



## Pregnancy Week 30: How You Can Prepare for Fast, Safe Labor

Now that you have reached week 30 in your pregnancy, Dr. Wu would like to remind you how important it is to return to Wu's Healing Center to prepare for the labor process.

This is a critical time for both your body and your baby. By preparing now with acupuncture, herbs, and massage, you can significantly shorten the amount of time you spend in labor and ensure a safer and more comfortable delivery. You can also improve the health of your baby by detoxifying the liver—very important in preventing jaundice and skin problems in a newborn.

At week 30, you can begin taking an herbal formula that will help with your baby's liver detox. Between weeks 30 and week 33, Dr. Wu also recommends you visit the clinic once a week for half-organ and half-meridian massage and acupuncture. Then, from week 34 until the time of delivery, she recommends you receive organ massage, meridian massage, and acupuncture weekly.

We would also like to remind you that an important part of Dr. Wu's program continues after your baby is born. Immediately after delivery, you can begin drinking our Welcome Babies soup—a formula to strengthen and tone your reproductive organs, speed your recovery, and enable you to produce healthier breast milk for your baby. By visiting the clinic for Dr. Wu's post-partum treatment, you can also avoid the depression and diminished sex drive that often plague new mothers.