

## CAUTION IN PREGNANCY

If you are pregnant, please consult with your physician before beginning any course of Do-in massage.

Acupuncture can be both helpful and harmful during pregnancy depending on what points are stimulated.

Although Do-in does not stimulate points as intensely as in acupuncture, caution should be exercised when doing any Do-in during pregnancy. In general, massaging on the surface with broad strokes is safer than deeper point pressure massage.

Forbidden acupuncture points during pregnancy are the following:

SP6 (on the calf)

LI4 (large intestine source point of the hand)

BL60 (near the ankle)

BL67 (on baby toe)

GB21 (on the shoulder)

LV7 (near the wrist)

CV3-CV7 (lower abdomen)

BL27-34 (lower back)

Other risky points are taken from the book Acupressure for Everybody by Cathryn Bauer)

LUNG- 7 (a source point), 11

LARGE INTESTINE- 2, 4 (a source point)

STOMACH- 4, 36 (leg 3 mile point), 45

SPLEEN- 1, 2, 6

HEART- NONE

SMALL INTESTINE- 7, 10

BLADDER- NONE

KIDNEY- 1 (middle of foot sole), 2, 4, 7

LIVER- NONE

GALL BLADDER- 2, 9

TRIPLE WARMER- 4 (a source point), 10

PERICARDIUM- 8 (center of palm)