

## **Natural Remedies** For Pain Relief During **Labor And Childbirth**



Continuous labor support from the partner



Changing positions and walking



Massage



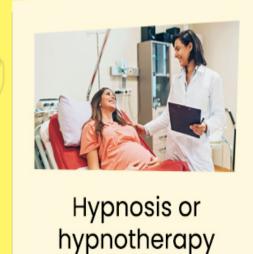
Acupuncture or acupressure



Aromatherapy



Distraction





Source: https://www.momjunction.com/articles/how-painful-is-giving-birth-reliefoptions\_00839174/