



Acupuncture and the NADA protocol in the treatment of pregnant women, mothers and their babies

Nashville 2014

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Acupuncture applied by midwives in Germany



Prerequisite having absolved an official qualification for applying acupuncture when treating actual pathologies only in collaboration with medical practitioners

Typically applied

- during pregnancy
- during labor
- after child birth until the baby turns one



Some rooms of my midwife practice





Indications during pregnancy



- various problems (for example: Hyperemesis, pain of various origins, Lumbago, headaches, influence on pathological positions of the fetus)
- Treatment of addictions
- Mental and physical strengthening
- Birth preparation





Two mothers treated with Shenmen during open consultation hours at the midwife practice





The NADA protocol supports the state of health of the mother and her unborn baby



Angela Braun-Tesch - family midwife



Childbirth Preparation

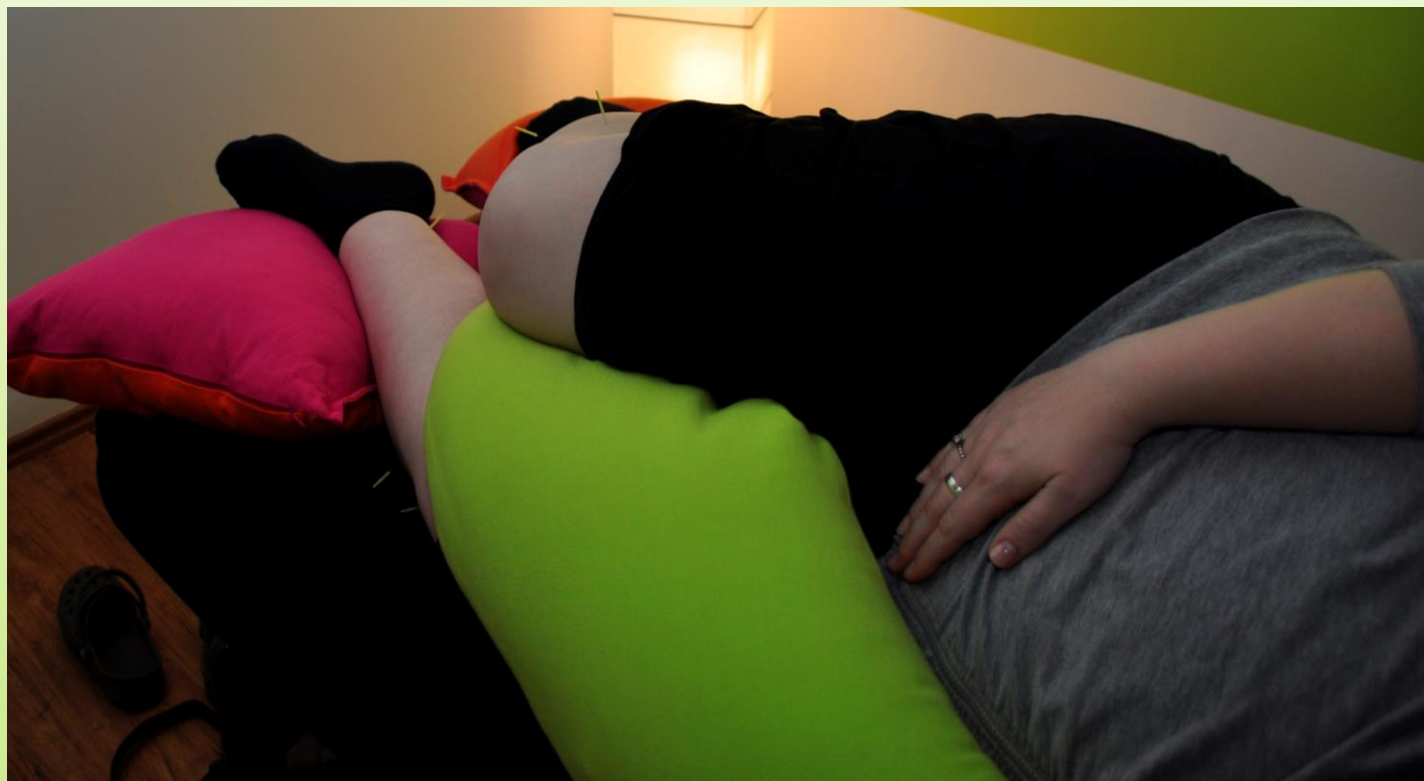
(Mannheim Modell - using Dr. Römer's Scheme)



- Beginning of the treatment 36th week
- Treatment frequency: once a week
- Duration of session: 20 minutes
- Technique: Tonifying
- Point combination: GB 34, ST 36, SP 6 (first and second session)
- Additionally BL 67 (third and fourth session)



Childbirth Preparation



The effects:

- The length of labor becomes shorter
- A significant improvement in contraction coordination
- A prophylactic strengthening for the labor and the time afterwards

(Mannheimer Study 1995)



Indications during childbed, nursing and until the baby turns one



- Various pain conditions (for example episiotomy, problems related to nursing, delayed uterine involution, Sectio, tension in the neck ..)
- To regain full strength
- To be balanced during emotional crises
- Treatment of addictions, alleviation of withdrawal syndrome in the infant



Emotional crises after child birth



Triggered by:

for examples:

- Traumatic experiences in life, during pregnancy and during the birth of the infant
- Physical fatigue
- Persisting addictions disorders
- A very fussy / high-need baby
- Lack of a supporting social network
- Financial problems





The Nada protocol - a support for mums and their babies



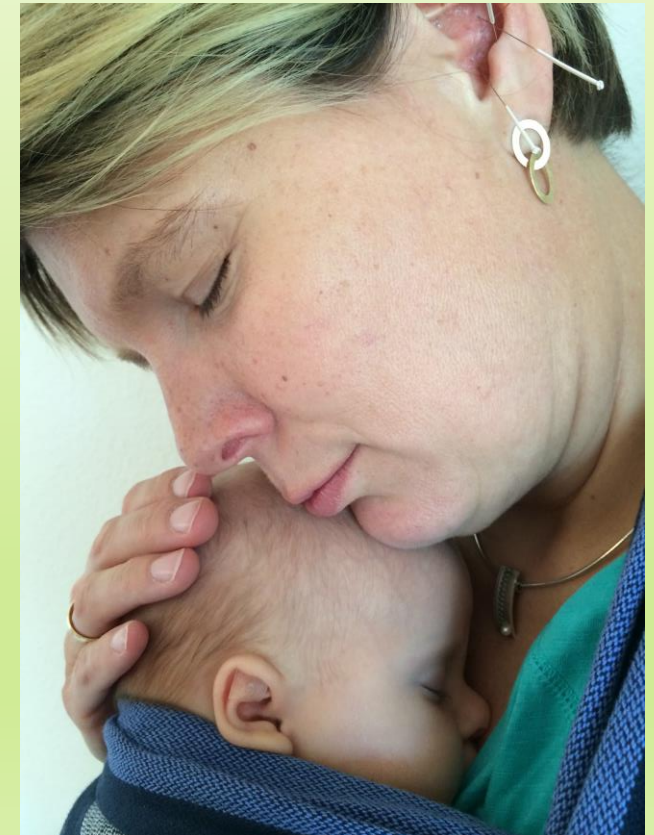
- For relaxation
- After traumatic experiences
- To increase mindfulness, centering and physical self-preception
- In the case of withdrawal symptoms
- For mothers / families with problems
- To be balanced during emotional crises



The NADA protocol



supports the mum to relax and to feel more inner balance -
and the baby responds





The NADA protocol



Some quotes of the mothers:

- „I feel more relaxed“
- „I feel aware of my body and I´m able to realise discomfort in my own body“
- „It feels good“
- „Now it´s my turn“
- „As if a light switched on in the dark and I´m able to look around again “



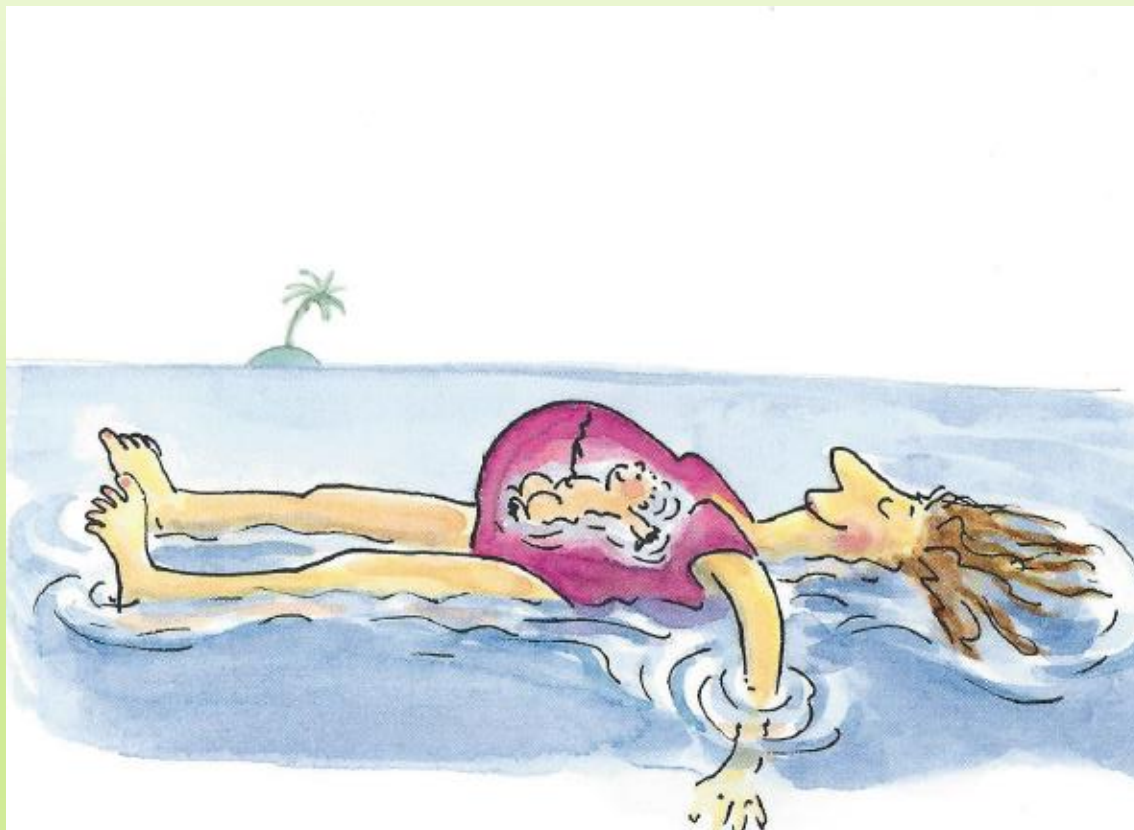
„I have the feeling to be able to see my daughter properly again, and I´m able to appreciate how cute she really is.”

Angela Braun-Tesch - family midwife



Keeping it simple...

The NADA protocol supports wellness for the mother and her baby



Illustrator (Heike Wiechmann)



... and the NADA protocol promotes mother- infant attachment - for a better start in life !

