



MYTHS ABOUT KICK-STARTING LABOR

GOING FOR A WALK

Walking cannot do anything to jumpstart labor. It only helps the baby settle down low into the pelvis and builds strength for childbirth.



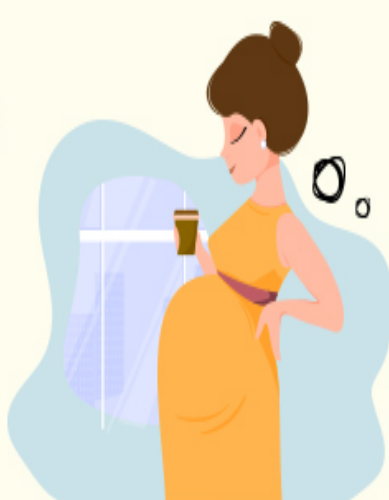
INGESTING CASTOR OIL

Castor oil causes diarrhea and intestinal cramps, which could irritate the uterus. It is not a valid method for labor induction.



HAVING HERBAL TEAS

Herbs such as cohosh contain phytoestrogens, and they affect the clotting factors. Also, there is an increased risk of clotting in pregnant women.



INDULGING IN INTERCOURSE

Semen contains prostaglandins that may help in opening the cervix. However, intercourse around this time could be uncomfortable for the mother.



A FULL MOON INDUCES LABOR

There is no evidence supporting this misconception, and it is not valid.

