

## Acupuncture and Pregnancy

Acupuncture can be used before, during and after pregnancy and childbirth to improve the health of the mother and baby, and to help the labour to go smoothly, easily, and with the least amount of pain.

### **Fertility**

Acupuncture is becoming recognised as one of the best methods of improving fertility available. A major study published in the British Medical Journal has shown that needle acupuncture given within a day of embryo transfer in women undergoing IVF improves their pregnancy rates by a massive 65%, ongoing pregnancy by 85%, and live birth by 91%.

However, IVF with the single acupuncture treatment included still has a lower success rate than a full course of acupuncture treatments. On its own, acupuncture to improve fertility usually has a success rate of over 50%.

### **Prevention of Miscarriage**

Treatments to reduce the risk of a miscarriage can be very effective.

### **Morning Sickness**

Good success is normally achieved when treating morning sickness with acupuncture and/ or Chinese herbs.

### **Pregnancy- Related Problems**

Lower back pain, brain-fog, preeclampsia, gestational diabetes, carpal tunnel syndrome, and many other conditions that can occur during pregnancy can be treated.

### **Improving the Baby's Health**

- A special treatment is given at the 3<sup>rd</sup> and 6<sup>th</sup> months of the pregnancy to improve the health and constitution of the baby.
- Acupuncture through the pregnancy improves the quality and quantity of blood to the uterus, helping to nourish the baby better.

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*To receive a free 1 hr Health Assessment (valued at \$120), and find out how to improve your fertility naturally, please go to [www.cntc.com.au](http://www.cntc.com.au), or call us on **3376 6911**.*

### **The Natural Health Experts**

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## **Breech Position**

A point on the toe is well-known for getting the baby to turn if it is in the wrong position, and the treatment is now being recommended by some midwives.

## **Improving Labour**

- Points on the inside of the shin are treated from the 5<sup>th</sup> month on. These points improve the strength and effectiveness of the uterus, so that the labour will normally be faster, easier and with the least amount of pain. These points can be treated weekly, although some women are taught a simple home treatment (not using needles), which they can do daily.
- A point on the back is known as the “Safe Birth point”. This is treated in the last month of pregnancy.
- Whenever possible, a quick treatment soon after labour has started is ideal.

**A good website** for more information is <https://acupuncture.rhizome.net.nz/> .

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