

# Rapid increase for insufficient lactation



~By~

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# Combining two forms of ancient healing



Electrotherapy (from the Greeks) and Acupuncture (from the Chinese).



Both electrotherapy (standing on electric fish/eels) and acupuncture treatments have been used for centuries to treat many different medical conditions.

# Electrotherapy



*Torpedo fish*



Scribonius Largus, a Roman physician, recorded the use of torpedo fish for treatment of headaches and gout in his *Compositiones Medicae* of 46 AD. ancient Greeks used electric rays to numb the pain of childbirth and operations

# Drawing of an ancient Greek standing on a torpedo fish



*Ellen R. Kuhfeld*

# Electrotherapy/Piezoelectricity



In 1880 two French physicists Jacques and Pierre Curie discovered piezoelectricity



The word *piezoelectricity* means electricity resulting from pressure.



Piezoelectricity is a safe and effective means of electrotherapy. A Piezo pen takes the place of standing on an electric fish.

# What is a Piezo Pen and how does it work



The piezoelectric stimulator (Piezo Pen) is an instrument that works by means of pressure exerted onto a quartz crystal, which results in a tiny electric charge. There is no battery or electrical source. It works with the existing living human electric fields.

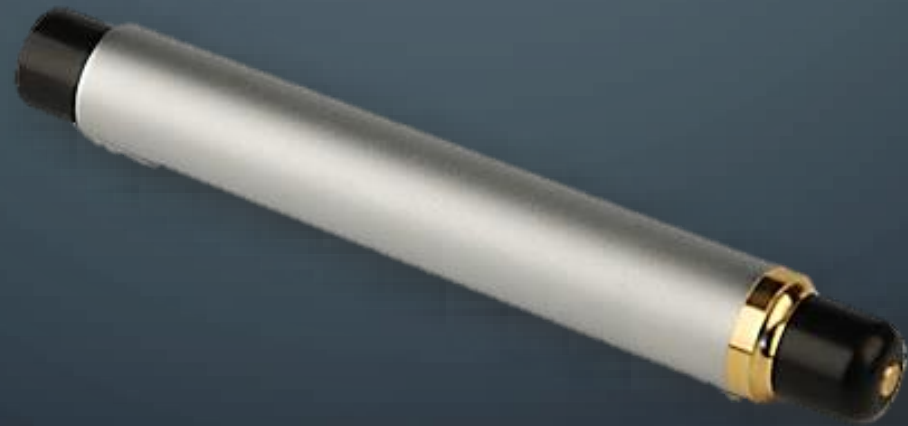


This device was studied by Japanese scientists, who were fascinated by the intimate relationship between the human body and electricity. The brain, heart, muscles, and even individual cells produce tiny amounts of electricity.

# Uses of piezoelectricity

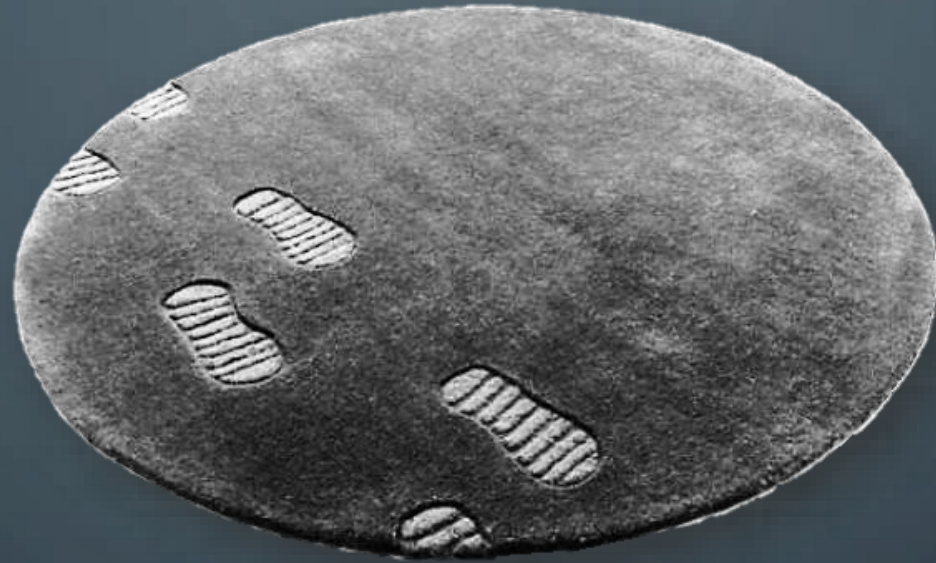
- ✱ Used in surgery for a more precise cut into the desired area.
- ✱ Used in dentistry for treatment of gum disease.
- ✱ Used in modern day medicine to treat gallstones and infertility.
- ✱ Used in anesthesia for treating upper uteral calculi.

This is what a Piezo pen looks like





# What to expect



With each click of the pen, both doctor and patient feel a mild electrical sensation, similar to the static electricity feeling one may experience when touching a person after walking across a carpeted floor.

# Acupuncture

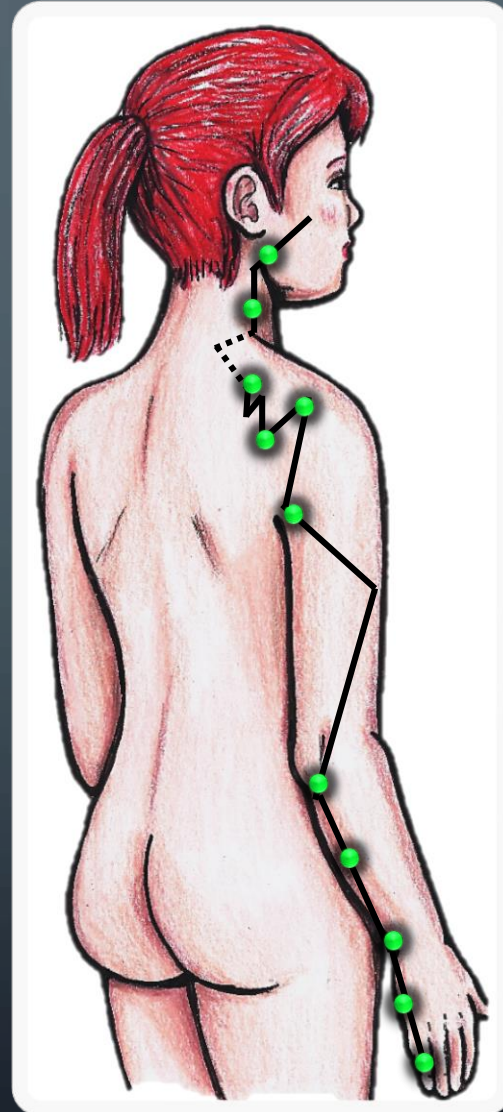
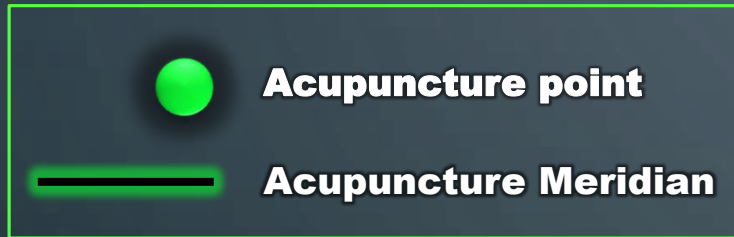


Acupuncture point used to increase lactation in breast feeding mothers was Small intestine I (SI I). SI I is known as an empirical point to increase lactation



The Small intestine meridian has a total of 19 points. The first point SI I starts at the lateral corner of the pinky finger (both hands) and travels up the arm to SI I9, just lateral of the tragus of the ear.

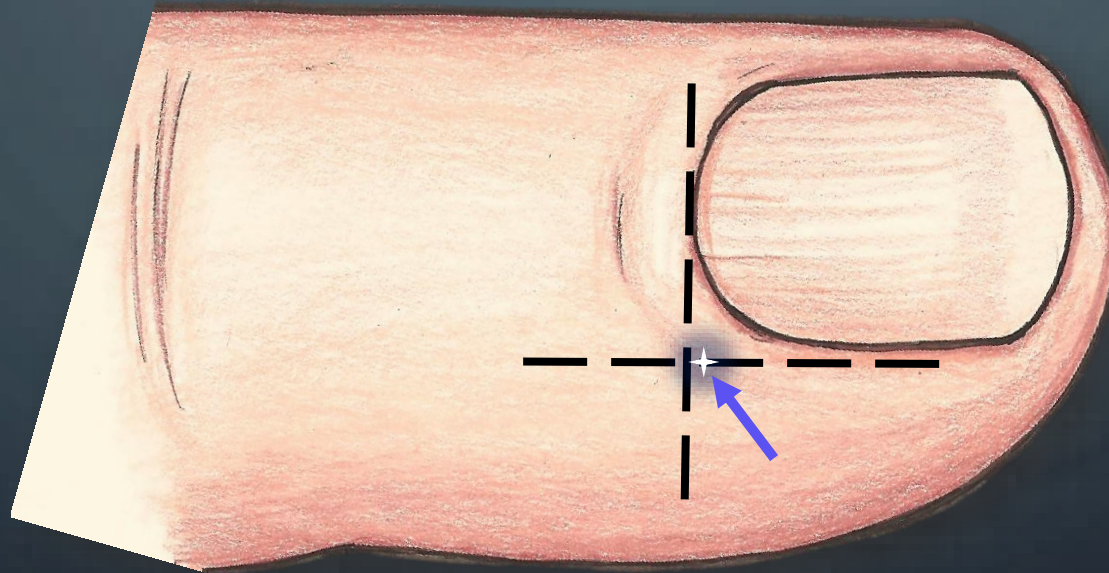
# Small Intestine Meridian



© Stephanie Laskmit

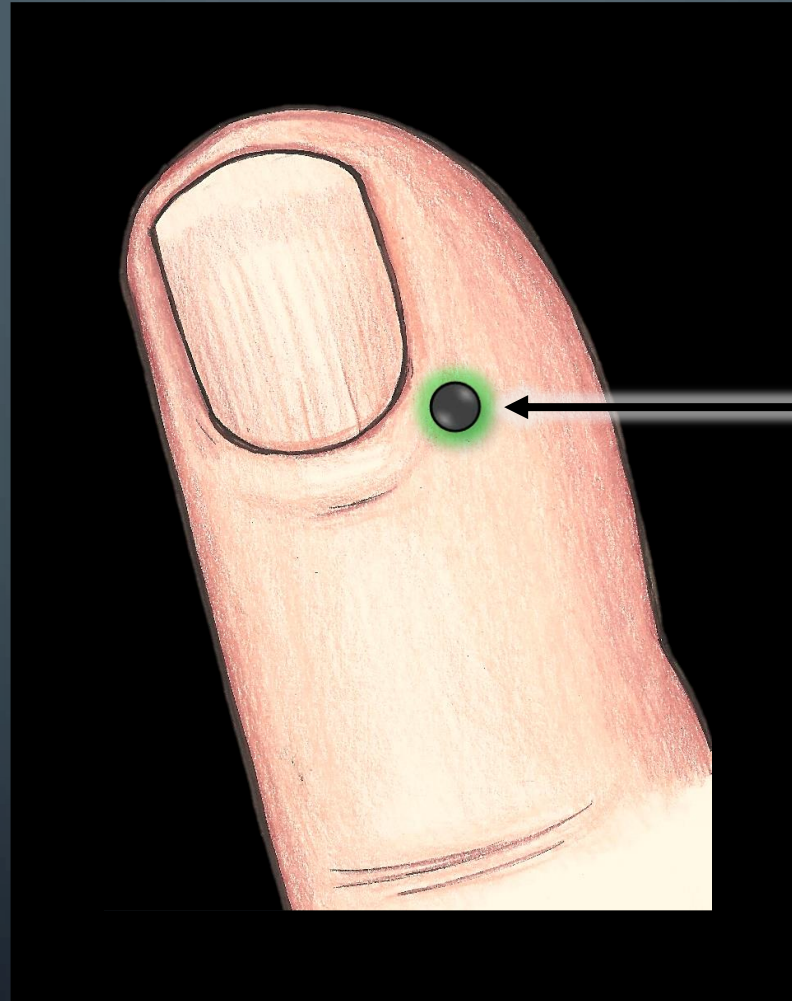
# Location of Acupuncture point Small Intestine I

SI-I is located on the dorsal side of the little finger. It is 0.1 cun (approximately .1 in) from the corner of the nail. The cun is a Chinese measure of length. It is the width of a person's thumb at the knuckle.



*© Stephanie Laskmit*

Picture above (**blue arrow**) pointing to the point in white



Small intestine I

Small intestine I



© Stephanie Laskmit



Small intestine I

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# Jing (Well) Points

GET  
WELL!



Meridians starting points are called Jing-Well points.

They are located on the fingers and toes of the four extremities.

The indications for the use of these points are fullness in the chest and mental disorders related to the Yin organs.



# Empirical point



Empirical means a source of knowledge that was or is acquired by means of observation or experimentation. Or one might say “because.”

# Imagination



The treatment of insufficient lactation in nursing women with the use of classical Chinese acupuncture point SI I and the Piezo pen.



Imagination was the key to this protocol working. You could have used a needle on SI I, but with repeated use, it is painful and may cause soreness or infection. Using the Piezo pen would allow for multiple treatments throughout the day and your patients can do this at home.

# Why Piezo pen and not needles



According to Peter Deadman (A Manual of Acupuncture) SI I can be needled or pricked to bleed.



According to Howard Et al. Small intestine I can be stimulated by Piezo pen. We have observed that it's safer and more efficient for multiple stimulations of that point each day.

# Production of milk per day



750 ml/cc per day. With 8 pumps per day that works out to 93 milliliters (mL's) per pump.



My subject is a healthy 32 year old first time mom. Her baby was born at week 28 of gestation.



Mom began to lactate right after delivery of her baby.

# Lactation results for the first four weeks



My patient pumped 8 times per day (every 3 hours). She received more milk from her right breast than her left breast. She is right handed.



On average my patient produced 30 to 60 mL's of milk per pumping. Mom was prescribed pain medicine due to delivery and had to discard all the milk she pumped in the 5 days she was on the medicine.



For the first week her baby was consuming (1 to 5 mL's of milk every three hours). By week 6 her baby was consuming 384 mL's per day.

# Results of protocol



When we stimulated both SI I's with the Piezo pen (10 – 15 clicks on each finger) my patient's milk production went from 30 – 60 mL's to 100 – 120 mL's



If we didn't stimulate SI I with the Piezo pen prior to her next pumping (3 hours later) my patient's milk production dropped by 15 mL's. This drop would continue with each additional pumping if the Piezo was not used till she plateaued to her normal 30 – 60 mL's per pumping



These results were achieved by stimulating only SI I on the patient's left hand (non dominant hand).

# How to perform the protocol



Just before your patient is about to pump (within a minute or two) have her or her husband stimulate SI I with the Piezo pen.

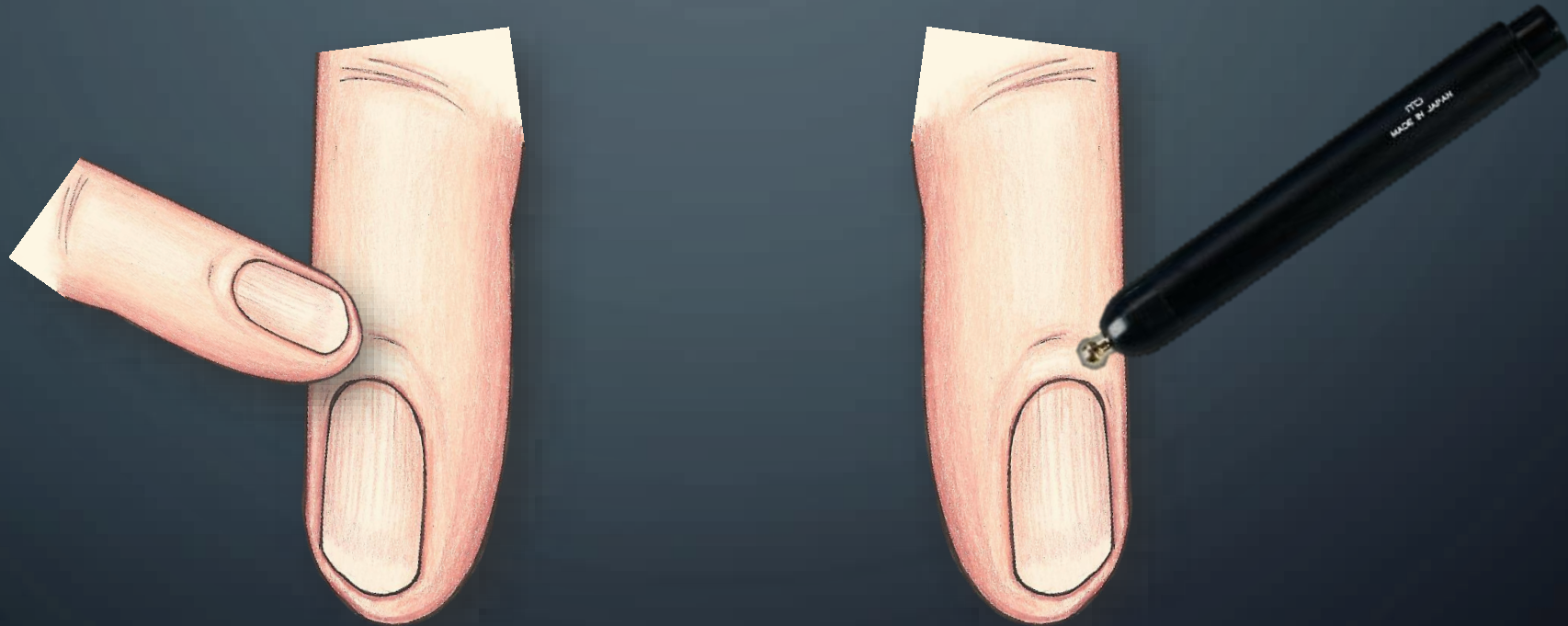


Place one finger on SI I and on the other hand place the Piezo pen on SI I.



If your patient has no one around to help her, just have her stimulate SI I on each hand with the Piezo pen. Stimulate each point 10 to 15 times.

# Points and how to use the Piezo pen



© Stephanie Lashmit



Place one finger on SI I of your patient's hand

*As seen in the picture below*



© Lauren Howard

Place the Piezo pen on SI I of your patient's opposite hand

*As seen below in the picture*



© Lauren Howard

Once you placed your finger and Piezo pen on each SI I point

*Click the Piezo pen 10 to 15 times then switch hands*



© Lauren Howard

# Your Piezo pen and finger have now switched hands

*Click the Piezo pen 10 to 15 times again*



© Lauren Howard

# When to use the Piezo pen on one or both hands

## *Example*



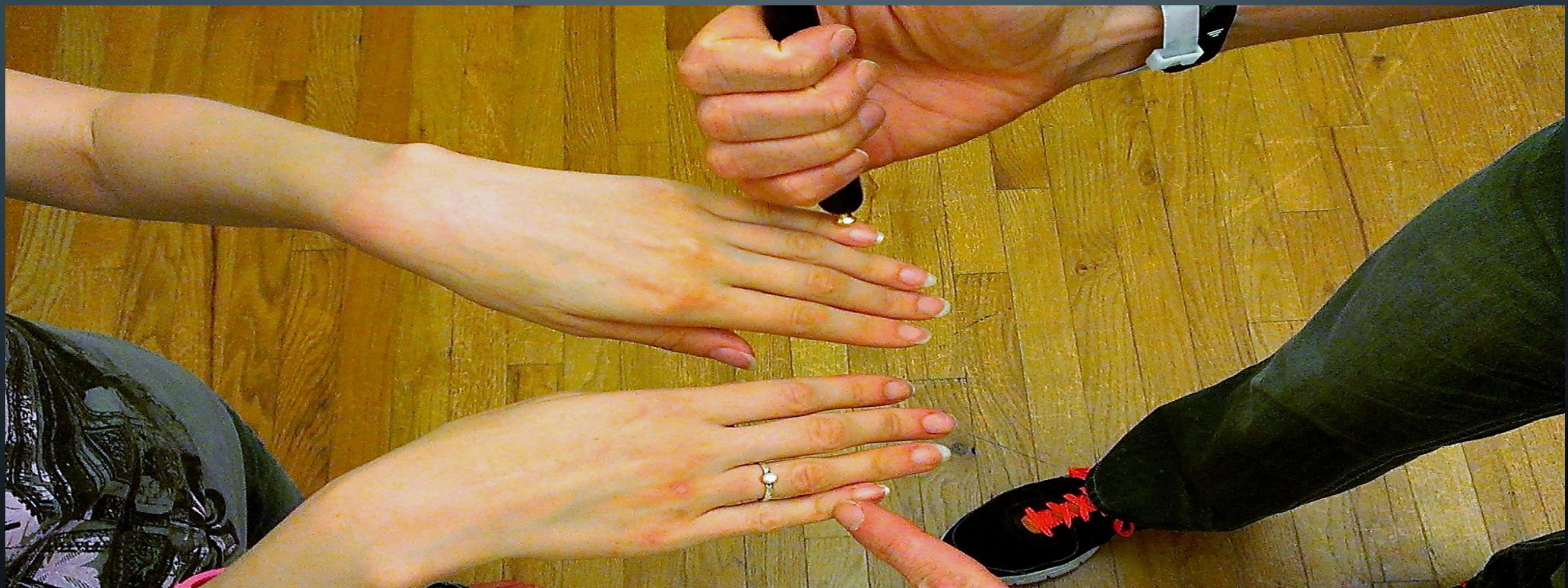
If your patient is getting at least 75 mL's of milk out of one breast you can use the Piezo pen on one hand. The hand on the side of the breast that is producing less than 75 mL's of milk.



In my patient's case her left breast would always produce less than 75 mL's of milk and her right breast would produce at least 75 mL's of milk. In this case I would only use the Piezo pen on her left hand. As seen in the picture on the next page.

# Left breast is producing less than 75 mL's of milk per pumping

*In this picture only the left breast is producing less than 75 mL's of milk per pumping, so I only use the Piezo on the left hand*



# Right breast is producing less than 75 mL's

*In this picture only the right breast is producing less than 75 mL's of milk per pumping, so I only use the Piezo on the right hand*



# Both are producing less than 75 mL's per pumping

*Piezo on left hand, finger on right click 10 to 15 times. Switch hands*



© Lauren Howard



© Lauren Howard

*Piezo on right hand and finger on left, click 10 to 15 times*



## Teach your patient to treat herself or teach her husband to treat at home



With one hand hold the Piezo pen in the palm of your hand with the head (gold part) facing down. Place your thumb on top of the Piezo pen



With your other hand (two person technique) take your index finger and place it On SI I. Make sure when you treat that both the Piezo pen and your finger are touching your patient's skin. Touching any clothing or jewelry will negatively affect the results.



Push down on the plunger (top of the Piezo pen and click 10 to 15 times on each hand. Both you and your patient will feel a slight shock each time you click the Piezo pen.

# Everything Piezo pen



## How many times a day can you use/treat with the Piezo pen

*You can use the Piezo pen as many times as you pump in a day. I have personally used mine upwards of 20 times in one day*



## Contraindications for using the Piezo pen

*Anyone with a pacemaker, either patient or person clicking the Piezo pen, should NOT do this protocol*



## How long do they last and care of your Piezo pen

*Up to three years or 10,000 clicks. It must be touching skin when clicked. If you click it and it is not touching anything it will run out much quicker*



## Where can you get a Piezo pen

*At Lhasa OMS ([lhasaoms.com](http://lhasaoms.com)) They can be reached at 1-800-722-8775*