

I was skeptical of acupuncture at first and have a fear of needles, so I was uncertain of how much I'd get out of this treatment. Sarah made me feel comfortable from the beginning, taking plenty of time with me and explaining everything very thoroughly. My doctor had recently told me that test results of my hormones showed an imbalance that could take over a year to correct before I would be able to maintain a healthy pregnancy. After discussing this with Sarah at the initial appointment we came up with a treatment plan that worked for me and started immediately. Within 2 months I was pregnant! I have just had a healthy baby boy after a very easy, comfortable pregnancy with acupuncture treatments throughout. Any of the typical pregnancy symptoms I did have, such as swelling and heartburn were easily managed with a single treatment and I attribute Sarah's experience in fertility/pregnancy for making it so easy on me! I could actually feel my heartburn recede within 5 minutes of the needling. She was very reassuring throughout the treatments and my pregnancy in general and I actually started to look forward to my treatments. We had even discussed the option of acupuncture induction if the need arose after my Doctor had brought a concern for needing an induction up, but with the birth prep acupuncture treatments in the last month I went into labor naturally. I know I will continue to see Sarah, I have recommended her to many friends already, and when it comes time for the next babe I will rely on her expertise again!