Fertility Acupuncture Offered in Grass Valley Ca by Double Lotus Acupuncture

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For couples looking to conceive, Double Lotus Acupuncture offers a range of fertility acupuncture treatments to support a woman through every phase of child bearing, including conception, labor and delivery, and postpartum. The facility, run by Dr. Abigail Crimm, is located in the Grass Valley area of California just north of Sacramento.

?We want to offer our patients alternative fertility options,? says Dr. Crimm. ?Many of our patients have never heard of fertility acupuncture and don?t realize how much it can benefit them.?

Fertility acupuncture can benefit reproduction by regulating menstrual cycles, increasing blood flow to the uterus and ovaries, decreasing stress, and promoting reproductive health. Acupuncture also improves implantation rates, which can be very helpful for women using IVF and IUI therapies. In some cases, acupuncture can increase fertility rates by 60-70%. For couples who have been struggling to conceive, acupuncture can be the one thing that makes all the difference.

?Acupuncture helps bring homeostasis to the body,? says Dr. Crimm. ?Qi can get blocked in the reproductive system, and acupuncture works to release these energy blockages.?

Dr. Crimm says acupuncture can treat many pregnancy concerns, such as nausea, insomnia, anxiety, depression, immunity, aches and pains, VBAC support, and decreasing miscarriage risks. She is specifically trained in the Stener-Victorin and Paulus protocols which have been the standard in fertility acupuncture since the early 2000s. These protocols focus on the pelvic area of the body, targeting centers around the uterus and ovaries.

The needles used in acupuncture are single use, sterilized, and medical grade. In an acupuncture session, the doctor administers the needles in a quick, painless tap. Patients can expect to have dozens of needles applied during a single session. This process is calming and therapeutic.

?Many people wonder if acupuncture hurts, and it doesn?t,? says Dr. Crimm. ?The needles are so small, you only feel a tiny bit of pressure.?

Acupuncture is based upon the Chinese belief that Qi or Chi is the essential life force of all humankind. Qi is the energy that flows through the body, and keeps the body in balance. When Qi is blocked, it is thought that this is the root of all health ailments. By releasing Qi and unblocking the flow of energy throughout the body, it can allow the body to heal the way it?s designed to, Crimm states.

?For a woman trying to conceive, Qi is everything,? Dr. Crimm says. ?If a woman is unbalanced in her body, having a healthy pregnancy is quite difficult.?

While many western doctors don?t acknowledge the power of acupuncture, studies prove that it can be beneficial. Researchers have found that acupuncture can significantly reduce stress, a major factor for women trying to get pregnant.

?Stress plays a major role in conception,? says Dr. Crimm. ?Anything you can do to reduce stress will increase chances of a healthy pregnancy.?

For mothers who are already pregnant, acupuncture can help make pregnancy and labor go more smoothly. Acupuncture can reduce typical pregnancy aches and pains, and in the final weeks of pregnancy, it can also help soften the cervix and increase stamina for labor. When asked if acupuncture is safe for pregnancy, Dr. Crimm says absolutely.

?Acupuncture can only help a mother and her baby during pregnancy,? she states. ?Of course each person is different, but acupuncture is a 100% safe therapeutic option for most mothers.?

For postpartum support, Dr. Crimm says acupuncture can be a solution to ?the baby blues? and restoring hormonal balance after birth.

?Those first few months are not only hard because there?s a new baby to care for, but for mom, she can be dealing with hormonal instability,? says Dr. Crimm. ?We use acupuncture to stabilize these hormones, and help mom heal so she can be happier and healthier.?

Along with fertility support, Dr. Crimm?s practice office perimenopausal and menopausal acupuncture. For women at this stage in their lives, acupuncture can help decrease mood swings, hot flashes, hair loss, bone loss, and other symptoms of menopause.

For more information on Double Lotus acupuncture in Grass Valley, visit their website at: https://www.doublelotusacupuncture.com.

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Double Lotus Acupuncture

Double Lotus Acupuncture located in the downtown historic district of Grass Valley offers a variety of natural healing therapies. Dr. Abigail Crimm, DAOM, L.Ac. has been working in complementary medicine for decades and is highly skilled.

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