|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Complementary and Alternative Therapy** | **Used during the last half of your pregnancy** | | **Why you used it** | **How you heard about it** |
| ***Yes(✓)*** | ***No(✓)*** |
| ***Example: Massage*** | ***√*** |  | ***Back pain*** | ***Midwife*** |
| **Herbal Medicine** |  |  |  |  |
| **Homeopathy** |  |  |  |  |
| **Chinese Medicine** |  |  |  |  |
| **Vitamins and Minerals** |  |  |  |  |
| **Aromatherapy** |  |  |  |  |
| **Massage** |  |  |  |  |
| **Nutraceutical (Lactobacillus drinks example : Danone actimel yoghurt drink)** |  |  |  |  |
| **Acupuncture** |  |  |  |  |
| **Acupressure** |  |  |  |  |
| **Chiropractic** |  |  |  |  |
| **Reiki** |  |  |  |  |
| **Ayurveda** |  |  |  |  |
| **Hypnosis** |  |  |  |  |
| **Shiatsu** |  |  |  |  |
| **Reflexology** |  |  |  |  |
| **Osteopathy** |  |  |  |  |
| **Spiritual Healing/Prayer** |  |  |  |  |
| **Alexander Technique** |  |  |  |  |
| **Cranial Osteopathy** |  |  |  |  |
| **Meditation** |  |  |  |  |
| **Yoga** |  |  |  |  |
| **Applied Kinesiology** |  |  |  |  |
| **Autogenic Training** |  |  |  |  |
| **Others:**  **a)**  **b)**  **c)** |  |  |  |  |