



Chinese Medicine for Pregnancy, Birth & Postpartum

Preconception

- Promotion of optimal health & fertility
- Menstrual irregularities
- PMS & menstrual pain
- History of miscarriage

Pregnancy & Birth

Many of the discomforts, pains and imbalances of this time can be improved including:

- Nausea
- Back pain, sciatica
- Headaches
- Fatigue
- Heartburn
- Varicose veins
- Hemorrhoids
- Carpal tunnel
- Anxiety
- Fetal malposition
- Immune system enhancement
- Edema
- High blood pressure
- Labour induction
- Slow labour
- Painful labour

Postpartum

- Milk supply problems
- Postpartum depression
- Fatigue

For baby

Cranio-sacral therapy, massage and herbs are used

- Breastfeeding problems
- Digestive issues, colic, diarrhea, constipation
- Sleep issues
- Slow development/growth

For partners

- Stress
- Emotional issues
- Physical pain/injuries
- Fatigue