

# Amy Mager MS, Lic.Ac., Diplomate Oriental Medicine (NCCAOM)



## What is acupuncture?

First used in China 2,000 years ago, acupuncture is the use of very thin needles to enter specific pressure points in the body.

## What is acupressure?

The use of massage finger pressure or small seeds on tape instead of needles on specific pressure points.

## What can acupuncture do for me?

Research shows that acupuncture and acupressure may help:

- Lessen back pain, sciatica pain and pain in the bones and ligaments in your pelvis.
  - Decreases nausea and vomiting in pregnancy.
    - Shorten labor or help labor start.
- Make you more relaxed in pregnancy and during birth.
  - Help you heal & be in less pain after your birth
    - Support your milk come in well.
    - Treat PTSD triggered by birth.
    - Treats Post partum depression
- Supports a regular menstrual cycle & treats PMS.
- Addresses issues of secondary infertility when you want to get pregnant again.

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Amy Mager MS, Lic.Ac.Diplomate OM, (NCCAOM)

Amy has been licensed to practice acupuncture and Chinese herbal medicine since 1990. She trained and was first licensed in CA where acupuncturists are licensed as primary care providers. She apprenticed for two years with midwife and acupuncturist Dr. Raven Lang OMD. She has been in private practice in CA and MA for over 25 years. Amy is co-owner of The Wellness House, a multidisciplinary healing center. She also runs a Women's Wellness low-cost clinic at the CDH Center for Midwifery Care. She continues to advance her studies.

**Available at The Wellness House & The Women's  
Wellness Acupuncture Clinic at the CDH Center for  
Midwifery Care.**

27 Brewster Court 1L  
Northampton MA 01060

Women's Wellnes Acupuncture Clinic at the  
Center for Midwifery Care

[Amy@WellnessHouseNorthampton.com](mailto:Amy@WellnessHouseNorthampton.com)  
[www.WellnessHouseNorthampton.com](http://www.WellnessHouseNorthampton.com)