

Top Ten Reasons to Refer for Acupuncture

during the **Post-Partum** period

Acupuncture is a tremendous tool to use as we move through our life cycles. I have been working with women through fertility, pregnancy and post-partum for over 25 years.

Here are my patients TOP TEN

1. Nursing challenges: lack of milk, let-down difficulties, mastitis, clogged ducts, working with a Colicky/fussy baby. Acupuncture will help you relax, sleep better and open what is stuck. I have worked with women for years to support them to breastfeed successfully with the help of acupuncture. Your breasts are your barometer: mastitis may be a breast infection, but you get it from doing too much.



2. Anemia and or tiredness, lack of energy. Some women lose a lot of blood when they give birth, some women do not. Growing a tiny human for nine months and then pushing out that tiny human is a tremendous amount of work. Being the sole food provider for that tiny human requires that we take care of ourselves, nourish ourselves and rebuild our life force.

3. Urinary incontinence/stress incontinence/dribbling urine. Pushing out a baby takes a lot of energy, life force and heat. It is a tremendous amount of downward bearing pressure and depending on our muscle tone, we may or may not bounce back quickly. Acupuncture and herbal medicine will help raise what has sunken, support tissue to heal and powerfully lifts things up to help tremendously here.



4.

Lingering pain in the perineum, hip or site of surgery. Sometimes we heal well and easily. Sometimes we need support. Acupuncture and herbal medicine will help your tissue heal and help prevent the formation of scar tissue.

5.

When you've had a difficult birth or your pelvic floor is just not responding as you wish it would. Acupuncture helps lift and support your pelvic floor and brings vitality to your lower jiao/pelvic region to help it heal, be nourished and support your body.

The strongest ligaments in our bodies relax as we open to give birth. Using acupuncture, moxibustion, Chinese herbal medicine and other techniques will support your healing and recovery.

6.

PPD: Post-partum depression/anxiety/mood disorders. There is significant research showing that acupuncture helps with anxiety and depression. When a mom has PPD or is experiencing anxiety or depression, or just sleep deprivation, acupuncture will help you get back on track to be as centered as possible meeting your new precious one's needs. PTSD: Post traumatic stress disorder whether brought on or triggered by birth or a previous incident. Acupuncture is a tool that will support you and your health care provider team to help you heal.

7.

To support regular menstrual cycles and treat menstrual pain/PMS. Some women do not bleed for a long time after giving birth once they stop bleeding. Others bleed at six weeks. Others still have irregular or painful periods and acupuncture will both help pain and regulate your cycle.

8.

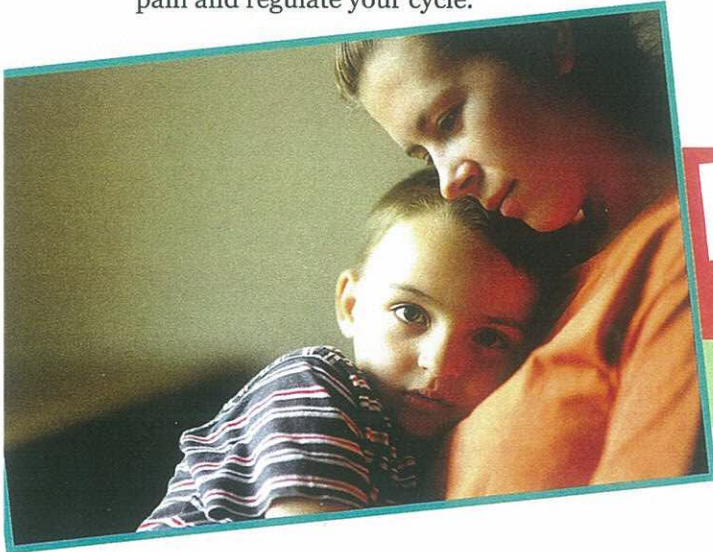
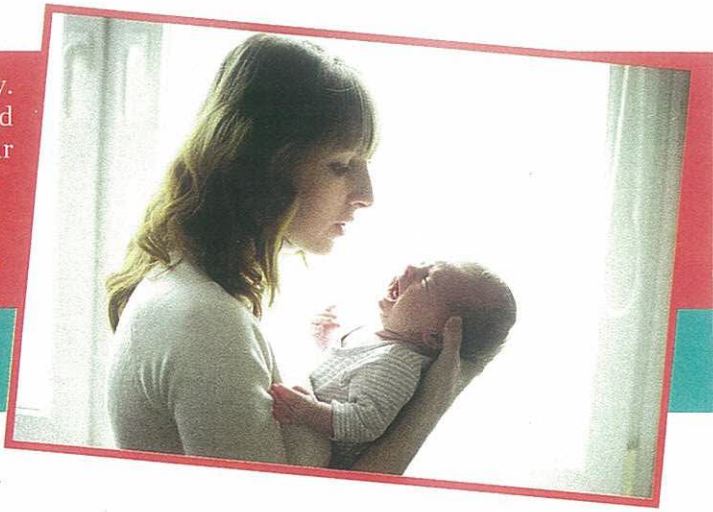
Sciatica or low back pain that comes from the way baby was lying inside you, how you gave birth, or just shows up. Acupuncture and moxa will help decrease the pain, increase mobility and support your life gate fire/Kidney energy which will support you to be stronger sooner.

9.

When one is a mommy who does too much. Acupuncture will support you to be centered and create the dynamic balance that generates life as you live your life. Our devices have brown outs, so do we.

10.

When you are concerned about Secondary Infertility. Acupuncture and Chinese Herbal Medicine support you to be fertile and achieve pregnancy to term



Amy Mager MS

, LicAc has been practicing Acupuncture & Chinese Medicine since 1990.

She is a trained as a birth assistant, birth educator & lactation counselor. Amy has been published in the books Parenting from the Heart and "Round the Circle" and the magazines "Natural Jewish Parenting" and "Stepping Stones" and has a bi-weekly radio segment with Bob Flaherty of WHMP called "Healing Outside the Box, Inside the Heart".

Amy serves as Secretary of the AOMSM Board as well as serving on the ASA Board as a member at large. You can find her blog at www.wellnesshousenorthampton.com and on Facebook as MagerHealing. She has birthed 6 children.

