

Using Traditional Chinese Medicine for Postnatal Care



Importance of Postnatal Care

Postnatal care refers to the time immediately after the delivery of a baby before the woman's reproductive organs have completely recovered. The most important period to take care of the body is the first 6-8 weeks after giving birth.

What are the common discomforts after delivery?

During this period of time there are many common discomforts: for instance postnatal depression, postnatal abdominal pain, postnatal persistent lochia, puerperal fever, lacking of breast milk, postpartum spontaneous sweating, and night sweating and postnatal arthralgia.

What can acupuncture & Chinese Medicine offer?

Traditional Chinese Medicine (TCM) encompasses a wide range of healing arts that date back to ancient China. A diagnosis looks at the person as a whole-body, mind and spirit as well as his/her relationship to the environment. Using ancient methods of diagnosis and differentiation, a TCM doctor looks at each patient individually, so no treatment is the same. Each treatment works on balancing the body's organs as well as the emotions, thus assisting the body on a physical as well as an emotional /mental level. There is no limit as to what TCM can treat, and dating back as far back as 5,000 years, the treatment methods are still effective today.

Because TCM works on strengthening the body's own immunity and ability to heal itself naturally without masking the symptoms with drugs, it is especially beneficial for postnatal care as a method to bring back the natural rhythms of the body after a delivery and helping the body to heal and function at a normal, possibly even stronger, state of health.

Traditional Chinese Medicine advises special care for women during the postnatal period.

- After childbirth a woman usually has lower energy and blood levels, so avoid cold foods & drinks, and keep warm.

- Keep to a special diet, especially food rich in vitamins which are easy to digest and specific to your individual constitution.
- Regulating your digestive system so that you have regular bowel movements and smooth urination is very important.
- Combine rest with a simple exercise routine suitable to your fitness level.

We also provide diet therapy, acupressure, acupuncture, ear acupuncture and functional herbs to reduce and cure any discomfort specifically concerning postnatal care.

Zhang yifang

什么是产后期?

产后期是指妇女在生产后直到其生殖器官完全恢复原样的一段时间。产后期通常持续6到8周左右。

产后期常见不适症状通常有哪些?

产后期常见不适症状: 产后抑郁症, 产后腹部疼痛, 产后恶露不尽, 产后发热, 产后缺奶水, 产后日间自汗和夜间盗汗, 以及产后关节痛等。

传统中医能提供什么?

传统中医涉及到了起源于古代中国传统治疗艺术的方方面面。它把人作为一个整体来诊断: 身体, 思维, 和精神实质来分析。其中特别指出了人与周围环境之间的密切关系。



传统中医重视给予产后妇女特殊关爱

- 注意保暖, 因为在产后期妇女的基础能量和血含量比正常情况下要低很多。
- 合理饮食, 为产后期女性补充体内所流失的营养物质。从中医的角度来讲, 就是摄入利于能量补充、血液和阴阳调和的食物, 尤其需要注意食用富含营养物质和易于消化吸收的食品。
- 管理自身排泄, 保证排尿排便正常。
- 根据个人体质的强弱把握好休息和锻炼这两者之间的平衡。适当的休息和锻炼有利于产后妇女的恢复。



我们同时提供饮食疗法、指压、针灸、耳针和功能性草药, 为妇女产后期常见病痛的治愈和症状的减轻提供有效保障。

Dr. Eva Zhang (China)

MD, MS - Doctor of Traditional Chinese Medicine

Dr. Eva Zhang earned her masters degree in Traditional Chinese Medicine at Nanjing TCM University in 1986 and is a third-generation TCM practitioner. Dr. Zhang traveled to the UK (1990-1994, 2000) and USA (1999) to introduce the concepts of TCM to Western doctors and clients. In 1995, she was appointed as an associate professor at the Shanghai Traditional Chinese Medicine University, a position she still maintains. Dr. Zhang has individually and jointly published 5 books and monographs on Chinese medicine in China and abroad. She is a TCM advisor for the American Herbal Pharmacopoeia. Her specialties include stress management, diet, gynecology, pediatrics, allergies, skin and joint conditions as well as digestive conditions.

If you have any questions, please do not hesitate to contact our medical staff.