



MS Acupuncture Clinic

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Acupuncture In Pregnancy And Childbirth

Pregnancy is an amazing in a woman's life. Many women report feeling healthier than they have ever felt before; however, the physical growth of the baby and changes in hormone levels can bring about pain, discomfort and a variety of health problems. Acupuncture and Oriental medicine can provide a safe, effective alternative for many of the health complications that may arise before, during and after pregnancy. A growing number of women are choosing acupuncture to use throughout their pregnancy and as an optional treatment for an overdue or difficult labor.

Planning for a Healthy Baby

Healthy parents produce healthy babies. With acupuncture and Oriental medicine, parents can improve their health to create the most optimal environment for their unborn child. In addition to their ability to strengthen, support, and balance overall health and well-being, acupuncture and Oriental are an effective treatment for regulating menstruation and hormone levels, reducing stress and addressing any pre-existing medical conditions or concerns that a woman may have.

Acupuncture during Pregnancy

Acupuncture and Oriental medicine can play a vital role in the comfort of a pregnant woman. There is strong evidence to support that acupuncture is highly effective at treating some of the most common problems experienced during pregnancy including morning sickness, heartburn, insomnia, water retention and sciatica.

Here is a list of some of the problems that an acupuncturist often treats during pregnancy:

-Nausea and Vomiting, Heartburn, Constipation, Hemorrhoids, Edema and Swelling, Urinary Tract Infection, Pelvic Pain, Neck and

Back Pain, Sciatica, Carpal Tunnel Syndrome, Leg Cramps, Fatigue and Exhaustion, Insomnia, Anxiety and Depression, and etc...

Acupuncture for Childbirth

While there are acupuncturist points that can provide natural pain relief during labor, acupuncture is more commonly used to induce labor. There are several points that stimulate contractions and influence cervical ripening. There is also an acupuncture point that has been found to turn a breech baby.



Acupuncture Postpartum Many women feel depleted after the birth experience. Acupuncture and Oriental medicine can help the transition of those first few months after birth to ensure a quick recovery. Postpartum care focuses on the physical, emotional and psychological recovery of the mother from the effects of pregnancy and labor, as well as encouraging breast feeding.

Here are some of the postpartum disorders that can be treated with acupuncture:

-Fatigue, Postpartum Depression, Mastitis, Insuffi-

cient or Excessive Lactation, Post Operative Healing, Night Sweats, and etc...

Safety of Acupuncture During Pregnancy

Acupuncture is safe to use while you are pregnant; however, there are some points that can cause contractions and should NOT be needled during pregnancy or should be used with extreme caution.

Acupuncture Points to Avoid During Pregnancy

-Large Intestine 4, Spleen 6, Gallbladder 21, Point on the sacrum, Point on the lower abdomen, Point on the low back