

Case Study 2. Induction of labour, 32yo, female

The Person & Complaint

32yo, 2nd pregnancy. Currently 40 weeks +4 days.

Had first baby at 36 weeks gestation due to placental insufficiency. Baby boy was healthy at 2.1kg.

Had 40 week check up by Obstetrician 4 days ago. Baby's head is well down, LOA position, cervix favourable- thin and 3-4cm dilated.

Had Braxton-Hicks contractions for the past few days.

The Story & Emotions

She works as a physio, so knows the body well from a Western perspective. Macedonian background.

Feels huge as not used to going full term.

Is worried about the threat of labour being induced medically in 1 week.

Wants a more natural start to labour.

Father has recently had a successful operation to rejoin his bowel after having had a stoma, post bowel cancer surgery a few months ago.

The Energetic System

Fear is affecting her Base, Kidney & Bladder meridians.

Has been focusing on her parents and not herself, holding baby in until crisis has passed.

Treatment – First and only session

Discussed father's situation and how now it was time to focus on her and bringing this new baby out into this world, that it was now safe to do so, since her father was recovering well from his recent surgery.

While she was sitting, I opened GB-21 to promote downward movement.

She then lay on her left side, fast asleep for most of this long session.

Opened base, which was quite closed.

Hand over sacrum was painful initially, then opened well.

Did Base to Shen Tao

Resonance to Bl-60 and Bl-67 bilaterally. The right side was very slow to open.

Kidney Love: Each kidney to same side K-1's

Sp-6 to Sp-1 bilaterally, both sides slow to open. (Consistent with holding a big family story.)

Opened up Binah to Crown, Brow & Base. (Manifesting visions.)

Then opened Base to Yesod. (Great opportunities)

Yesod front to Sacrum. The baby making great movements during this!

Did right side PLIT, then woke her to turn her over. Left side PLIT.

Finished with her sitting in chair again, doing LI-4 both hands. Left side was difficult to open. I drew on her, marking the spots to massage at home.

She had already looked up several of the classic acupuncture points which promote labour, having done an additional Trigger Point Physio course some time ago, so was familiar with Meridian points.

Discussed meditation, and in particular, setting aside some time that evening, once her toddler was in bed, to focus on herself, chat to her baby in utero, telling it that it was now safe to come out, that she was now ready to meet it.

Result/ How it was resolved

She had a baby girl, 3.5kg the next day, after a quick and uneventful labour.

Client was very happy that the session worked!