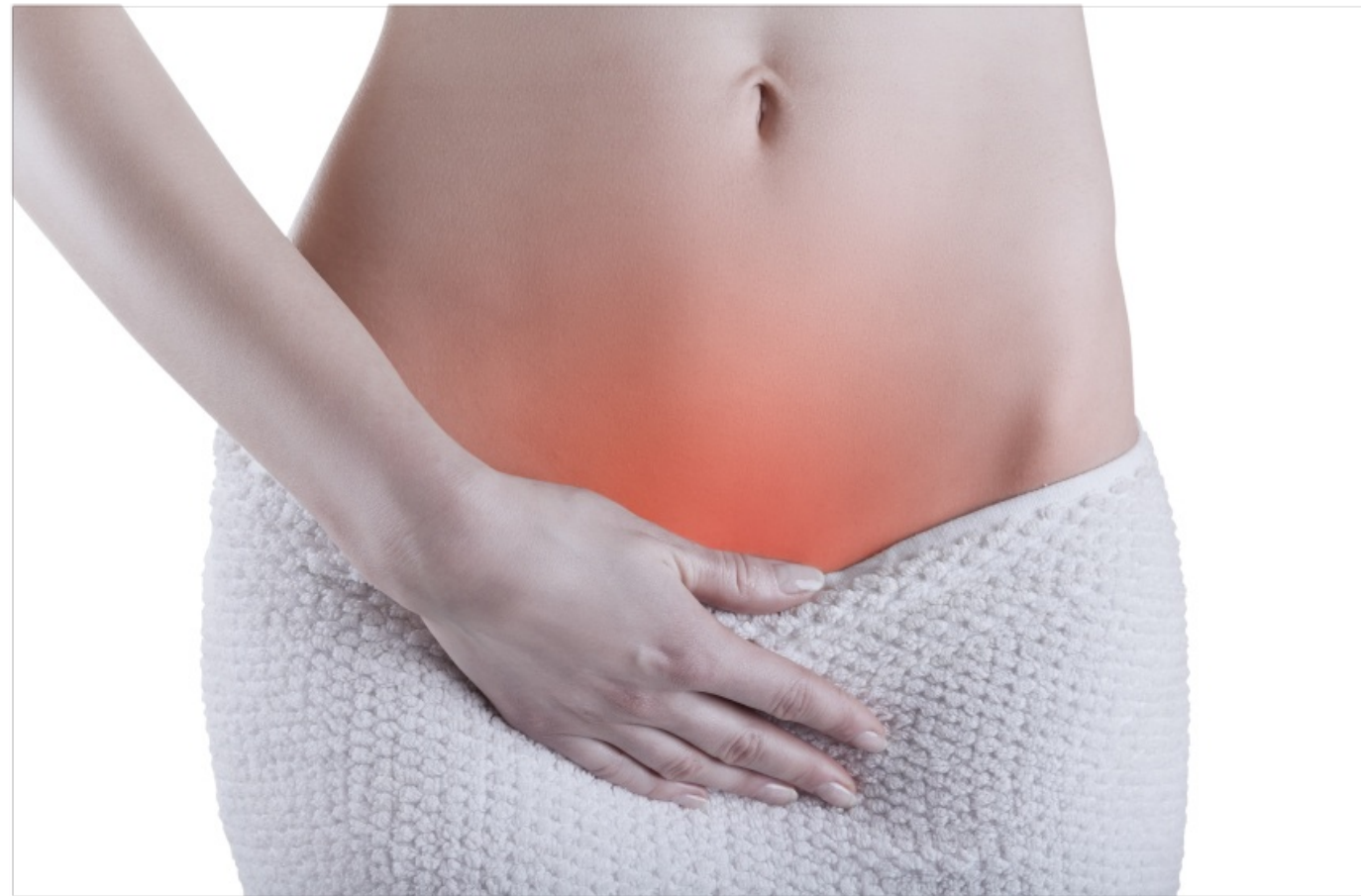


# PREGNANCY & TCM - PART I

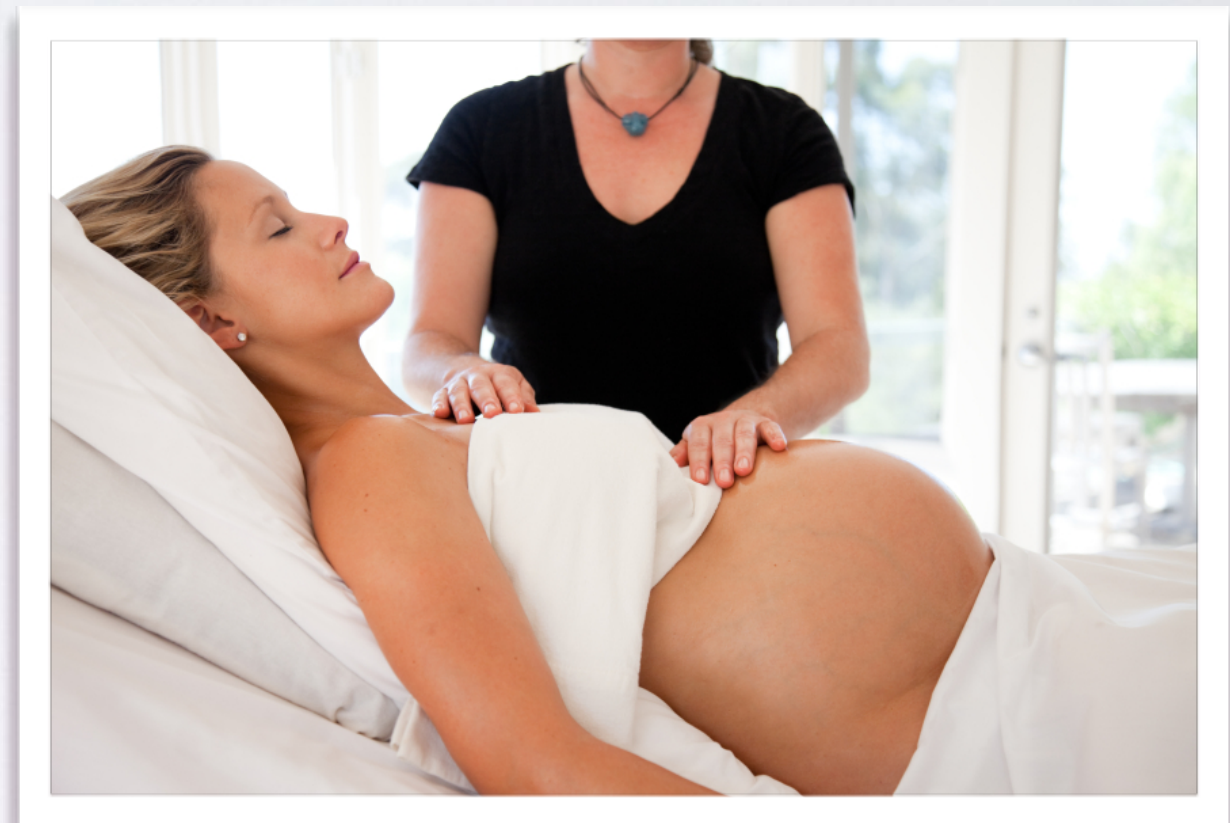
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# PREGNANCY & TCM

## Common Syndromes

- RECOMMENDATIONS
- MORNING SICKNESS
- ANXIETY
- EDEMA
- FETUS NOT GROWING
- MIGRAINE
- HEART BURN



# Basic TCM Health Recommendations

## TCM monthly recommendation to help nourish the baby & affect the fetus positively

- **1<sup>st</sup> month:** Barley & easily digested cooked foods are best, stay calm & do not work too much, avoid fear, excess cold or heat.
- **2<sup>nd</sup> month:** Avoid the spicy hot foods, excessive exercise or sexual activity or again excess cold or hot temperatures.
- **3<sup>rd</sup> month:** eating meat & fish at this time is good, resting & meditating daily as well as good sleep is important.
- **4<sup>th</sup> month:** eating brown rice, fish but eating should be in moderation.

# Basic TCM Health Recommendations

## TCM monthly recommendation to help nourish the baby & affect the fetus positively

- **5<sup>th</sup> month:** Sleeping long hours, taking naps, and staying warm, eating oat, and mix sweet & sour foods.
- **6<sup>th</sup> month:** fresh air and daily walks, eating wild game & root vegetables.
- **7<sup>th</sup> month:** eating bone soups, stretching, gentle Yoga.
- **8<sup>th</sup> month:** practice deep breathing, stay calm & avoid stress or anger.
- **9<sup>th</sup> month:** stay dry and avoid damp area, or eating sweets.
- **10<sup>th</sup> month:** avoid salty food, meditate with both hands on the Dan Tian area where the fetus is.

# Western Health Recommendations

## Vitamins

- Prenatal Vitamins
- Folic Acid (4 mg)
- Iron (0.75 gr)
- Calcium (1000 mg)
- Vitamin D (1000 IU)
- Omega 3 (300 mg)



# Western Health Recommendations

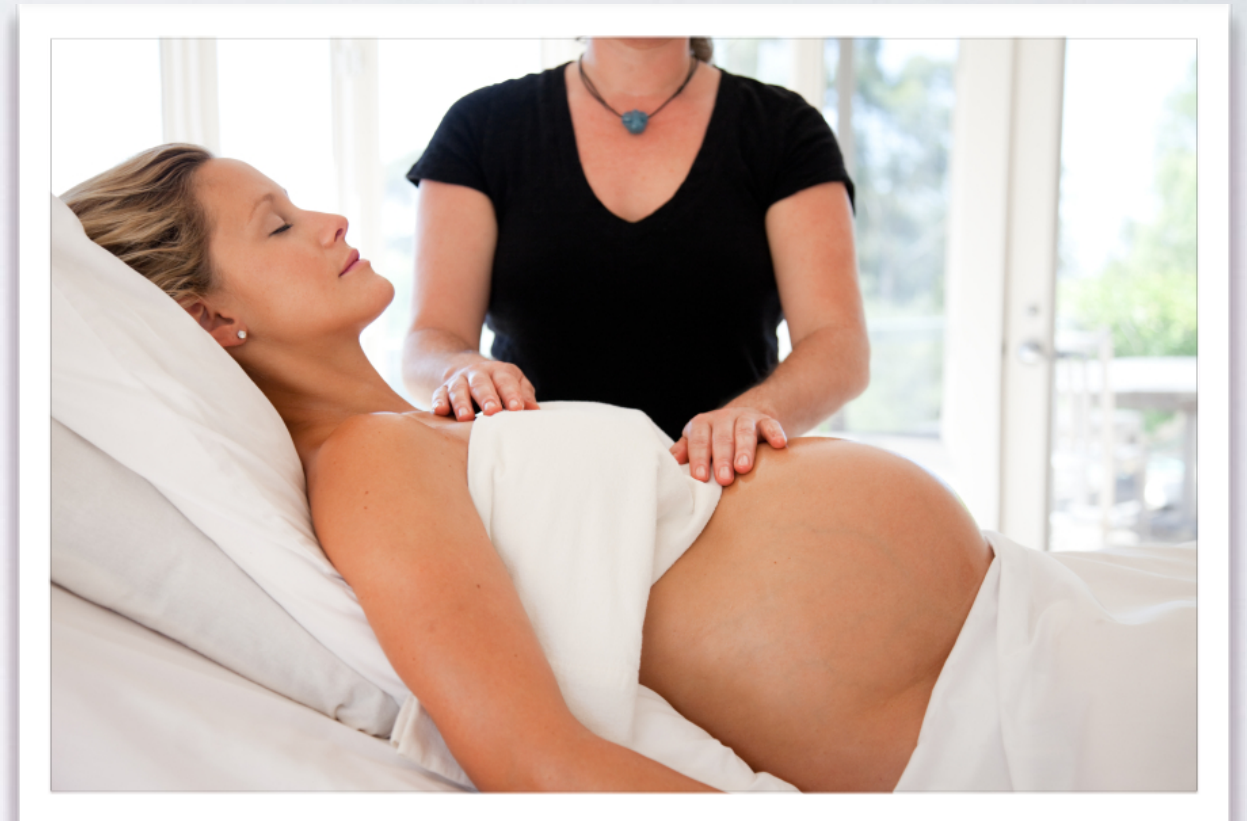
## Vitamins/Minerals Rich Foods

- **Folate Rich Foods:** Leafy green vegetables, asparagus, citrus fruits, dried beans and peas are all great sources of naturally occurring folate.
- **Iron Rich Foods:** Lean red meat, poultry, fish, beans, dark leafy greens, artichokes and prunes are great sources of iron. Dietary iron is absorbed more easily if iron-rich foods are eaten with vitamin C rich foods, such as citrus fruits and tomatoes.
- **Calcium Rich Foods:** Yogurt, kefir, goat cheese, sardines, white beans, sesame seeds, okra and collard greens are all great sources of calcium.
- **Vitamin D Rich Foods:** Some good choices include mackerel, salmon, whitefish, sardines, portobello mushrooms (exposed to UV light) and eggs.

# Basic Acupuncture Treatments for Pregnancy

- Weekly during the 1st trimester
- Every 2 weeks during the 2nd & 3rd trimester
- Reassess at 36 weeks

St 36, Sp 4 (R), Pc 6 (L),  
Lu 7 (R), Kd 6 (L), Kd 9  
Gb 34, Yin Tang,  
Ear Shen Men



# MORNING SICKNESS

- **Definition:** mild nausea to severe vomiting occurring at any time of the day and may last more than 3 months for some woman.
- **Causes:** pre-existing digestive problems affecting the Chong & Ren meridians.
- **Western Medicine:** Diclectin





# MORNING SICKNESS

## TCM Theory

**Essence & Blood** nourish the fetus, so that KD & blood become deficient. When Kidneys are deficient, Sp & St become deficient leading to **nausea** (ST Qi rebelling) & **fatigue** (SP Qi def.).



# MORNING SICKNESS

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>SP Yang Def.</b>	Nausea, vomiting watery fluids, poor appetite, cold body, depression, fatigue, T: pale-wet, P: weak	Harmonize ST, warm Middle Jiao, tonify SP	<b>Li Zhong Wan</b>	St 36 (Moxa), Rn 12, Rn 13, Kd 27, Pc 6
<b>ST Yin Def.</b>	Slight nausea, dry mouth, desire to drink in small sips, fatigue, red cheeks, T: red with crack in St area, P: thin-rapid	Nourish ST Yin, bring ST Qi down	<b>Mai Men Dong Tang</b>	Rn 12, St 36, Pc 6, St 44, St 21, Kd 27, Kd 6
<b>HT Qi def.</b>	Nausea, palpitations, anxiety, depression, fatigue T: pale, P: weak	Tonify HT Qi, harmonize ST	<b>Gui Pi Tang</b>	Kd 27, Ht 5, Pc 6, St 36, Rn 12

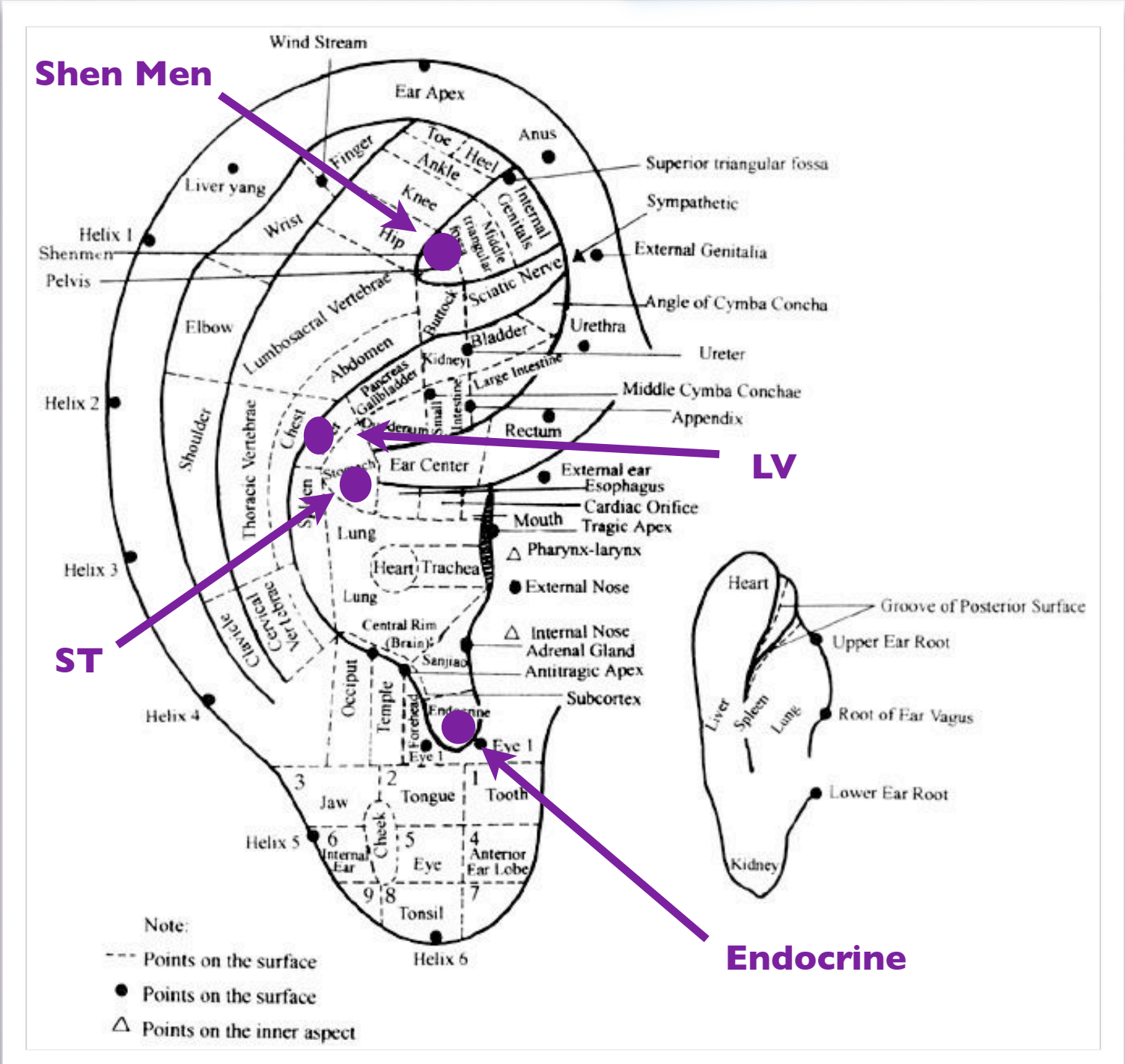
# MORNING SICKNESS

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>LV overacts on ST</b>	Morning sickness, belching, vomiting, dry heaving, bloating, irritable, moody, P: wiry	Harmonize St, move Lv Qi	<b>Ban Xia Hou Po Tang</b>	Lv 14, Rn 12, Rn 13, Pc 6, St 36, Sj 6, Kd 27
<b>ST Heat</b>	Nausea for more than 3 months, vomit after meals, bleeding gums, constipation, acne, T: red w/yellow coat, P: full-rapid	Clear heat, harmonize St, stop vomiting	<b>Yu Nu Jian</b>	St 44, Li 11, St 36, Rn 12, Pc 6, Kd 27

# MORNING SICKNESS

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Phlegm stagnation</b>	Profuse vomiting of mucus & clear fluids, chest oppression, dizzy, T: greasy, P: slippery	Eliminate phlegm, harmonize ST	<b>Ling Gui Zhu Gan Tang + Ban Xia</b>	St 40, Sp 9, Rn 12, Pc 6, Kd 27
<b>HT Fire</b>	Nausea for more than 3 months, palpitations, anxiety, thirst, restless, insomnia, mouth sores, T: red tip w/yellow coat, P: big-rapid	Clear fire, calm mind, harmonize ST	<b>Dao Chi San</b>	Rn 12, Pc 6, Ht 8, St 44, Rn 14, Kd 27

# MORNING SICKNESS



## Tx Options

**Ear Points:**  
Shen Men  
LV, ST  
Endocrine

# Tx Options

## MORNING SICKNESS

- Eating **small meals** and never go hungry!
- Sipping **lemon water** through the day
- Taking Pre-natal vitamins with food



# Tx Options

## MORNING SICKNESS

- **Herbal Teas:** Lemon Balm, Ginger, Peppermint
- **Fennel Seeds**
- **Vit B6:** 25 mg 3 times/day for a total of 75 mg
- **Acupressure Band** on PC 6



# ANXIETY DURING PREGNANCY

- **Definition:** mental restlessness during pregnancy, cannot stop worrying.
- **Causes:** Overwork, weak Kd, emotional stress, irregular diet.





# ANXIETY DURING PREGNANCY

Risks to babies whose mothers have untreated anxiety during pregnancy include: **low birthweight, premature birth** (before 37 weeks), **poor adaptation outside the womb**, including respiratory distress and jitteriness.

Research has shown that up to 33 percent of women experience clinical depression or an anxiety disorder at some point during pregnancy.



# ANXIETY DURING PREGNANCY

## Risks to the mother include:

- Pregnancy termination
- Postpartum depression or anxiety
- Use of substances such as alcohol or drugs
- Impaired attachment to the baby
- Not taking good care of her physical health
- Preeclampsia
- Preterm labour
- Having a C-section

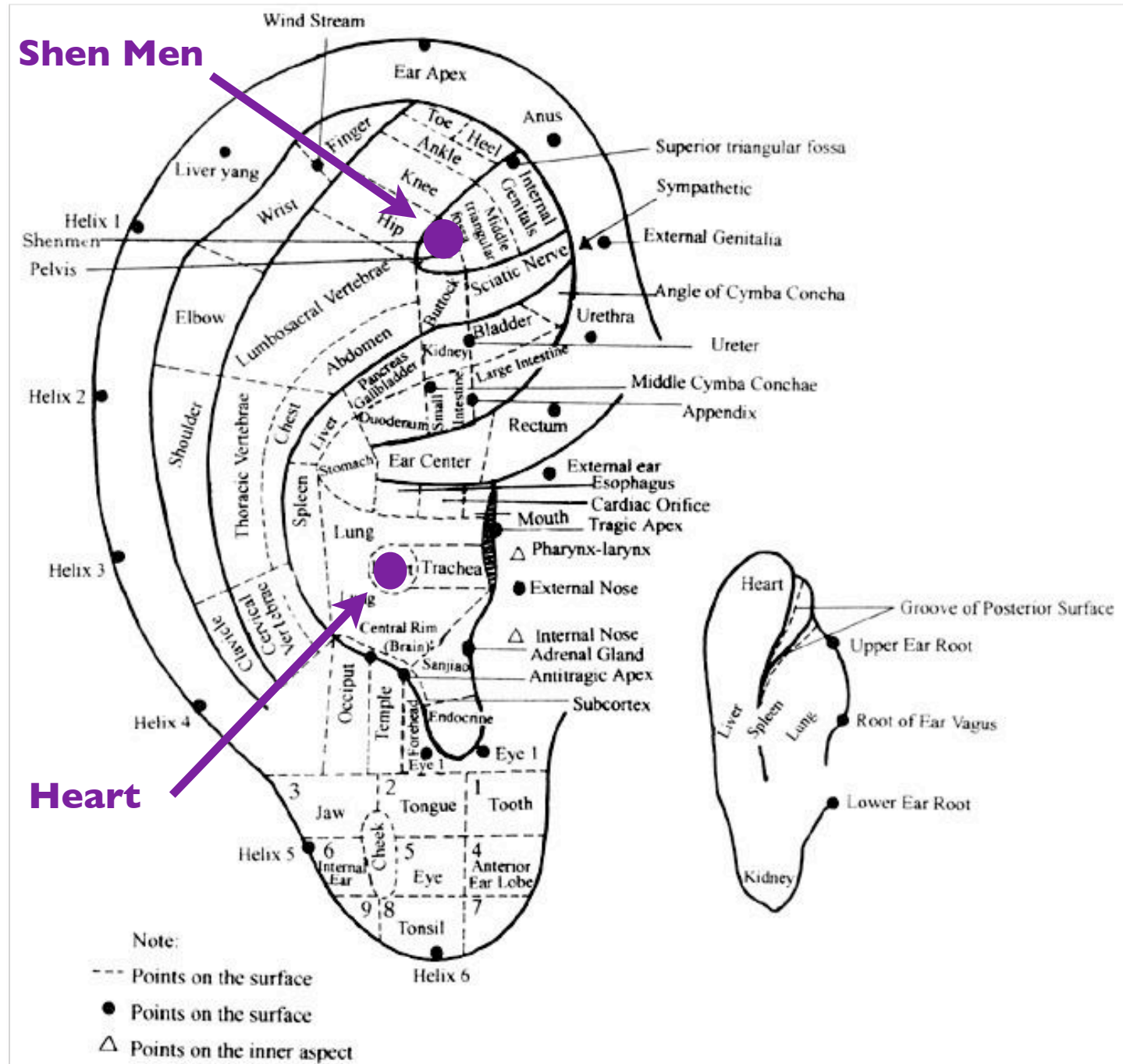
Research has shown that up to 33 percent of women experience clinical depression or an anxiety disorder at some point during pregnancy.



# ANXIETY DURING PREGNANCY

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>LV Fire</b>	Anxiety, irritable, anger, dry mouth, thirst, red face & eyes, dark urine, constipation, insomnia, dizzy, T: red w/ redder sides & yellow coat, P: wiry-rapid	Clear Fire, calm mind	<b>Xie Gan An Shen Wan</b>	Lv 2, Bl 18, Du 20, Du 24, Gb 13, Gb 15, Ht 7
<b>Kd Yin Def.</b>	Anxiety, fidgety, dry mouth, tidal fever in evening, night sweat, backache, T: red/no coat, P: thin-rapid	Nourish Kd Yin, calm mind & fetus	<b>Ren Shen Mai Dong Tang</b>	Sp 1, Kd 2, Kd 3, kd 6, Ht 7, Pc 6 Rn 17, Sp 4
<b>Phlegm-Fire</b>	Anxiety, agitated, phobias, irritable, oppressed chest, dizzy, nausea, insomnia, T: red w/yellow-greasy coat, P: slippery-rapid	Clear fire & phlegm, calm mind & fetus	<b>Zhiu Li Tang</b>	Lv 2, Li 11, St 40, Sp 9, St 8, Gb 34

# ANXIETY DURING PREGNANCY



## Tx Options

**Ear Points:**  
 Shen Men  
 HT

# ANXIETY DURING PREGNANCY

## Tx Options

- Relaxation
- Yoga
- Meditation
- Exercise: walking, swimming
- Support group
- Omega 3 supplements



# EDEMA DURING PREGNANCY

- **Definition:** water retention in different parts of the body and/or face.
- **Causes:** stress, excessive exercise, emotions, irregular diet.



# EDEMA DURING PREGNANCY

**Edema accompanied by certain other symptoms** can signal more serious underlying problems.

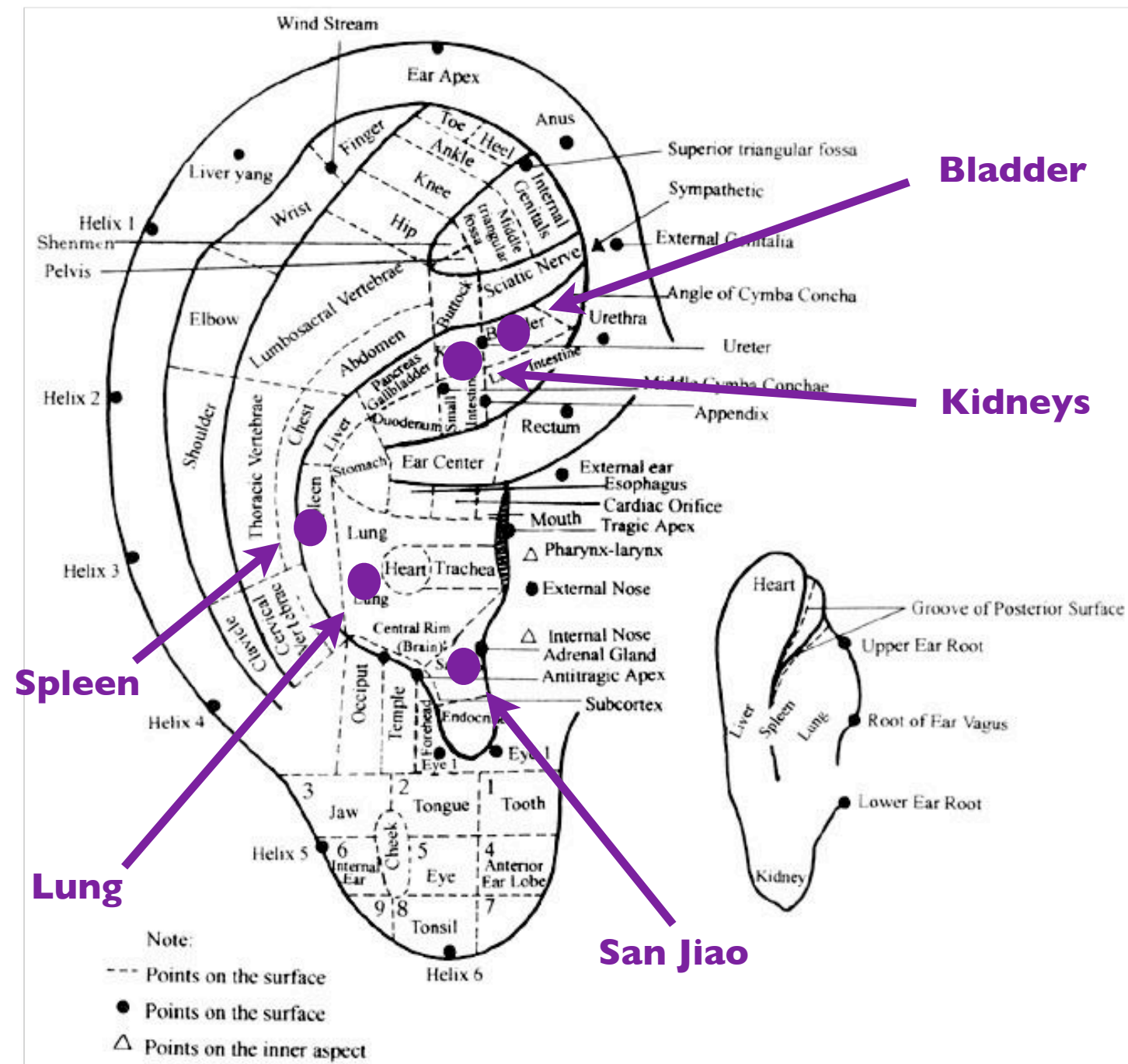
- More swelling in one leg than the other, accompanied by pain, can signal a possible **blood clot**.
- A headache that won't go away, along with vision changes (like blurriness or sensitivity to light), can be signs of **preeclampsia** (pregnancy-specific high blood pressure).
- Swelling accompanied by chest pains or difficulty breathing could mean **heart trouble**.

# EDEMA DURING PREGNANCY

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Sp Yang def.</b>	Edema early in pregnancy, face & whole body swollen, yellow-shiny skin, fatigue, short of breath, cold limbs, loose stools, T: pale/wet, P: weak-slow	Tonify Sp, warm yang, resolve edema	<b>Bai Zhu San</b>	Sp 9, Kd 3 Bl 22, Bl 20, St 36, Kd 7
<b>Kd yang def.</b>	Edema early in pregnancy, worse in ankles, cold legs, short of breath, backache, T: pale/wet, P; weak-deep-slow	Tonify Kd, warm yang, resolve edema	<b>Zhen Wu Tang</b>	Kd 7, Kd 3, St 36, Sp 9, Kd 6
<b>Qi Stagnation</b>	Edema starting around 4 <sup>th</sup> month or after, in feet/ankles mostly, abd bloated, irritable, T: normal, P; wiry	Move Qi gently	<b>Xaio Yao San + Si Ling San</b>	Lv 3, Sj 6, Sp 9, Gb 34, St 36



# EDEMA DURING PREGNANCY



## Tx Options

**Ear Points:**  
Lu, Sp, Sj, Bl, Kd

# Tx Options

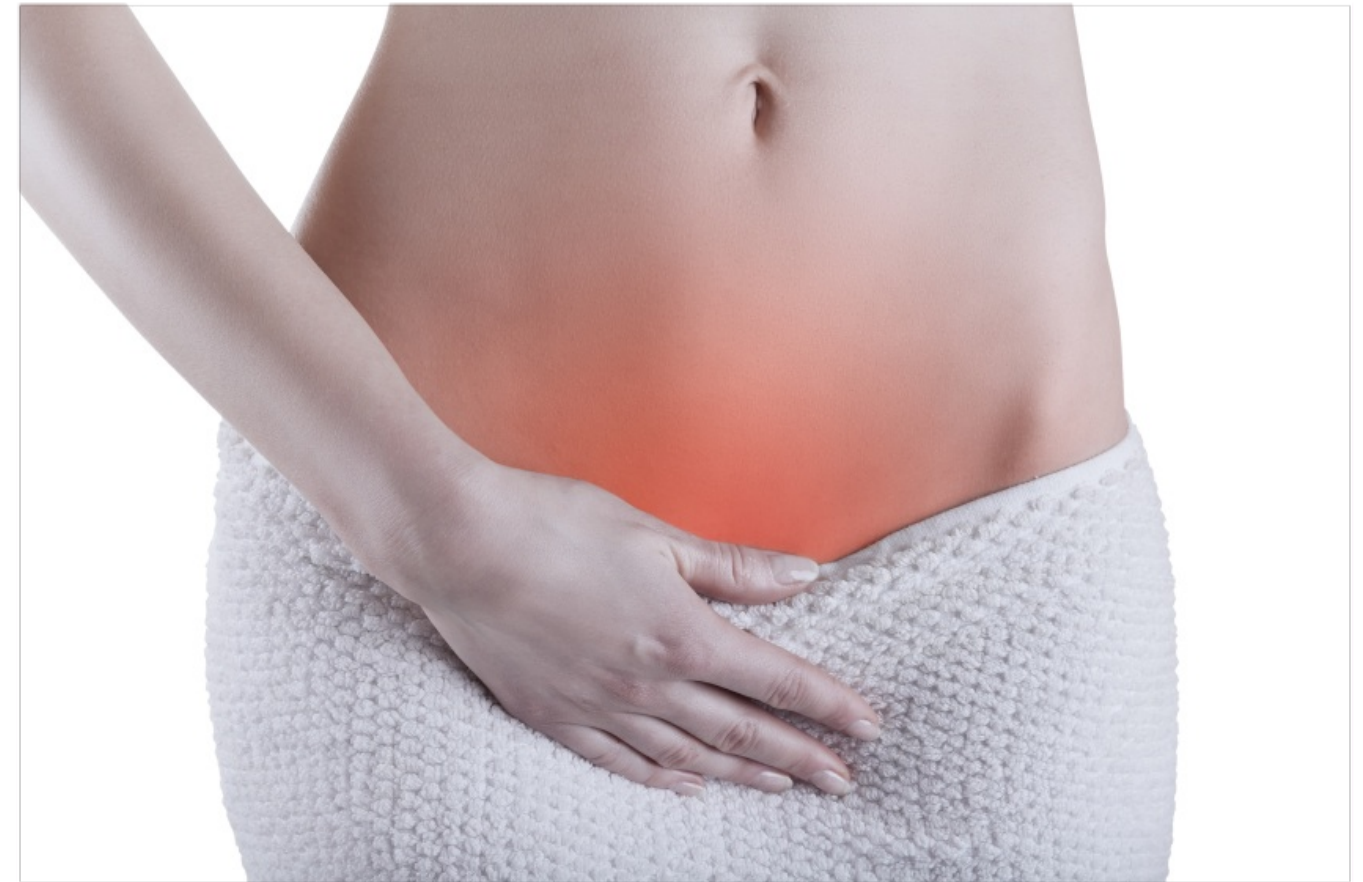
- Herbal tea: dandelion
- Lemon water and cucumber water
- Grapefruit essential oil
- Feet elevated.
- Sleep on the side
- Exercise (swimming, walking)
- Prenatal Yoga
- Massage

## EDEMA DURING PREGNANCY



# FETUS NOT GROWING

- **Definition:** vaginal bleeding during pregnancy accompanied by other symptoms.
- **Causes:** Overwork (mental or physical), stress, emotions, chronic or acute diseases.



# FETUS NOT GROWING

- The gynecologist has to rule out “dead fetus”, allowing the TCM Tx to help and maybe save the baby.
- If there is profuse bleeding, abd pain & uterus contractions: the miscarriage will occur and TCM cannot help.
- If it's too late and miscarriage has occurred, the woman will get a Dilation & Curettage (D & C).

- **A dilation and curettage** is a surgical procedure in which the cervix is dilated (expanded) so that the uterine lining can be scraped with a curette (spoon-shaped instrument) to remove abnormal tissues.
- TCM perspective: D & C creates **Blood Stasis**.

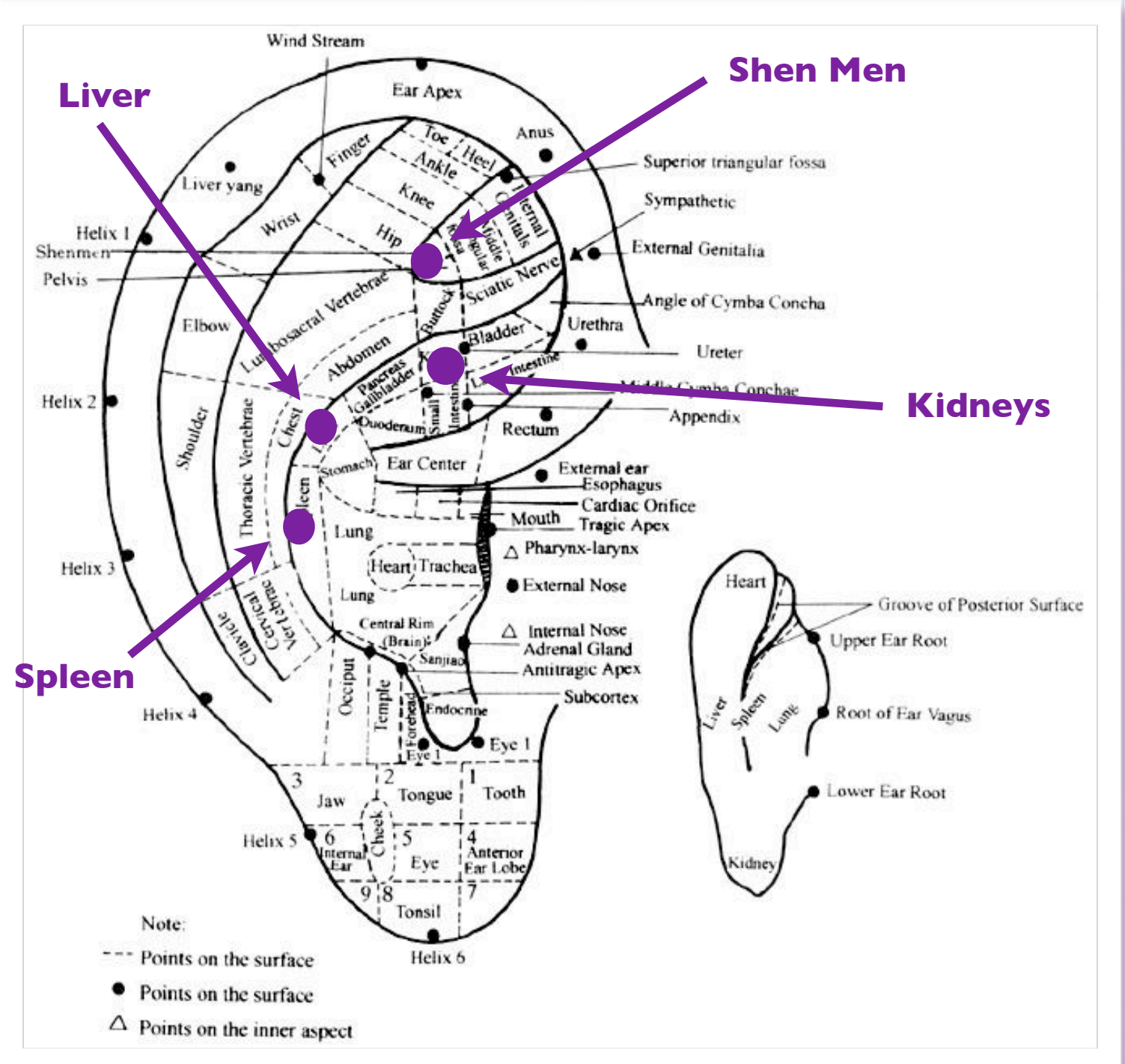
# FETUS NOT GROWING

- **Fx: Sheng Hua Tang** will help clean & expels all tissues.
- Acupuncture will help with the emotional aspect and the physical blood stasis.
- Li 4, Lv 3, Sp 10, Gb 21, Sp 6, Yin Tang, Ear Shen Men.



# FETUS NOT GROWING

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Kd Yin &amp; Yang def.</b>	Scanty vaginal bleeding early in the pregnancy, low back pain, frequent urination, dizzy T:long crack, P: weak-thin (especially at rear positions)	Tonify Kd, Chong & Ren, calm fetus	<b>Shou Tai Wan</b>	B1 20, B1 23, St 36, Du 20, Kd 3, Kd 6
<b>Qi &amp; Blood Def.</b>	Scanty pale vaginal bleeding around the 3 <sup>rd</sup> month, fatigue, palpitations, T: pale, P: weak	Tonify & raise Qi, nourish blood	<b>Ju Yuan Jian</b>	St 36, B1 20, B1 17, B1 18, Lv 8, Rn 12



**FETUS NOT GROWING**

**Tx Options**

**Ear Points:**  
 Sp, Lv, Kd,  
 Shen Men

# MIGRAINES DURING PREGNANCY

- **Definition:** a recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea and disturbed vision (with aura). Usually a pre-existing condition.
- **Causes:** many triggers, food, environment, stress...





# MIGRAINES DURING PREGNANCY

- Basic Acupuncture points for Migraines
- Lu 7, St 8, St 40, Gb 34, Lv 3, Sj 5
- Add constitutional Points



# Tx Options

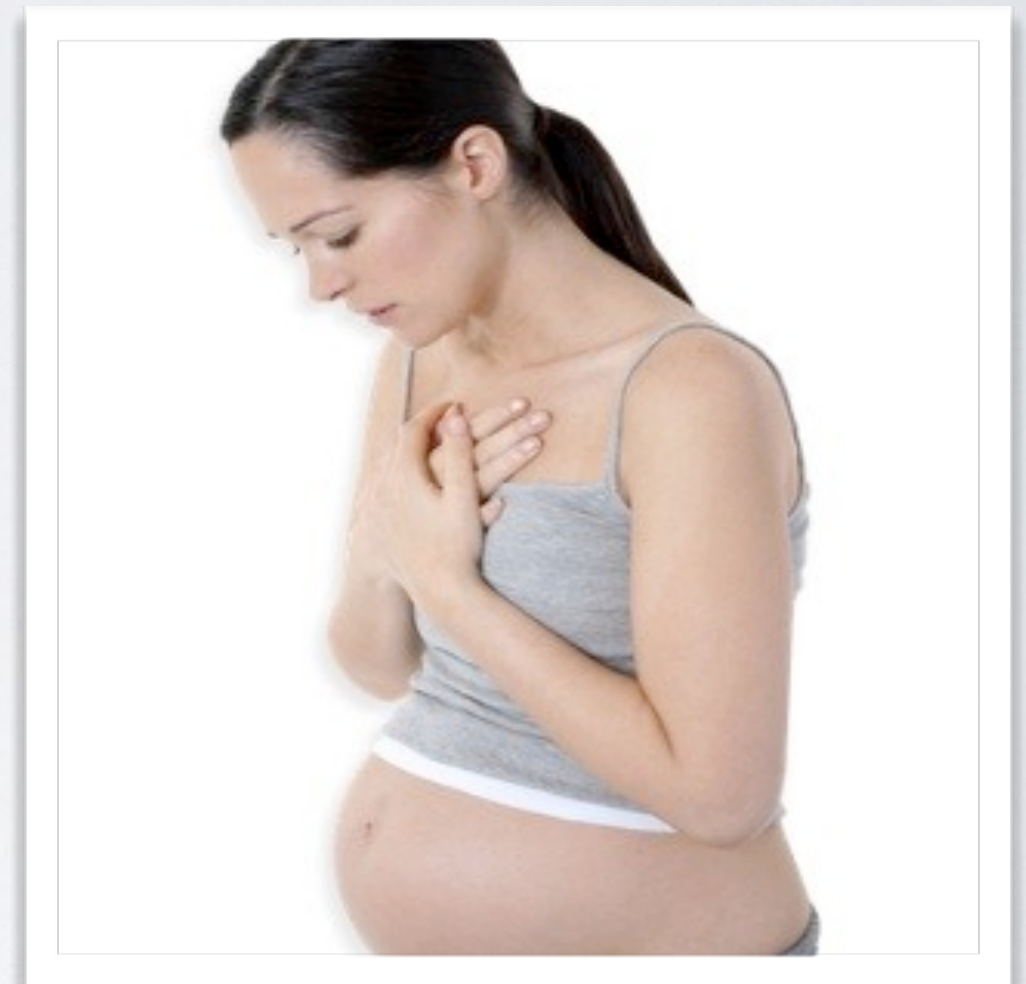
- Cold or warm packs may also help relieve the pain.
- Ginger, peppermint oil or rosemary are also a great addition, as well as **magnesium rich foods** such as almonds, spinach and avocados.

## MIGRAINES DURING PREGNANCY



# HEARTBURN DURING PREGNANCY

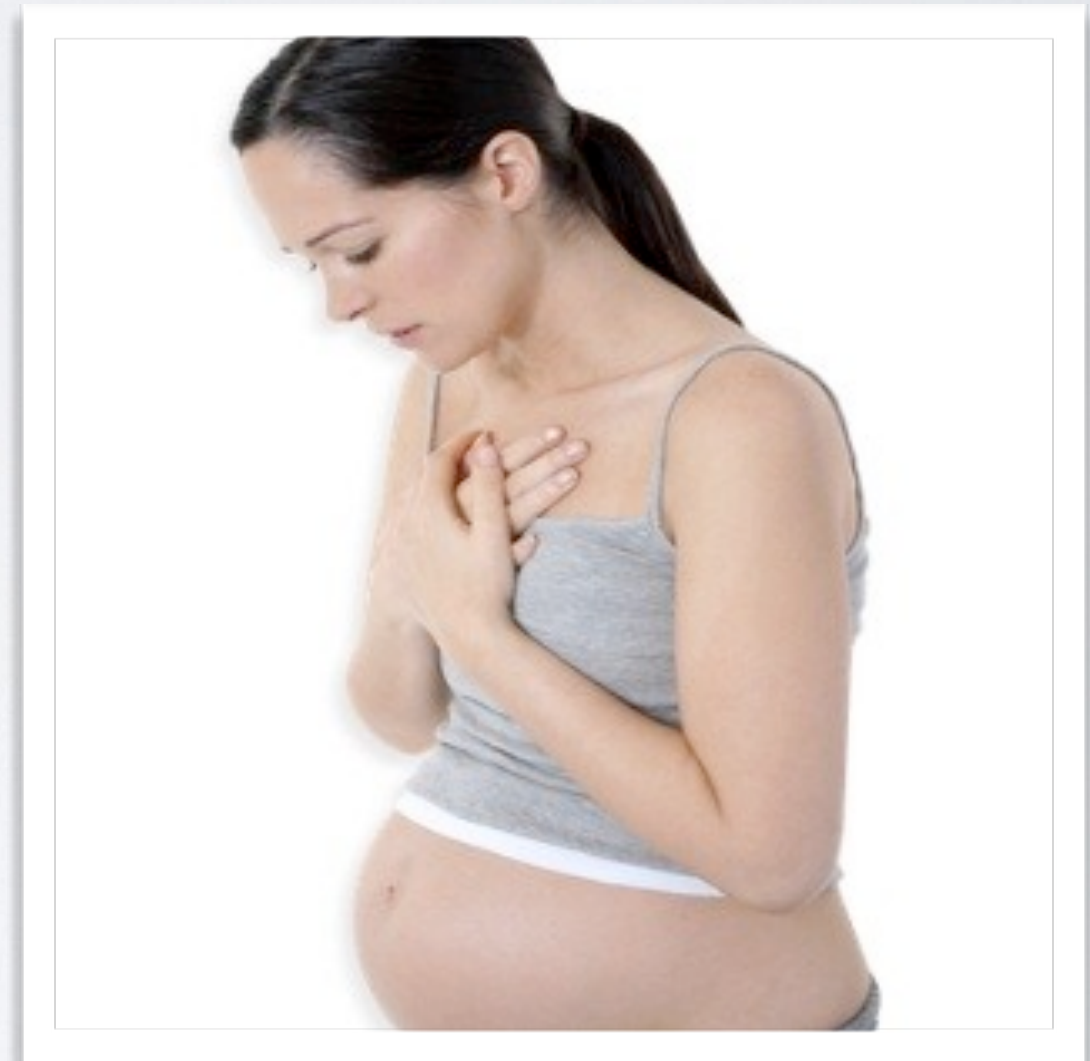
- **Definition:** a burning sensation in your chest, usually just behind the breastbone and can extend to lower throat.
- **Cause:** both hormonal & physical changes in the body, baby growing, and pressing on the stomach.



# HEARTBURN DURING PREGNANCY

## Foods to avoid

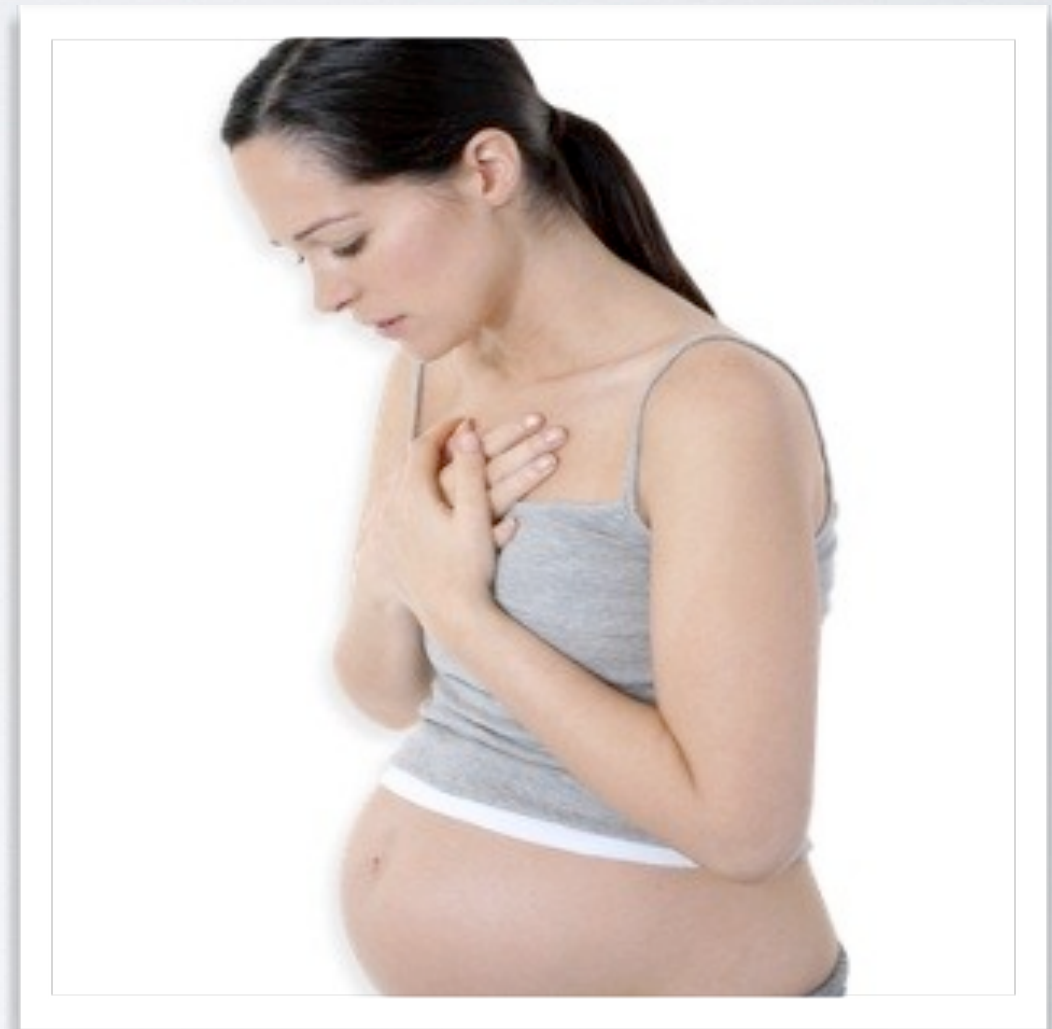
- Spicy, oily & acidic foods
- Beverages / carbonated drinks
- Caffeine
- Chocolates
- Citrus fruits
- Tomatoes
- Onions
- Mustard
- Vinegar
- Fried & fatty food
- Greasy & fast food
- Processed meats



# HEARTBURN DURING PREGNANCY

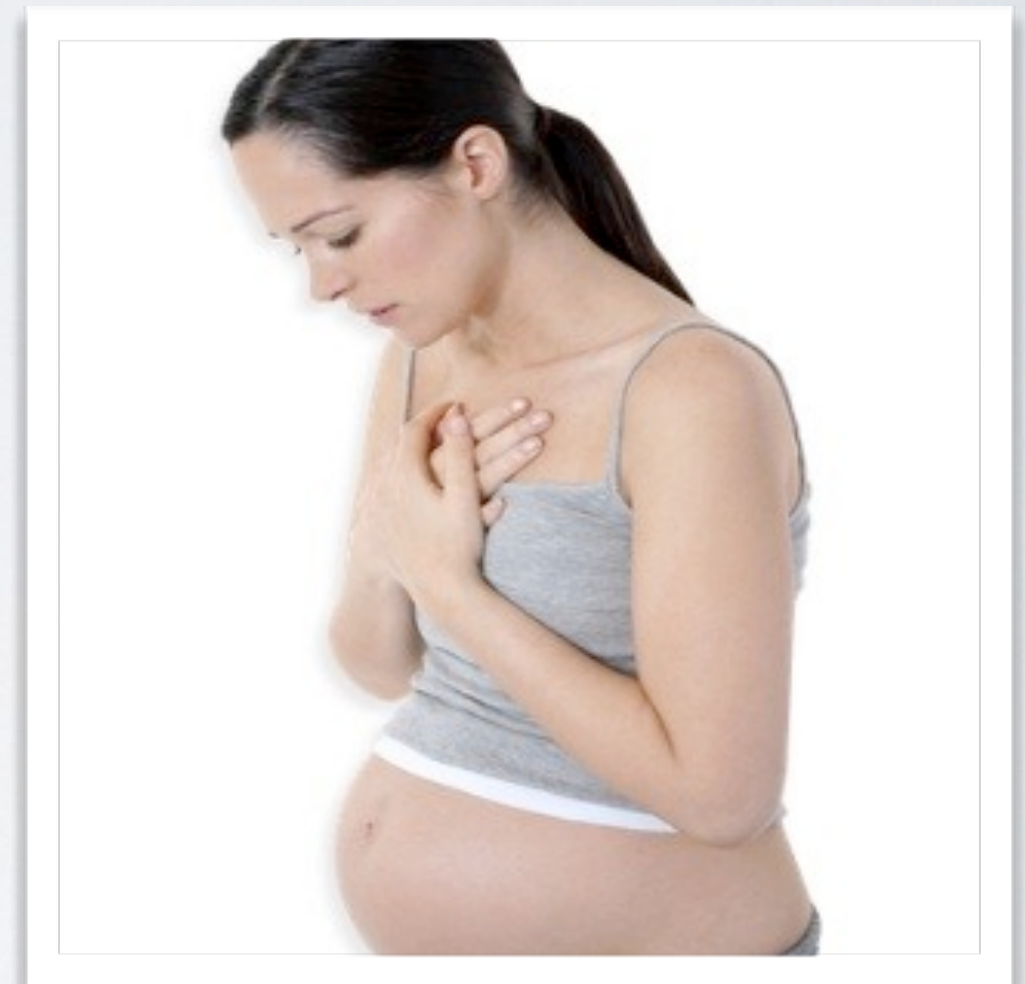
## Foods that help

- Apple cider vinegar
- Coconut water
- Chewing Basil leaves
- Ginger
- Fennel seeds
- Apple
- Fermented foods (Kefir)
- Fermented drinks (Kombucha)
- Pineapple & Papaya



# HEARTBURN DURING PREGNANCY

- Basic Acupuncture points for heartburn during pregnancy.
- Ren 17, ST 34, St 36, PC 6
- Ear seeds on ST & Esophagus
- Add constitutional Points







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