

Pregnancy & Acupuncture by David McCartney

Many conditions which routinely crop up during pregnancy are eminently treatable using Acupuncture. In my clinic, I treat woman regularly for pregnancy related symptoms such as morning sickness, back pain, pelvic pain, headaches, tiredness, heartburn, constipation, depression and anxiety as well as high or low blood-pressure. Acupuncture has also been shown to be particularly good at stopping bleeding or spotting in the early months of pregnancy.

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Acupuncture is a safe treatment for both you and your baby throughout your pregnancy. Even when there are no problems associated with your pregnancy, intermittent sessions of acupuncture can do wonders for energy levels as well as keeping you and baby well and healthy as your pregnancy progresses. A healthy mother-to-be is better for baby and means uncomfortable symptoms are far less likely to occur.

Moxibustion (a form of gentle heat treatment) is an adjunct to Acupuncture and is very successful treatment for turning breech babies. Often times I have found that just 1 or 2 treatments are all that is needed.

Acupuncture has also been proven effective in clinical trials in helping induce labor after baby's due date has passed. There are several considerations here in terms of the health of mother and baby and I only use such treatments in consultation with a client's obstetrician. Treatment is very mild and, when successful, usually results in the beginnings of labor 24 to 48 hours after treatment.

If you are experiencing morning sickness or other difficulties at any time during your pregnancy, please don't hesitate to call for more information and make an appointment.

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