



# *Acupuncture & Beauty Centre*

**Eli Huang** (Bc Hlth Sci in TCM, Dip Beauty Therapy)

Ph: 0403 328 807 or 9728 6176

Unit 95/515 Kent St, Sydney 2000    Web: [www.acupunctureandbeauty.com.au](http://www.acupunctureandbeauty.com.au)  
62A Smart St, Fairfield NSW 2165    E: [info@acupunctureandbeauty.com.au](mailto:info@acupunctureandbeauty.com.au)



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## *Tips for Pregnant Women*

- Do not over bend the back
- No cold or raw foods
- No raw fish, meats
- No cold or icy drinks
- Only warm water
- Reduce caffeine intake to minimal or none
- No excessively oily/fried foods
- No watermelon
- No ice-cream (1-2 trimester)
- Avoid toxic fumes, chemicals, hairspray, nail polish
- Stop smoking and drinking
- Do not lift anything heavy
- No high heels shoes
- No sexual intercourse until 3 months
- Have at least 3 regular meals a day
- No flying in the first trimester or last
- No scary movies or very emotional movies
- Try to stay happy and positive at all times
- No extreme exercises, only walking and swimming

