

ACT meeting 14/9/17

Meeting Agenda

A big thank you to Julia Davis for chairing and Pia for her wonderful talk.

1. Talk on using Western herbal Teas by Pia Huber
2. Contraindications for using moxa to turn breech babies – prompted by ACT FB thread
3. Recurrent Miscarriage - prompted by call for acupuncturists to take part in research trial by Jill Storstein
4. Case histories etc

Western Teas

Pia Huber gave a fascinating and informative talk on using herbal teas alongside treatment. Very clear more detailed document will be posted on website giving choice of herbal teas for range of conditions and also contraindications (CI). Thank you, Pia.

Recommended further reading 'The Herbs of Life' Lesley Tierra – using Western and Eastern techniques, action of western herbs are interpreted in TCM terms.

Use and Safety

As acupuncturists we can recommend them as a food. These herbs have been being used for 100s of years and are not very strong, but nevertheless can make a real difference in patient's well being. Patients can try them and see if it helps.

- If tincture then follow instructions on bottle.
- If tea then limit it to one cup to 2 cups a day.
- Or can eat fresh leaves for some, like dandelion or parsley or garlic cloves, just add them to a salad. Don't go overboard, don't load up a smoothie.

Specific herbs/conditions that came up in discussion

- **St John's wort** increases metabolism of liver and therefore takes drug out of system so can interfere with drug effectiveness (e.g. the contraceptive pill may not be protective anymore).
- **Liquorice** can raise blood pressure and contraindicated with some medications.
- **Raspberry leaf** tea is fine throughout pregnancy. Some people say don't take it in last week of pregnancy as it is astringent and can tighten uterine muscles, but some others recommend it for that reason.
- **Turmeric** - Difficult to digest. Need to take with oil and black pepper. Pukka do turmeric gold for arthritis, it is not very strong so easier.
- **Threatened miscarriage** – www.[Baldwins](http://Baldwins.co.uk).co.uk do a combined black haw and cramp bark.
- **Eyes and styes**-Chamomile compress (cooled down!)
- **Eczema & Psoriasis** - "Hope's relief" cream has been tested by a GP in Australia also for small children. Mazim Al Khafaji in Brighton was recommended as a superb TCM herbalist for treating skin conditions.

Turning Breech babies with Moxa

Following an FB group discussion on contraindications for the use of moxa we discussed the guidelines laid out in the BAcC Guide of Safe Practice (P44). Here is an extract:

Commonly occurring red flags and contraindications to the use of moxibustion for patients with breech presentation are:

- recent uterine surgery, including Caesarean section
- low-lying placenta, placenta previa
- uterine or pelvic abnormalities, e.g. uterine fibroids, septum: obstetric staff clearance advised
- insufficient liquor (oligohydramnios) or excessive liquor (poly-hydramnios): obstetric staff clearance advised
- history of any bleeding in pregnancy, antepartum haemorrhage
- threatened premature labour
- any query about ruptured membranes
- any hint of foetal distress
- foetal abnormality, any sign of compromised foetus
- multiple pregnancy
- significant maternal hypertension, any signs of pre-eclampsia, diabetes, cardiac problems or thyroid disease: obstetric staff clearance advised
- Rh negativity
- where Caesarean section is to be performed for other reasons.

Question came up over whether it was safe to use moxa when baby is in transverse position. We will email Debra Betts and Sarah Budd for their opinions on using moxa to turn both breech and transverse babies, so more to follow..

One member recommended referring clients to a pregnancy trained Osteopath to check there is room to move and no obvious obstructions – 100% success rate with clients after doing this. Also good practice to get clearance midwife/obs.

Recurrent miscarriage

Prof Lesley Regan thinks RM is always weak implantation.

Some specialists advise seeing acupuncturist before NK cells and immune issues are investigated.

Dr Shehata is also highly recommended.

Clotting factors.

Psychotherapy and counselling support

Hema Vyas £120 first session and then £95. FB post will ask members for lower cost recommendations.

Embryo Transfer Treatments - Here is a link to the Delphi Protocol study by [Smith et al.](#)

Next Meeting - Wed 15th November 7:30pm.

Minute taker: Philippa Summers