

Acupuncture in Albuquerque – [Acupuncture Treatment While Pregnant](#)

Using prenatal care, which is exercising good health care while pregnant, is crucial to your unborn child's health. For the majority of women they know this requires eating right and exercising during the pregnancy. Now-a-days many women use acupuncture to lower stress and it's been said being treated with acupuncture during pregnancy may also help reduce the risk of miscarriage during the first trimester. If you want to reduce pain, discomfort, enhance your fertility, and lower your stress levels acupuncture is definitely something to consider doing while your pregnant or while you're trying to get pregnant. Being prudent is always a good idea so it advised that before you decide to do anything before or while you're pregnant you should speak with your primary doctor or you baby doctor.

It is a fact that a greater portion of all miscarriage happen within the first three months of being pregnant. This is why many women who become [pregnant start seeing an acupuncturist](#) for regular acupuncture treatment. On a practical level acupuncture treatment for women who are pregnant targets specific acupuncture points that help reduce the risk of miscarriage. The focus on the acupuncture is to release positive energy, push out negative energy, and in turn reduce the risk of miscarriage during the first trimester.

Seeing a acupuncturist that specializes in performing acupuncture on pregnant women makes the most sense. Do not be shy, but be bold, and ask your practitioner what their specialties are and see if they have experience in other areas helping women through pregnancy. Many local fertility doctors will [recommend a reputable acupuncturist in](#) your area. Make sure you ask and find out the number of acupuncture treatments you'll need to give yourself the best chance at the desired outcome you're wanting which of course is carrying your baby to term and not having a miscarriage.