



## Description of modalities used during in-home postpartum treatments:

### ● **Moxabustion**

Chinese heat therapy is excellent at warming and comforting the abdomen after birth as the uterus adjusts size. Moxa can relieve pain and cramps, and help your body tighten the abdominal muscles and ligaments. Useful for joint or muscle pain anywhere in the body.

### ● **Shiatsu** Japanese body work

Shiatsu is a form of body work or massage along the acupuncture meridians. Shiatsu can help with tight or achy joints or muscles, and promotes relaxation and emotional balance. This is a useful therapy for new moms because of its relaxing and pain-relieving qualities, and because it is easily performed through clothes and requires no special table or position.

Acupressure can be easily incorporated with Shiatsu. For example, Shiatsu and acupressure given on the hands or lower legs can help relieve pain and cramping as the uterus shrinks directly after birth or during the first few days postpartum.

### ● **Acupuncture**

The application of needles along the ear is a powerful way to encourage relief from pain, reduce stress, counter fatigue, and promote sleep and emotional balance. These ear needles are non-obtrusive, so the mother can freely attend to herself and the newborn while they are in.

Acupuncture points may be used elsewhere on the body to address aches and pains, abdominal and pelvic alignment, milk flow, healthy digestion and anything else that comes up.

### ● **Herbal Therapy**

Western and Chinese herbal medicine help to nourish and strengthen the mom after pregnancy and labor. Gentle herbs which are safe during nursing are used. These are more like a food than a strong medicine. They can enrich blood, promote healthy digestion of mom and baby, support milk supply, and calm the mind and emotions.

Herbal formulas are most often made individually for the mother and her specific needs. Celia can show the partner how to easily prepare the herbs into teas.

### ● **Sitz bath** preparations

A warm or cool herbal sitz bath feels soothing to the perineum after birth. Celia can prepare the sitz bath in home to make it as easy as possible for the mom to get the care and healing she desires.