

# Acupuncture—It's only natural

Dr Paul West assisted me in an incredible way with the birth of my second son.

In fact, he used acupuncture at three distinct points during my pregnancy:

1. At 7 months he treated my post-nasal drip;
2. At 40 1/2 weeks he assisted me with natural induction;
3. He helped with pain relief and to strengthen the contractions during labour.

Most importantly Paul helped me to avoid any medicine or drug and to have a completely natural birth.

During my 40 week check-up my midwives started discussing induction with me. Determined to have a completely natural birth I called Paul to ask if he could assist. My appointment was at 16:00 and I had my first contraction at 21:00.

I am a firm believer in acupuncture but I was still astonished at the impact the treatment had on my body. During the session Paul explained that he would use five pressure points to bring about firstly contractions and if nothing happened by the following morning we would have another session using stronger pressure points to bring about labour.

In the past acupuncture had been a rather pleasant experience with no pain involved and even though this session couldn't be described as painful it was much stronger. Paul increased the pulses every few minutes to a point that was at times uncomfortable but never painful.

I was putting my eldest son to bed when the first contraction hit me only 3 hours after the acupuncture session. When Paul arrived at the clinic he used acupuncture to relieve pain and to strengthen the contractions. I was about 5 or 6 centimetres dilated at that stage and I was sinking in and out of a very deep sleep between contractions. Afterwards I learned the midwives commented on the calmness of the birth and I was of course happy to get some rest and to be that relaxed during labour.

At 12:00 I was already fully dilated but still sinking in and out of the deep sleep. The midwives rushed to get me into the bath and by 12:16 my son was born after three pushes.

I am blessed to have had Paul assist me in his very special way. I believe that the peaceful and positive experienced helped me in the subsequent weeks to breast feed well, heal very quickly and to have such a calm baby.

Ronelle Kleyn

