

Akupunkturnaia Signalno Informatsionnaia Optimizatsiia Rodovogo Protsessa I Poslerodovogo Perioda

[#acupuncture for labor](#) [#postpartum acupuncture](#) [#birth process optimization](#) [#natural childbirth support](#) [#maternity holistic care](#)

This document explores the optimization of the birthing process and postpartum period through a signal-information approach involving acupuncture. It delves into how acupuncture for labor can support a smoother delivery, alleviate discomfort, and promote overall well-being. Furthermore, the focus extends to postpartum acupuncture, detailing its role in facilitating faster recovery and addressing common postnatal challenges. This method aims to provide comprehensive maternity holistic care, enhancing both the birthing experience and the subsequent recovery phase.

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Acupressure Points for Menstrual Cramps - Massage Monday #217 - Acupressure Points for Menstrual Cramps - Massage Monday #217 by Yasuko Kawamura 343,012 views 9 years ago 2 minutes, 4 seconds - Affiliate Link Disclaimer: I get commissions for purchases made through links in this post. CHECK OUT MY POPULAR VIDEOS: ...

Intro

Under the Belly Button

Finger Widths

Ankle Bone

Outro

How to Relieve Menstrual Cramps with Acupressure - How to Relieve Menstrual Cramps with Acupressure by Howcast 380,814 views 13 years ago 1 minute, 16 seconds - Don't suffer through one more bout of **period**, pain. Instead, try this trick from the ancient Chinese healing art acupressure.

Warning ...

Step 1: Find the sweet spot

Step 2: Press it with your thumb

Step 3: Switch feet

Step 4: Repeat

Acupuncture Points for Fertility and Hormone Balance - Acupuncture Points for Fertility and Hormone Balance by One Agora Integrative & Aesthetic Clinic 1,262 views 1 year ago 1 minute, 35 seconds - Acupuncture and acupressure is a great tool to use to help to balance hormones and promote fertility.

Andrea goes through 4 ...

Acupressure Points for Menopause and Hormone Imbalance - Massage Monday #312 - Acupressure Points for Menopause and Hormone Imbalance - Massage Monday #312 by Yasuko Kawamura 40,383 views 7 years ago 3 minutes, 26 seconds - Affiliate Link Disclaimer: I get commissions for purchases made through links in this post. CHECK OUT MY POPULAR VIDEOS: ...

Find the Belly Button

Spleen 10

Spleen 6

The Sacrum

Acupressure : Acupressure & Menstrual Cramps - Acupressure : Acupressure & Menstrual Cramps by ehowhealth 154,741 views 13 years ago 1 minute, 15 seconds - Menstrual cramps can be treated through acupressure. Learn the basics of relieving cramps through acupressure in this free ...

Pointoselect Digital: The Most Advanced Auriculotherapy/Ear Acupuncture Tool - Pointoselect Digital: The Most Advanced Auriculotherapy/Ear Acupuncture Tool by Miridia Acupuncture Technology 5,595 views 3 years ago 1 hour, 25 minutes - Acupuncturists, Chiropractors, Nurse Practitioners, Naturopaths, Massage Therapists... LISTEN UP! Are you hoping to add ...

Review of Capabilities • Bi-polar point detection/auto treatment • Adjustable sensitivity

EAR AND BODY POINTS

FREQUENCIES

Irregular Menstruation Miracle Point - Irregular Menstruation Miracle Point by Dr Baritz 506 views 2 years ago 2 minutes, 42 seconds - Today I am going to show you a fast, simple and effective acupuncture point to help with irregular menstruation. Irregular **periods**, ...

Amenorrhea: Menstrual Irregularities | Acupuncture CEU Online | Dr. Daoshing Ni - Amenorrhea: Menstrual Irregularities | Acupuncture CEU Online | Dr. Daoshing Ni by Acupuncture Continuing Education Online 3,808 views 7 years ago 31 minutes - Course description: Amenorrhea is defined as the absence of menstruation in a woman of reproductive age. In this class we will ...

Intro

Definition

Etiology & Pathogenesis

Differentiation of internal structures

Women with 46, XY Karyotype

Western Medicine Etiology Ovulatory Amenorrhea

Qi Xue Xu Qi and Blood Deficiency

Yin Deficiency Blood Dryness

Qi Stasis and Blood Stagnation

Pathology

Exams

Kidney Qi Deficiency

Qi Stasis Blood Stagnation

Phlegm Damp Blockage

Case Study Dr. Fang. He Qian

How Acupuncture Improves Fertility & Hormone Health | Dr. Andrew Huberman - How Acupuncture Improves Fertility & Hormone Health | Dr. Andrew Huberman by Huberman Lab Clips 17,265 views 10 months ago 6 minutes, 20 seconds - In this clip from episode 108 of the Huberman Lab podcast, Dr. Andrew Huberman discusses how acupuncture can improve ...

15 HELPFUL PERIOD LIFE HACKS - 15 HELPFUL PERIOD LIFE HACKS by 5-Minute Crafts DIY 9,796,908 views 5 years ago 9 minutes, 34 seconds - These awfully helpful **period**, hacks will make that time of the month much more bearable! Find out how to wash blood stains off ...

Keep your hygiene products close

PMS treats

How to get rid of a headache

Heating pad idea

Ease Menstrual Cramps/Primary Dysmenorrhea with Self-Massage - Ease Menstrual Cramps/Primary Dysmenorrhea with Self-Massage by Rachel Richards Massage 121,295 views 3 years ago 11 minutes, 26 seconds - If you hate menstrual cramps as much as I do, try out this gentle self-massage to help relieve the pain and relax the muscles of the ...

start with just some gentle effleurage circles

massaging kneading in little circles

make a big circle all the way around your abdominal region

make circles thumb circles on our sacrum

inhale through the nose

put a heating pad either on the abdominals

avoiding caffeine and salt

Anti-Aging Fat Reducing Tanaka Self Facelift Massage (Normal Speed) - Anti-Aging Fat Reducing Tanaka Self Facelift Massage (Normal Speed) by Yasuko Kawamura 958,098 views 7 years ago

9 minutes, 25 seconds - Anti-Aging Fat Reducing Tanaka Self Facelift Massage - Normal Speed (Massage Monday #307) Full Post: <http://bit.ly/mm-091216> ...

slice your three fingers from the center to the sides

slide right under the eyes from the outer corners to the inner corners

massage around the soft part of the nose five times

slice your fingers to the corners of your mouth

slide the palm from the bottom of the cheek

push all the fat from the cheek to the eye

put the base of your thumb between the nose

put the base of your thumb on the corners of your mouth

press the heel of your hand on the center of the chin

press the side of your index fingers by the nose

finish up with the forehead strokes from the center to the temple

I Tried Acupuncture For Fertility!!! - I Tried Acupuncture For Fertility!!! by Joslyn Davis 60,097 views

3 years ago 13 minutes, 10 seconds - HI GUYS! Exciting announcement, Chris and I are officially on the TTC journey (aka trying to conceive, aka trying to get pregnant, ...

Acupuncture for Fertility

What Is It about Acupuncture That Is like So Helpful in the Fertility Process

Kidney Points

How to Relieve Menstrual Cramps & PMS | Reflexology - How to Relieve Menstrual Cramps & PMS

| Reflexology by Howcast 2,094,826 views 11 years ago 3 minutes, 22 seconds - So much of my experience, ever since I first got **period**, cramps, was one of the great pain. I used to pass out, have to take 1000 ...

Acupressure Points for Gout - Massage Monday #309 - Acupressure Points for Gout - Massage Monday #309 by Yasuko Kawamura 111,390 views 7 years ago 3 minutes - Affiliate Link Disclaimer:

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Kidney Three

Urinary Bladder 60

Spleen Six

Ayurvedic Treatment for Menstrual Problems | Swami Ramdev - Ayurvedic Treatment for

Menstrual Problems | Swami Ramdev by Swami Ramdev 2,401,787 views 6 years ago 3

minutes, 33 seconds - Visit us on Website: <https://www.bharatswabhimantrust.org> YouTube :

<https://www.youtube.com/user/TheBHARATSWABHIMAN> ...

How I got my PERIOD BACK | Amenorrhea, PCOS Tips + Advice! - How I got my PERIOD BACK |

Amenorrhea, PCOS Tips + Advice! by Sarahs Day 634,374 views 6 years ago 13 minutes, 2 seconds

- aPO BOX 1434 Cronulla NSW, 2230 AUSTRALIA aBusiness: kat@mg-mt.com.au ...

Intro

My Story

Diet

Lifestyle

Summary

Acupressure Points For PROLONGED PERIODS - Periods More Than 7 Days - In Hindi - Acupres-

sure Points For PROLONGED PERIODS - Periods More Than 7 Days - In Hindi by Apaka Health

Guru 103,629 views 5 years ago 6 minutes, 54 seconds - acupressure points for prolonged **periods**,

- **periods**, more than 7 days - in hindi very effective solution for the Treatment of irregular ...

Inter-Menstrual Bleeding | Acupuncture CEU Online | Dr. Daoshing Ni - Inter-Menstrual Bleeding |

Acupuncture CEU Online | Dr. Daoshing Ni by Acupuncture Continuing Education Online 1,690 views

7 years ago 43 minutes - Course description: Inter-Menstrual Bleeding | Acupuncture CEU Online

Inter-menstrual bleeding refers to vaginal bleeding at any ...

Intro

Definition

Midcycle Spotting or Bleeding

IMB and PCB

Epidemiology

Causes of Postcoital bleeding PCB

The Cervix

Cervical Erosion (Ectropion)

Cervical Polyp

Vaginal Cancer
Cervical Cancer Incident Rate
Cervical Cancer Screening
Cervical Cancer Stage!
Tumor Extent (T)
Tumor Extent T3, T4
Lymph Node Spread and Metastasis
Cervical Cancer - Staging
Causes Pregnancy-Related
Causes: Cervical
Causes: Uterine
Causes Iatrogenic
Breakthrough Bleeding
TCM Etiology
Blood Stagnation
TCM Pathology
Exams
Differential diagnosis
Kidney Yin Deficiency
Damp Heat
Stagnant Blood
Clinical Case Dr Cai Xiao Sun
Cycle Analysis
Delayed Menstruation / Irregular Menstrual Cycles | Acupuncture CEU Online | Dr. Daoshing Ni -
Delayed Menstruation / Irregular Menstrual Cycles | Acupuncture CEU Online | Dr. Daoshing Ni by
Acupuncture Continuing Education Online 15,071 views 6 years ago 41 minutes - Course description:
This class addresses two issues on menstrual irregularities. First, delayed menstruation is defined
as **periods**, ...
Delayed Menstruation
Five Syndromes
Herbal Treatments
Irregular Menstrual Cycles Case 3
Early Menstruation: Menstrual Irregularities 1 | Acupuncture CEU Video | Dr. Daoshing Ni - Early
Menstruation: Menstrual Irregularities 1 | Acupuncture CEU Video | Dr. Daoshing Ni by Acupuncture
Continuing Education Online 7,714 views 7 years ago 48 minutes - Course description: Early
menstruation is defined as **periods**, that occur consistently 7 or more days earlier than the norm
or ...
Prolonged Menstrual Flow | Acupuncture CEU Online | Dr. Daoshing Ni - Prolonged Menstrual Flow |
Acupuncture CEU Online | Dr. Daoshing Ni by Acupuncture Continuing Education Online 2,421 views
7 years ago 17 minutes - Course description: This class addresses prolonged menstrual flow, which
is defined as up to 14 days of menstrual flow while the ...
Introduction
Case Study
Treatment
Case
ACUPRESSURE POINTS For DYSMENORRHEA - Dysmenorrhea Causes ,Symptoms,Treatment-
Irregular PERIODS # 1 - ACUPRESSURE POINTS For DYSMENORRHEA - Dysmenorrhea Causes
,Symptoms,Treatment- Irregular PERIODS # 1 by Apaka Health Guru 4,902 views 5 years ago 6
minutes, 12 seconds - ACUPRESSURE POINTS For DYSMENORRHEA - Dysmenorrhea Causes
,Symptoms,Treatment- Irregular **PERIODS**, # 1 very ...
Relieve Menstrual Cramps (Periods) with Grabovoi Numbers - 4815812 - Relieve Menstrual Cramps
(Periods) with Grabovoi Numbers - 4815812 by NumGBV / Switchwords 1,048 views 2 years ago 6
minutes, 18 seconds - Important - In case of health problems always consult a physician.## What
are Grabovoi Numbers? Grabovoi numbers use ...
Infertility Tips | Acupuncture Supports Other Fertility Treatments | Smart Fertility Choices - Infertility
Tips | Acupuncture Supports Other Fertility Treatments | Smart Fertility Choices by Kym Campbell
136 views 8 years ago 30 seconds - As well as potentially making some humble improvements to
your chances of success, getting acupuncture in addition to any ...
LAMP TCM & ACUPUNCTURE 64: Menstruation-Related Headaches, Conjunctivitis, Yin-Linking

Vessel - LAMP TCM & ACUPUNCTURE 64: Menstruation-Related Headaches, Conjunctivitis, Yin-Linking Vessel by Acupuncture Matters 616 views 5 months ago 1 hour, 2 minutes - Menstrual-related headaches (MRH) are a common class of headaches that occur in women related to a decline in estrogen ...

Acupuncture and Physical Therapy to Manage Side Effects and Pelvic Pain (2021) - Acupuncture and Physical Therapy to Manage Side Effects and Pelvic Pain (2021) by OCRA 60 views 1 year ago 47 minutes - Acupuncture and physical therapy are two useful modalities that can improve quality of life for ovarian cancer patients. Learn more ...

Simple Self Acupressure for Nausea & Anxiety

Additional Treatment Related Symptoms

East Asian Medicine & Wellness Support

Common Questions From New Patients

Thorough Physical Exam

Lymphatic Assessment

Breathing Assessment

Medical Management of Symptoms

RESOURCES

Acupuncture Therapy for Tinnitus - Acupuncture Therapy for Tinnitus by Osher Center for Integrative Medicine 9,427 views 6 years ago 1 hour, 11 minutes - September 2016 Integrative Medicine Grand Rounds 09/06/16 Acupuncture Therapy for Tinnitus: Evidence-based or ...

Tinnitus

Treatment before Acupuncture

Epidemiology

Types of Tinnitus

What's the Causes for Tinnitus

Vascular Diseases

What Is the Treatments

Cognitive Behavior Therapy

Support Group

Homeopathy Therapy

Conclusion

Physiologic Tinnitus

Pathologic versus Other Causes of Tinnitus

Does the Sound of Tinnitus Come from the Inner Ear

Weird Reasons why Menstrual Cycle Synchronization Happens - Weird Reasons why Menstrual Cycle Synchronization Happens by The HealthWise 425 views 6 months ago 8 minutes, 7 seconds - Contents: ===== 00:00 - Intro 00:48 - Reason 1 02:14 - Reason 2 03:25 - Reason 3 07:26 - Outro ...

Intro

Reason 1

Reason 2

Reason 3

Outro

TREATMENT PRINCIPLE: MANIFESTATION BECOMING SECONDARY ROOT - TREATMENT PRINCIPLE: MANIFESTATION BECOMING SECONDARY ROOT by Acupuncture Matters 35 views 1 month ago 2 minutes, 54 seconds - Traditional Chinese medicine (TCM) is a systematic healthcare system developed from clinical experience based on a scientific ...

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