



Prepping for Labor Starting at 36 weeks

- Red raspberry leaf tea 3 cups daily
 - Strengthens amniotic sac (helps prevent prom)
 - Contraction effectiveness
 - Helps balance hormones

- Birth ball
 - Encourages optimal fetal positioning
 - Opens pelvis and hips to encourage baby to drop lower in pelvis and head helps apply pressure to cervix to encouraging dilation and effacement
 - Can encourage labor to start on its own

- Dates
 - Contain oxytocin which also aids in milk production and provides fructose that gives energy to laboring mom, also rich in beta-carotene (vitamin A)
 - 6 dates a day helps in the strengthening of muscles of the womb
 - Study in Journal of Obstetrics and Gynecology, 2011 suggests that dates help ease delivery by reducing duration of labor as well as need for induction, help prevent postpartum bleeding and encourages the placenta to exit

- Gentle Birth Mountain Meadow Herbs (without Blue Cohosh Root) (\$29.49 Amazon)
 - An herb that claims to lessen duration of labor and delivery, advance dilation before discomfort is felt, shorter recovery time, 90% of women who have used this product will recommend. Recommended 5 weeks prior to due date but can start at any time.
 - 1st week ¼ teaspoon before morning and evening meals.
 - 2nd week ¼ teaspoon 3 times daily before meals. Maintain this dosage until delivery

- Evening Primrose Oil
 - Acts like a prostaglandin that softens and ripens the cervix. Some evidence suggests that the mild prostaglandin effect of evening primrose oil will only trigger

labor in women who are ready to deliver and cannot trigger premature labor. Some OB doctors feel strongly there is a huge risk of premature labor and shouldn't be encouraged, talk to your OB beforehand. 3000 mg total daily (2000mg orally and 1000mg vaginally)

- Chiropractic care with a Webster Technique Certified Chiropractor (most effective if start at 30 weeks)
Supporting evidence on the effectiveness of chiropractic care in addressing pregnancy-related complaints and complications such as fetal mal-presentation, VBAC, Placenta Previa, Breech Presentation and CPD. Evidence based information shows greater than 50% increased chances of successful vaginal delivery