

# Drake CHIROPRACTIC

## BREECH BABY TURNING TECHNIQUES

- Breech tilt exercise - on the floor, in front of your sofa, gather three or four firm cushions or pillows. Place two of these pillows, one on top of the other, against the base of the couch. Then place a yoga mat or towel against the base of the couch, adjacent to these pillows. The mat allows for cushioning for your upper body. The aim of this exercise is to then lie down on your yoga mat and lift your legs onto the sofa. Ensure your bottom is touching the edge of the sofa. Then lift your pelvis into the air by pushing down with your feet and gently drag the two cushions that are next to you, in and under your legs and bottom. The cushions are meant to support your body at 45 degrees angle, so you may need to add an extra cushion. Perform this on an empty stomach, twice a day for about 20 minutes.
- Spinning babies - [www.spinningbabies.com](http://www.spinningbabies.com) - do the three sisters of balance exercises daily. if unsure please ask Ros to show you again or follow the video on the Spinning Babies website.
- Knee chest position - arrange yourself on all fours (ie on your hands and knees), then lower your upper body so that your head and shoulders rest on the floor, while your bottom remains in the air. Hold for 20 minutes, twice a day.
- Elephant walking - this posture is designed to encourage your baby out of the breech position. This activity involves walking around the house on your hands and feet. This isn't easy so if you can manage a few minutes you're doing well!
- Ice - on upper abdomen - for just 10-15 minutes.
- Warm heat - on lower abdomen - for 10-15 minutes, can be done at same time as ice on upper abdomen.
- Music - by using headphones play music held low over the uterus. Alternatively, the father of the child could speak to them from a contact point on the lower abdomen.
- Torch Light - hold a torch light low over the uterus or just right between the legs!
- Homeopathy - Pulsatilla 200 1x every 2 hours for up to 6 doses. Do not take this dosage for more than 1 day. If you have a complicated case it would be encouraged to visit a qualified homeopath.
- Essential oils - A. rub peppermint essential oil on the top of the belly in a rainbow motion. This "cools" and nudges the baby to turn its head down, much like the frozen bag of peas but on a more elemental and cellular level. B. And then mix 5 drops myhrr essential oil in 1 teaspoon of carrier oil and rub on belly in circular motion. The myhrr is a warm, earthy oil that affects the hormonal and nervous systems. It is a highly spiritual oil (used in many spiritual and religious rituals). The oil has a 'righting' effect, so it may adjust hormones or calm elements of the nervous system, or otherwise help your body to help the baby right itself.
- Bach flower remedy - bougainvillea has been found to work really well for turning babies.
- Visualisation - visualise that baby is head down, maybe find a image that resonates with you, print off a number of copies and stick up around your home.
- GentleBirth - the app is very good and has various mp3's that cover breech presentations. There is an opportunity to sign up for a 1 week trial of the app.
- Diet - according to Chinese medicine breech babies are too yin and the mother needs to consume more yang foods (fish, poultry, eggs, meat, dairy and miso) and decrease yin foods and products (fruit, ice cream, oil, coffee, sweets, drugs, chemicals, cigarettes and stress).



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