

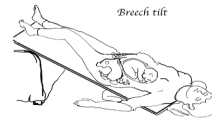


BREECH POSITION

A baby in breech position means that your baby's head is up at the top of your uterus. Breech babies are considered high risk, due to birth complications, so most often they are delivered by c-section.

If you are 36 weeks or farther along, we will schedule an external version, where the baby is turned to head down by manipulation from the outside using ultrasound. I would like you to do the things listed below to get and then keep your baby in a head down position.

- Moxibustion— a traditional Chinese medical practice that involves the warming of acupuncture points, has been shown as an effective treatment to turn breech babies.
- Homeopathic—The uterus grows asymmetrically, and the baby fits in there any way it can. Pulsatilla stimulates the uterine muscle to grow more evenly.
- head lower than pelvis/pelvis higher than head (tilt board exercise)
- hot/cold therapy (babies want to be warm, so they will go toward the warmth)
- light/music therapy (babies are attracted to stimulants.)
- chiropractor • acupuncture • talking to your baby (tell him/her what you want)
- visualization (see the baby turning head down in your mind—focus on it daily)



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