



Recipes for Labor

*Starting at 36 weeks

- ❖ 2-3 cups daily (hot or cold) of traditional medicinal Red Raspberry Leaf Tea
- ❖ 1-2 capsules of Evening Primrose Oil- place in vagina at bedtime
- ❖ 6 dates (fruit) per day
- ❖ Have sexual intercourse- "Energy in, baby born"
- ❖ Walk 30- 60 minutes daily
- ❖ Stay well hydrated- try electrolyte water
- ❖ Sit on a yoga ball 1-2 hours daily
- ❖ Prenatal Yoga- lots of videos online (YouTube)
- ❖ Websites
 - o Childbirthconnection.org (lots of good information)
 - o Spinningbabies.com (exercise to get baby in a good position)

- ❖ **Chiropractors**
 - o Dr. Lisa Lewis in Cohasset- 781-383-1226
 - o Moore Family Chiropractor in Hanover- 781-826-5555
 - o Dr. Therese Henry in Hanover- 781-826-7397
 - o Dr. Kim Flaherty in Quincy- 617-471-4491

- ❖ **Acupuncture**
 - o Shelley Kelley Sullivan in Scituate- 781-545-1345
 - o Mary Eagan in Hanover- 781-264-7015
 - o MacLaren Transformative in Duxbury- 781-934-2232
 - o South Shore Community Acupuncture in Quincy- 617-845-0544
 - o Pan Healing in Quincy- 617-592-1900

We wish you well for your birth!