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# Bouncing Back From Having A Baby -

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Welcoming a newborn baby into your life is a joyous and wonderful occasion. It is a time that brings new adventures and discoveries, but along with that, there are extra responsibilities and stress. Dealing with any post-partum complications in a natural way can be nurturing for both mother and baby without worrying about chemical side effects.



## **Does acupuncture have a treatment for stretch marks or sagging skin?**

This is very exciting news for new mothers. New European technology has taken the acupuncture concept to a new level for tightening sagging skin and eliminating stretch marks. The procedure, called "Collagen Induction Therapy" is a nonsurgical, natural approach to regenerating collagen growth in the body. The results of this treatment are absolutely phenomenal! This is **only** available by a trained medical professional – and Seaside Acupuncture is one of very few clinics in Palm Beach County offering this therapy.

## **What can help postpartum depression or moodiness?**

First, it is important to realize that feelings of sadness, anxiety or tension that arise after giving birth are **perfectly**

**normal and you are not to blame.** Giving birth takes a toll on the body and it takes time to recover. Chinese medicine has developed specific acupuncture treatments to lift sadness or soothe anxiety after giving birth. Acupuncture works extremely well with mood conditions because it causes the body to switch into the parasympathetic mode of the nervous system. In layman's terms this is the mode in which the body is able to rest and relax. When one is stressed, or constantly busy, the body may stay in sympathetic mode all the time which taxes our adrenal and kidney organs. Acupuncture sends a physical message to the body that it is OK to relax and feel pleasure and can help retrain the body and brain's response to stress.

## **What if I am fatigued after having a baby?**

This is very common due to the amount of energy it took to make and carry a baby for nine months and due to the large amount of blood lost when giving birth. Chinese medical herbs offer a solution for fatigue. These are powerful, herbal combinations that are put together into a formula specific to your needs. Herbs have certain stimulating properties that can increase blood production in the body, boost the immune system and elevate energy levels.

## **My bladder doesn't feel as strong after giving birth – help!**

This is common after birth, but don't worry, Natural medicine has the answer. Acupuncture has points on the body that are specific to strengthening organ function, increasing

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muscle tone and repairing trauma. These are key factors in restoring proper function which will in turn restore confidence in being to laugh, exercise and cough or sneeze without worry.

*For more information or questions, you can contact us at: [SeasideAcu@gmail.com](mailto:SeasideAcu@gmail.com) or call Seaside Acupuncture at (561) 693-4460. [www.SeasideAcu.com](http://www.SeasideAcu.com).*