

# pregnancy & 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

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**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](http://www.deaconess.com/CHA)**.

## Pregnancy and Acupuncture

Congratulations on your pregnancy! Many pregnant women have symptoms of pregnancy that may cause them to be uncomfortable. Acupuncture is a safe and effective way to help with these symptoms of pregnancy.

Acupuncture during pregnancy may be helpful if you are experiencing any of the following symptoms:

- anxiety or stress once conception has taken place after fertility treatments
- back pain and sciatica
- breech birth
- constipation
- depression
- edema
- fatigue
- heartburn
- hemorrhoids
- insufficient lactation
- mastitis
- mood swings or irritability
- nausea and vomiting also known as morning sickness

In addition, acupuncture can be helpful in treating many other conditions during your pregnancy. If you are experiencing a cold, flu, allergies, or other common ailment, acupuncture may be an effective treatment for you.

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