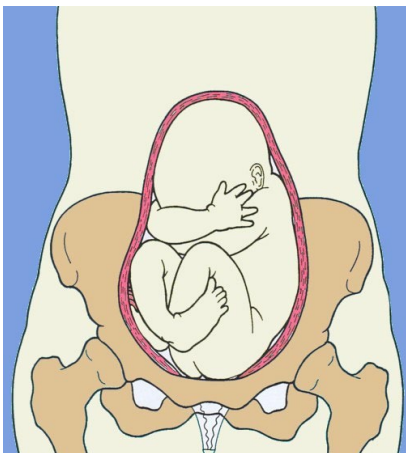
Chiropractic can be effective if you have lower back problems, or previous injury or surgery which could affect the size, shape or angle of your bony pelvis, preventing your baby from settling into the head-first position. Some chiropractors use the Webster technique to manipulate your spine and related muscles to free up some space for your baby's head and allow him to turn. Avoid chiropractic if you are taking anticoagulants or aspirin.

020 7637 2920 for the London Gonstead clinic at 22 Harley Street, W1.

Hypnotherapy

Hypnosis can help you to relax - if you are anxious about your baby being breech your abdominal muscles will be tense, affecting his chances of turning to a better position for the birth.

Even if your baby fails to turn to head first, the hypnosis can assist in preparing you mentally and physically for the labour and birth by relaxing you and helping you to remain in control.



Yoga positions

Resting on all-fours with your head down and bottom up may help, although research findings are inconclusive. Your elbows and forearms should be flat on the floor; your bottom above the level of your head - do this for 15 minutes twice a day. Use lots of padding under your knees and elbows, and empty your bladder before getting into position. Get up slowly afterwards, as you can feel rather dizzy. Do not try this if you have any medical condition or pregnancy complication, are expecting twins or need a Caesarean for another reason.

Precautions to complementary therapies if your baby is breech

Please inform your midwife if you are considering using complementary therapies to turn your breech baby.

Do not use more than one method at a time Ensure your baby is still breech before you start any of the treatments If you think your baby has turned, or if you have any concerns please speak to your midwife Do not take raspberry leaf tea in pregnancy if your baby is breech and do not use clary sage oil or other natural ways to try to start labour.

For more individualised advice on safe, natural ways to turn a breech baby, call Expectancy on 0906 400 6227 (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary)

