



from:

**New Zealand College
of Midwives
P O Box 7063
Wellington**

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Subscription paid until: April 1992



**New Zealand
College of
Midwives [Inc]**

NEWSLETTER

Volume 5, Number 2 : March 1992

*New Structure of NZCOM
Report from SGM
Acupuncture*

NEW ZEALAND COLLEGE OF MIDWIVES INC.

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Membership Form

Regional Information

Name _____

Address _____

Telephone _____ Home _____ Work _____

Place of Work _____

Type of Membership

Full member (Registered Midwife Full or Part Time)	\$120.00
Full member (Student Midwife or Registered Midwife on Maternity Leave or Unwaged)	\$40.00
Associate Member (Other Interested Individual)	\$25.00
Associate Member (Unwaged Interested Individual)	\$25.00
Affiliated Member (Other Groups, e.g. Parent Centre, La Leche League etc.)	\$25.00

Method of Payment

Please tick your choice of payment method.

- Subscription payable to College Treasurer (please enclose cheque or money order).
 Deduction from Salary (please arrange with your Pay Office).

National Information

Name _____

Address _____

Telephone _____ Home _____ Work _____

Date of Birth _____ NZNA member: Yes/No

Type of Membership

Full : Waged Associate : Waged Affiliate
: Unwaged : Unwaged

Place of Work _____

Please return completed form (together with money, if applicable) to your local Treasurer.

Essential Oils to Avoid

Susan Leigh

Essential oils are highly concentrated forms of the medicinal properties inherent in plants. Most essential oils are naturally antibiotic, antiseptic, and safe for mothers and babies. The healing actions of these oils have been well researched, and new reports detailing their positive effects are published regularly.

A few essential oils, however, can be toxic – especially when used in large quantities. The following essences, aromatic oils, and essential oils are best avoided during the childbearing months:

- basil
- cinnamon bark
- clove
- hyssop
- marjoram
- myrrh
- origanum (oregano)
- pennyroyal
- sage (clary sage is nontoxic)
- savory
- thyme
- wintergreen

Although the oils extracted from these plants may be harmful in large doses, the dried or fresh portions of the plants are far less potent and may be safe for mothers and infants.

FROM THE BOM

It is with mixed feelings we send the last Newsletter from the Wellington BOM.

It has been a tremendous learning experience for us. We were relatively inexperienced in Committee work in August 1990. Nineteen months later we feel privileged to have been able to make a contribution to midwifery during this period of phenomenal development.

It was wonderful to make contact with so many supportive, positive College members throughout New Zealand.

We thank Chris Hannah and Jennifer Sage for their contribution to the BOM, and all the Wellington members who helped, especially the Newsletter folding brigade.

Thank you.

NEWS & VIEWS

Midwifery Education Workshops

Three days of workshops in Wellington prior to the Special General Meeting were very productive. Karen will produce a report soon.

The nature of ongoing and advanced education for midwives was determined, a Code of Practice was developed, and service delivery issues discussed. A review of the Nurses Act Obstetric Regulations was also undertaken.

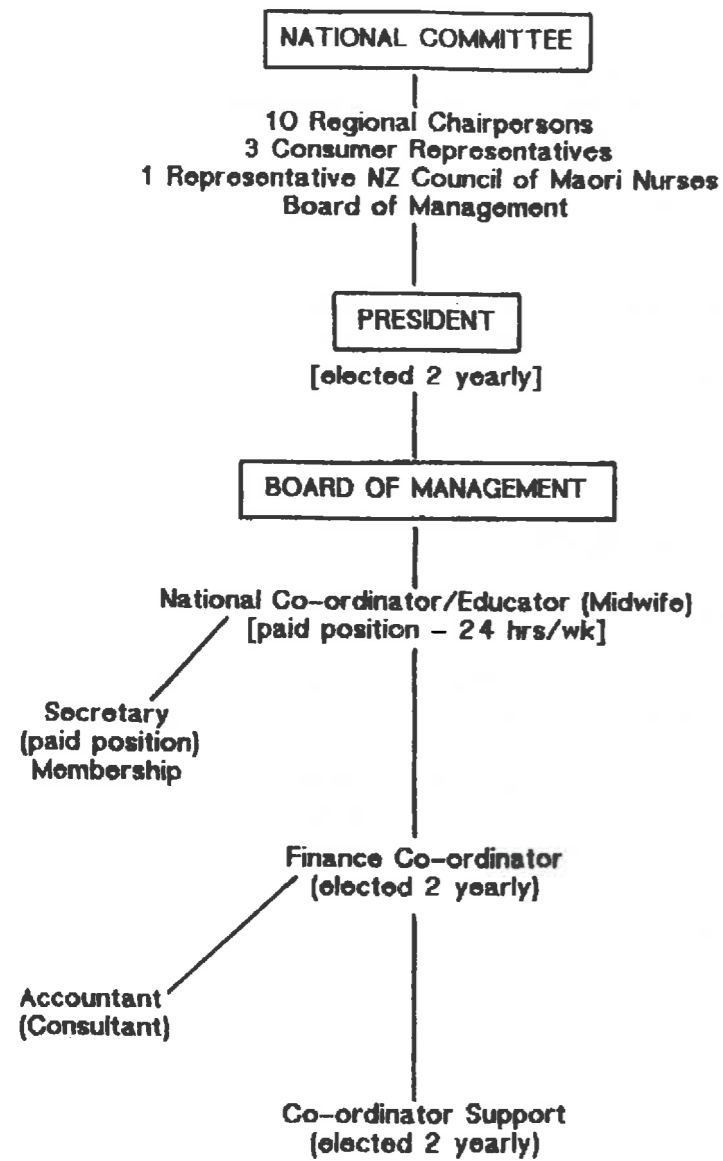
Congratulations on the work achieved.

Brief Report from Special General Meeting

The Special General Meeting in February has changed the structure of the NZCOM.

With this new structure the BOM will now move to Christchurch so Karen Guilliland has taken up the position of Coordinator. Karen will continue to fill the post of President until August when a new President will need to be elected. Canterbury will provide the two people to make up the new Board of Management.

NEW ZEALAND COLLEGE OF MIDWIVES INC



- 1 drop lavender
- 1 drop clary sage
- 1 drop geranium

For raising the spirits. Emotional ups and downs are common after giving birth. Frequent night feedings and postpartum blues can easily upset the balance required to care for a newborn round-the-clock. To help stabilize your emotions and uplift your spirits, choose the bath or inhalation that best suits your needs. (See the listing above, under Applications for Pregnancy.) Then immerse yourself in a luxuriating soak or in an enchantingly scented atmosphere.

For centuries, plant extracts have been used to improve the quality of life. And now, as increasing numbers of people are seeking comfort and peace of mind in specially created environments at home, aromatherapy is gaining renewed interest. Why? Because it is simple to incorporate into everyday living, because it is a powerful and nonintrusive means of healing, and because it is an inviting way to usher our children into the world.



4 drops geranium
2 drops jasmine
3 drops rose

Postpartum Care

For massaging your baby. A gentle massage can help ease the newborn's transition and is a delightful way to initiate bonding with your baby. To make a soothing baby-massage oil, mix 1 oz sweet almond oil with 2 drops rose oil. (This blend will also help relieve nipple soreness in the early days of lactation. Apply gently to the nipples; and although rose is not harmful to baby, remove the oils before breastfeeding.)

For lactation. To help stimulate milk production, massage the following blend onto the breasts, but *be sure to remove the oils before nursing.*

2 oz pure vegetable oil
10 drops clary sage
10 drops fennel

For perineal discomfort or trauma. Sitz baths of lavender and cypress oils help heal the perineum after childbirth. Lavender oil, sometimes called "the first-aid kit in a bottle", encourages new skin growth. (It also helps relieve headaches.) Cypress oil acts as an astringent, while stimulating constriction of the blood vessels.

To prepare a sitz bath with essential oils, run warm water until the bath is just deep enough to cover your hip bones. Turn off the water, add 3 drops lavender oil and 3 drops cypress oil, and mix vigorously. Then sit down, and enjoy!

For mastitis. Essential-oil compresses quickly reduce the heat, swelling, and accompanying pain of mastitis. Dip a soft, medium-sized cloth into a bowl containing the solution listed below, and gently lay the cloth over the affected breast, making sure to consult a healthcare professional if inflammation persists.

2 cups cool water
2 drops rose

Membership fees have increased. These fees cover two Journals per year, Newsletters, indemnity insurance which covers midwives (hospital, independent), student midwives, CBE, lactation consultants, and industrial representatives for independent midwives.

The new fee structure is as follows:

Full member (Registered Midwife Full or Part Time)	\$120.00
Full member (Student Midwife or Registered Midwife on Maternity Leave or Unwaged)	\$40.00
Associate Member (Other Interested Individual)	\$25.00
Associate Member (Unwaged Interested Individual)	\$25.00
Affiliated Member (Other Groups, e.g. Parent Centre, La Leche League etc.)	\$25.00

The budget proposed by Christchurch was accepted at the SGM. Under this budget we are committed to pay a coordinator for 24 hours a week for 1992-1993 financial year as well as other ongoing financial commitments. Unfortunately, as regional capitation fees are not paid to National Committee until the end of the financial year, we have a shortfall for twelve months before we get the benefit of the fee increase. We need to boost our membership and membership fees are to be paid promptly to your region. All donations gratefully received to see us over this period.

FUTURE EVENTS

- March 1992: *ICM Regional Meeting – Melbourne, Australia.*
- 14-17 June 1992: *10th International Congress of Psychosomatic Obstetrics and Gynaecology – "Reproductive Life"*
Contact: Congress Secretariat, CONGREX, International Society of Psychosomatic Obstetrics and Gynaecology (ISPOG) - 92, PO Box 5619, S-114 86 Stockholm, Sweden. Tel: 46 8 32 69 00. Fax: 46 8 32 62 92.
- 28-30 August 1992: *NZCOM Second National Conference*
Victoria University of Wellington
- 4-7 October 1992: *Second International Homebirth Conference*
Sydney, Australia. Reclaiming our Heritage, Creating our Future.
Contact: Conference Secretariat, GPO Box 2609, Sydney, NSW 2001, Australia. Tel: (02) 241 1478, (02) 247 6940. Fax: (02) 251 3552.
- 1-4 November 1992: *The Fourth International Conference for Maternity Nurse Researchers – Taipei, Taiwan, The Republic of China.*
Contact: Yueh-chih Chen, RPN, PhD, Director, School of Nursing, College of Medicine, National Taiwan University, 1, Jen-Ai Road, Section 1, Taipei (10018), Taiwan, The Republic of China.
- 9-14 May 1993: *International Confederation of Midwives 23rd International Congress*
Vancouver, BC, Canada.

preventing stretch marks. However, essential oils are such strong concentrates that they should not be applied in undiluted form to the skin. Instead, mix them first with a carrier, such as vegetable oil – sweet almond, wheat germ, grapeseed, jojoba, or sesame oil – or lotion.

One excellent skin enhancer is the following blend, which may be massaged onto the entire body – particularly the area between breasts and thighs – or used as a bath oil.

1 oz. wheat germ oil
3 oz. sweet almond oil
25 drops lavender
5 drops neroli
5 drops frankincense
5 drops lemongrass

For constipation. To combat the occasional constipation that sometimes arises during pregnancy, massage the following blend on the lower back and lower abdomen, making sure to consult a healthcare professional if constipation persists.

2 oz. sweet almond oil
20 drops marjoram
5 drops rose geranium

Birthing Aids

For freshening the air. To purify the air for labor, use an inhalation of lavender, bergamot, and palmarosa. Or try an inhalation made of any one of these oils.

For pain and tension in labor. An essential-oil massage can soothe away much of the pain and tension that arises in labor, particularly in the lower back. Mix together the following oils, store in a plastic bottle equipped with a pouring spout, and keep on hand for a labor massage.

2 oz. sweet almond oil or pure vegetable oil
10 drops lavender
6 drops clary sage

- Burn a candle scented with pure essential oils. Contrary to popular opinion, the flame will not burn the oils directly; rather, the heat from the flame will melt the wax and, in the process, release the delicate oils trapped within. Aromatherapy candles subtly scent the environment while refreshing the body, mind, and spirit.

Match the scent to the need, mood, or occasion. Inhalations can be made from the blends suggested above. In addition, consider the following applications, using the oils either singly or in combination.

Sensual: ylang ylang, rose, jasmine

Exotic: sandalwood, patchouli, cistus

For baby showers: orange, tangerine, lemongrass

For summer gatherings: rosewood, geranium, bergamot

For winter holidays: frankincense, myrrh, spruce, fir

Special touches. As a mother-to-be becomes acutely aware of nurturing the new life within her, she realizes how important it is to nurture herself. Aromatherapy is a wonderful means of self-nurturing during these months of transition.

To combine the emerging sense of motherhood with the deepening sense of womanhood, tuck floral sachets in the lingerie drawer. Or add a few drops of essential oil to the rinse water while washing your lingerie. Rose geranium, ylang ylang, patchouli, and petitgrain (orange-flower leaves and twigs) are ideal for this purpose. Be sure to apply oils to the water only and never to the clothing itself, as they may leave permanent stains.

Prenatal Remedies

For morning sickness. Peppermint oil is a great antidote for first-trimester nausea. Try a drop every hour or so directly on the tongue, or premixed with honey. Peppermint leaf tea is another helpful remedy. Perhaps add a drop of peppermint oil to the tea for zest.

For stretch marks. To help prevent stretch marks and enhance the natural resilience of the skin, add essential oils to skin-care preparations, and massage regularly. Lavender and neroli are particularly helpful in



NEW ZEALAND COLLEGE OF MIDWIVES CONFERENCE

Research has shown that CONTINUITY of midwifery care results in a lower intervention rate and greater consumer satisfaction with birth experiences.

In New Zealand the Nurses Amendment Act 1990 acknowledges a woman's right to CHOOSE her care givers.

The CHALLENGE is developing a service that reflects:

Partnership with women.

Knowledge that allows women real choice.

Strength and unity within our profession.

AUGUST 28, 29 & 30

1992

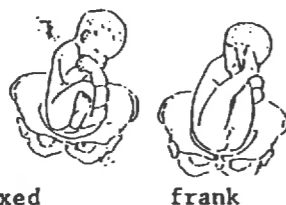
**VICTORIA UNIVERSITY
WELLINGTON**

Contact: Conference Committee
PO Box 9600
Wellington
New Zealand
Ph 04 388 6592

Breech

Joan Donley, Auckland Domiciliary Midwife

You are planning to have a home birth and at 30-odd weeks your baby has turned the wrong end round, i.e. it is now in a breech position. You have been referred to an obstetrician and your hopes for the birth at home are fading. Furthermore, if this is your first baby your chances of having a Caesarian section are quite high!



Breech deliveries are more dangerous because of the danger of cord compression or prolapse; rapid compression to the after-coming head which does not have a chance to mould slowly and premature inspiration with inhalation of liquor. At one time external manual version in the antenatal period was done. Today, very few doctors are competent to carry out this rather risky manoeuvre, or to deliver a breech. Their skills are surgical.

On the home birth scene we have been turning breeches by acupuncture for some time now, generally at about 34-36 weeks. Exercises and dietary changes, and homeopathic remedies are also helpful.

According to Michio & Aveline Kushi in *Macrobiotic Pregnancy and Care of the Newborn*, the intake of yin ∇ foods can cause the baby's head to become too yin to assume its natural downward position for birth. Excessive yin foods - fruit juices, tropical fruits, ice cream, sugar (including honey and maple syrup), oil, coffee, sweeteners, drugs, chemicals - all make the baby more yin. Also included are cigarette smoking and an overly active daily schedule; both contribute to excessive yin. Therefore, it is necessary to create a more yang Δ condition. Foods which contribute to this are animal proteins - fish, fowl, eggs, meat, dairy products and miso. The latter can be taken as tea or in soups.

Applications for Pregnancy

Baths. During pregnancy, nothing is more pleasurable and comforting than a long, languorous bath. To prepare a bath, run *very warm* water. When the tub is as full as desired, turn off the water and add 10 to 15 drops of essential oil. (The oils are volatile and will evaporate quickly if added while the water is still running.) Disperse well, mixing vigorously by hand.

Choose the preparation that best meets your needs and moods. The following blends are especially pleasing, and the oils may be used either singly or in combination.

Relaxing: lavender, geranium, chamomile, neroli

Uplifting: rose, clary sage, lemon-grass

Euphoric: ylang ylang (pronounced E-lang E-lang), sandalwood, jasmine

For muscle aches: eucalyptus, birch, juniper, rosemary

For respiratory problems: eucalyptus, pine, lavender

For depression: ylang ylang, clary sage, geranium, rose

For sleeplessness: lavender, chamomile, neroli

Inhalations. The sense of smell - one of our most powerful senses - is heightened during pregnancy. Olfactory messages travel immediately to the brain, where they stimulate feelings of pleasure or displeasure. Scents can also trigger memories and residual impressions of one's own infancy, such as the sense of feeling loved or the jolt of an unpleasant event.

When used to scent a room, inhalations create an uplifting atmosphere and generate a boost of energy. Both in moments of solitude and in group gatherings, they cultivate a feeling of buoyancy.

To prepare inhalations, try one or more of the following methods:

- Place 2 or 3 drops of essential oil on a cloth, and sniff as desired.
- Put essential oils in a diffusor, and spray a fine mist into the air.
- Fill a bowl with 1 pint of warm water, add 5 drops of essential oil, and set the bowl in a desired spot.

AROMATHERAPY : MAKING GOOD SCENTS

*For centuries, plant extracts have been used
to improve the quality of life*

Susan Leigh

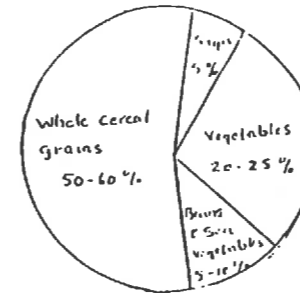
Aromatherapy is both an ancient art and a modern science. For thousands of years, people have been extracting essential oils from herbs, flowers, and other forms of plant life to enhance and restore beauty and well-being. Ayurvedic medicine in India was founded on the use of such oils. Many of the perfumers and priests who used essential oils to prepare health and beauty treatments during the Middle Ages developed immunities to the plague epidemics of their times. Cleopatra entices Mark Antony by wearing the intoxicating jasmine oil. And in more recent years, medical science began proving the remedial benefits of these extractions, helping them regain their age-old popularity. Today in France, aromatherapy is so widely accepted that health insurance programs pay for the treatments.

Aromatherapy is especially vital in the months surrounding childbirth – when a woman is inspired to live in balance with the environment and to reduce her reliance on chemicals. The botanicals are powerful healing agents, both physically and emotionally. And with proper care, they produce no harmful effects. When used as recommended, the essential oils included in this article are all nontoxic; however, pregnant or lactating women with serious health conditions are advised to consult with a health professional before using the oils.

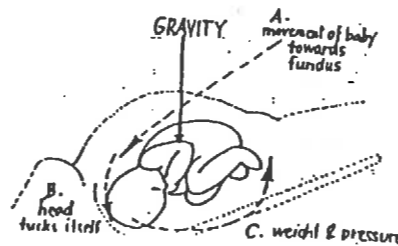
When stocking up, avoid fragrance oils and other synthetics. Purchase *only pure essential oils*, which are available through reputable supply companies. Some oils are costly, as their production is quite labor intensive; 2,000 pounds of rose petals, for example, are needed to produce 1 pound of rose oil! But rest assured, each healing drop goes a long way.

Mothering Spring 1991

Kushi explains that macrobiotics is the art of creating a balance within ourselves and with our environment by adjusting daily food and activities to harmonise with changing circumstances. The neutral macrobiotic diet is whole grain cereals 50-60%; vegetables 20-25%; beans and sea vegetables 5-10%; soups 5%.

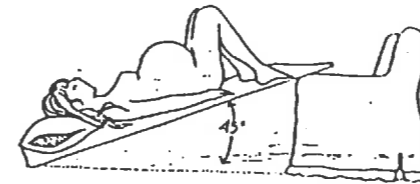


Exercises



The exercises work on the principle of gravity. By angling your body so your head is lower than your abdomen, the baby's head is encouraged to 'float' up to the fundus, flex its chin and start to turn under. As the pressure builds up at the back of the baby's head it gradually rotates through the transverse (crossways) to vertex (head down).

This 'breech tilt' can be done either by raising your hips about 12 inches off the floor using firm pillows. Alternatively you can prop an ironing board at a 45° angle. (See diagrams.) Do either of these exercises twice a day for about 20 minutes - on an empty stomach.



Brace ironing board either side with chairs.



Knee-chest position also works.

Acupuncture

The acupuncture points are UB 67, in the little toes. It generally takes three or four treatments. I like to do these fairly close together, say within a week. It works on the principle of realigning the electromagnetic energy and is effective in about 90% of cases. However, since reading about the above macrobiotic dietary factors (which also realign electromagnetic energy), I have found that a number of the resistant cases are responding. Unless there is an anatomical reason why the baby cannot turn this combination of methods should work.



If you do not do acupuncture, you can try moxibustion. Moxa cones or sticks are burned and smoked over the acupuncture point. Remove when heat is felt by the person receiving treatment. A slice of ginger or garlic can be placed over the point before lighting the cone.

The homeopathic remedy recommended is Pulsatilla 200: two doses two days apart in the 35th week. Even more effective is Tuberculinum 10m (De Graaf).

Good luck!

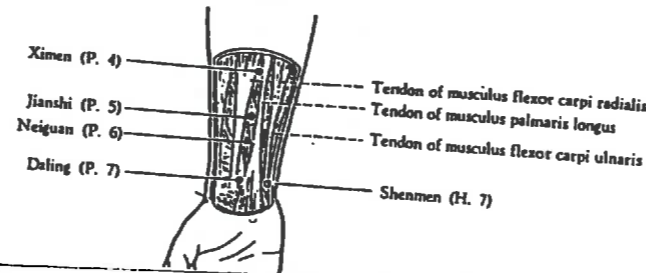
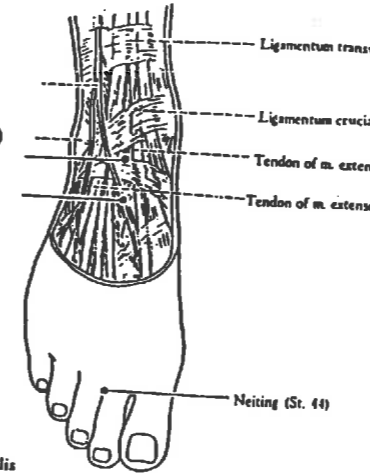
References

1. Myles, Textbook for Midwives, Seventh Edition, p357, Figs 243 & 244.
2. Kushi, Michio & Aveline, Macrobiotic Pregnancy and Care of the Newborn, p72.
3. Weston, Marianne Brorup, Maternal Health News (Canada), Vol 8, No 3, October 1983.

THRUSH

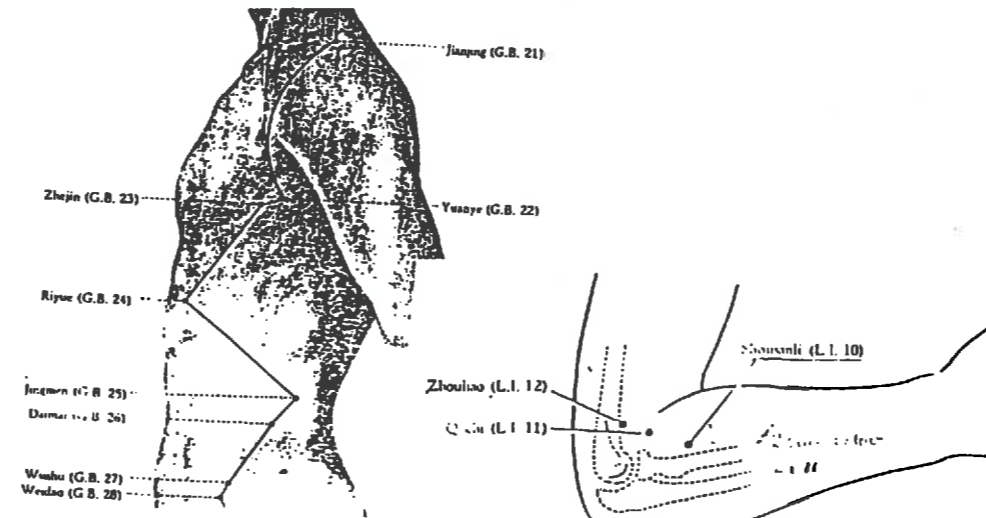
7. Daling (P. 7):

Location: At midpoint of the transverse crease of wrist between the tendons of m. palmaris longus and m. flexor carpi radialis. (See Fig. 80.)
Indications: Insomnia, palpitation, epilepsy, disorders of the wrist joint and its surrounding soft tissue.
Puncture: Perpendicularly 0.3-0.5 inch.



26. Daimai (G.B. 26):

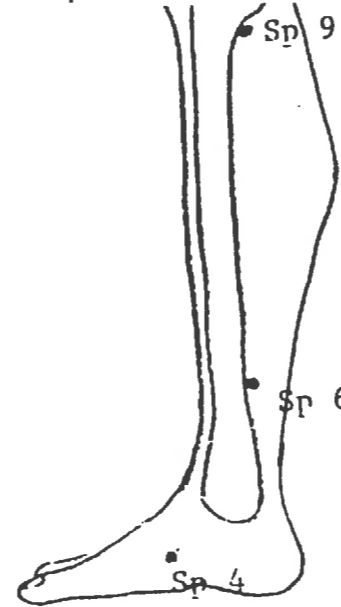
Location: Midway between the free ends of the 11th and 12th ribs, level with the umbilicus.
Indication: Endometritis, cystitis, lumbago, costal and back pain, irregular menstruation.
Puncture: Perpendicularly 1.0-1.5 inches.



ACUPUNCTURE

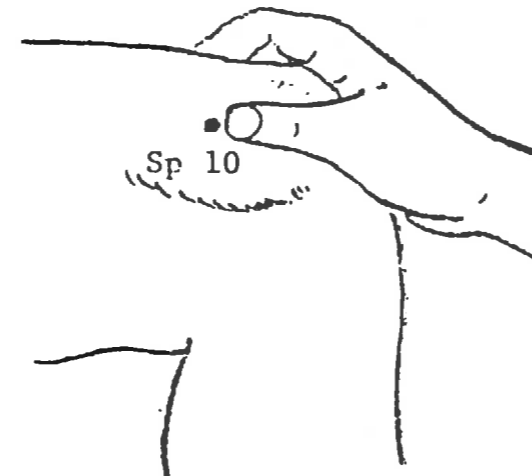
Acupuncture stimulates the rapid release of endorphins; it also increases blood supply and the production of white blood cells. In 1986 approximately 44% of the babies born in the Auckland Hospital Board area were born at home. About 13% of these women have acupuncture, but not just for pain relief.

The points we use are:



Spleen (Sp) 6 which is 3 cun* above the tip of the medial malleolus just posterior to the tibial border. Sp 6 affects the entire reproductive system; also relieves anxiety. Used to stimulate the uterus - to induce labour, during labour, retained placenta and for after pains.

Sp 9 stimulates uterine contractions as above. One of the points used to lower B/P. Sp 4 on the medial aspect of the foot, in a depression at the anterior & inferior border of first metatarsal bone, at the junction of the 'red & white skin'. Dilates the cervix. Sp 10, 2 cun above the superior border of the patella, at the middle of the bulge of the m. vastus medialis. This point stimulates strong uterine contractions. Use as for Sp 6.



The breadth of the four fingers close together at the second joint of the index finger is calculated as 3 cun. (Check your fingers against those of the person on whom you are doing acupuncture.)

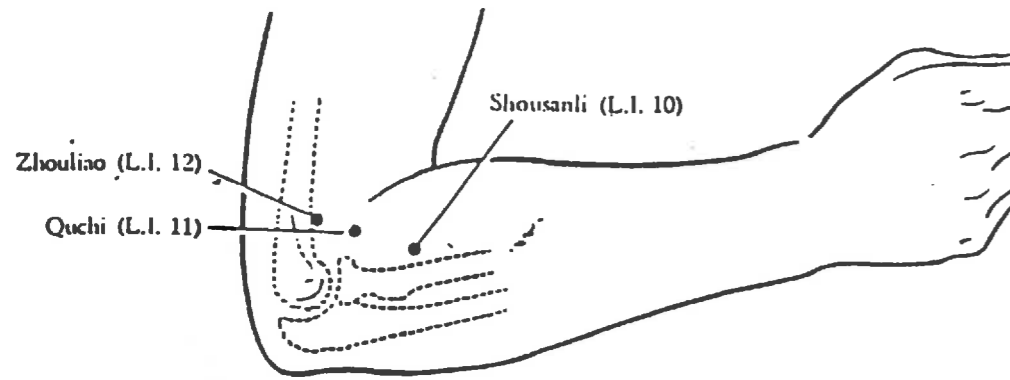


Fig. 41

11. Quchi (L.I. 11):

Location: In the depression at the lateral end of the transverse cubital crease. Midway between Chize (Lu. 5) and the lateral epicondyle of the humerus, when elbow is half flexed. (See Fig. 41.)

Indications: Pain the shoulder and arm, paralysis of upper extremities, fever, hypertension, chorea, eczema, neurodermatitis, disorder of the cubital joint and its surrounding soft tissue.

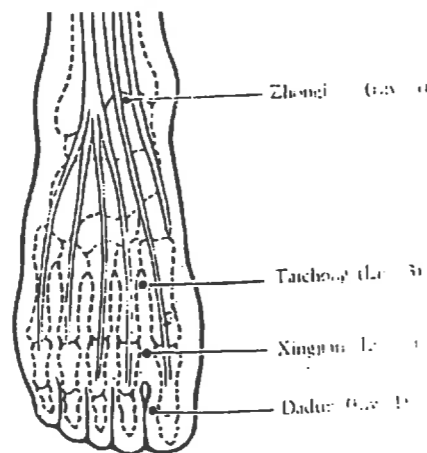
Puncture: Perpendicularly towards Shaohai (H. 3), 1.0-1.5 inches deep.

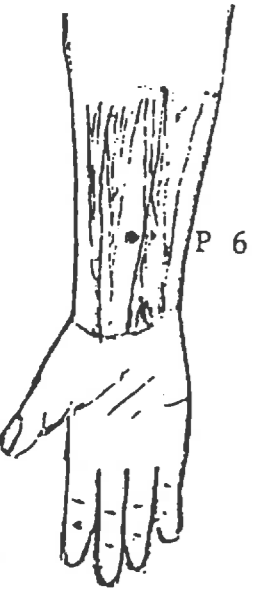
2. Xingjian (Liv. 2):

Location: 0.5 cun proximal to the margin of the web between the 1st and 2nd toes. (See Fig. 98.)

Indications: Irregular menstruation, urethritis, enuresis, pain in the costal region, hypertension, epilepsy, insomnia, redness and swelling of eye.

Puncture: Obliquely 0.3-0.5 inch.



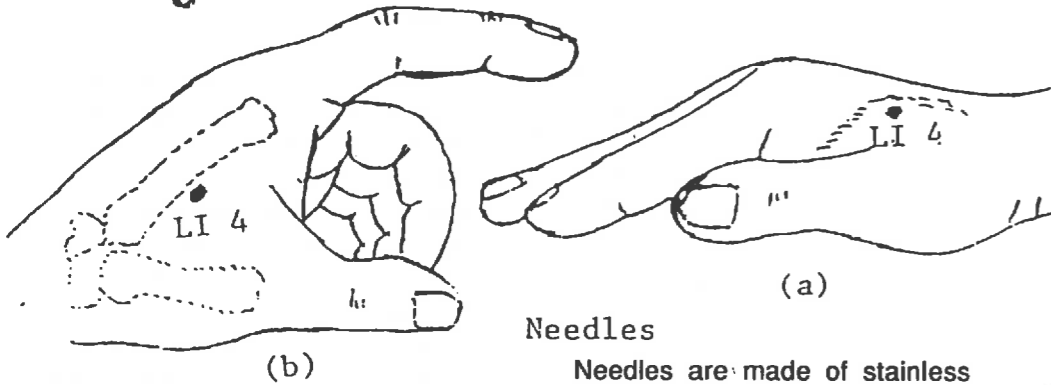


Pericardium (P) 6 is 2 cun above the transverse crease of the wrist, between tendons of m. palmaris longus and m. flexor carpi radialis.

Effective for a woman who is fearful and/or anxious, or who is nauseated. Has a very relaxing effect.

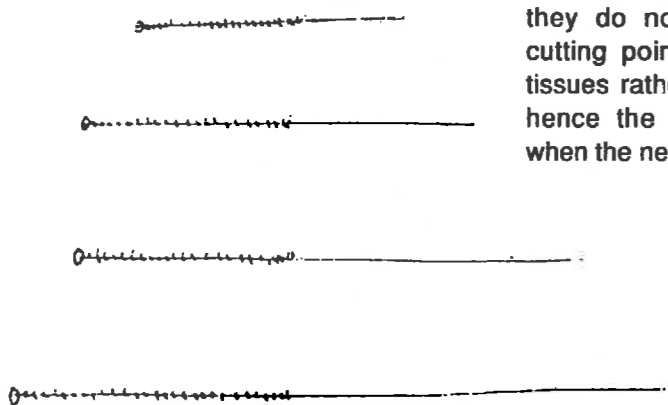
Large Intestine (LI) 4 is located (a) on the middle of the 2nd metacarpal bone, on the radial aspect (b); or can be located at the highest spot of muscle when the thumb and index finger are brought close together (diagram (a)).

It is a point used to stimulate or to enhance labour.

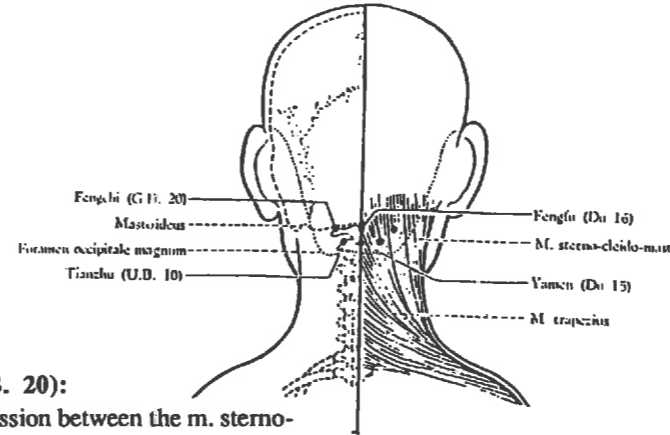


Needles

Needles are made of stainless steel in varying lengths. Because they do not have a bevelled, cutting point they separate the tissues rather than cutting them, hence the points do not bleed when the needles are removed.



ACUPUNCTURE POINTS FOR HYPERTENSION



20. Fengchi (G.B. 20):

Location: In a depression between the m. sternocleido-mastoideus and the upper portion of the m. trapezius. Specifically, between the depression directly inferior to the occipital protuberance and the mastoideus. (See Fig. 90.)

Indications: Common cold, headache, dizziness and vertigo, stiffness of neck, hypertension, tinnitus.

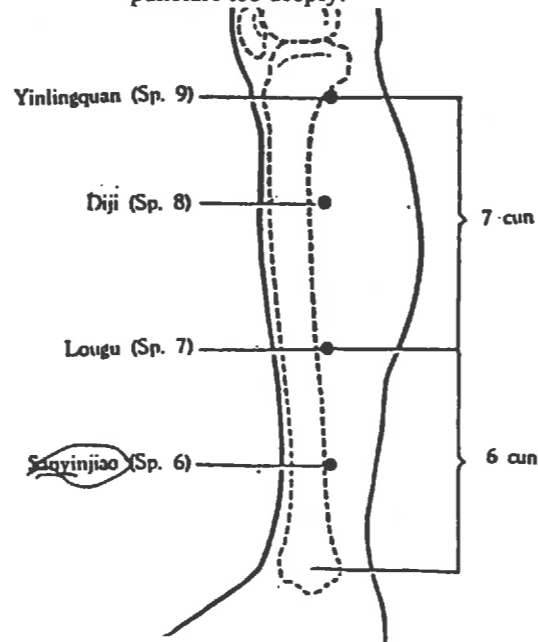
Puncture: Perpendicularly towards the orbit of the opposite side 1.0-1.5 inches. It is not advisable to puncture too deeply.

9. Yinlingquan (Sp. 9):

Location: In the depression on the lower border of the medial condyle of the tibia, on a level with the tuberosity of the tibia. (See Fig. 57.)

Indications: Abdominal distention, edema, dysuria, enuresis, nocturnal emission, irregular menstruation, dysentery.

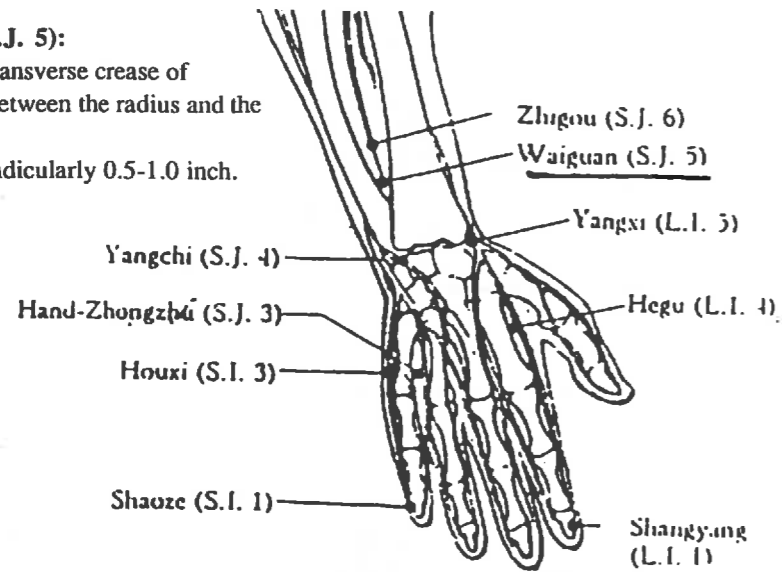
Puncture: Perpendicularly 1.0-1.5 inches; or, penetrate towards Yanglingquan (G.B. 34).



5. Waiguan (S.J. 5):

2 cun above the transverse crease of dorsum of wrist between the radius and the ulna.

Puncture: Perpendicularly 0.5-1.0 inch.

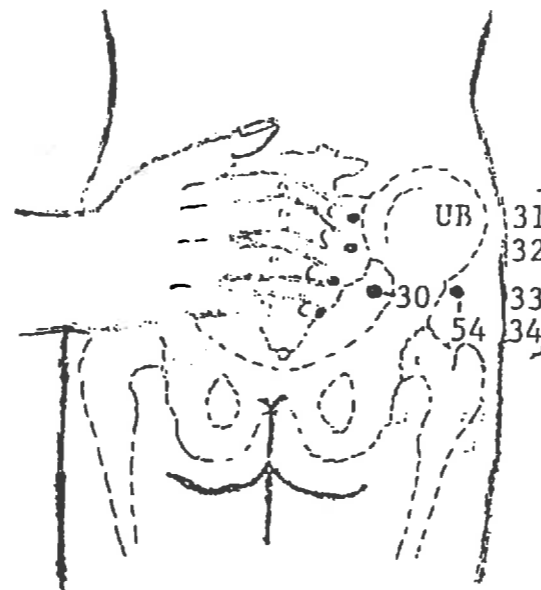
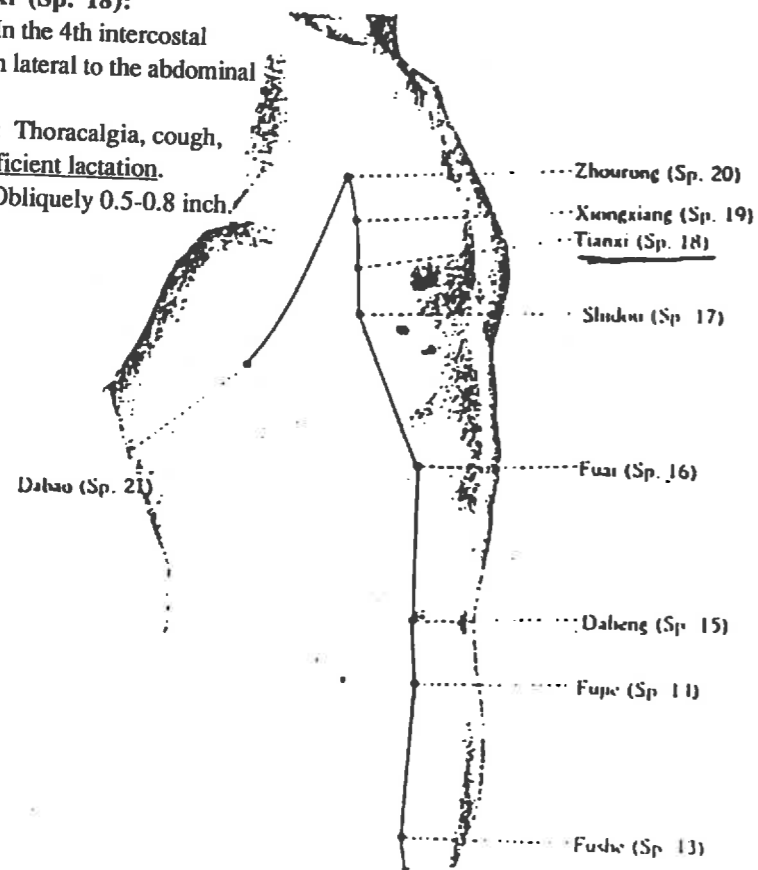


18. Tianxi (Sp. 18):

Location: In the 4th intercostal space, 6 cun lateral to the abdominal midline.

Indications: Thoracalgia, cough, mastitis, deficient lactation.

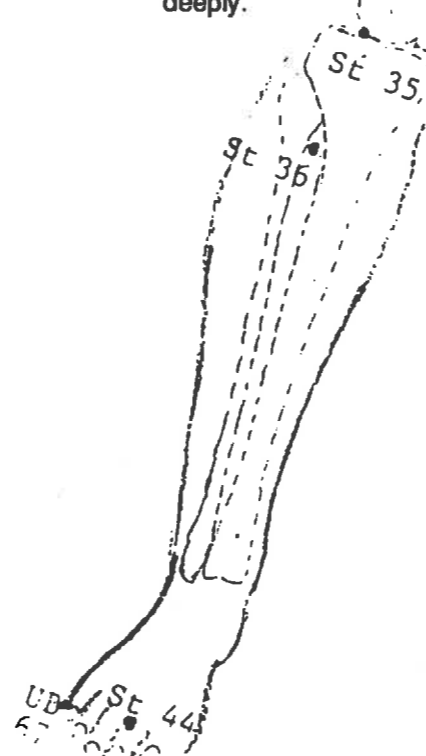
Puncture: Obliquely 0.5-0.8 inch.



These Urinary Bladder (UB) points are effective for sacral pain and during transition and while awaiting the disappearance of an anterior lip. Place the woman in a well supported lateral position.

- UB 31 is in the 1st posterior sacral foramen;
- UB 32 is in the 2nd, UB 33 in the 3rd and UB 34 in the 4th;
- UB 30 is at the level of the 4th posterior sacral foramen, 1.5 cun lateral to the back midline;
- UB 54 is also at this level, but 3 cun lateral to the midline.

These two points (UB 30 & 54) also provide relief when massaged deeply.



UB 67 on the lateral side of the tip of the small toe, 0.1 cun posterior to the corner of the nail is used to correct the fetal position. Very effective in turning breeches. Resistant ones are used in conjunction with a yang diet (lots of vegetables, protein, miso tea/soup, eg sodium) as opposed to a yin diet (fruits, fruit juices, eg potassium).

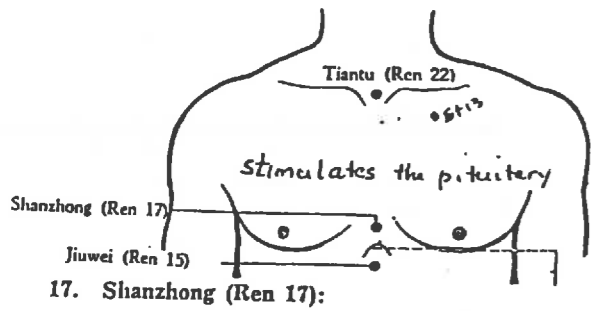
STomach (St) 36 - 3 cun below St 35 and one finger breadth from the anterior crest of the tibia, promotes rapid release of endorphins, relieves nausea and is a good point for general tonic purposes.

St 44 - 0.5 cun proximal to the web margin between 2nd and 3rd toes numbs the perineum. Effective in second stage.

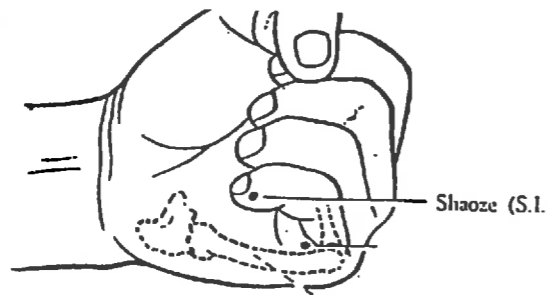
DEFICIENT LACTATION

17. Shanzhong (Ren 17):
 Location: Midway between the two nipples. Locate this point with patient in supine position.
 Puncture: 0.5-1.0 inch horizontally, with needle tilted upward, downward or laterally.

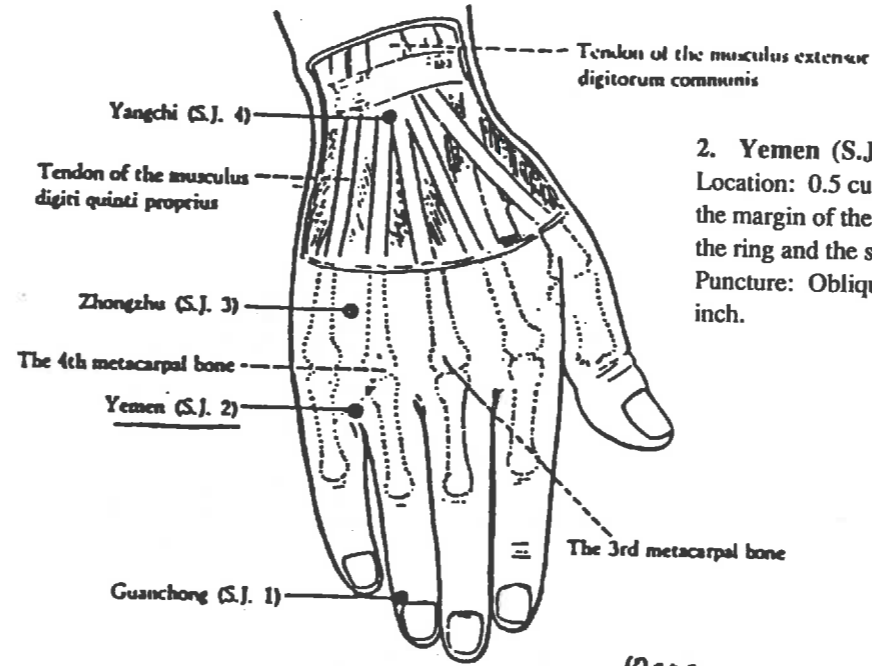
1. Shaoze (S.I. 1):
 Location: At the ulnar side of the small finger, about 0.1 cun posterior to the corner of the nail. (See Fig. 64.)
 Indications: Headache, eye diseases, mastitis, deficient lactation.
 Puncture: Perpendicularly 0.1 inch.



17. Shanzhong (Ren 17):

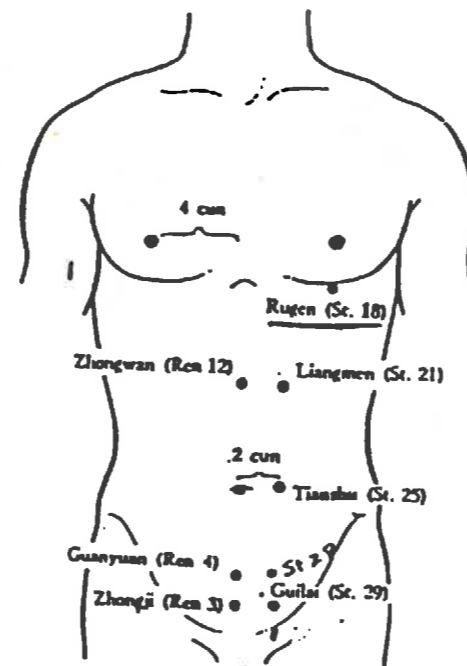


1. Shaoze (S.I. 1):



2. Yemen (S.J. 2):
 Location: 0.5 cun proximal to the margin of the web between the ring and the small fingers.
 Puncture: Obliquely 0.3-0.5 inch.

2. Yemen (S.J. 2):



18. Rugen (St. 18):
 Location: Directly below the nipple in the depression of the mammillary groove, in the 5th intercostal space.
 Indications: Mastitis, deficient lactation.
 Puncture: Obliquely 0.5-0.8 inch.

18. Rugen (St. 18):