Natural Induction Methods

1. Acupuncture\*
2. Acupressure\*
3. Castor Oil Cocktail (2T castor oil, 8 oz lemon verbena tea, 2T almond butter, 10 oz apricot juice)\*
4. Red Raspberry Leaf Tea
5. Dates
6. Evening Primrose Oil (1000mg daily as a soft vaginal capsule starting at 38 weeks)\*
7. Black and Blue Cohosh
8. Chamomile: 1000mg orally every 8hrs\*
9. Saffron: 250mg orally every 8hrs
10. Fresh Pineapple
11. Sex
12. Nipple Stimulation\*
13. Manual/Electric Breast pump\*
14. Honey
15. Bee Pollen
16. Spicy Food
17. Spinning Babies Inversion
18. Abdominal Lift & Tuck
19. Shake the Apples
20. Oatmeal
21. Walking (30 min, 3x a week) /Lunges/Wide Leg Steps

Mechanical Induction

1. Membrane sweeping\*
2. Foley Catheter
3. Balloon Induction

Rest with peanut ball

Move around whenever possible.

Inductions can be long, up to 72 hours: eat, drink & rest. Keep oxytocin flowing.

\*evidence based effectiveness has been proven