

# You are pregnant! Woo-hoo! Congrats!!!

**Acupuncture is safe through your entire pregnancy and can be very beneficial to you and your baby.**

Trimester 1	<b>We strongly recommend acupuncture 1-2 times a week with any IVF baby</b> to help reduce the risk of miscarriage. We can also help with fatigue and morning sickness! During the first trimester, acupuncturists focus on setting your pregnancy up for complete health and giving you a stable foundation.
Trimester 2	Making a baby is hard on the body. Come in, as needed, for aches, pains, fatigue, low back pain, headaches, acne, mood swings, relaxation, mental health, heartburn, high blood pressure, constipation, allergies etc. During the second trimester, acupuncture is used to regulate the digestive, nervous, and endocrine systems, all of which are necessary to maintain a healthy pregnancy. We recommend once a month, more if needed, based on symptoms.
Trimester 3	Third-trimester acupuncture works to prepare your body for labor and delivery. We recommend once a month until week 36. At week 37 we recommend once a week for labor prep acupuncture. We have been told by several midwives that the moms who do labor prep tend to have smoother/shorter deliveries!

We can also help with breech position, placenta previa, overdue baby and postpartum depression!



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