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The Belly Dance Doula Services

Aromatherapy and Chiropractic care

Aromatherapy

Did you know that Florence Nightingale, the founder of modern nursing, used Essential oils (lavender) on soldiers during the Crimean War in 1850’s? Aromatherapy has been around for centuries and can be dated back to ancient times. Plants have long been held with great redeem for their spiritual, physical and medicinal properties. It wasn’t till modern medicine that we went away from a naturalistic approach to welfare and medicine. But can these ancient remedies really help us in our modern world? Or in our technological approach to birth? Yes they can! (http://essentialoilsacademy.com/history/)

Very minimal studies have been done with essential oils and pregnancy since ethically it’s very hard to do studies on pregnant women and babies, but from the studies that have been done they have shown that Aromatherapy can be used safely and effectively during labor. To quote one of those studies: “Aromatherapy should be considered a safe addition to current pain management procedures as no adverse effects were reported in any of the included studies” (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5192342/>)

The top essential oils for use during pregnancy are: Peppermint, Lavender, Orange, Rose, Geranium and Salvia officinalis. Peppermint was referenced as a great way to relieve nausea during labor and also in helping mothers go pee when dropped into the toilet after birth. The rest of the oils were great in relieving anxiety and pain. Lavender is the #1 used essential oil for an easy go to oil. It has so many uses that many call it the “First Aid Kit of the Essential Oil world”. It can soothe an anxious mother and help her relax into her surroundings which then aids her into letting her body do what it needs to do and makes contractions more effective. It can combat dizziness and nausea. It can help a mother ease into a semi restful sleep in between her contractions or help keep the whole room calmer for the birthing mother. Orange is an invigorating oil that also has the dual purpose of having a soothing effect on some women. It can freshen up a room or even cover up an odor that the mother is finding offensive. Rose oil makes the room feel fresher, safer and more inviting. The feeling of wellbeing it invokes can help in the relieving of pain for the laboring mother and has the wonderful side effect of smelling amazing for everyone else in the room. Geranium is another floral scent that is uplifting, energizing and soothing. Salvia officinalis or Sage, is super soothing and can help increase the frequency/strength of contractions.Clary sage oil is also a natural uterotonic, meaning it can cause contractions of the uterus.

Not only are essential oils great for use during labor and delivery but uses for Post-Partum care are also noteworthy. The most common used for after delivery are: Chamomile and Lavender. Insomnia, perineum and soothing of minor skin irritations some of many that can be benefited from Lavender and Chamomile. Use in sitz baths are also a great way to aid in the healing process after birth.

Here are some more noteworthy uses for Essential oils and labor:

Lavender massage oil for a soothing massage between contractions

Peppermint in some cool water to refresh and cool the back of the neck or forehead of a laboring mother

Citrus/peppermint wafted under the nose of a laboring mother to aide in the reducing of nausea and the feeling of sickness during transition or pushing.

Orange used as a boost of energy for a tired pushing mother.

When deciding what essential oils are best for you, make sure you smell each oil you are interested in and also do a skin patch test to make sure you don’t have any sensitives. Figure out which one (or more) are the most soothing and calming for you. Once you know that then have them on hand for your partner/Doula/ or provider to have for you while you labor. The most effective way of using it during labor would be to put it on a gauze and have it hanging on you or on your bed so if, just in case, you find that the odor has become offensive to you once laboring it can be taken away quickly. You can also use a diffuser but it is harder to remove the smell when it’s being dispersed around the room with a diffuser. Decide what works best for you and your provider before labor begins.

Chiropractic Care

Chiropractic care can be controversial when talking to modern medical professionals but it has so many positive outcomes for pregnancy and labor that it really should become the norm for most people. In particular, the Webster Technique is used for optimal alignment of the pelvis and can help put and keep the baby in optimal positioning for labor. When the baby is in an optimal position for labor it can aide the mother in a faster and easier labor along with avoid unnecessary interventions. (americanpregnancy.org) “The Journal of Manipulative and Physiological Therapeutics reported in the July/August 2002 issue an 82% success rate of babies turning vertex when doctors of chiropractic used the Webster Technique.”

Minimal research has been done but of the research preformed all have shown a favorable outcome for chiropractic care during pregnancy. (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647084/)

Not only is chiropractic care great for positioning of the baby but also in helping relieve common ailments that pregnant women encounter. Some of which include: back pain, pubic pain and nausea. It has been found that regular use of chiropractic care has helped in these instances and have improved the pregnancy for the patients.

Overall, Chiropractic care is a great way to prepare and maintain your body before, during and after pregnancy. Some women even get adjusted during labor to help their bodies maintain the optimal state of alignment sometimes making labor speed up. I would really recommend that every pregnant mom, at least, give it a try and see how it helps her pregnancy.