

## Swollen Hands

### Discussion Group

#### Question:

*Mom has very swollen hands. She says that her blood pressure is fine, but that sleeping on her side at night is causing her hands to swell. This has been going on for 2 weeks now, and is very uncomfortable. She's drinking tons of water already and is going to have some acupuncture.*

#### Responses:

*I can't prescribe, but I, personally, used 1/4 teaspoon cream of tartar in distilled water (doesn't have to be distilled, that's just what I drink) am and pm with calcium supplements to help with the swelling. It works great and is straight potassium. So don't use any more than that. And I slept much better too!*

*Yes, her hands are swollen due to the compression/mis-alignment in her spine--not her diet.*

*It happens late in pregnancy, as the growing uterus throws the hips forward and makes the upper back 'curve around the breast area'--she's unconsciously slumping her shoulders. She needs to think about standing straight, throwing her shoulders back and tucking her 'wings'-shoulder blades into her back pockets-like in a pair of jeans. She would benefit from a chiropractic adjustment. I suspect her rib heads are a little out of joint and causing the restrictions that make her hands swell during the night. She does need to keep eating well, by she will notice a big change after her adjustment and 'stacking her vertebrae' like blocks-and nice, straight, tall pile. JW*

*Drink of fluids (water), and eat food like celery. Make sure also that she is not consuming too much sugar, it causes proteins to stick together and creates stiffness and swelling in the body.*

*Your mom can also try sleeping on a beanbag. Shape it like a donut with hollow in the middle for belly and then standing, bend knees and gently flop into it, belly in the hollow, mom then adjusts the beads for her head & face and can turn her head to the side, she will then be lying in the falling position. It's great for cat napping especially with backache. I sometimes put my pre-natal students in this position in class if their backs are bothering them. The beanbag can also be used for semi-reclining positions in bed too (husband may have to vacate depending on size of bed!) but being able to mould the bag around the body is really helpful. This is most successful when there are just enough beads in the beanbag! After pregnancy the beanbag can be used to place baby on when mom needs to be hands free and baby can see her.*

#### Additional Recommendations from [info@tubsntea.com](mailto:info@tubsntea.com)

- Watermelon
- being in the water-pool or bath tub
- sprouts on a turkey sandwich (needs to be deli turkey, something about the nitrates...)
- Linden Tea (very bitter, add honey)
- a 4 oz glass of gatorade or coconut water every morning
- Is she eating any salt? if not, she needs some for the retained fluid to get out of the cell and back into circulation so she can pee it off