

Acupuncture during pregnancy

I love treating pregnancy patients here at Coast Life Midwifery. Acupuncture and moxibustion are modalities that are ideally suited to encourage and support the pregnancy process. We can help throughout all stages of your pregnancy to enhance wellbeing for you and your baby and allow a calmer experience right through to the all-important birth.

In treating pregnancy patients, we focus on **6 phases of pregnancy**:

0 to 3 months: The foetus is small, but there is a hormonal flux for the mother, leading to temperature increase and sometimes the beginning of morning sickness. Acupuncture and moxibustion will help in temperature regulation, while balancing the hormone flux will help you with your morning sickness - you don't have to feel ill during your pregnancy, and acupuncture has helped many patients in this area, with outstanding results. If these things sound familiar to you, come and get some acupuncture today!

4 to 6 months: Blood production increases as the baby begins to draw blood from the mother. You experience more tiredness and feel sleepier. Acupuncture will help you in regulating these changes, and assist you in feeling more energised, especially when you have other kids to attend as well.

7 to 9 months: Your baby is growing larger and your uterus is higher, putting pressure on the diaphragm, which yields to indirect impacts on your lungs. This may manifest in shortness of breath, palpitations and lumbago. Acupuncture can alleviate all these symptoms and enhance your general wellbeing, leaving you freer to enjoy your pregnancy.

10th month - birth: Your baby is now lower in your pelvis, which can leave you feeling quite uncomfortable and leading to feelings of nervousness about the imminent birth. At this stage, there are large demands on your heart and blood supply (circulatory system). Acupuncture and moxibustion can help you with your emotions throughout this period, alleviating discomfort with great success. You will feel the change immediately.

Labour and birth: Throughout this amazing time, you will likely experience pain and discomfort around your hips and sacroiliac joints. Studies show that acupuncture and moxibustion are really helpful during this time, and increase your chances to have a peaceful, relaxing birth with reduced pain and anxiety.

Post- partum: The mother is very deficient due to muscle and tendon soreness, the uterus recovering from the birth process and the beginning of milk production. I know it is hard to find time after giving birth but if you have the support of family or friends to allow you to come and have a treatment after birth, it will make a massive change to your recovery, including ensuring a healthy milk supply. If you are unable to attend our clinic during this time, then home visits are also available (this is also true during the other phases of pregnancy).

Are you pregnant in one of these phases? If you are not feeling the best or you need a little bit of a boost up, don't think twice - come and have a lovely treatment in our beautiful space at Coast Life Midwifery, 2/22 beach road, Maroochydore, 4558



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