



# Pregnancy care & induction

Pregnancy is a wonderful journey but during this time of physiological and psychological change to the body, ailments may arise and can cause discomfort and displeasure. We can assist you throughout your journey of pre-pregnancy, during pregnancy and postnatal.

## **We can help:**

- **Relief for ailments with limited medical intervention such as:**
  - Pelvic instability and lower back pain
  - Carpal Tunnel Syndrome
  - Morning sickness, dizziness and headaches
  - Turning Breech or posterior babies
- **Induction support to avoid medical induction and to promote natural labour and birth**
- **Postnatal care:**
  - Fatigue and body pains
  - Uterine bleeding / haemorrhoids
  - Mastitis / insufficient lactation
  - Post surgery scar tissue healing.



## Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form.

Please let us know if you have specific dietary requirements.

## Simple tips that can help:

- Keeping a good balance between regular exercise and rest
- It is important to build a stable core strength earlier in the pregnancy as it can assist in a good labour
- Swimming is a good way to ease pressure and weight off the pelvis as you would feel lighter in water.



**Eastern Vitality**

Acupuncture & Chinese Medicine

---

*natural harmony care*

**A:** 64 Mount St, Heidelberg VIC

**P:** (03) 9458 4887

**E:** [info@easternvitality.com.au](mailto:info@easternvitality.com.au)

**W:** [www.easternvitality.com.au](http://www.easternvitality.com.au)