

Natural Ripening Methods

OIL OF EVENING PRIMROSE: 2 gel caps either by mouth or in the vagina every morning and night starting at 37 weeks. This can be purchased in most stores in the pharmacy section.

RED RASPBERRY LEAF TEA: Drink 3 cups a day, hot or chilled tea starting at 37 weeks. This is a uterine tone that will help strengthen the uterine muscle.

MEDJOOOL DATES: Researchers discovered that the women who ate six dates a day for 4 weeks had a shorter first stage of labor, had more cervical dilatation, and more had intact membranes upon arrival at the hospital. (In other words, their cervix was ripe for giving birth.)

THE MILE CIRCUIT: Positions that help the baby be in the best position for delivery. WWW.milescircuit.com

PS Semen contains the same chemical prostaglandin that we give you in the hospital to ripen your cervix. The very same energy and activity that began this new little life can trigger contractions to get him or her out of there!

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