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Sources:

[Journal of Midwifery & Women's Health 64\(6\)](#); [British Journal of Midwifery](#); [Midwifery](#); [RCM Midwives](#); [Midwifery Matters](#); [Midwifery Today](#); [Complementary Therapies in Clinical Practice](#) [BJOG](#); [British Journal of Midwifery](#)