



## ACUPRESSURE FOR PREGNANCY AND LABOUR

(LI4 and Sp6 only for labour, not before term)



K1

Kidney 1 or “Gushing/Bubbling Spring”

- Calms stress and anxiety
- Relieves lower back pain
- Alleviates nausea



K3

Kidney 3 or “Great Ravine”

- Relieves labour pain
- Treats insomnia



LI4

Large Intestine 4 or “Union Valley”

- Stimulates labour
- Alleviates headaches and pain



Sp6

Spleen 6 or “3 Yin Crossing”

- Regulates labour
- Stimulates contractions

### References:

Bipasha Mukherjee [modernreflexology.com](http://modernreflexology.com)

Alberta College of Acupuncture and Traditional Chinese Medicine