The Essential Guide To Acupuncture In Pregnancy & Childbirth

The essential guide to
Acupuncture in
Pregnancy & Childbirth

Debra Betts

[Image of book cover]
In this beautifully-designed clinical textbook, acupuncturist Debra Betts draws on more than 15 years of experience specializing in the use of acupuncture during pregnancy and childbirth.

Acupuncture is an ideal form of treatment in that it offers women drug-free relief from a multitude of problems that can arise during this time. Even for conditions like morning sickness, sciatica and symphysis pubis pain, which are often regarded as part of a normal pregnancy, acupuncture can not only improve a woman’s quality of life, but also prevent them from becoming serious enough to necessitate medical treatment. Pre-birth acupuncture can enhance an efficient labor, and the teaching of acupressure to a woman’s partner or caregiver can make a great difference in the levels of pain experienced during labor. During labor itself, acupuncture can play a role in actively reducing the level of medical interventions such as inductions, forceps deliveries, and caesarean sections. Acupuncture can provide effective treatment for disorders such as pregnancy-induced hypertension and posterior presentation, and help induce labor, allowing women to achieve natural childbirth. Each topic in The Essential Guide to Acupuncture in Pregnancy & Childbirth is presented from both a Western and traditional Chinese medical perspective. The discussion of clinical treatments reflects what has actually worked in practice for the author and the midwives she has worked with. The text is illuminated with clinical case histories, illustrations, and color photographs.

“From my perspective, the use of acupuncture in pregnancy care and childbirth appears to be limited only by the reluctance of acupuncture practitioners to become involved in this specialist area. I hope that this book will go some way towards overcoming this, strengthening practitioners’ sense of confidence and expanding the range of treatments offered to women throughout pregnancy and childbirth.” --- from the Preface

Book Information

Hardcover: 320 pages
Publisher: Journal of Chinese Medicine (May 1, 2006)
Language: English
ISBN-10: 0951054694
Product Dimensions: 9.9 x 6.7 x 1.3 inches
Shipping Weight: 2.4 pounds (View shipping rates and policies)
Average Customer Review: 4.8 out of 5 stars Â· See all reviewsÂ· (13 customer reviews)
Best Sellers Rank: #588,306 in Books (See Top 100 in Books) #445 in Books > Health, Fitness &
Customer Reviews

This book is awesome. It has helped me induce, lower BP, and rid edema all in the one week I have owned it! Very well written with generic formula and then specific add on points depending on condition with specific how/ why/ how long / how many treatments it will take. Even the estimated time tables have been very accurate on all three of my trials.

Excellent book, a must-have for every acupuncturist treating anyone during pregnancy. Clear, concise, well written, excellent.

I started reading it. tried it on my wife for labour induction and within 5 minutes her water broke! Too bad i didnt read the part of labour pain. amazing book wonderful and clear concise explanations from eastern and western medicine point of view. A valuable book for any acupuncturist no matter what field they focus in!

I got this book for my daughter who is a licensed acupuncturist and was pregnant at the time. She was very pleased with the book for herself and now says she can use it in her practice. Called it a "great textbook."

A great book that every TCM practicioner, but also every midwife should read. It has all the necessary and relevant information about Pregnancy and Childbirth and the possibilities of TCM to heal/help solving almost any problem during pregnancy and childbirth. Excellent book!

This book was recommended to me as a must read if you are planning to treat alot of OBGyn clients. It has been a very useful source indeed!

Great resource for some of the most common complaints during and post pregnancy. I did wish that there were some formula recommendations but overall a great book to have in your library!

Download to continue reading...

Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom,
pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) The Essential Guide to
Acupuncture in Pregnancy & Childbirth Pregnancy:The BEST Pregnancy Handbook For First Time
Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy
Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) Pictorial Atlas of
Acupuncture: An Illustrated Manual of Acupuncture Points Gentle Babies Essential Oils and Natural
Remedies for Pregnancy, Childbirth, Infants and Young Children The Hip Mama Survival Guide:
Advice from the Trenches on Pregnancy, Childbirth, Cool Names, Clueless Doctors, Potty Training,
Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding,
Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Essential Oils:
Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use
Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy)
Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven
Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) ESSENTIAL OILS:
Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health
(Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Postpartum
Depression Demystified: An Essential Guide for Understanding and Beating the Most Common
Complication after Childbirth Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens
(Teen Pregnancy and Parenting series) Everything You Need to Know to Have a Healthy Twin
Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for
Parents for Twins, Triplets, Quads, and More! Foundations for a Fit Pregnancy: Staying strong and
active during pregnancy Pregnancy: For The First Time Moms, What They Don't Tell You
(Pregnancy Today Book 1) The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with
Twins, Triplets, and More Drugs During Pregnancy and Lactation, Third Edition: Treatment Options
and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) Japanese Acupuncture
101: A Clinical Guide for Beginners

Dmca