

Acupressure for Natural Pain Relief in Labour: DVD



BETTS Debra

Acupressure for Natural Pain Relief in Labour

Instructional DVD for pregnant women & their support people with Debra Betts and Tom Kennedy



The acupressure techniques outlined in this DVD are easy to use, promote natural birth and encourage close partner involvement

Debra Betts

DVD: 34 minutes

RRP: \$49.95

Special Price:
\$42.45
plus p&h

Debra Betts has taught acupressure to promote a better birth experience to midwives, practitioners and pregnant women for many years.

Now - at last - this professionally produced DVD offers a detailed explanation, fully demonstrated, of the techniques involved.

Ideal for practitioners of acupuncture, acupressure, shiatsu and massage, doulas, birth helpers and pregnant women, the DVD includes testimonials from women and their partners who have used the techniques during labour and a 16-page printed booklet that sits in the DVD pack with illustrated reminders of the points and their application.

Debra Betts is an acupuncturist and educator based in Wellington, New Zealand. She has been teaching women, their support people and midwives the techniques demonstrated on this DVD since 1992. Her teaching of acupressure has in this time spread from classes held in her private clinic to international acupuncture and midwifery workshops.

Tom Kennedy is an acupuncturist based in Bristol, UK. He has a special interest in treating pregnancy related conditions, and teaches Debra's acupressure techniques to pregnant women and their support people.

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