



**Jolanta Skiba**

*Acupuncture | Massage | Nutrition Therapy*




## What is Acupuncture (during pregnancy)

Acupuncture during pregnancy offers women a drug free and side effect free alternative to managing their health and well-being. It can help treat pregnancy pain such as pelvic, lower back and rib pain, in addition to morning sickness and headaches. Acupuncture can help the body prepare for labour and delivery by shortening the labour process and reducing the need for medical interventions.

During pregnancy, acupuncture has been shown to effectively treat the following conditions:

- ✓ Morning sickness (nausea & vomiting)
- ✓ Fatigue
- ✓ Headaches
- ✓ Heartburn
- ✓ Constipation
- ✓ Anxiety & Depression
- ✓ Sinusitis
- ✓ Pregnancy-induced hypertension
- ✓ Insomnia
- ✓ Edema (fluid retention)
- ✓ Pain - musculoskeletal conditions
- ✓ Vaginal itching
- ✓ Breech & posterior position

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# Pregnancy Pain

Acupuncture is safe, gentle, and effective in treating pain that may arise during pregnancy. By improving circulation, swelling and inflammation is reduced. Some of the most common aches and pains experienced in pregnancy are easily reduced through acupuncture:

- ✔ Neck and upper back pain
- ✔ Lower back and sciatica pain
- ✔ Leg cramps
- ✔ Rib pain
- ✔ Pubic symphysis pain
- ✔ Headaches and migraines
- ✔ Carpal tunnel syndrome

**1st Trimester** Acupuncture can provide drug free relief to some of the most common complaints in early pregnancy, such as nausea, vomiting, headaches and fatigue.

**2nd Trimester** During the second trimester, women experience a lot of changes in their body due to the growth of the baby. This can lead to back pain and the misalignment of posture. Acupuncture treatments can reduce or correct these conditions, and can also give relief from heartburn, anxiety and depression.

**3rd Trimester** Acupuncture helps ease many of the discomforts of the 3rd trimester, such as back pain, sciatica, swelling, constipation, heartburn and insomnia. Acupuncture treatments can also gently prepare the body for labour by ripening the cervix and by teaching your body how to promote efficient contractions. Women who get acupuncture throughout their pregnancy, especially the third trimester, report faster and less complicated deliveries.

From the end of the 3rd trimester (from the 35th week of pregnancy till birth) I offer **pre-birth acupuncture**. It is a weekly treatment that improves the blood flow to the womb, softens the cervix and prepares the body for smooth and happy birth. Pre-birth acupuncture supports women to give birth around their due date, preventing serotinity (overdue pregnancy; a pregnancy that continues longer than 42 weeks).

## About me

I graduated at Shenzhou Open University in Amsterdam and completed an intensive course on the Foundation of Western Medicine. Combining the knowledge of TCM (Traditional Chinese Medicine) and Western Medicine allows me to perform my tasks as a therapist with more understanding towards my patient's conditions. I participated in many seminars about gynecological conditions with accomplished doctors and practitioners worldwide. I deepen my knowledge daily to be of the best help to my clients.

For more information visit my website  
[www.jolantaskiba.nl](http://www.jolantaskiba.nl)

## Would you like to know more?

Feel free to make an appointment.

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**Initial intake/consultation: € 30, - (± 30min)**

**Follow-up treatment: € 70, - (± 60min)**



Possibility of acupuncture cost reimbursement: I belong to acupuncture association ZHONG, via the link you can check if your insurance package covers the cost of acupuncture treatment.

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