

About Gayle Kildebeck, L.Ac.

I am an acupuncturist with a specialty in Women's health, Pregnancy and Labor. I have worked as a doula and a pregnancy massage therapist for over 12 years. After receiving my Master in Oriental Medicine, I trained an extra year in Women's Health issues. I use acupuncture, massage, and Chinese Herbs to ease the discomforts of pregnancy. Acupuncture can help you with many ailments that Western Medicine does not treat, such as back pain, edema, nausea. Just open this brochure to see how you can have a healthier pregnancy during each phase of your gestation.



Mothering the Mothers of San Diego's Children

My goal is to assist women in having a healthy and satisfying pregnancy.

Gayle helped me with Bell's Palsy in my third trimester. My OB said there was nothing they could do. But with acupuncture I was able to regain use of my facial muscles.
~ Kris Hoyt

I had carpal tunnel during my pregnancy and acupuncture really took away the pain and swelling.
~ Zeinabu Davis



North Park Acupuncture, Inc.

3080 North Park Way
San Diego, CA 92104
Tel: 619-294-6616
Fax: 619-294-6618
Gayle.Kildebeck@yahoo.com



- Acupuncture
- Massage
- Chinese Herbs

Traditional Chinese Medicine and Pregnancy



Gayle Kildebeck, L.Ac.
North Park Acupuncture
619-294-6616

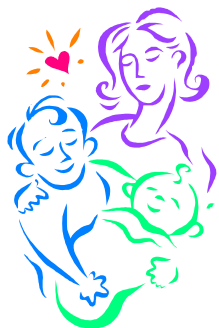
Fertility and First Trimester

Traditional Chinese Medicine offers many different services to the newly pregnant woman, as well as those trying to become pregnant.

As the new life grows inside of you, your body goes through many changes that can be disconcerting. Through the use of different Chinese Herbal formulas, acupuncture and massage, your body can adjust and align with the transformations that are occurring rather than battle with them.

Conditions treated:

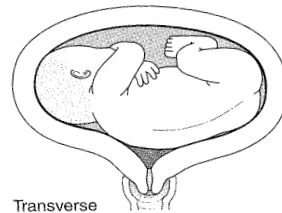
Many forms of infertility, Morning sickness, Dizziness, Threatened miscarriage.



Second and Third Trimester

During this time your body is more accustomed to the changes. The discomforts are more physical than energetic. You are gathering energy and the baby is growing and getting ready for the big Birthday.

Treatment is an important tool that helps you totally relax and nurture your body.



Conditions treated:

Back pain, Leg Swelling and Edema, Carpal Tunnel, Bell's Palsy, Pre-eclampsia, Improper position of the fetus, Insomnia, Abdominal pain, Hemorrhoids, Heartburn, Anemia, Premature labor as well as delayed onset of labor.

Postpartum



You have just created and given birth to a new being, using the core of

your essence and vitality. Now you are continuing to provide nurturing and love to this new life. You need to be fully supported and receive care from all those around you. The more you receive the more you have to give to your baby. Eat well, sleep well. Allow others to give to you.

Proper recovery is very important. New mom's are susceptible to colds and flus. In addition, it is important to be fully recovered before getting pregnant again.

Conditions treated:

Mastitis, Fatigue, Depression, Back ache, Scar therapy, Insufficient lactation.