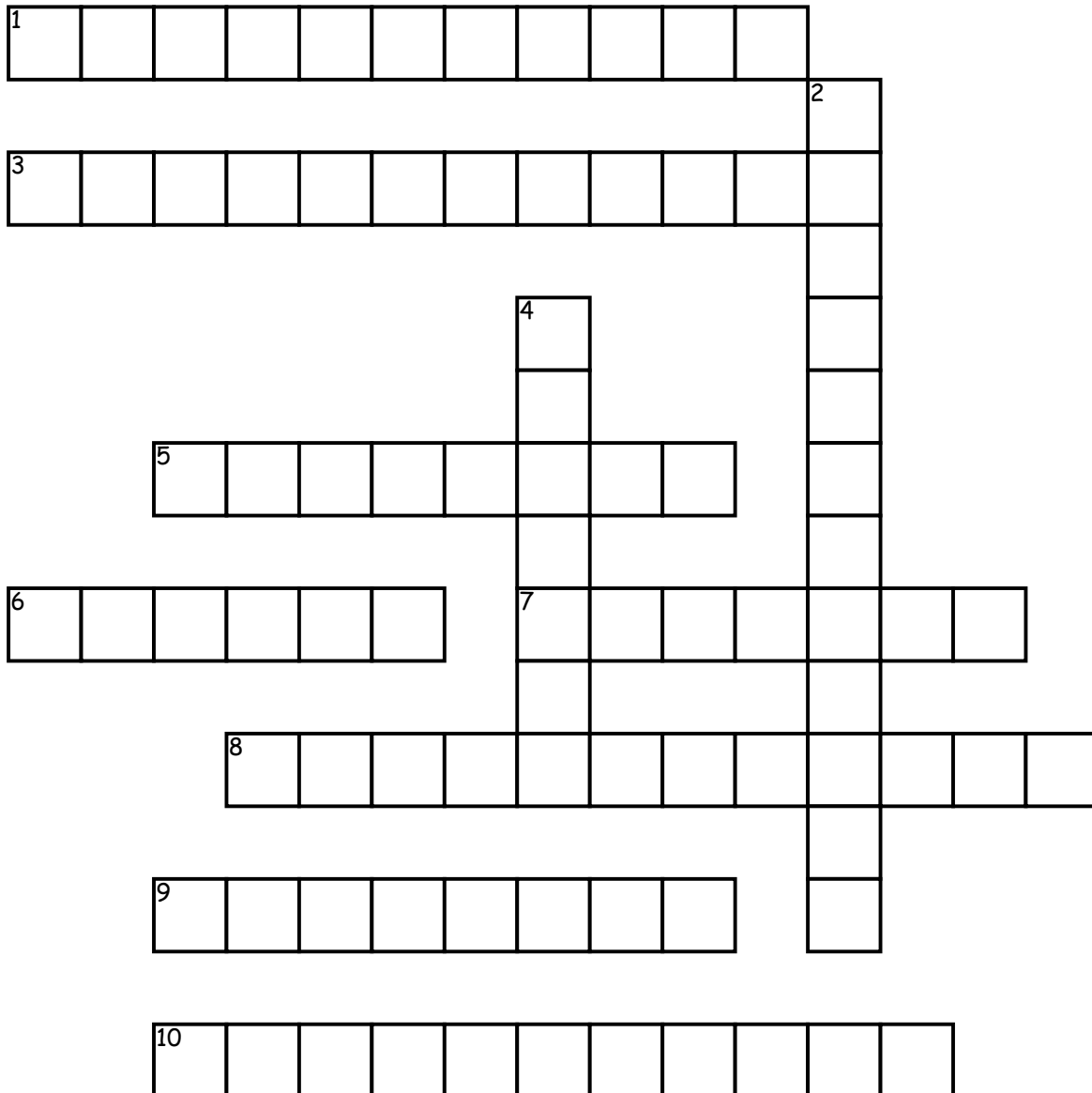


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Alternative Practices During Pregnancy



## Across

1. Pressure applied to specific points on the body to cause relaxation.
3. A healthcare professional who treatments patients through manual adjustment of the body.
5. A form of deep relaxation.
6. The person who presented this information to you.
7. Can lead to preterm labor and increased pain.

8. A possible complication from increased anxiety and stress.

9. A majority or mothers experience this during pregnancy.

10. The insertion of needles into the body to release tension.

## Down

2. The use of oils derived from plants, flowers, and herbs that can be inhaled or massaged into the skin for relaxation and to reduce pain.
4. Involves the manipulation of soft tissues in the body.