

# Postpartum Recovery In-Clinic & At-Home Care

The postpartum period is vital for long-term health. However, following birth it can also be the hardest time to leave home.

Postpartum care can take place in clinic or in the comfort of your home, making support accessible when you need it most.

Utilizing acupuncture, herbs and moxibustion treatments can support:

Rebuilding energy & reserves

Hormonal regulation

Emotional balance

Nervous system reset

Stress resilience

Physical recovery

Sleep and lactation

This phase is not meant to be rushed. It is a stage of deep transformation. Intentional and thoughtful care during postpartum can profoundly shape how you feel for months and years later.

Caring,  
Knowledgeable,  
Adaptable Support  
That Helps You  
Feel Held &  
Informed At Every  
Stage.

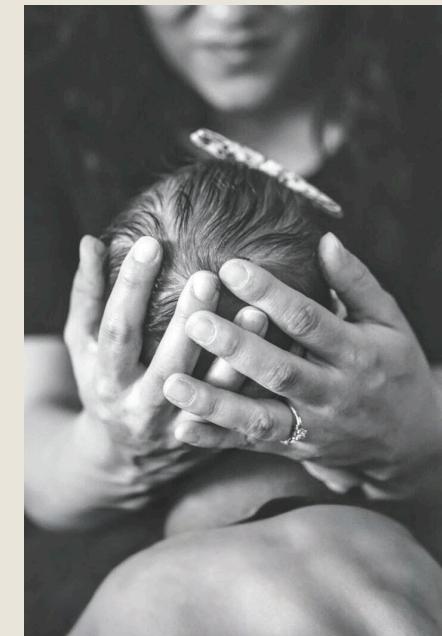
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FERTILITY • PRENATAL •  
POSTPARTUM CARE  
ROOTED IN TRADITIONAL  
CHINESE MEDICINE

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# Nurturing Your Journey to Parenthood

Dr Kimberly Weinreich L.Ac  
Doctor of Acupuncture and Chinese Medicine



Balance • Support • Empowerment

Treatments grounded in Traditional Chinese Medicine and shaped by modern day research and clinic practice of supporting families through some of the most transformative and vulnerable chapters of life with compassion and expertise.

## Fertility Support

Whether you're preparing to conceive, navigating irregular cycles, recovering from loss or working alongside reproductive medicine your treatment plan will be designed to evolve with you.

Treatment can support:

Hormone balance & cycle regulation

Enhanced uterine & ovarian blood flow

Egg quality & implantation

Calming the nervous system & stress response

Strategies to complement IVF, IUI or Egg Freezing when desired.

Your fertility is unique and we will work together on a plan tailored to your constitution, timeline and goals.



## Prenatal Care For You & Baby



Pregnancy is transformative, dynamic & sometimes challenging. Your needs in the first trimester are not the same as in second or third, and your care should reflect this evolution to ensure you feel nurtured throughout.

Your personalized treatment plan supports the intricate relationship between you and your babies. Offering care for you both as they grow and as your body shifts and later prepares for birth.

Every pregnancy is a journey. Let me help you make it a supported one.