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## Acupuncture and Pregnancy: *It Starts in the Womb*

A genetic creation of the perfect child may be possible: Not from a cold, sterile laboratory but from within your own “Golden Palace”.

As parents, we want our children to have the best of everything - to be the smartest, the cutest, the healthiest and we want them to grow up to be successful and happy. Is that too much to ask? Of course not! But how do we help our children accomplish this?

The National Children’s Study, a large government research program, recently suggested that our children’s future is shaped from the very beginning - in utero. The air the mother breathes, the quality of water she drinks, the stresses she is exposed to (physical, emotional and environmental) and certainly anything she consumes can have life-long effects on her children.

The study suggests “a diabetic woman’s high blood sugar appears to disrupt the developing metabolism of the fetus, predisposing it to diabetes and obesity.” Frederica Perera expected to find pristine cord blood and placental tissue from newborns in New York City’s struggling neighborhood. She was shocked to see evidence of contamination simply from the air the mothers are breathing. For mothers who experience famine and malnutrition, the children were twice as likely to develop schizophrenia.

## How can Acupuncture help during pregnancy?

Acupuncture simply opens pathways and allows blood and energy to travel freely throughout the body. The blood carries nutrients from our food to the different organs. During pregnancy, the growing fetus occupies more space and can obstruct pathways. Mothers acquire more fat cells during gestation in anticipation of the new arrival. These fat cells can expand and further constrict pathways and inhibit blood from moving freely.

Acupuncture helps the blood and energy move through the body and should be used throughout the pregnancy. Blood not only carries nutrients to the organs but also takes away toxic or waste materials. As long as the liver and heart pathways remain healthy, stress and anxiety will be reduced.

Your Acupuncturist can guide you through nutritional suggestions and a treatment plan to help you throughout your pregnancy. The combination of proper nutrition, exercise and Acupuncture, along with regular visits to your OB GYN, will unlock *your* Golden Palace to create the perfect child.

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“The Womb. Your Mother. Yourself.”, by Annie Murphy Paul