

Brisbane Fertility Support Clinic Womb to World Espouses the Benefits of Acupuncture During Pregnancy

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Womb to World Acupuncture & Massage in Brisbane is helping women understand the many benefits that acupuncture can offer throughout their pregnancy.

As a non-invasive and safe treatment with roots in TCM (Traditional Chinese Medicine), acupuncture is known to be beneficial both pre- and post-pregnancy. Women face immense physical and emotional stress during this time and acupuncture can be an effective stress reliever that calms them through the overwhelming experience. On its website, Dr. Angela Marshall from Womb to World breaks down the many ways in which acupuncture can improve physiological and mental health during the different stages of pregnancy.

Women in their first trimester may experience symptoms such as anxiety, morning sickness, nausea, fatigue, digestive issues, and constipation as their body prepares itself to give birth. Acupuncture can regulate the

energy flow in the body and ease these physical symptoms. Clients also report feeling calmer following their recommended weekly acupuncture sessions during the first 12 weeks after conception. They feel less worried and overwhelmed by the changes they are going through. The acupuncturists at Womb to World Acupuncture & Massage also help clients by giving them a wholesome nutrition plan and introducing them to its network of midwives and other pregnancy support experts.

During the second trimester, also referred to as the ?nesting time,? the body begins adapting to the changes and restores some of its previous balance. The Brisbane fertility acupuncture & massage clinic recommends regular appointments once every fortnight or every month during this stage of the pregnancy. Acupuncture treatments can ease the symptoms common during the second trimester such as pelvic and lower back pain, swelling of the ankles, fingers, or face, sciatica, pubic symphysis, heartburn, reflux, and gestational diabetes.

During the third trimester, the clinic?s focus is on supporting the body?s natural mechanisms for a healthy birth. During the 38- to 42-week period, also known as the due date period, acupuncture helps prepare the body for labor and ensures that the baby is in the right birthing position.

In the related blog post on the clinic?s website, Dr. Angela talks about why it is never too late or too early to start acupuncture during pregnancy by writing, ?As a mum myself of four beautiful children I know how overwhelming and equally beautiful the journey of pregnancy can be. Acupuncture can be such a beneficial tool during pregnancy and is something I highly recommend. No matter where you are at during your pregnancy or conception journey, acupuncture is something that can always assist in supporting you and your body and your journey to parenthood.?

The acupuncuncturists and massage therapists at Womb To World help its clients navigate puberty, hormone imbalances, menstrual problems, mental health, preconception, pregnancy, post-natal care, menopause, and more such conditions that can be a persistent source of stress. Its services include acupuncture, eastern herbal medicine, treatments for musculoskeletal pain and injury, fourth-trimester care, and womb and women?s health massages.

Dr. Angela Marshall is a Registered Acupuncturist & Chinese Medicine Practitioner, Hypno-birth Instructor, and Womb & Fertility Massage Therapist. She is assisted at the Brisbane fertility clinic by a team of professionals with similar credentials and several decades of experience helping women manage their health during pregnancy.

Womb To World Acupuncture & Massage has received overwhelmingly positive feedback from its clients in Brisbane and all over Queensland. The clinic has a perfect aggregate rating of 5.0 out of 5.0 from almost 50 client reviews on its Google Business Profile. Clients especially praise the ability of the clinic?s fertility

experts to lovingly offer care and support during one of the most challenging times of their lives.

Womb to World Acupuncture & Massage can be contacted for inquiries and appointments at 0427 277 954 or info@wombtoworld.com.au. Brisbane readers are also requested to check out another recent press release from the clinic that shares more information about the benefits of its treatment at the link: Acupuncture a "Game-Changer" For Pregnancy & IVF in Brisbane.

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For more information about Womb to World acupuncture & massage, contact the company here:Womb to World acupuncture & massageAngela Marshall0427 277 954info@wombtoworld.com.auIndigo Soul Wellness, 46 Shottery St, Yeronga QLD 4104

Womb to World acupuncture & massage

Womb to World has a special interests in IVF support, natural fertility, pregnancy and women?s health. We focus on women?s health using Acupuncture, massage and Traditional Chinese Medicine.

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fertility & pregnancy acupuncture & massage