

Holistic
Acupuncture
Santa Cruz

Holistic Acupuncture Santa Cruz Corp

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Herbal Foot Baths and other home practices for Labor Support & Yang Qi Deficiency

As you prepare for labor, this herbal foot bath ritual is designed to gently support your body's Yang energy and help initiate labor naturally when your body is ready. These warm, grounding practices are safe, soothing, and effective for tonifying Yang, moving Qi, and supporting relaxation.

Instructions for Use

- Use **once daily**, ideally in the **evening**.
- Soak feet for **20–30 minutes**, covering up to the ankles.
- Keep legs covered with a towel to retain warmth.
- Follow with a cup of warm tea and rest.

1. Warming Yang Foot Bath

For general Yang Qi deficiency and warmth

Ingredients:

- 3–5 slices fresh ginger (or 1 tbsp dried ginger)
- 1 cinnamon stick (or 1 tbsp cinnamon bark)
- Optional: 3–4 cloves or a piece of dried orange peel

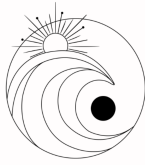
Instructions:

1. Simmer herbs in 1.5 liters of water for 10–15 minutes.
2. Strain and pour into a foot basin.
3. Add enough warm water to comfortably soak your feet.

2. Qi & Blood Moving Foot Bath

For sluggish energy, slow labor onset, or cervix not yet softening

Ingredients:



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- 1 tbsp Dang Gui (*Angelica Sinensis*)
- 1 tbsp Chuan Xiong (*Ligusticum*)
- 1 tbsp Rou Gui (*Cinnamon Bark*)
- Optional: 1 tbsp Bai Shao (*White Peony Root*)

Instructions:

1. Simmer herbs in 1.5 liters of water for 15–20 minutes.
 2. Strain and add to a warm foot bath.
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3. Calming & Tonifying Foot Bath

If feeling fatigued, anxious, or emotionally ungrounded

Ingredients:

- 5–6 slices fresh ginger
- 2 tbsp lavender or chamomile flowers
- 1 tbsp Huang Qi (*Astragalus root*)

Instructions:

1. Simmer herbs in 1.5 liters of water for 15–20 minutes.
2. Strain, pour into foot basin, and top up with warm water.

Additional Home Practices & Exercises

1. Gentle Walking

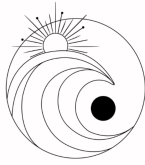
Walking for 20–30 minutes daily helps encourage natural labor onset by stimulating pelvic movement and circulation. Focus on relaxed breathing and upright posture.

2. Pelvic Circles on a Birth Ball

Sit on an exercise ball and slowly make gentle circles with your hips. This opens the pelvis and helps baby descend.

3. Acupressure Points

- **SP 6 (*Sanyinjiao*):** Located 4 fingers above the inner ankle bone. Apply gentle pressure for 1–2 minutes.



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- **LI 4 (Hegu):** Located between the thumb and index finger. Use only under practitioner guidance.

4. Restorative Yoga or Yin Postures

Practice gentle positions like child's pose, supported butterfly, or side-lying savasana to ground energy and ease physical tension.

5. Moxibustion (if recommended)

Use moxa at points such as **ST 36** or **DU 4** to support Yang Qi, especially if you're feeling cold, tired, or depleted.

6. Warm Compresses to the Low Back or Abdomen

Apply gentle heat (not too hot) to soothe and nourish the Kidney Yang and relax the pelvic area.

Important Notes

- Do not use it if you are experiencing **heavy bleeding** or **strong, active contractions**.
- Feel free to reach out with any questions or updates about how you're feeling.

Wishing you a warm, supported, and beautiful birthing experience.

Warmly,
Laura