



PREGNANCY AND POSTPARTUM CARE with Acupuncture and Chinese Herbs

PREPARING FOR LABOUR

Being pregnant is a very important time in a woman's life. Acupuncture and Chinese herbs will assist you to achieve your goals should you desire a drug free natural labour.

The first trimester of the pregnancy is important and women must be careful in order not to miscarry. If you have a history of miscarriage, herbs and acupuncture will assist in protecting the foetus. Treatment for morning sickness is also very effective and it is important to realize that you do not have to suffer in the first trimester. Treatment once a month over the term of your pregnancy is relaxing and assists the fetus in each of its stages of growth.

For breech babies, it is best to assist the mother at 34-35 weeks for optimal effect. Acupuncture treatment is required coupled with a home treatment program. Research has suggested a success rate of up to 80%. It is also possible to reposition a posterior baby. Pre-labour preparation should begin 3 weeks prior to the due date in order to prepare the pelvis and soften the cervix.

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