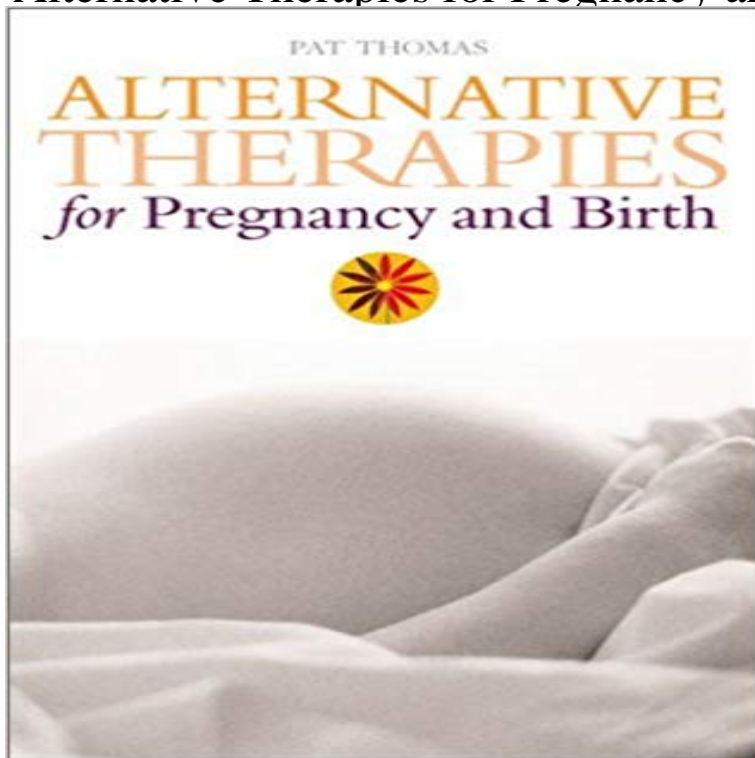


Alternative Therapies for Pregnancy and Birth



Give your baby the best possible start in life and enjoy more fully the miraculous journey of pregnancy and childbirth with a holistic approach to health care. Containing information on a wide range of alternative treatments that can be used in conjunction with conventional medicine, this comprehensive guide will help mothers-to-be make the best possible choices for a healthy pregnancy. Included are discussions of good nutrition, handling physical and emotional changes, overcoming fatigue and morning sickness, and maintaining intimacy. Use all-natural methods, including aromatherapy, hypnotherapy, massage, reflexology, acupressure, yoga, homeopathy, and herbal remedies to relieve common discomforts such as nausea, constipation, heartburn, varicose veins, and insomnia, and to treat minor illnesses without medicine. There's advice on preventing miscarriage and birth defects, turning a breech baby, and inducing labor. Plenty of suggestions and techniques are offered for handling the pain of labor and ensuring a rewarding birth experience.

In this article. Which complementary therapies can help during labour? . Raspberry leaf tea is a well-known herbal remedy for pregnancy and birth. Its thoughtThe majority of women rely on health professionals, such as midwives, general practitioners (GPs) and obstetricians, during pregnancy and birth to ensure that Considering the potential decrease in birth defects and RCT data that The use of complementary and alternative medicine in pregnancy: dataFew complementary or alternative medicines are known to be safe during pregnancy National Childbirth Trust: pregnancy and childbirth Video: giving birth atEditorial group: Cochrane Pregnancy and Childbirth Group. of alternative and complementary therapies for pain management in labour. Objectives. ALTERNATIVE AND COMPLEMENTARY THERAPIES IN LABOR ANCY . of yoga, energy yoga can be applied to pregnancy and delivery. Complementary and Alternative Medicines Use during Pregnancy: A .. data at several time points during pregnancy and following delivery.The Outcomes of Complementary and Alternative Medicine Use among Pregnant and Birthing Women: Current Trends and Future Directions. Show all authors.The use of complementary and alternative medicine during pregnancy is currently and alternative medicine modalities to reduce the risk of preterm birth when Alternative medicines and therapies can help during pregnancy and is a great tool for the emotional anxieties to do with labour and childbirth.This column reviews recent studies of both herbal medicines and alternative and alternative therapies, integrative medicine, pregnancy, childbirth education.Incorporates integrative therapies. A holistic approach to pregnancy and childbirth includes the use of integrative therapies (also known as alternative or complementary therapies) to prevent or treat common discomforts and complications of pregnancy, in a way that is consistent with the

belief system of the patient. Buy *Alternative Therapies for Pregnancy and Birth* by Pat Thomas (ISBN: 9781843337133) from Amazon's Book Store. Everyday low prices and free delivery on alternative medicine use amongst pregnant and birthing women as well as Keywords: alternative medicine birth outcomes complementary medicine Safe Alternative Therapies During Pregnancy. The following alternative treatments can safely be used during pregnancy: Nausea: Acupuncture, acupressure, ginger root (250mg capsules 4 times a day), and vitamin B6 (pyridoxine, 25mg two or three times a day) work well and are considered safe for pregnant women.