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HELPING MOMS OPTIMIZE THEIR BIRTH EXPERIENCE WITH FEWER INTERVENTIONS



What is your plan for childbirth?

When I was pregnant, I had monthly acupuncture treatments in addition to my prenatal visits with my OB-GYN. With a 20 year background in the biotech and pharmaceutical industry I saw how important it is to integrate Eastern and Western medicine. At 37 weeks I began pre-birth acupuncture treatments to help me prepare for my goal of vaginal childbirth. With the help of my husband, doula, nurse and OB/GYN I was able to deliver my son at 9lb 5oz without any medical interventions and 8 hours after arriving in the hospital. It was the most empowering experience and I want to help women have this experience.

Are you preparing for childbirth and looking for steps to take in addition to vaginal childbirth classes and prenatal yoga?

Acupuncture helps reduce stress, enhance pregnancy hormones, and soften the cervix for baby engagement.

At 37 weeks women can begin pre-birth acupuncture treatments. Most women report a more efficient labor with fewer interventions.



What do you want to remember most about your baby's birth?

FREQUENTLY ASKED QUESTIONS

Q: Is acupuncture safe during pregnancy?

A: Yes, acupuncture is safe during pregnancy when you see a licensed acupuncturist who is experienced with birth work.

Q: At what time should pre-birth treatments begin?

A: Treatments begin at 37 weeks and continue weekly until you deliver baby.

Q: Could I receive acupuncture treatments earlier in pregnancy?

A: Yes, many women use acupuncture to help relieve symptoms such as, nausea, back pain, anxiety, insomnia, or heartburn.

Q: I am unsure if I am going to have an epidural, should I have pre-birth treatments?

A: Yes, epidural or no epidural, acupuncture prepares the body for fewer interventions. Pre-birth acupuncture also helps with an efficient labor.

Q: Why should I consider vaginal childbirth?

A: Many women plan for a vaginal birth without pain medications to avoid the potential side effects of medications. Additionally, many women prefer to be able to move about during labor and after delivery with fewer restrictions.

Q: My first birth was a Cesarean birth and my provider gave me the option of having a vaginal birth after cesarean (VBAC) for my second birth. Should I consider pre-birth treatments?

A: Yes, all pre-birth treatments begin at 37 weeks to prepare the body for less interventions and an efficient labor. Each approach is a personalized strategy based on your health history.

Q: I am planning for a Cesarean birth, should I consider pre-birth treatments?

A: Yes, acupuncture helps prepare the mom for all births. This personalized treatment strategy would also encourage the body to heal faster and experience less pain after surgery.



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Call Today for Your Complimentary
Pre-Birth Consultation

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