



THE TEXAS CENTER FOR  
REPRODUCTIVE  
ACUPUNCTURE

# Pregnancy Care Program

TCRA's board-certified reproductive acupuncturists are your specialists for the child-bearing year. Our pregnancy program ensures a safe, happy, healthy pregnancy and post-partum!

## MISCARRIAGE PREVENTION

1 treatment a week the first 12 weeks

Maintain pregnancy while easing uncomfortable symptoms of the first trimester, including morning sickness and fatigue.

## HEALTHY PREGNANCY\*

1 treatment a month the next 5 months

Stay well during pregnancy and relieve stress, backache/sciatic pain, heartburn, sleeplessness, headaches, digestive problems, gestational diabetes, carpal tunnel and other side effects of pregnancy. Women maintaining these treatments report an easier, more comfortable pregnancy!

## EASY LABOR\*

1 treatment a week for the last 4 weeks before due date

In the last weeks of your pregnancy, increase blood flow to the uterus, ensure your baby is in optimal head-down position and prepare for a smooth birth. In a study of over 800 women, our Easy Labor series helped 78% of women deliver in ten hours or less.

## POSTPARTUM

1 treatment a week for the next 4 weeks

Balance hormones, establish and maintain necessary milk supply, alleviate postpartum depression and bring balance back to the body. Treatments provide an important opportunity to rest and focus on your needs each week!

\*Women carrying multiples are recommended to receive more frequent treatment. Your acupuncturist will create the plan best suited to your needs

For information on pregnancy services at TCRA, visit [texasfertilityacupuncture.com](http://texasfertilityacupuncture.com) or call 512.302.5600 today!