



Chinese Medicine and Pregnancy

A positive pregnancy is a joyous occasion, but it can often be over ridden by feeling of anxiety, extreme nausea, fatigue and isolation. Chinese Medicine has a long history of safe, effective drug free treatment during pregnancy and can be especially beneficial for those with a history of miscarriage.

The First Trimester (0-12 weeks)

During the first trimester weekly acupuncture treatments are recommended for the expectant mother. These treatments reduce the risk of miscarriage by strengthening and promoting blood flow to the uterus they also focus on easing morning sickness and fatigue as well as any headaches, constipation or hot flushes that may occurs in the early stages of pregnancy.

This is a good time to address any anxiety of fear that may be associated with the pregnancy.

The Seond Trimester (13-28 weeks)

Fortnightly to monthly treatments are still recommended up until week 36 where weekly treatments are resumed to prepare your body for birth. Weej 34 is the optimum time to adress breech presentation babies. A combination of acupunctre and home moxiz has been shown to corrent breech presentation with u pto an 80% succes rate.

Preparing for labour (36 - 40+ weeks)

Studies show that weekly treatemtns for the month leading up to a woman's due date result in a reduced chance of induction, a shorter labour time with fewer medical interventions. If you have passed your due date, a combination of acupuncture and home acupressure can be effective in encouraging labour to start.

We strongly support the use of acupressure during birth to aid pain control and promote partner involvement. We teach location and technique and provide a booklet to ensure it is carried out correctly.

Early Pregnancy Guidelines

There are many dos and don'ts that are recommended during early pregnancy which can become quite confusing. Using your common sense and trusting your body is the best way to get through the first 12 weeks, while keeping in mind the mantra "if I don't fell like it I don't do it" The following are a few guidelines to common questions.

Diet

Eating simple, easy to digest, bland food in frequent small portions is one of the best ways to manage morning sickness and fatigue. In screased protein intake and decreased sugar will help you get through the day.

Exercise

When it comes to exercise it's imporatat to listen to your body. Some women can manage to easily keep their existing exercise routine, while others fnd it hard to get off the couch. For the first four weeks rest is more important, but by the second or thrid trimester its a good idea to follow a simple exercise program to be fit for lobour. Yoga pilates, walking and swimming are all excellent in forms of excersie. Keep exertion to 75% of maximum and stay away from heavy lifting.

Fumes

its is important to avoid strong chemical fumes in the ealry weeks of pregnancy. This includeds paints, pefumes, nail varnish and remover as well as some cleaning procdcts.

Sex

If you have a history of miscarriage Chinese Medicine advises to avoid sex for the first few weeks of pregnancy. It also may be advisable to avoid or wait for a vaginal ultrasound until at least the 7th week of pregnancy.

Temperature

Chinese Medicine belieces that keeping the lower back and abdomen warm and well covered will help successfull establishment of pregnancy.