



West Seattle Acupuncture Clinic Now Treats Postpartum Depression

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Alan Lloyd Acupuncturist, a business in Seattle, WA, is proud to announce that they now offer a brand new treatment for postpartum depression. It is the latest specialty that Alan has been trained in and he looks forward to offering it to women who are suffering from this particular problem. Those who have tried acupuncture to deal with postpartum depression have been overwhelmingly positive about the results.

"Postpartum depression is frighteningly common," says Alan Lloyd himself. "About a million women suffer from it each year after they give birth to a child, and so many suffer in silence. The consequences of this disorder can be terrible for both mother and child and any help that can be given for this must be taken seriously. I am happy to say acupuncture has been shown to provide benefits and that I have completed training to offer it as a specialty."

Postpartum depression is believed to be caused by a hormonal imbalance after the birth of a baby. All women suffer from what is known as the 'Baby Blues' around ten days after the birth of their baby, because some of their pregnancy hormones deplete very rapidly. However, in some cases, women are not able to produce the necessary hormones to pick themselves back up from that feeling of being down.

They are often prescribed antidepressant medication, particularly those that are classified as selective serotonin reuptake inhibitors. However, these types of medication have significant side effects and often mean that women are no longer able to breastfeed. Choosing a natural treatment, for many, is therefore the better option. "By using acupuncture needles on key pressure points, the body can be stimulated into producing the right hormones to lift the baby blues," explains Alan Lloyd. "In so doing, these mothers are better able to bond with their babies, helping them to enjoy a happy childhood."

Alan Lloyd has also released a Seattle acupuncture map, which demonstrates where people can go for their treatment. The map is particularly interesting for women suffering from postpartum depression.

People are encouraged to contact Alan Lloyd - Seattle Acupuncturist, Cupping, Nutrition Counseling for further information and to visit the website.

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For more information about Alan Lloyd Acupuncturist, contact the company here: Alan Lloyd Acupuncturist
Alan Lloyd (206) 218-9527 mulloyd@juno.com 2600 SW Barton St, Suite A24 Seattle, WA 98126

Alan Lloyd Acupuncturist

Alan Lloyd is a Washington state licensed and Board Certified Acupuncture Diplomat. Originally trained and worked in rehabilitation and social work, Alan always felt called to develop skills in acupuncture.

Website: <http://www.lloydsacupuncture.com/>

Email: mulloyd@juno.com

Phone: (206) 218-9527

