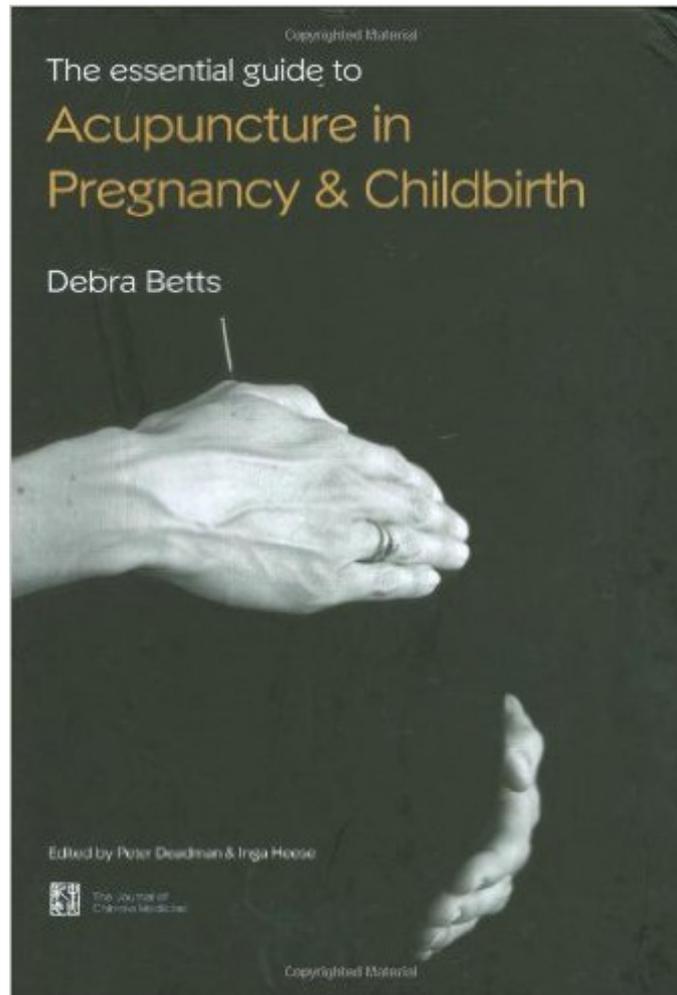


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# The Essential Guide To Acupuncture In Pregnancy & Childbirth



## Synopsis

In this beautifully-designed clinical textbook, acupuncturist Debra Betts draws on more than 15 years of experience specializing in the use of acupuncture during pregnancy and childbirth. Acupuncture is an ideal form of treatment in that it offers women drug-free relief from a multitude of problems that can arise during this time. Even for conditions like morning sickness, sciatica and symphysis pubis pain, which are often regarded as part of a normal pregnancy, acupuncture can not only improve a woman's quality of life, but also prevent them from becoming serious enough to necessitate medical treatment. Pre-birth acupuncture can enhance an efficient labor, and the teaching of acupressure to a woman's partner or caregiver can make a great difference in the levels of pain experienced during labor. During labor itself, acupuncture can play a role in actively reducing the level of medical interventions such as inductions, forceps deliveries, and caesarean sections. Acupuncture can provide effective treatment for disorders such as pregnancy-induced hypertension and posterior presentation, and help induce labor, allowing women to achieve natural childbirth. Each topic in *The Essential Guide to Acupuncture in Pregnancy & Childbirth* is presented from both a Western and traditional Chinese medical perspective. The discussion of clinical treatments reflects what has actually worked in practice for the author and the midwives she has worked with. The text is illuminated with clinical case histories, illustrations, and color photographs.

“From my perspective, the use of acupuncture in pregnancy care and childbirth appears to be limited only by the reluctance of acupuncture practitioners to become involved in this specialist area. I hope that this book will go some way towards overcoming this, strengthening practitioners' sense of confidence and expanding the range of treatments offered to women throughout pregnancy and childbirth.” — from the Preface

## Book Information

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## Customer Reviews

This book is awesome. It has helped me induce, lower BP, and rid edema all in the one week I have owned it! Very well written with generic formula and then specific add on points depending on condition with specific how/ why/ how long / how many treatments it will take. Even the estimated time tables have been very accurate on all three of my trials.

Excellent book, a must-have for every acupuncturist treating anyone during pregnancy. Clear, concise, well written, excellent.

started reading it. tried it on my wife for labour induction and within 5 minutes her water broke! Too bad i didnt read the part of labour pain. amazing book wonderful and clear concise explanations from eastern and western medicine point of view. A valuable book for any acupuncturist no matter what field they focus in!

I got this book for my daughter who is a licensed acupuncturist and was pregnant at the time. She was very pleased with the book for herself and now says she can use it in her practice. Called it a "great textbook."

A great book that every TCM practitioner, but also every midwife should read. It has all the necessary and relevant information about Pregnancy and Childbirth and the possibilities of TCM to heal/help solving almost any problem during pregnancy and childbirth. Excellent book!

This book was recommended to me as a must read if you are planning to treat alot of OBGyn clients. It has been a very useful source indeed!

Great resource for some of the most common complaints during and post pregnancy. I did wish that there were some formula recommendations but overall a great book to have in your library!

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