

# East meets West for mothers

THE benefits of acupuncture and natural therapies for pregnant women are finally being used around the world.

What has been recognised in the East as an everyday part of a healthy lifestyle, is now carrying a lot of weight in the Western world.

Tania Largent, from Ambrosia Health Centre at Randwick, works with pregnant mothers, assisting with wellbeing of mother and baby.

“The treatments offer women drug-free relief for a multitude of problems that can arise during pregnancy, including morning sickness and heartburn, cold and flu, sinus problems, hypertension, oedema, fatigue, insomnia, anxiety and depression, sciatica and back pain, turning breach babies and inducing labour,” she said.

Ms Largent recommends inter-

trimester treatments at weeks 12 and 24.

These are otherwise referred to as “happy baby” treatments as they are believed to promote the health of the baby as it develops, while offering an opportunity for mothers to resolve any discomforts related to the pregnancy.

She also offers pre-birth acupuncture, starting at 36 weeks, to prepare women for childbirth.

“Studies have found these treatments to be of help in ripening and dilating the cervix before labour begins,” she said.

Ms Largent suggests Chinese medicine for postnatal support, as well as massage for both mum and bub.

“Infant massage is a wonderful way to enhance bonding through loving touch,” she said.

## TANIA'S TOP FIVE TIPS

- 1. Diet:** During pregnancy eat foods that are warm and nourishing including plenty of whole grains, protein and vegetables. Avoid cold, raw and processed foods that are high in salt, sugar or preservatives.
- 2. Exercise:** Work out gently but consistently during pregnancy to promote strength, muscle tone and endurance. Low-impact exercises are best, including walking, yoga and swimming.
- 3. Rest and Sleep:** Get plenty of rest during the first trimester of your pregnancy as your body works to protect and nurture the developing baby. To increase your chances of a good night's rest, avoid caffeine, eating or drinking large quantities within a few hours of bedtime, and rigorous exercise before bed.
- 4. Minimise Stress:** Remember that a happy mother gives birth to a happy baby. Find a release valve for your stress and relax on a daily basis – laugh, meditate, do yoga and breathing exercises.
- 5. Treat yourself – you deserve it:** Have a regular massage, go away for the weekend, or buy yourself a beautiful bunch of flowers.



Tania Largent from Ambrosia Health Centre is bringing a bit of Eastern knowledge to Randwick.