

lactation & Acupuncture

As a part of our comprehensive services at The Women's Hospital, we provide patients with an environment of peace and relaxation at our Center for Healing Arts.



The Women's Hospital

CENTER FOR HEALING ARTS

JOINTLY PHYSICIAN OWNED

Deaconess

Acupuncture stimulates the flow of qi (pronounced "chee") in the body. Qi is the vital energy which flows throughout your body and can be disturbed by factors including cold, stress, diet, drugs and hereditary weakness.

By influencing the flow of qi, acupuncture stimulates the body to heal itself. Most patients report an enhanced sense of physical and mental well-being as a result of treatment.

For more information, call **812-842-4328** or visit **www.deaconess.com/CHA**.

Lactation and Acupuncture

According to Traditional Chinese Medicine (TCM), insufficient lactation has two main categories. Both need urgent attention if women intend to continue breastfeeding. If milk flow ceases for any reason, it can be very difficult to restart.

1. Inhibited flow due to blockage – There is an abundant milk supply and the breasts are swollen, but unable to empty partially or fully. The TCM understanding is that milk backs up in the breast causing distension and discomfort. Stress and tension can also lead to the restriction and binding of milk in the breast, holding back the natural flow.
2. Insufficient milk supply – According to TCM, this occurs when there is not enough nourishment to support the woman's health, let alone provide the foundation for adequate milk production for her baby.

Acupuncture may help restore balance, blood and fluid levels that are causing a decrease in lactation. Acupuncture treatment may be an effective therapy and can make a valuable contribution to the promotion of breastfeeding.

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Yang, S. & Liu, D. Fu QingZhu's Gynecology. Boulder, CO, Blue Poppy Press: Boulder, 1996, p.130