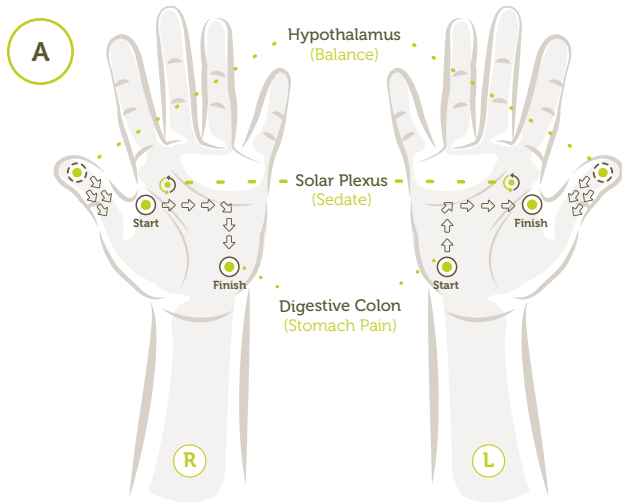


# Mother's Pregnancy Symptoms Management

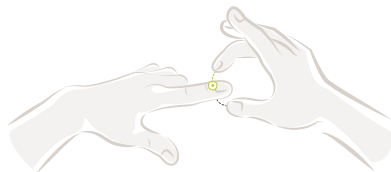


## 1. Nausea, morning sickness, heartburn, constipation

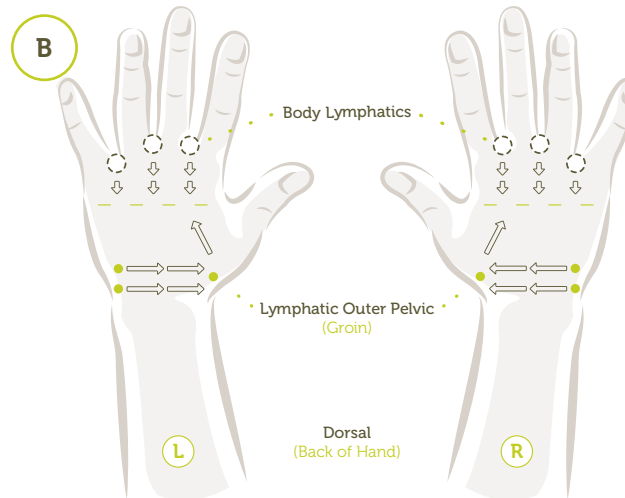
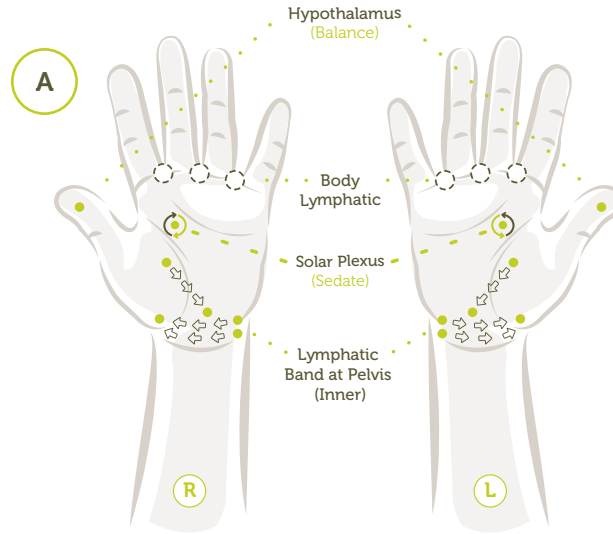


At the first signs of Morning Nausea apply; Lite to Medium pressure - flat thumb press on the Solar Plexus points. Follow your breathing. Press on - breath in & release breath out. Mind & body focus to calming the stomach. Repeat on both hands 3- 6 times. Medium pressure - thumb press & slide along the Digestive Colon. Follow arrow directions, starting R hand & through to finish at the L hand. Repeat 3 - 6 times, while focus breathing. Starting at the Hypothalamus Point, massage in direction of arrows 3 - 6 times. Both hands. Finish with the Pinch Pointing Finger method to sedate & calm the whole digestive system. Repeat by swapping over every 2 - 3 minutes until symptoms subside. Note: Morning Sickness, Nausea, Heart Burn - all helped with these methods.

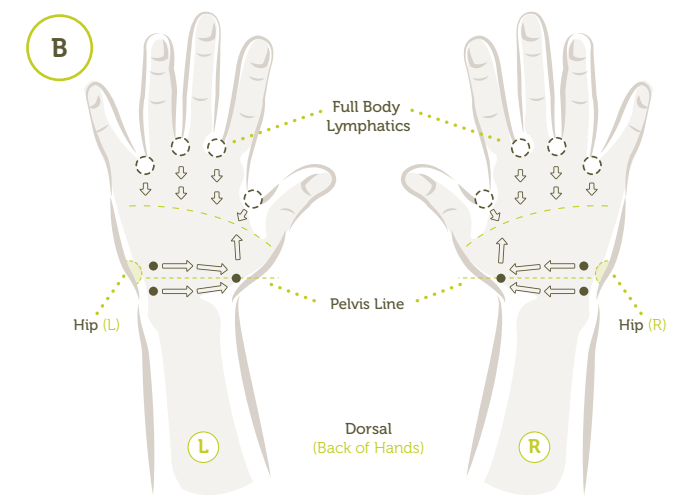
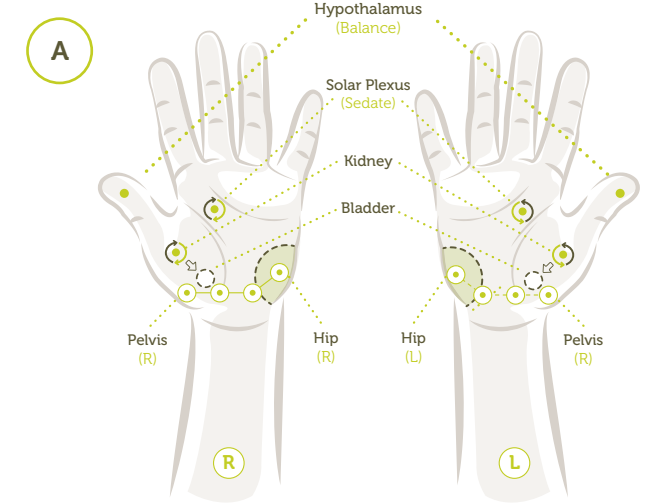
Holding at the cuticle lightly. The middle finger and thumb of one hand holds the pointing finger of the other hand. This is a digestive system sedation method. Repeat by swapping every 2-3 minutes.



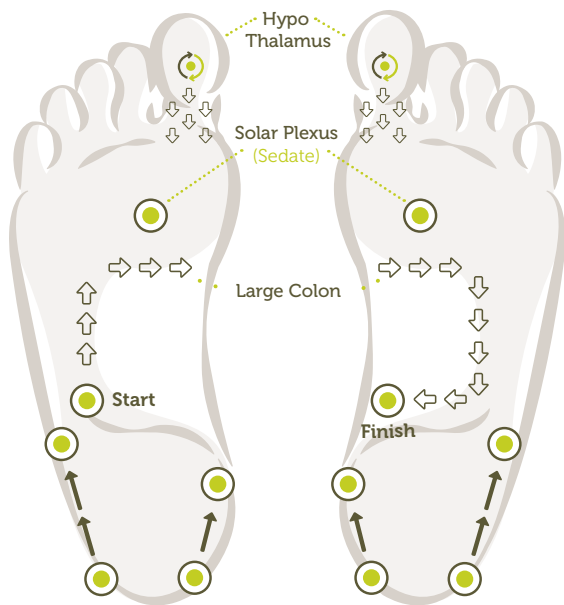
## 2. Leg Cramps, Carpal Tunnel, Fluid Retention



## 3. Headaches, Fatigue/Tiredness, Hypertension (High Blood Pressure) + Pelvis/Hip pain and discomfort.



## Reflexology Points for Priming Labour (1)



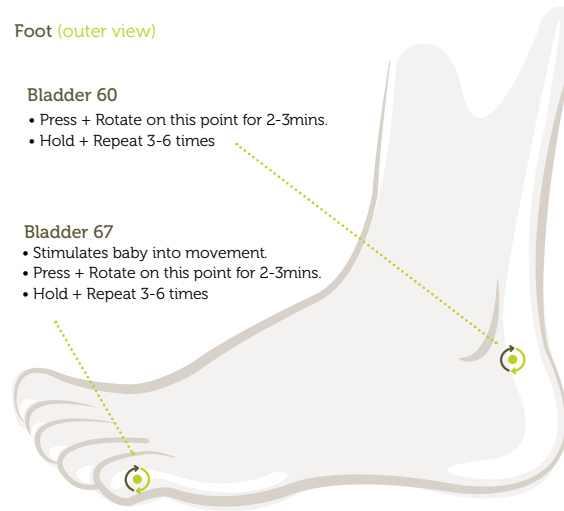
1. Start with an overall foot massage. This will relax the whole body. This is for a support person to perform.
  2. Stimulate hypothalamus for 10-15 minutes (every hour if possible)
  3. Press + Push downwards along the full (whole) big toe, to where they meet the foot (repeat 3-4 times).
  4. Press + Push along the complete colon reflex area (repeat 3-4 times).
  5. Hip + Pelvis reflex area (repeat 3-5 times)
- \*Also see side view.

## Reflexology Points for Priming Labour (2)

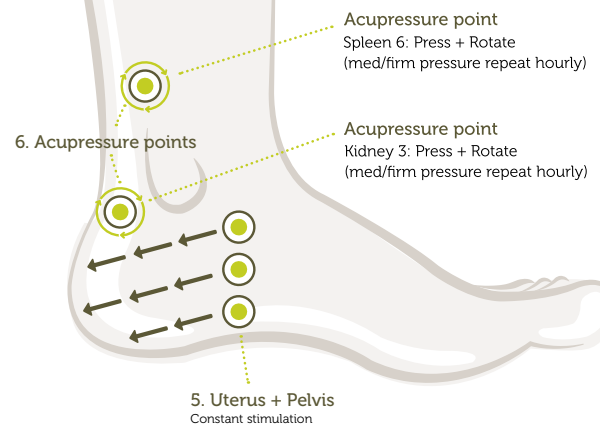
Foot (outer view)

- Bladder 60**
- Press + Rotate on this point for 2-3mins.
  - Hold + Repeat 3-6 times

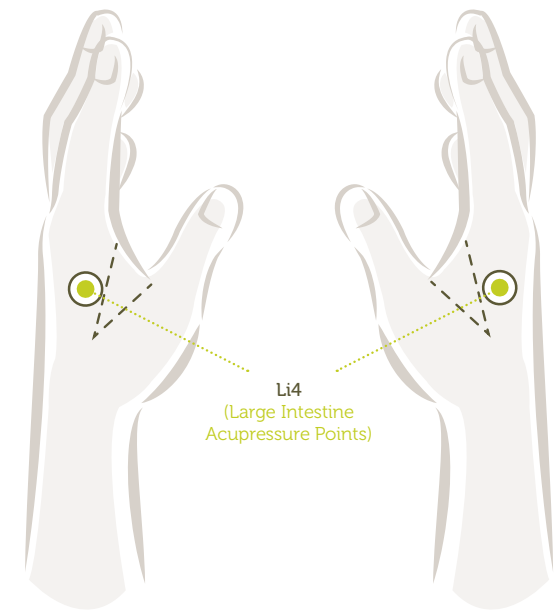
- Bladder 67**
- Stimulates baby into movement.
  - Press + Rotate on this point for 2-3mins.
  - Hold + Repeat 3-6 times



Foot (inner view)



## Contraction Pelvic Pressure Control (1)



Manage contraction's intensity by holding (firm) pressure on these points.

**Left Hand** — Early stage contractions

**Right Hand** — Later stage + near birth contractions

\*Pre-mark these points for ease of use work with the mother's breathing.

Press on pushing & release between contractions.



Press + Hold



Press + Rotate



Press + Slide



Press + Push