



Acupuncture from infertility through labor & delivery

Acupuncture and moxibustion are effective and commonly used: to treat infertility issues; to prevent miscarriage; to support a healthy pregnancy; to support healthy fetal development; to correct breech presentation; to induce labor; to manage pain during labor; to ease delivery; to address postpartum conditions.

Why should I get Acupuncture during Pregnancy?

Many pregnant women suffer from fatigue, morning sickness, nausea, backache, edema, common colds, constipation and hemorrhoids. Acupuncture is a safe, gentle, and effective way to address these complaints, especially since many Western medications can't be used during pregnancy.

Regular treatments are effective for nourishing the fetus and encouraging the health of the Mother. In fact, a different meridian is responsible for nourishing the fetus in each of the ten months of pregnancy. It is therefore important to regulate and nourish the Qi in these meridians as they affect the fetus's developing organs. According to ancient practices the gestational period is counted as 10 months. Studies show that, women who receive acupuncture during pregnancy often have an easier birth experience than women who don't receive acupuncture.

Trimester Treatment Plan

Acupuncture during the first trimester focuses on setting the foundation for a healthy pregnancy. Treatments are given to prevent miscarriage and to address any early pregnancy symptoms, such as nausea, vomiting and fatigue.

In the second trimester treatments continue to maintain balance and harmony for both mother and fetus. Acupuncture in the second trimester is important in assisting the development of the fetus's digestive system and in regulating the mothers' digestion.

Acupuncture during the third trimester prepares the body for labor and delivery. Treatment for breech presentation is recommended to begin between weeks 33-36, but can also be effective when performed later. Specific acupuncture treatment for labor induction can be given anytime after week 38 if there are no complications with the pregnancy.

Breech Presentation

Acupuncture treatment for breech presentation is successful 70% of the time and carries no risk to the mother or baby. It is generally done between weeks 33-36, when there is still enough room for the baby to turn. The treatment includes burning the herb mugwort directly on the acu-point BL67. The technique is thought to release hormones that stimulate the uterus and increase fetal activity allowing the baby to turn naturally.

Labor Induction

Acupuncture for labor induction is safe, effective and side effect free! It is most effective when started the week of the baby's due date. Several studies show a success rate of over 75%.

Labor induction with acupuncture stimulates uterine contractions and softens the cervix. The treatment initiates a hormonal process that stimulates the release prostaglandins and oxytocin, the natural hormone that Pitocin mimics. As a result, it is a much more gentle and natural process when compared with Western methods of induction.

Postpartum Treatment

Since women are already Qi and blood deficient after childbirth it was traditionally encouraged to rest for one month in order to restore strength, recoup energy and decrease the possibility of contracting illnesses. As this is not always possible in Western society acupuncture can help to nourish the blood, Qi and boost the immune system. The following are some postpartum conditions that respond very well to acupuncture: headaches, insomnia, stiff shoulders, insufficient lactation, common colds, digestive problems, emotional issues and dizziness.