

LABOR PAIN HACK: ALL YOU NEED IS AN ICE CUBE

Truvine Wellness

Why this works:

Gate Control Theory explained

Your brain has a built-in "gatekeeping" system for pain. It's called Gate Control Theory—and it means your brain can only process so many signals at once. When you hold an ice cube in your hand, the cold sensation travels along your nerves and competes with pain signals coming from your uterus. The intense feeling distracts your brain, "closing the gate" to some of the pain and reducing your perception of discomfort.

Let's apply it

Practice before labor starts

1. Grab an ice cube
2. Set a timer for 60 seconds
3. Hold the ice cube in your hand. Try not to drop it!
4. Focus on your breath. Inhale through your nose, exhale slowly through your mouth

Observe what happens

- What did you feel first?
- Could you focus on anything besides the cold?
- Did it take your mind off the discomfort?

Tips for using this during labor

- ✓ Use it during contractions when you're not quite ready for the epidural or want to wait longer.
- ✓ Have a partner or doula hold it in your hand so you can stay in position.
- ✓ Combine it with breathing techniques, affirmations, or prayer for added calm.
- ✓ Keep a towel nearby—it can get drippy!
- ✓ Rotate hands to avoid skin discomfort.

Why this matters?

Labor is not just a physical journey—it's a mental and spiritual one too. Tools like this give you a sense of control, peace, and presence. Whether you're going unmedicated or navigating your way to an epidural, knowing how to work with your body can change the entire experience.

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Journal prompt

What surprised you about this experience? Could you see yourself using this during early labor?



*You've Got This,
Mama*

*Add this to your labor toolbox and practice now so you're confident when the time comes.
Your body was made for this. Your brain is on your side. And you're not doing it alone.*

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