



Pre-Birth Acupuncture

What is prebirth acupuncture?

This protocol is designed to prepare the uterus and cervix for birth, calm the nervous system, and optimize your 'birth' day.



Is it Safe?

Yes, acupuncture has been in practice for 5,000 years and is one of the oldest medical treatments. Acupuncture is proven to be very **safe** for moms and babies at any stage of pregnancy.

When do I start prebirth acupuncture?

The ideal time to start regular acupuncture treatments is 37 weeks.

Your appointments are scheduled **1-2 times a week** until birth.

Benefits May Include:

- ✓ Increased stamina
- ✓ Decreased labour time (2-2.5 hour shorter active labour)
- ✓ Decreased need for pain medication
- ✓ Reduced need for medical induction
- ✓ Reduced dose of pitocin (if used)
- ✓ Reduced rate of medical interventions
- ✓ Reduced risk for C-section