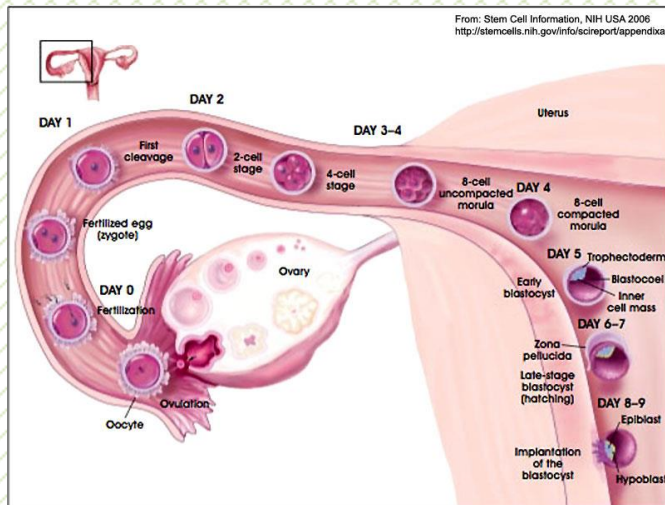


Before Pregnancy

Acupuncture and Herbs assist to:

- Improve blood flow to ovaries and uterus
- Improve ovarian function
- Enhance condition of endometrium (uterus lining) for implantation to occur
- Improve quality and quantity of ovum (egg)



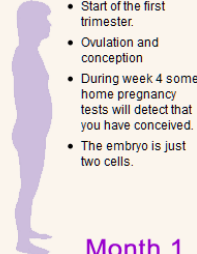
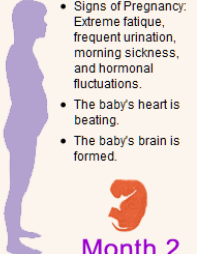
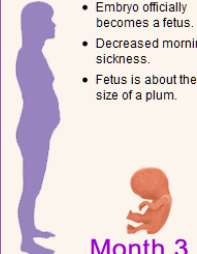
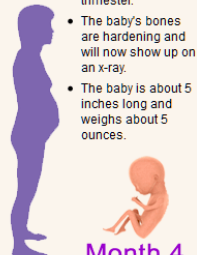
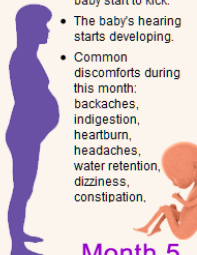

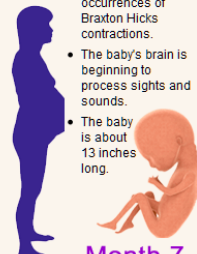


Fertilization of Ovum (egg) and Formation of Embryo

During Pregnancy

Herbs assist in:

- Reducing morning sickness
- Regulation of Qi and Blood to calm the fetus
- Treatment of illness (cough/flu)
- Assist Labour/Delivery of Baby

Pregnancy Stages

 <ul style="list-style-type: none"> • Start of the first trimester. • Ovulation and conception • During week 4 some home pregnancy tests will detect that you have conceived. • The embryo is just two cells. <p style="text-align: center;">Month 1</p>	 <ul style="list-style-type: none"> • Signs of Pregnancy: Extreme fatigue, frequent urination, morning sickness, and hormonal fluctuations. • The baby's heart is beating. • The baby's brain is formed. <p style="text-align: center;">Month 2</p>	 <ul style="list-style-type: none"> • Embryo officially becomes a fetus. • Decreased morning sickness. • Fetus is about the size of a plum. <p style="text-align: center;">Month 3</p>
 <ul style="list-style-type: none"> • Start of the second trimester • The baby's bones are hardening and will now show up on an x-ray. • The baby is about 5 inches long and weighs about 5 ounces. <p style="text-align: center;">Month 4</p>	 <ul style="list-style-type: none"> • You begin to feel the baby start to kick. • The baby's hearing starts developing. • Common discomforts during this month: backaches, indigestion, heartburn, headaches, water retention, dizziness, constipation. <p style="text-align: center;">Month 5</p>	 <ul style="list-style-type: none"> • This month marks the halfway mark in your pregnancy. • At the end of this month the baby is almost fully formed. <p style="text-align: center;">Month 6</p>
 <ul style="list-style-type: none"> • Possible occurrences of Braxton-Hicks contractions. • The baby's brain is beginning to process sights and sounds. • The baby is about 13 inches long. <p style="text-align: center;">Month 7</p>	 <ul style="list-style-type: none"> • The baby is fully formed and putting on weight. • The baby's lungs are almost fully developed. <p style="text-align: center;">Month 8</p>	 <ul style="list-style-type: none"> • Common discomforts: Braxton-Hicks contractions, pelvic pressure, difficulty sleeping. <p style="text-align: center;">Month 9</p>