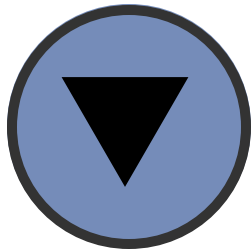




turn a breech



Look for details on using these methods from a professional or a reputable source. These are options besides an external cephalic version which is also safe and effective.



inversions

Spending time with your bum above your head helps release twists in your uterus, encourages your baby to tuck her chin and be free to turn head down. If you try one thing, it should be these.



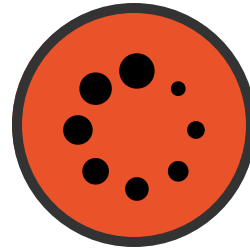
moxibustion

Moxibustion is the practice of burning little black pellets of dried herb (mugwort) on acupuncture points on your body. It is painless, weird, and proven to work.



chiropractic

The Webster Technique is a treatment that helps your pelvic and uterine tissues release and align, allowing baby to turn. Painless, fast and you can have it done multiple times. Some report high success rates with it.



hypnotherapy

You can purchase a self-hypnosis mp3 to help baby turn, or get private therapy with a professional. Professionals report up to an 81% success rate with helping women and babies release after a few sessions.



relaxation

It is well documented that anxious or fearful women have a higher incidence of breech babies. Your emotional tension creates bodily tension which can affect baby's position.



acupuncture

Acupuncture tries to correct the flow of energy in your body to normalize processes, including the position of your unborn baby. If you can't get professional help, you can try acupressure at home.