



Wellbeing Clinic Newsletter

Today's Focus: **PREGNANCY**

With a new life growing in the womb, a woman's body undergoes many complex changes and increased pressures which may cause several discomforts as well as health issues and complications. At the same time, it is more important than ever to avoid any harmful substances that could adversely affect the growing baby. It is therefore useful to know that Traditional Chinese Medicine can provide a safe and reliable healthcare alternative which is very efficient in dealing with many common problems during all stages of pregnancy.

Why consider Traditional Chinese Medicine during pregnancy?

Traditional Chinese Medicine comprises various ancient treatments that have been proven effective over many generations. These include acupuncture, moxibustion, herbal medication, hot cupping and specialist massage. Depending on the problem, these natural methods can be used as stand alone treatments or in various combinations to safely support the mother's and child's body during pregnancy and to ease many common discomforts or health issues, thus avoiding the need for pharmacological drugs or more invasive medical procedures.

What problems can Traditional Chinese Medicine help with during pregnancy?

Below we have listed some of the most common pregnancy problems, which can be efficiently treated by Traditional Chinese Medicine. This list is not exhaustive as it is simply impossible to list all the conditions we can help with. We recommend speaking to our practitioner if you have any pregnancy related problem that is not mentioned here.

Morning sickness/nausea – acupuncture and herbal medication can safely and efficiently ease this common early pregnancy symptom;

Miscarriage /Pre-term labour – acupuncture and herbal medication can be used to support the healthy development of the foetus and avoid miscarriage or pre-mature birth;

Back pains – growing weight and an increasing pressure on the spine during later stages of pregnancy often cause back pains. Acupuncture and specialist massage can

efficiently treat the back pain and inflammation without using painkillers;

Stress/anxiety – acupuncture and herbal medication can ease stress and anxiety symptoms in a natural way, which is safe for both the mother and the baby;

Infections – herbal medication can safely treat a range of bacterial, viral or fungal infections during pregnancy, reducing the need for antibiotics which could negatively affect the growing foetus;

Water retention/swelling and high blood pressure – these symptoms are most commonly caused by an increased pressure on the kidneys and the heart, which need to work extra hard to support the bodies of the mother and the growing baby. Acupuncture and herbal medication can improve the function of these organs and efficiently reduce the symptoms;

Gestational diabetes – the pancreas is another body organ that is subjected to an increased workload during the late stages of pregnancy as it supports both the mother and the baby. Herbal medication is very efficient in naturally strengthening the pancreas function and in normalising the body sugar levels during pregnancy;

Overdue labour – an ancient moxibustion technique can be used in an overdue pregnancy to safely induce the labour;

Post-labour recovery support – herbal medication can be used immediately or shortly after labour (both natural or by C-section) to reduce the risk of internal bleeding and to speed up recovery. This treatment is suitable for breastfeeding mothers.

Wellbeing Clinic

369 Upper Richmond Road West, SW14 7NX London
E-mail: info@wellbeing-clinic.uk www.wellbeing-clinic.uk