



## Dear Friend,

Are your weekdays too busy to fit in treatment? If you need a Saturday appointment, we've got you covered. Our **NEW Saturday hours are 9am to 3pm at our downtown location.** Saturdays are quieter downtown and offers easier parking. Call 415-445-9388 today to set up your Saturday appointment.

We look forward to seeing you in the office soon for women's health & fertility, pain care (including our dry needling expertise), laser and light therapies, or our other integrative medical treatments that may benefit you.

Sincerely,

The San Francisco Acupuncture Group Team



## Partnership with the SF Birth Center!

We are pleased to announce a **new collaboration and Saturday hours at the San Francisco Birth Center** at 2300 Sutter St #301 in Pacific Heights. If you are looking for integrative treatment for fertility, pregnancy, post-partum, and beyond, call 415-445-9388 for your Saturday

# Postpartum Care: A Three Part Series



By Jeannie Bianchi, L.Ac, FABORM

Becoming a mother marks a time of profound transformation in a woman's life. There's the euphoria and excitement of a new baby. But labor and birth can be rigorous, and Mom will continue to experience hormonal changes for up to a year after giving birth. While the baby requires around-the-clock attention, the mother, too, needs support to take care of herself. Mother and baby are an intimate pair whose health and wellness are intertwined -- just as they were in utero.

To get the pair off to the best possible start, some cultures have codified customs regarding the care of postpartum mothers. Traditional Chinese care for a postpartum mom entails a 30-40 day period of intensive recuperation. The new mother rarely leaves her home, and family members prepare all of her meals, including specific foods considered by traditional medicine to promote healing. In fact, various cultures around the world approach the postpartum period with similar practices and

appointment between 10-3 pm.

The SF Birth Center is a **premier women's health resource**, and San Francisco's only facility of its kind offering prenatal, many birthing and postpartum services and options for women and families. We are excited about this collaboration, and to offer effective support for women through pregnancy, labor, and the postpartum phases.

[READ MORE ABOUT THE PARTNERSHIP HERE](#)



## Treating Pain With Dry Needling

Dry needling is an extremely effective treatment used to relieve pain. It is both safe and proven to help people who suffer from muscle stress, overuse, or injury. Dry needling uses the same needles as acupuncture to stimulate muscle fibers and surrounding tissues that have been damaged and have become highly sensitive. This stimulation tells the body it's time to repair itself. Dry needling does not follow the principles of Chinese

reverence. This [New York Times article](#) notes a few other countries and cultures with such traditions.

Even if you don't have a team attending to you, there's plenty you can do. In this series, we present guidelines and recommendations that any mom-to-be can implement, in three parts:

1. **The Last Weeks of Pregnancy**
2. **The First Weeks After the Birth**
3. **Post-Partum Emotions.**

[READ THE ENTIRE ARTICLE HERE](#)

acupuncture (meridian lines, etc.), but focuses on the repair of injured tissues that cause pain.

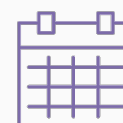
At SFA Group, dry needling is a patient favorite because it is so effective at resolving a wide variety of pain, allowing patients to resume the activities they love most. We are the leading providers of dry needling in the Bay Area, thanks to over fifteen years of expertise using the procedure, and our very high success rate. Call today for your appointment!

Get more information on [dry needling](#).



#### **Book an appointment**

Call now if you live in San Francisco or plan to visit the Bay Area - [415 445 9388](tel:4154459388).



#### **Contact us**

Fill out our [secure online form](#) or reply to this email for more information.

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