

Natural Induction Cheat Sheet

Disclaimer: Do not attempt any of these remedies without consulting your doctor or midwife.

Start here:

- **Nutrition** - Stay hydrated and well nourished to prepare for labor.
- **Exercise** - Walking, biking, swimming and stretching are great ways to stay physically fit and ready for labor. They can also help you relax and mentally prepare.
- **Guided relaxation** - Positive affirmations, guided meditation, and deep breathing are all wonderful tools to relax and mentally prepare for labor.
- **Get pampered** - A prenatal foot massage, pedicure or reflexology session are all fantastic. Feet are particularly effective since they have pressure points that stimulate the uterus.
- **Dates** - Eat a dozen dates daily until labor begins. One study showed eating 6 dates a day led to lower inductions, shorter 1st stage of labor, and lower Pitocin rates.
- **Pineapple** - Though not scientifically supported, many moms swear by eating pineapple to get labor started. Try to eat 1/2-1 full pineapple daily to see effects.
- **Spicy food** - These types of foods stimulate the bowel, which can trigger labor in some moms. Again, not scientifically substantiated but worth a try!

No luck? Give these a try:

- **Red raspberry leaf tea** - Great for a healthy pregnancy and effective labor. Try 1-2 cups of [this loose tea](#) simmered in 1 quart of water for 30 minutes. Sip throughout day.
- **Sex three times** - Three ejaculations are supposed to contain the same amount of prostaglandin as Cervidil! Prostaglandins ripen the cervix to prepare for labor.
- **Nipple stimulation** - Nipple stimulation, or better, entire breast stimulation tells your body to produce oxytocin, which is the hormone that triggers contractions.

Still no baby? Try these:

- **Acupressure and Acupuncture** - Certain points on the feet, hands and back help stimulate the reproductive system. Many moms swear by this technique! Here is [a guide for pressure points](#) that you can do at home.
- **Chiropractic** - A chiropractor can help get baby and your pelvis in the best position to start labor.
- **Castor oil** - Stimulating the digestive system, [castor oil](#) is an old-fashion remedy for inducing labor. Be sure to drink plenty of fluids like coconut water to prevent dehydration as it can cause intense diarrhea.
- **Evening primrose oil** - [Evening primrose oil](#) contains prostaglandins which can stimulate labor. Can be applied vaginally or taken orally. It has some risk so should consult with midwife or doctor before taking.
- **Membrane stripping** - Can help 1 in 8 women begin labor but can cause premature rupture of membranes, so be cautious. It helps to have a high BISHOP score before consenting to this intervention.
- **Homeopathics** - Common homeopathic remedies used to induce labor include [Pulsatilla 200C](#), [Caullophyllum 200C](#) and [Cimicifuga 200C](#). Some midwives recommend alternating all three every 3 days until labor begins. Consult your midwife for dosage.

Find more induction tips at <http://www.mamanatural.com/labor-induction/>

