
PROACTIVE POST-PARTUM

Now the real work begins. Get support and resources so that you can enjoy your new life.

Whether you are a first time parent or have been at the game a couple rounds, having an infant is hard work! Scheduling any type self care seems simply unfathomable. But it is so necessary.

Postpartum recovery is a very personal experience that is not talked about or supported enough in our society. It can feel like an isolating experience. At Rebel Med NW, we specialize in holding space for our postpartum moms while giving them the support and resources they need so they can be the space for their own family.



PostPartum Support at Rebel Med NW

- Mental health and stress reduction support through techniques that integrate relaxation for the mind and body such as biofeedback, acupuncture, and intuitive massage.
- Hormone rebalancing support plan
- Physical recovery support plan
- Referrals and resources for other postpartum needs such as physical therapists and lactation specialists.
- Support plan for your new dietary and lifestyle goals.

What can the therapies at Rebel Med NW do for you?

- **Acupuncture, biofeedback, nutrition, massage therapy** can all help with **stress reduction** and **mental health**; important for the post **baby blues**, and supportive to other clinical treatments for **postpartum depression**.
- **Spinal adjustments**, along with other physical medicine therapies like **acupuncture** and **body work** can continue **maintaining the body's alignment** as your body shifts shape during the newborn and recovery process.
- **Nutrition** and **Naturopathic guidance** on **healthy lifestyle and dietary goals** that are specifically tailored to you increases your likelihood of sticking to the process and reach your goals.
- **Acupuncture** and **Naturopathic medicine** can support the process of **hormonal re-balancing**.

Our medicine, Your incredible body

While it is tempting for us to say that our therapies are the reason behind your healthy conception, pregnancy, or postpartum process, the truth is that this beautiful process is all *Your* body's! Our medicine is simply achieving one goal: making *Your* body healthier! In doing that, your body is optimized. There are no guarantees in life, but if you are asking your body to create new life, carry that life for nine months, or repair and heal itself why not do your best to support your body's process in the best ways you could. We are here to help with our medicine and our expertise, but it is your incredible body that is doing the work.
Love your Body; Give Love to your Body.

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body.**

Schedule a free consult today:
www.rebelmednw.com
