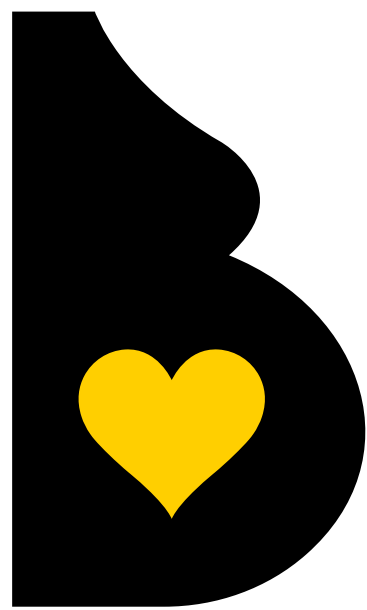

PROACTIVE PREGNANCY

**Pregnancy is a B! -
Beautiful process, that
is. We'll be there for
the ups and downs.**

Pregnancy is a beautiful and life-changing event for women *and* their partners, but not always the glamorous process that is envisioned. Support your process but surrounding yourself with an amazing team that can help you not just survive, but to appreciate the beauty of the physical and psychological changes you are about to embark on.

The therapies we offer at Rebel Med NW can help address mental, emotional, and physical well-being as both partners face the challenges of pregnancy and planning for their new arrival.



Pregnancy Support at Rebel Med NW

- Natural and pregnancy therapies to help manage pregnancy symptoms such as nausea, pain, fluid retention.
- Natural and pregnancy safe therapies to help with mental health and stress reduction as you go through this important personal phase and get ready for the next exciting phase in your life.
- If you began working with us in the pre-conception phase, then you will have providers that walked with you to this point and will be able to continue guiding you and supporting you forward.
- If you are utilizing our services for the first time in pregnancy, you will find caring providers that will lend you all of their skills, knowledge, and expertise.
- Due to our holistic nature, we are going to think about where you are now and where you're going to be at the end of this, and begin supporting you for the next phase now.

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

- **Acupuncture** for safe relief of **common pregnancy symptoms**, and even induction support.
- **Acupuncture** for safe management of **non-pregnancy related conditions** during pregnancy.
- **Acupuncture, Massage therapy, Spinal Manipulation, Manual therapy, and Naturopathic Medicine** modalities for **pregnancy safe pain management**.
- **Acupuncture, Biofeedback, Mindfulness techniques, and Massage therapy** for **pregnancy safe stress relief and mental health support** for the pregnant woman and her partner.
- Our bodies shift often in pregnancy due to the physical changes such as weight gain and the hormone relaxin. **Spinal manipulations** and other **manual therapy techniques** can help keep the **body in alignment**.
- **Primary Care Physicians** that will **focus on diet and lifestyle support**, but can also provide guidance about supplement protocols. This while also maintaining safe **medication management** along with other foundational Primary Care support.
- **Licensed Nutritionist** that can help you shape healthy eating plans in pregnancy and evolve and adapt it to your new life after pregnancy.

**YOU support. We
support you,
pregnancy and
beyond.**

Schedule a free consult
today:
www.rebelmednw.com
