

Mum and Baby Clinic Launches in Edinburgh

Contributed Article

The Centre for Holistic Health, an Edinburgh based alternative therapies centre, is launching a Mum and Baby Clinic on Friday 30 August 2013. The clinic runs at 5a York Place Edinburgh on Fridays from 10am to 1pm and costs from £25 to £50. The clinic provides a safe, gentle and non-invasive specialist treatment option for pregnancy, birth and post-natal related conditions.

How many new parents are told "Oh it's just colic, they'll grow out of it"? Leaving the parents of an unhappy baby, anxious and sleep deprived.

How many mums are assured that their pregnancy related backache and pelvic pain will go away after the birth? Only to find that it gets worse, interfering with the care of their baby.

Often, women simply 'put up' with pregnancy-related symptoms believing that they are just part of the process. However, many of these common pregnancy ailments are not only treatable but also result in a much healthier pregnancy, birth and baby.

For first time mum Amanda Burnham, a misdiagnosed Pubic Symphysis Disorder (also known as Pregnancy related Pelvic Girdle Pain), left her on crutches after a 56 hour labour and unable to hold her baby. Amanda said "As I was unable to lift my baby by myself or carry her for any length of time, there were also bonding issues and post-natal depression to contend with. I was issued with a pair of crutches, given a support belt and a prognosis of recovery in around 12 months!"

Amanda is now the healthy, pain-free mum of three happy children, and she wants to share what changed her life with

other Edinburgh mums and dads. Following the incredible relief both she and her unhappy baby received after visiting an osteopath, Amanda made the life changing decision to switch careers. She became an Osteopath herself, graduating from the London School of Osteopathy in 2009.

Osteopathy is a gentle manual therapy which is particularly suitable for treating mothers and their babies both during and after pregnancy. Amanda Burnham is registered with the General Osteopathic Council, ensuring patient safety, practitioner competence and fulfilling statutory requirements.

The clinic also offers acupuncture as an adjunct where required. Acupuncture can be effective in reducing nausea, labour preparation and for pain relief. Acupuncture is administered by Charmaine Shepherd, a member of the British Acupuncture Council.

Amanda said, "even in the easiest of births, there is a lot of force involved and, when birth becomes complicated by unusual presentations, interventions, or is very fast or very slow, or ends with caesarian section, these forces can be exaggerated. Some babies enter the world looking bruised and shocked..." Osteopaths believe that many problems common to babies such as difficulties latching on or feeding and digestive problems such as reflux may, in part, be due to these compressive forces.

Patients must call into the clinic for an appointment or book online using the online booking system available on the Centre's web site <http://www.centre4holistichealth.co.uk> Once an appointment is scheduled for a consultation, the Osteopath will decide on the best treatment strategy for the condition.

For relief for mums, dads and babies, call 0131 556 8440 for a consultation and come to the Mum and Baby Clinic on Fridays between 10am and 1pm at the Centre for Holistic Health, 5a York Place Edinburgh.

Submitted by [Centre for Holistic Health](#)

