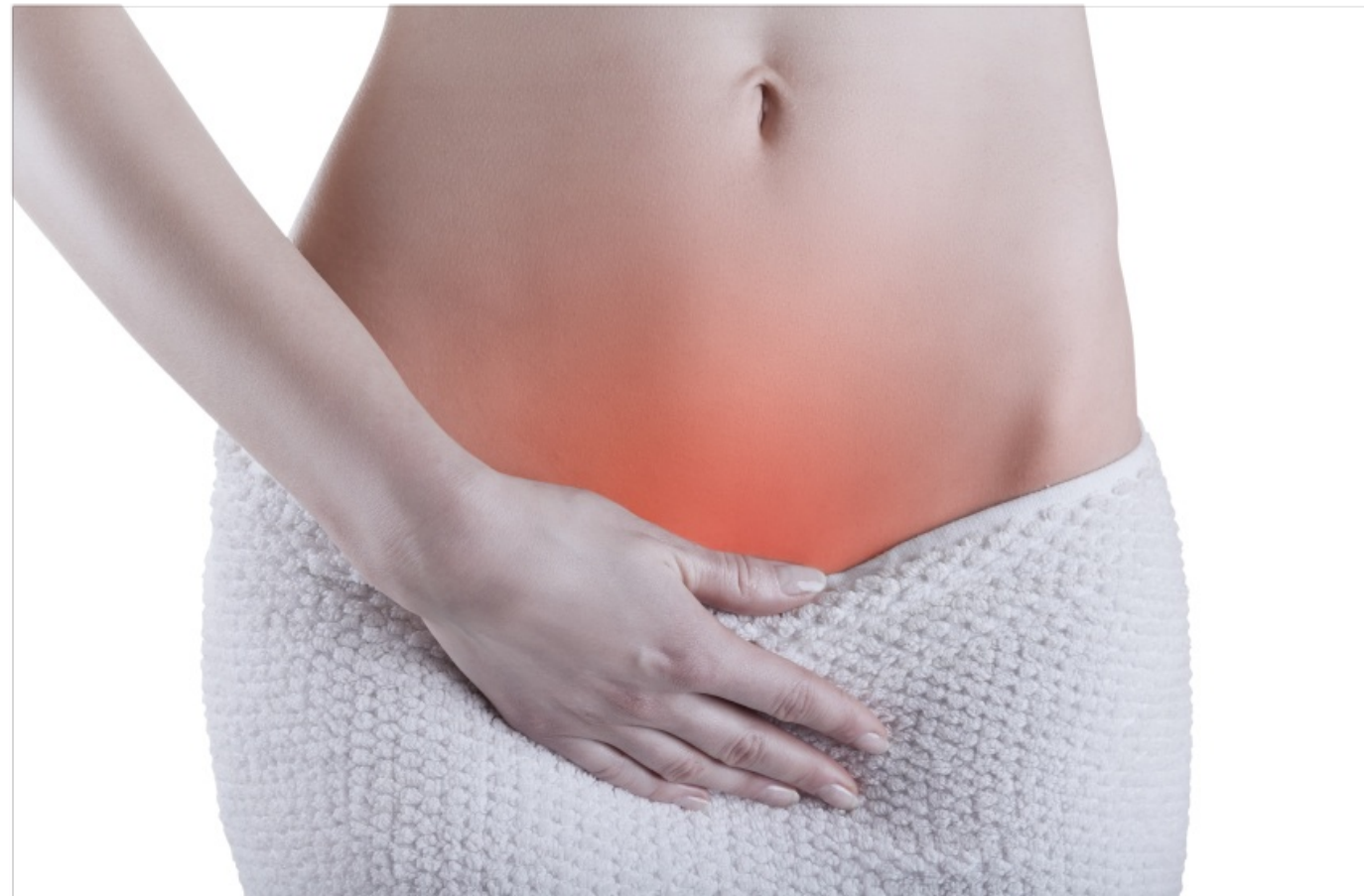


# PREGNANCY & TCM - PART 2

Online course provided by  **AcuPro** Academy Taught by Clara Cohen



# PREGNANCY & TCM

## Common Syndromes

- DIZZINESS
- CONSTIPATION
- URINE RETENTION
- SCIATICA/BACK-HIP PAIN
- CARPAL TUNNEL SYNDROME
- HIGH BLOOD PRESSURE
- THYROID ISSUE
- GESTATIONAL DIABETES



# DIZZINESS

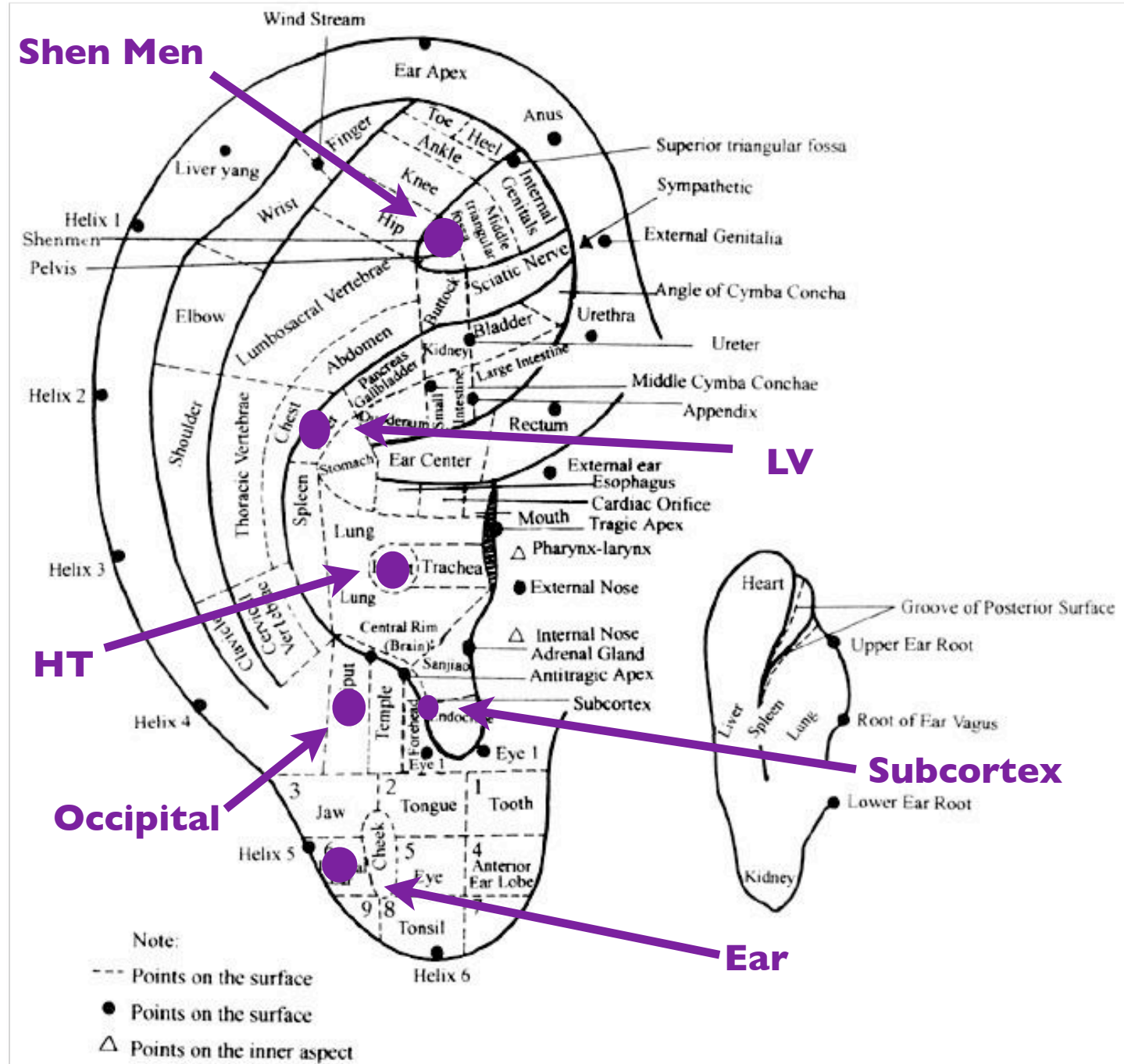
- **Definition:** In the first trimester, dizziness may occur because of low blood pressure. This happens because **progesterone** relaxes the walls of the blood vessels, causing blood pressure to fall. Dizziness may also occur later in pregnancy if the woman **lies too long on her back**, allowing the weight of the baby to press on the vena cava.
- **Causes:** Usually physically or mentally overworked



# DIZZINESS

TCM Patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
<b>Lv &amp; kd Yin def.</b>	Severe dizziness at the end of pregnancy, tinnitus, insomnia, tidal fever, night sweat, low back pain, T: red/ scanty coat, P: thin-rapid	Nourish Lv & Kd Yin, stop dizziness	Qi Ju Di Huang Wan	<b>Kd 3, Kd 6, Lv 8, Gb 20, Sj 5, Gb 34</b>
<b>Sp Qi def. w/Lv Yang &amp; phlegm</b>	Dizziness early in pregnancy, ankles & fingers swollen, fatigue, chest oppression, blurred vision, insomnia, loose stools, heavy limbs, headaches, T: pale w/greasy coat, P: slippery	Tonify Sp, calm Yang, eliminate phlegm	Bai Zhu San	<b>Lv 8, Sp 9, St 40, St 36, Gb 20, Sj 5, Gb 34</b>

# DIZZINESS



## Tx Options

**Ear Points:**  
Shen Men, Subcortex  
LV, HT,  
Ear, Occipital

# DIZZINESS

## Recommendations

- Eating **small meals** slowly & often.
- Elevating feet, especially if the woman stands or sits all day.
- Not sleeping on the back for long periods of time.

## Seeking Help

Dizziness accompanied with these may be a sign of a more serious condition:

- Vaginal bleeding
- Abdominal pain
- Blurred vision
- Headaches
- Palpitations

# CONSTIPATION

- **Definition:** Infrequent bowel movements which often leads to hemorrhoids.
- **Causes:** Diet, stress, overworked, lack of exercise.

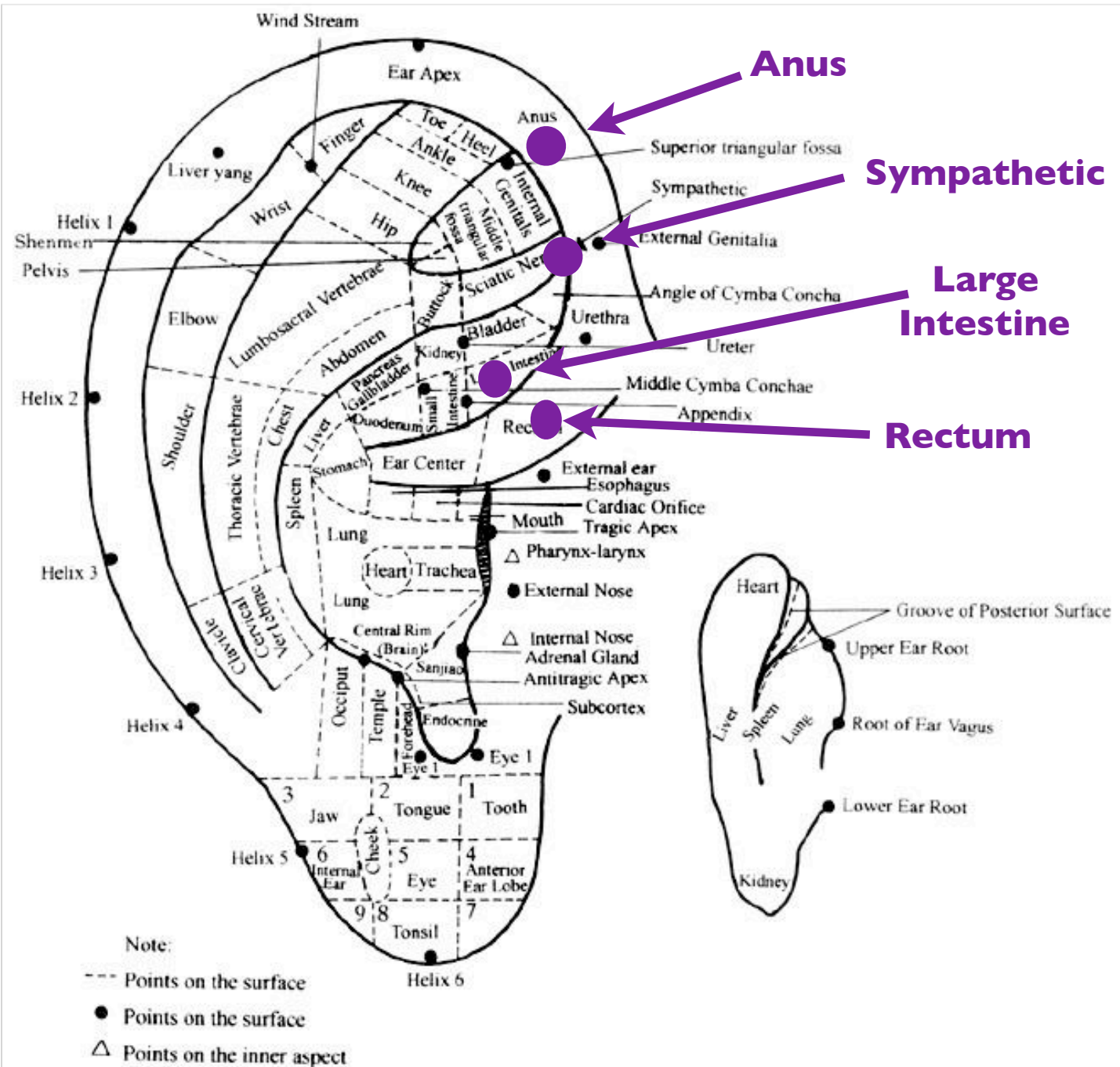


# CONSTIPATION - HEMORRHOIDS

TCM Patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture
<b>Lv Blood def.</b>	Constipation, dry stools (pebbles), pale face/nails, dizzy, blurred vision, depressed, T: pale, P: weak	Nourish Lv blood	Ba Zhen Tang	<b>Lv 8, St 36 Kd 3, Kd 6 Er Bai</b>
<b>Kd Yang def.</b>	Exhausted after BM, stools are soft, sore back & knees, cold body, frequent pale urine, T: pale/wet, P: deep-weak	Warm Kd Yang moisten intestine	Ji Chuan Jian	<b>St 36, Kd 7, Kd 3, Kd 6, Er Bai</b>
<b>Kd Yin def.</b>	Dry stools, thirst, dry mouth in evenings, low back pain, tinnitus, night sweat, T: red-crack, P: thin-rapid	Nourish Kd Yin, moisten intestine	Zeng Ye Tang	<b>St 36, Kd 3, kd 6, Er Bai</b>
<b>Lv Qi stagnation</b>	Constipation w/pencil-like stools, unfinished feeling of BM, belch, bloated, moody, P: wiry	Move Qi gently	Xiao Yao San	<b>Gb 34, St 36, Lv 8, St 37 Er Bai</b>



# CONSTIPATION - HEMORRHOIDS



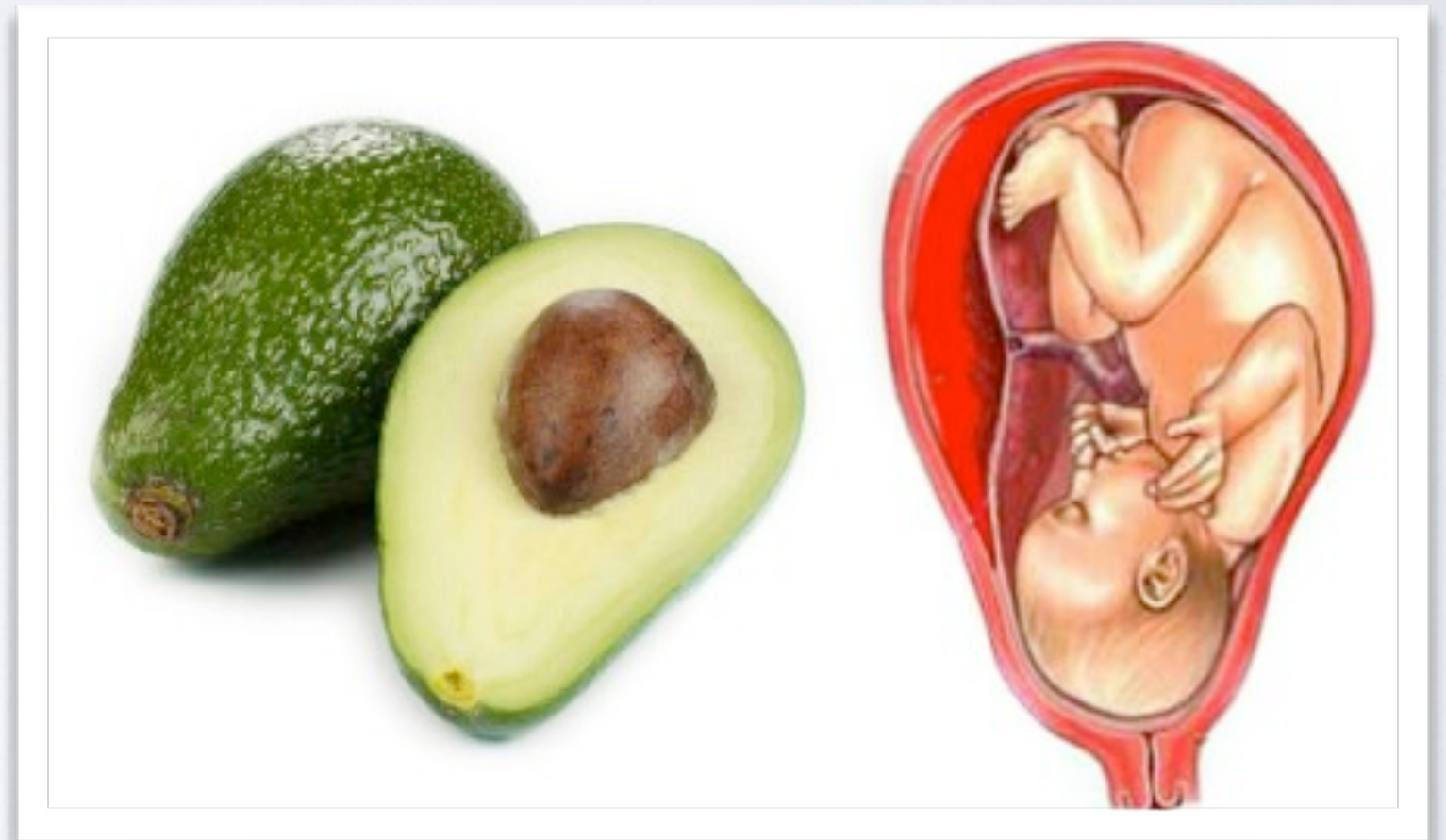
## Tx Options

**Ear Points:**  
 Sympathetic  
 Rectum, Large Intestine  
 Anus if Hemorrhoids

# CONSTIPATION - HEMORRHOIDS

## Diet Recommendation

- Avocado
- Sweet potato, pumpkin
- Cooked dark greens
- Seeds
- Figs, pears, papaya
- Sauerkraut



# URINE RETENTION

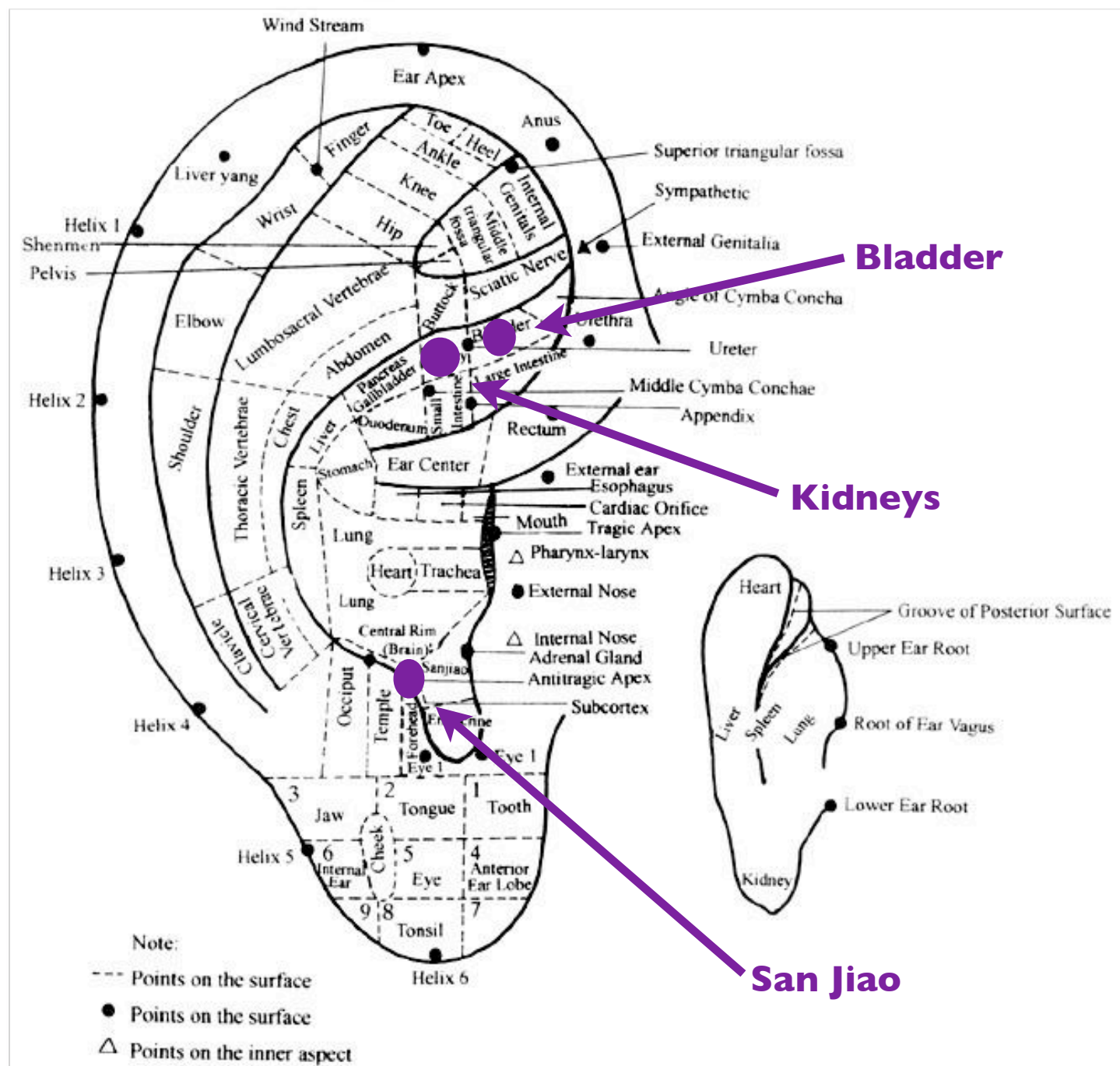
- **Definition:** Difficulty in urinating with bladder irritation.
- **TCM Causes:** Diet, stress, overworked, standing for long periods, excessive intercourse.
- **Western Causes:** Retroverted uterus, large fibroids, PID



# URINE RETENTION

TCM Patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture
<b>Sp Qi sinking</b>	Frequent scanty urine, pulling down in low abd, restless, fatigue, pale, T; pale, P: weak	Tonify Sp, raise Qi, lift fetus	Bu Zhong Yi Qi Tang	<b>Sp 3, St 36, Du 20</b>
<b>Kd Qi def.</b>	Frequent scanty pale urine, drip-stop-drip, low abd pain worse on sitting, low back pain, T: pale, P: deep-weak	Tonify Kd & Bl, calm fetus	Jin Gui Shen Qi wan	<b>St36, Du 20, Kd 3, KD 6, Kd 7</b>
<b>Damp Heat in BL</b>	Difficult urination, dark & turbid urine, irritable, heavy low abd, constipation, T: greasy-yellow coat at root mostly, P: slippery-rapid especially left rear position	Eliminate damp, clear heat, calm mind & fetus	Zi Shen Tang	<b>Gb 34, Sj 5 Sp 9, Bl 63 Gb 41, Li 11</b>

# URINE RETENTION



## Tx Options

### Ear Points:

San Jiao

Kd, BL

# SCIATICA/LOW BACK PAIN

- **Definition:** Sciatica-like pain and lumbar pain is common during pregnancy, most common in the 2nd & 3rd trimesters.
- **TCM Causes:** constitution, overworked (physical), emotions causing sleep issues.



# SCIATICA/LOW BACK PAIN

- Basic acupuncture points for low back/sciatica pain, with the patient in **the lateral position**.
- Gb 34, Kd 3, Bl 40, Gb 30, Gb 31. A-shi points on gluteals.
- Add constitutional points.



# SCIATICA/LOW BACK PAIN

- Basic acupuncture points for low back/sciatica pain, with the patient **sitting position**
- Gb 34, Kd 3, Lu 5.5 & A-shi on the anterior of the arm, below the elbow.
- Add constitutional points.

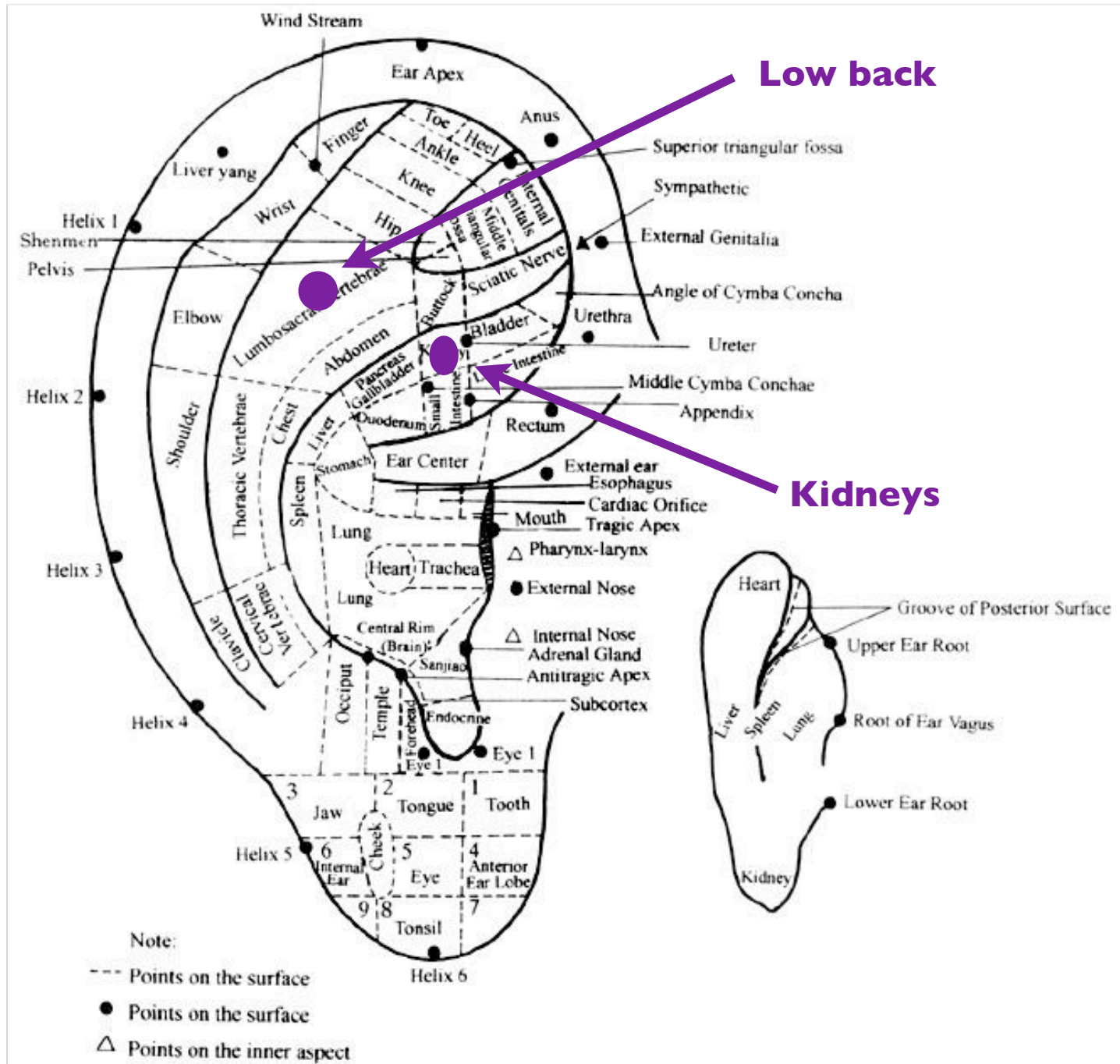




# SCIATICA LOW BACK PAIN

## Tx Options

**Ear Points:**  
Lumbar sacral area  
Kd



# SCIATICA/LOW BACK PAIN

## Tx Options

- Relaxation
- Prenatal Yoga
- Exercise: walking, swimming
- Massage/Tui Na



# CARPAL TUNNEL SYNDROME

- **Definition:** pain, tingling, numbness in the wrists & hands during pregnancy.
- **TCM Causes:** overworked, lack of exercise.
- **Western cause:** build up of fluid in the wrists.



# CARPAL TUNNEL SYNDROME

TCM Patterns	Symptoms	Tx Principles	Acupuncture
<b>LV Blood Deficiency</b>	Tingling & numbness in hands & wrists, pale nails, lips & face, fatigue, brittle nails, dry skin, dizziness, T: pale, P:thin	Nourish Blood	<b>St 36, Lv 8, Gb 34, Ba Xie, Pc 7, Local points</b>
<b>LV Blood Stasis</b>	Severe wrist pain, worse at night, irritable, purple lips, insomnia, T:purple, P:wiry-choppy	Move Qi & Blood gently, relieve Pain	<b>Lv 3, Gb 34, Sp 10, Ba Xie, Pc 7, Local points</b>

# CARPAL TUNNEL SYNDROME

## Tx Options

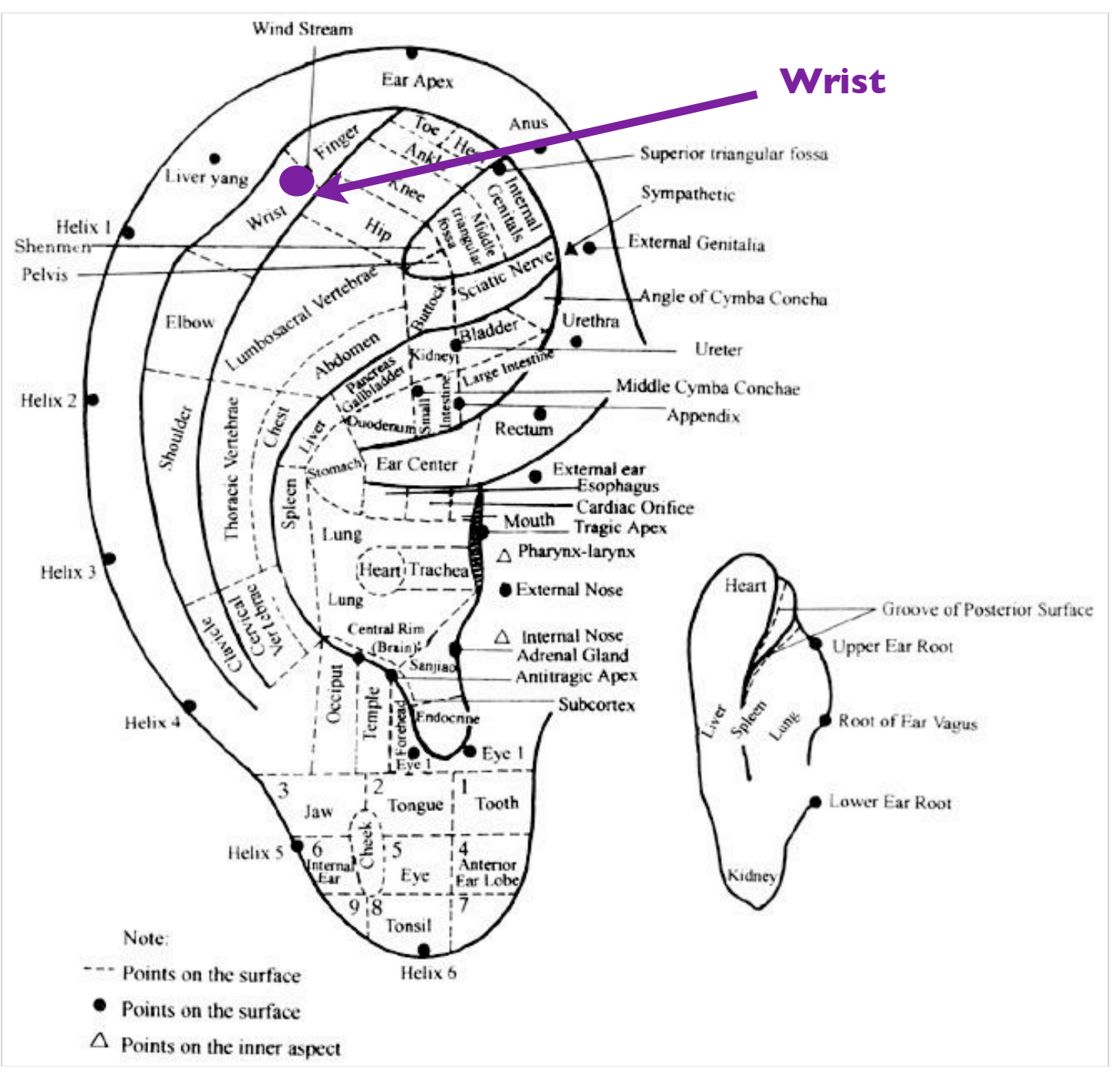
- Wear a wrist support at night
- Magnesium
- Massage
- Pineapple



# CARPAL TUNNEL SYNDROME

## Tx Options

Ear Points:  
Wrist and Fingers



# HIGH BLOOD PRESSURE DURING PREGNANCY

- **Definition:** high blood pressure during pregnancy can lead to induced labour or/and preeclampsia.
- **Causes:** genetic, stress, diet, bad blood circulation.



# Tx Options

- Lower salt intake
- Eat magnesium rich foods
- Eat potassium rich foods
- Avoid caffeine
- Control weight
- Deep breathing exercise
- Exercise (swimming, walking)
- Prenatal Yoga
- Massage

## HIGH BLOOD PRESSURE DURING PREGNANCY



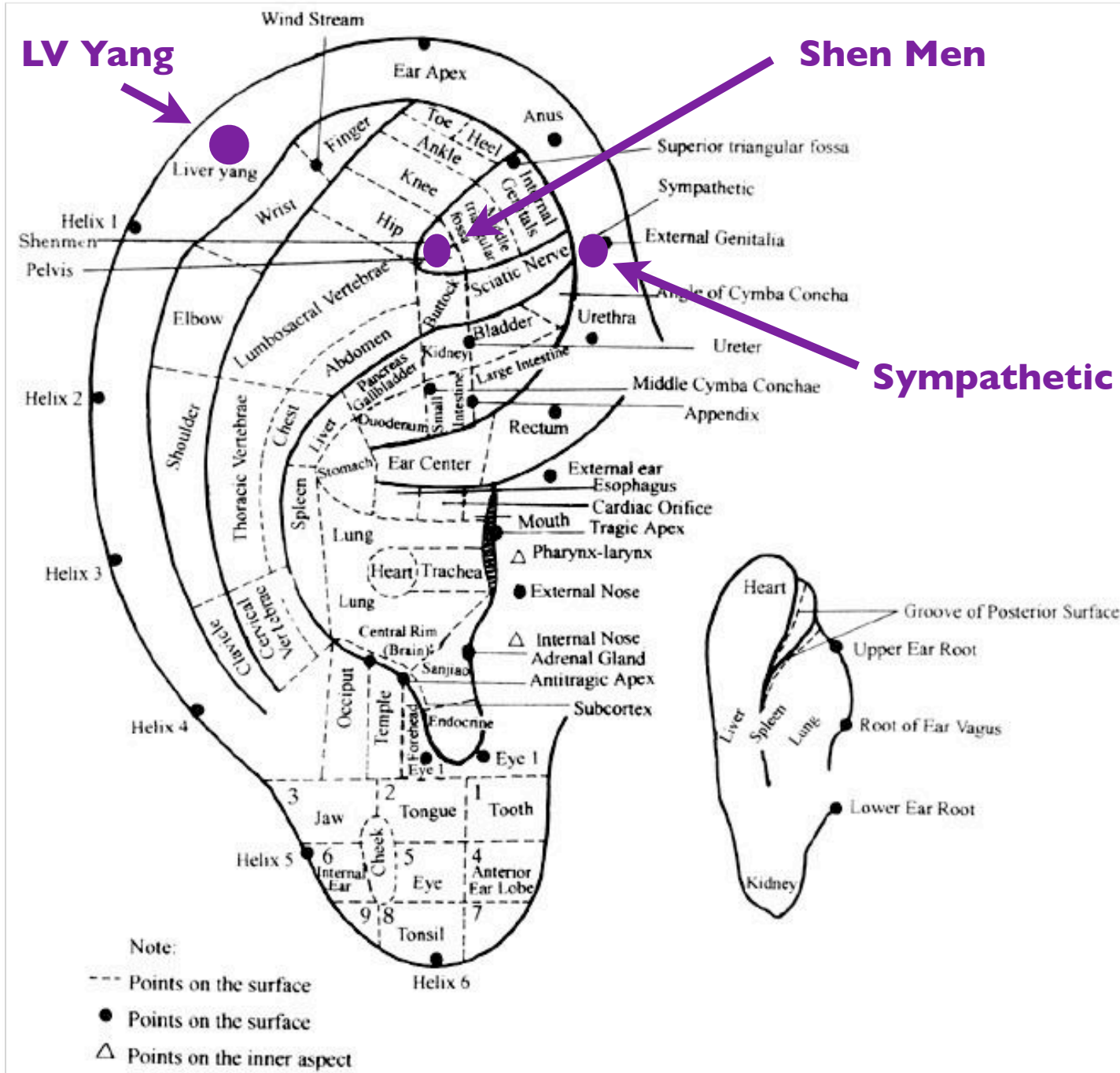


# HIGH BLOOD PRESSURE DURING PREGNANCY

- Basic acupuncture points for high blood pressure during pregnancy.
- Gb 34, Lv 2, Kd 3, St 40, Li 11.
- Add constitutional points.



# HIGH BLOOD PRESSURE DURING PREGNANCY

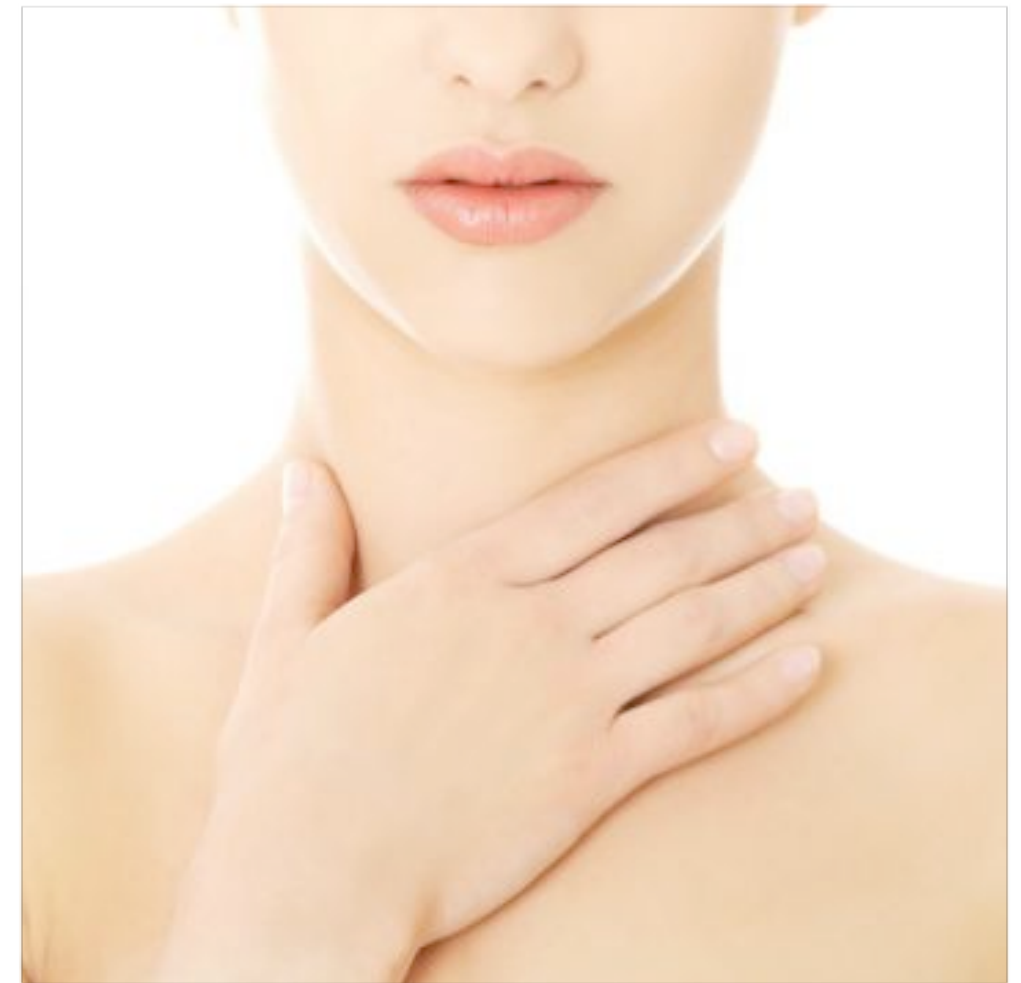


## Tx Options

**Ear Points:**  
 Shen Men,  
 Sympathetic, LV Yang

# THYROID ISSUES DURING PREGNANCY

- **Definition:** Hypothyroidism or Hyperthyroidism as a pre-existing condition or occurring during pregnancy.
- **Risks:** Untreated **thyroid diseases** in pregnancy may lead to premature birth, preeclampsia, miscarriage, and low birth weight.



# THYROID ISSUES DURING PREGNANCY

- **Hypothyroidism:** The most common cause of maternal hyperthyroidism during pregnancy is the autoimmune disorder **Grave's Disease**.
- **Hypothyroidism:** The most common cause of hypothyroidism is the autoimmune disorder known as **Hashimoto's Thyroiditis**.

**Medication** is often necessary after the woman has been diagnosed from symptoms and blood test levels of TSH, T 3 and T 4 have shown abnormality.

# HYPERTHYROIDISM DURING PREGNANCY

TCM Patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture
<b>Qi &amp; Phlegm stagnation</b>	Soft- swollen but not painful goiter, eye distention, depression, frequent suspicion, irritable, angry, sighing a lot, chest oppression, rib pain, pale tongue greasy coat, wiry-slippery pulse	Move liver Qi, transform phlegm & scatter nodule	Xiao Chai Hu Tang & Xiao Yao San	Lv 3, St 40, Sj 13, Si 16, Li 17, Bl 1, Tai Yang, Ht 7
<b>Live Fire</b>	Goiter soft not painful, tense, irritable, red face & eyes, headache, dizzy, tinnitus, hand tremors, profuse sweat, palpitation, insomnia, hate heat, constant hunger, thirst w/profuse drinking, bitter taste in mouth, red tongue-yellow coat, wiry-rapid pulse	Clear Fire from the Liver, scatter nodule	Long Dan Xie Gan Tang	Lv 2, Gb 34, Sj 13, Si 16, Li 17, St 44, Ht 7,
<b>Yin def. w/Yang rising</b>	Large goiter, eye lid retraction, heat sensation in palms & soles, insomnia, dizzy, blurred vision, palpitations, restless, sweating, hate heat, hot flashes, red face, weight loss but eat a lot, fatigue, dry mouth, red tongue-scanty coat, wiry-rapid-thin pulse	Nourish Yin, Bring Yang down, scatter nodule	Tian Wan Bu Xin Dan	Lv 2, Kd 7, Ht 7, Li 11, Sj 13, Si 16, Li 17, Kd 6, St 44

# HYPERTHYROIDISM DURING PREGNANCY

## Avoid

- **Gluten** – A gluten-free diet is beneficial for people with thyroid issues.
- **Conventional Dairy** – People with thyroid problems can also benefit from a casein free diet.
- **Artificial flavorings or dyes** – These can influence thyroid function, therefore it is best to avoid them.
- **Sugar** – contributes to autoimmune disease.
- **Packaged foods** – Can contain GMO foods that have been linked to autoimmune conditions.

## Diet

## Add

- **Green juices** – Fresh green juices from nutrient dense vegetables such as kale, spinach and spirulina can help provide vital nutrients.
- **Bone Broth** – Bone broth supports detoxification and aids in healing of leaky gut issues that can make hyperthyroidism worse.

# HYPERTHYROIDISM DURING PREGNANCY

## Supplements

- Iodine (150–300 micrograms daily)
- Lemon Balm (2 ml daily)
- L- Carnitine (1000 milligrams daily)
- Vitamin B-Complex (capsule daily)



# HYPOTHYROIDISM DURING PREGNANCY

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture
<b>SP Qi Def.</b>	Fatigue, facial edema, obesity, loose stools, pale face, pale tongue with teeth-marks, thin-white coat, soft-weak pulse	Boost Qi & tonify SP	Bu Zhong Yi Qi Tang	<b>St 36, Sp 4 Sp 3, Sp 9, Kd 6, Kd 3,</b>
<b>LV Qi &amp; Phlegm Stag.</b>	Swollen neck lumps not painful, difficulty in swallowing, irritable, chest oppression, sighing, rib-side pain, greasy tongue coat, wiry pulse	Move LV Qi, transform phlegm	Si Hai Shu Yu Wan	<b>Lv 3, St 40, Si 17, Sj 17 Gb 34</b>
<b>Phlegm &amp; Blood stasis</b>	Hard goiter like stone, large size painful lump, hoarse voice, thin-white-greasy coat, choppy-wiry pulse	Move blood, transform phlegm	Hai Zao Yu Hu Tang	<b>Gb 34, Sp 10, Rn 22, Li 17, Si 17, St 40</b>



# HYPOTHYROIDISM DURING PREGNANCY

## Diet



### Wild-caught fish

Balancing the level of omega-3 to omega-6 fatty acids in your hypothyroidism diet can reduce inflammation and support healthy thyroid and neurological function. Wild fish like salmon, mackerel and sardines are some of the best sources.



### Coconut Oil

Provides medium-chain fatty acids support a healthy metabolism, increase energy and fight fatigue. It also nourishes the digestive system and has antimicrobial, antioxidant and antibacterial properties that suppress inflammation.



### Seaweeds

Some of the best natural sources of iodine, these help prevent deficiencies which disturb thyroid function. Dried kelp, nori and dulse are the best choices.



### Fruits and Vegetables

These are high in vitamins, minerals and antioxidants that are necessary for combating free-radical damage and lowering inflammation.



### Bone broth

Beef and chicken stock contain the amino acids l-proline and l-glycine, which can help repair the digestive lining and improve hypothyroidism.

# HYPOTHYROIDISM DURING PREGNANCY

## Diet



### **High-fiber foods**

A high-fiber diet helps with digestive health. Aim for 30-grams of fiber daily. Eat more fresh vegetables, berries, beans, lentils and seeds.



### **Probiotic-Rich Foods**

Probiotics help create a healthy gut environment by balancing microflora bacteria. These include kefir (a fermented dairy product) or organic goat's milk yogurt, kimchi, kombucha, natto, sauerkraut and other fermented veggies.



### **Sprouted Seeds**

Flax, hemp and chia seeds provide ALA, a type of omega-3 fat that's critical for proper hormonal balance and thyroid function.



### **Clean Water**

Water helps with hydration and digestive function while preventing fatigue and moodiness. Drink at least eight ounces every two hours.

# HYPOTHYROIDISM DURING PREGNANCY

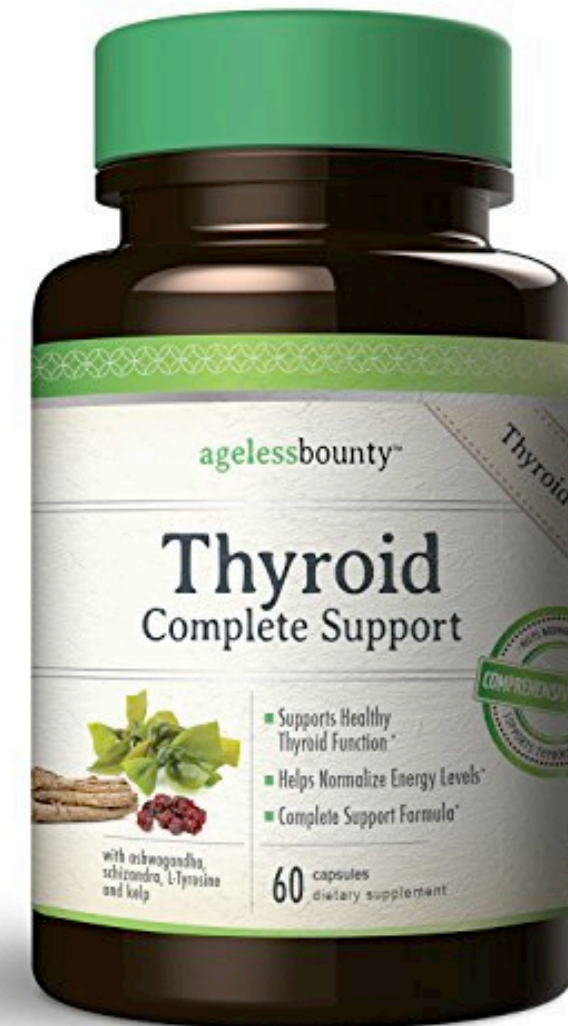
## Diet - Avoid

- **Gluten** - Many people with thyroid issues are also sensitive to gluten or have celiac disease. Undiagnosed sensitivities to gluten can further raise inflammation, create nutrient deficiencies and worsen hormonal problems.
- **Conventional Dairy** - Like gluten, dairy can be especially problematic for the thyroid, triggering reactions that raise inflammatory responses. Avoid conventional cow's milk dairy products that are not organic and have been pasteurized.
- **Sugar** - It can disrupt the hormone balance necessary for metabolism. People with thyroid issues have a difficult time losing weight. Because the thyroid is a key gland for hormonal balance and metabolism, it's best to avoid sugar as it can contribute to hormonal disturbances, fatigue, mood changes, worsened depression and weight gain.
- **Refined Flour Products** - Any food made with refined carbohydrates, negatively impacts hormone levels and can contribute to weight gain.

# HYPOTHYROIDISM DURING PREGNANCY

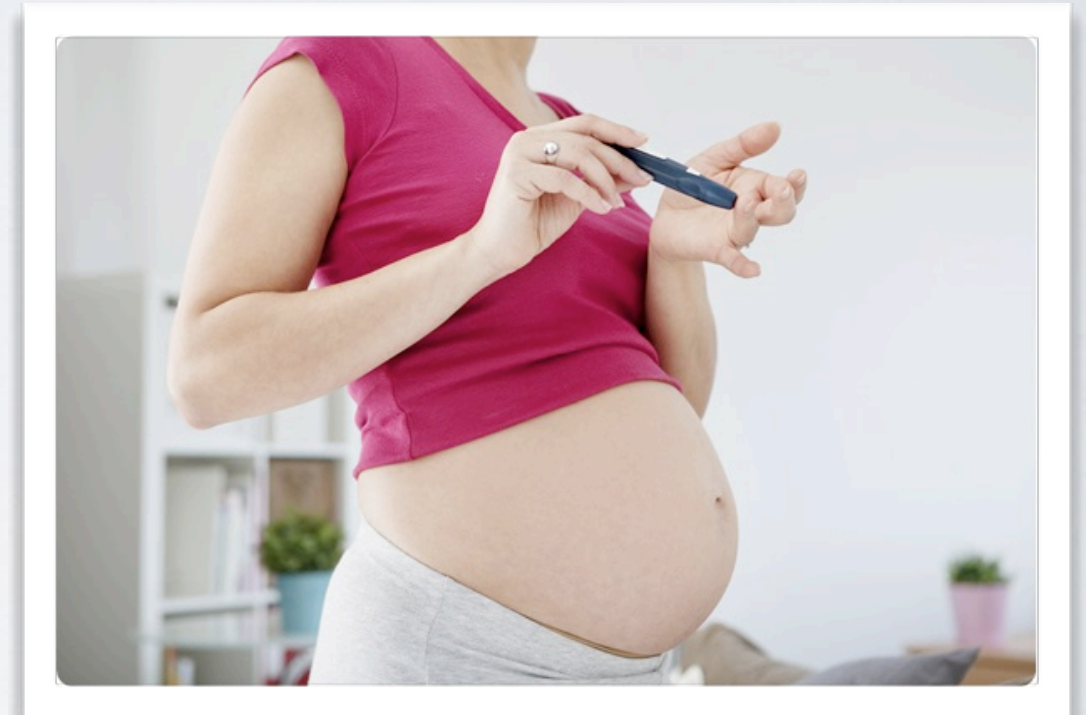
## Supplements

- Iodine (150–300 micrograms daily)
- Selenium (200 micrograms daily)
- L-tyrosine (500 milligrams daily)
- Fish oil (1,000 milligrams daily)
- Vitamin B-Complex (capsule daily)



# GESTATIONAL DIABETES

- **Definition:** a rise in **blood sugar** levels toward the end of the 2nd and 3rd trimester of pregnancy. In 90% of cases, it disappears after the birth, but the mother is at greater risk of developing type 2 diabetes in the future.
- **Complications:** high blood pressure resulting in preeclampsia, C-section, premature birth, bigger baby at birth, risk of the child becoming obese or having blood sugar issues.



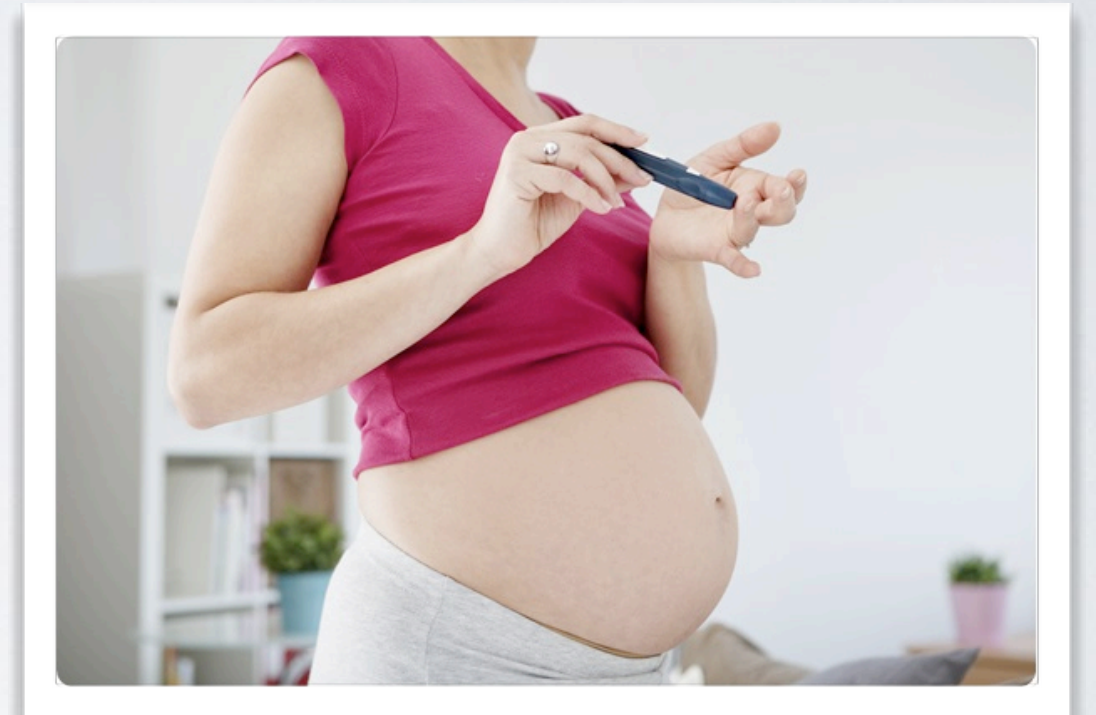
# GESTATIONAL DIABETES

## Risk Factors:

- Being over **35** years of age
- Being **overweight**
- **Family members** with type 2 diabetes
- Having **previously** given birth to a **baby weighing more than 9 lb (4 kg)**
- **Gestational diabetes in a previous pregnancy**
- Belonging to a **high-risk ethnic group** (Aboriginal, Latin American, Asian or African)
- Having had abnormally **high blood glucose (sugar) levels in the past**, whether a diagnosis of glucose intolerance or pre-diabetes
- Regular use of a **corticosteroid medication**
- **Polycystic Ovarian Syndrome (PCOS)**

# GESTATIONAL DIABETES

**Screening:** The Canadian Diabetes Association Clinical Practice Guidelines for the Prevention and Treatment of Diabetes in Canada recommends diabetes screening for all pregnant women, between the 24th and 28th week of pregnancy. Women with a higher risk of developing gestational diabetes should be tested earlier.



# GESTATIONAL DIABETES

**Screening:** blood test measuring blood glucose (sugar) levels, 1 hour after drinking a sugary liquid containing 50 g of glucose, at any time of day. If the result is:

- below 7.8 mmol/L, the test is normal.
- **Above 11.0 mmol/L, it is gestational diabetes.**
- If it is between 7.8 and 11.0 mmol/L, the attending physician will ask for a second blood test measuring fasting blood glucose (sugar) levels, then for blood tests taken 1 hour and 2 hours after drinking 75 g of glucose. This will confirm gestational diabetes if the values are equal to or greater than:
  - 5.3 mmol/L fasting
  - 10.6 mmol/L 1 hour after drinking the sugary liquid
  - 9.0 mmol/L 2 hours after drinking the sugary liquid



# GESTATIONAL DIABETES

Generally, a **healthy diet** with proper portion control and distribution of carbohydrates (sugars), as well as a **healthy lifestyle** (stress management, enough sleep and exercises), are sufficient to control gestational diabetes. If blood glucose (sugar) levels remain too high, the physician will prescribe **insulin injections** or, in some cases, **oral anti-diabetics** (Metformin).

## Western Treatment



# GESTATIONAL DIABETES

TCM patterns	Symptoms	Tx Principles	Acupuncture
<b>LV overacts on SP</b>	Weak 2-4 hrs after meals, headache, poor appetite, fatigue, rib pain, abd distension, mood swings, loose stools, bloating after meals worse with stress, pale tongue, wiry pulse	Move LV Qi, tonify Sp Qi	<b>St 36, Sp 4, Sp 3, Lv 3, St 40, Gb 34</b>
<b>Qi def. &amp; excess Phlegm</b>	Faint, foggy head & weak-dizzy 2-4 hrs after meals, heavy headache, need to clear throat of phlegm, possible nausea still in 2nd or 3rd trimester, fatigue, pale tongue-greasy-white coat, slippery pulse	Tonify Sp Qi, transform Phlegm	<b>St 36, Sp 4, Sp 9, St 40, Du 20, Gb 34</b>
<b>Qi &amp; Blood Def.</b>	Palpitation-nervous-sweat-fainting 2-4 hrs after meals, pale-dull face, pale nails & lips, dry hair, fatigue, dizzy, poor memory, poor appetite, pale tongue, thin-weak pulse	Nourish Blood, Tonify Qi,	<b>St 36, Sp 4, Sp 4, Ht 7, St 40, Pc 6</b>

# Tx Options

- Always pairing carbs with protein
- Eating high fibre foods (seeds & nuts)
- Avoiding sugar
- No skipping meals
- Controlling weight
- Vitamin D foods (Fatty fish, eggs)
- Reducing stress
- Exercising (swimming, walking)
- Prenatal Yoga
- Good sleep

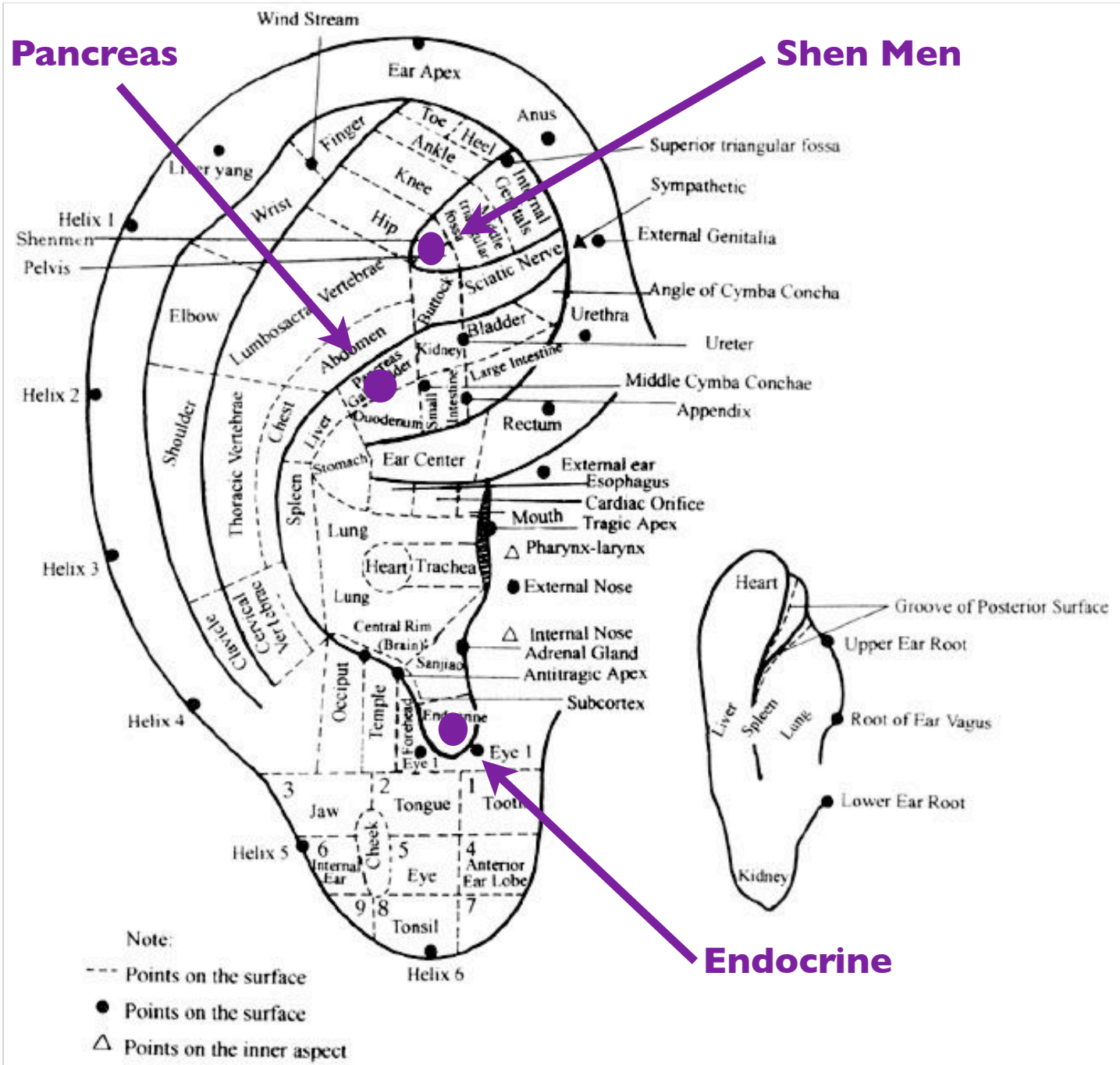
## GESTATIONAL DIABETES



# GESTATIONAL DIABETES

## Tx Options

**Ear Points:**  
Shen Men, Endocrine,  
Pancreas







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