

Acupuncture and Natural Conception

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Acupuncture is an ideal medication-free therapy for pre-conception, fertility, successful conception, healthy pregnancies, childbirth, and postnatal issues.

They are non-invasive and can be used safely and effectively alongside orthodox medical care.

This approach provides flexible and tailored care, which allows each woman to be in control of her own body.

Studies show that acupuncture, has a marked influence on both the induction and regulation of ovulation. Research has also found that acupuncture can increase blood flow to the uterus and therefore make for a healthier, more receptive endometrium to accept and nurture embryos.

Acupuncture and Pregnancy

Acupuncture during pregnancy benefits both mother and baby. Regular treatments to balance energy during pregnancy influence the development of the baby, and help prevent complications. is extensively used in pregnancy management to treat back pain, nausea, vomiting, headaches, migraine, constipation and dental pain. Other antenatal ailments, which can be successfully treated with Acupuncture, include hyper emesis, sciatica, varicose veins, haemorrhoids, constipation, heartburn, carpal tunnel syndrome, oedema, abdominal pain, skin problems, anxiety and breech presentation. It is also highly effective in treating the side effects of becoming a non-smoker.

Acupuncture is particularly effective in...

- Relieving morning sickness and hyperemesis gravidarum (severe vomiting which threatens to cause dehydration). Research has found that acupuncture can reduce discomfort significantly
- Alleviating bleeding, tiredness and headaches
- Relieving heartburn and haemorrhoids
- Reducing discomfort from sciatica, backache, pubic and joint pain and even carpal tunnel syndrome
- Encouraging breech babies to turn
- Stimulating contractions and bring on overdue labour
- Aiding control in bleeding after delivery
- Speeding up healing after Caesarean sections