



Acupuncture Decreases Need for Caesarian Section Delivery Volume 14 Issue 86

Studies are showing that Acupuncture reduces the rates of caesarean births by helping correct numerous problems that often lead to “C-section” delivery.

World Health Organization studies of optimal C-section rates have found that the best outcomes for mothers and babies occur if C-section deliveries do not exceed 5 to 10 percent. As a C-section is major surgery that increases the likelihood of many short- and longer-term adverse effects for both mothers and babies, the adverse effects start to outweigh the benefits when the number of C-sections rises above 10 percent, the agency says.

The U.S. C-section rate was 4.5 percent in 1965 when the first national survey was done. In the last decade, the rates have increased steadily to a record high of 31.8 percent in 2007 - about one mother in three getting a C-section.

In Canada, nearly 28 percent of babies were born by C-section in 2007, not so far behind the U.S. In fact, Canada’s C-section rates have led the Society of Obstetricians and Gynaecologists of Canada (SOGC) to launch a campaign to “normalize” childbirth.

With C-section rates soaring, solutions need to be found to correct the many complications that can lead to a decision to perform C-section delivery.

According to the SOGC, the number of C-sections could be reduced by at least 20 percent by providing support during labor.

Acupuncture Comes to the Rescue

Scientifically controlled studies show that pre-birth Acupuncture provides a 32 percent reduction in emergency C-section deliveries. Pre-birth Acupuncture can help lower blood pressure, relieve pain, and shorten or even naturally induce labor.

Also, one of the major reasons for emergency C-sections is the problem of “breech birth” — the baby is delivering bottom-first, rather than headfirst. When the obstetrician is unable to manually turn the baby in time for delivery, an emergency C-section is routinely ordered.

A study in the Journal of the American Medical Association showed that, at 35 weeks gestation, over 75 percent of breech babies whose mothers received “moxibustion” Acupuncture spontaneously turned to a head-down position, versus 47.7 percent in the control group who did not receive Acupuncture.

Moxibustion, an ancient Chinese treatment that involves heating the Acupuncture points with the Chinese herb called mugwort, has been used to turn breech babies for centuries.

If more delivery rooms offered Acupuncture as a pre-birth solution, the C-section rates could start returning to optimal, lowering the risk for both mothers and babies.

SOURCES: Acubalance Wellness Center, October 2009,

<http://www.marketwire.com/press-release/Studies-Show-That-Acupuncture-Decreases-Caesarean-Rates-1057390.htm>; Childbirth Connection,
<http://www.childbirthconnection.org/article.asp?ck=10456>