



**Acupuncture**  
and  
**Chinese Herbal Medicine**  
for  
**Women**  
**Mothers and Children**

**Amy E. Mager**

M.S., Lic. Ac. (MA & NY)

Dipl. Ac., Dipl. C.H. (NCCAOM)

CLC, Certified Lactation Counsellor

**413-222-8616**

**www.MagerHealing.com**

Amy's practice integrates acupuncture, herbal medicine, magnet therapy, moxibustion, *sho ni shin* (Japanese no-needle technique), and Chinese food therapy. Working together with her patients, she facilitates long-term physical, spiritual, and emotional health.

**Women's Reproductive Health**

Infertility...Ovarian Cysts...Herpes...  
Menstrual Disorders/PMS...PID...  
Fertility Awareness/Natural Birth Control...  
Menopause...Hot Flashes...  
Fibrocystic Breasts...Depression...  
Headaches...Breast Distention...  
History of Miscarriage...

**I really wanted a baby. I'd had two miscarriages and wasn't staying pregnant. In addition to providing acupuncture and herbal medicine, Amy gave me compassionate and emotional support I hadn't found elsewhere. I am now in my third trimester growing a healthy baby.**

—Risa Silverman

**Pregnancy Issues**

Morning Sickness...Spotting...  
Headaches...High Blood Pressure...  
Anemia...Yeast Infections...Backaches...  
Respiratory and Urinary Infections...  
Breech Presentation...Skin Problems...  
Preparation for Labor and Birth...  
VBAC, Hospital and Home Birth Support...

**I was ten weeks pregnant, bleeding and very nervous. During the treatment I felt much more relaxed and calm. The bleeding slowed down with acupuncture and herbal medicine and stopped the following week. Thankfully, I just gave birth to my beautiful son.**

—Louise Brown

**Post-Partum**

Recovery...Nursing Counselling...  
Mastitis...Insufficient Milk Supply...  
Pain...Prolapse...Mood Swings...  
Depression...Support...Fatigue...  
Building Strength and Immunity...  
Insomnia...Prolonged Bleeding...  
Conceiving Another Child...

**After the cesarean birth of my first child, Amy's treatment enabled me to recover rapidly. Two years later, I still hadn't menstruated and wanted to become pregnant again. After a few sessions and herbal medicine, my cycle regulated and I conceived in my second month of trying.**

—Diane Alpern

Amy brings her whole self and her open heart to her work—offering her full presence in the spirit of true healing. I'm grateful for her heart-centered presence in the work she's done with me.

—Tammi Mack

## Pediatrics

Colic...Earaches and Infections...  
Asthma...Respiratory Infections...  
Colds...Coughs...Allergies...  
Bed Wetting...Herpes...Teething...  
Recovery from Inoculations...  
Childhood Diseases...Night Crying...  
Neo-natal Jaundice...Failure to Thrive...  
Strengthening the Immune System...

I have great respect for Amy's depth of experience. As a patient and parent of children who see her, I feel deep gratitude and admiration for her gentle, communicative and respectful ability to facilitate powerful healing for people of all ages.

—Gwen McClellan  
Integrative Acupressurist

I absolutely recommend this for my clients.

—Donna Jackson Köhlin  
Certified Nurse Midwife (CNM)

## About Amy Mager

Amy's study of Acupuncture and Chinese Medicine began after these treatments provided her life-changing benefits from her own chronic pain and illness. She was first licensed in California where acupuncturists are licensed primary health care providers. She has been practicing in the Pioneer Valley since 1992. Amy was a breastfeeding peer counsellor for Hampshire County WIC from 1992-2006. She became a CLC, Certified Lactation Counsellor in 2006.

Amy apprenticed for two years with Raven Lang, OMD, a midwife for twenty years before she began her practice of acupuncture and Chinese medicine. Amy was privileged to study outside of school with Dr. Miriam Lee, a highly respected acupuncturist and author. Amy has published several articles on parenting in the book *Parenting from the Heart* and the magazine *Natural Jewish Parenting*.

Amy's eight years of professional education includes a four-year Master of Science program at the American College of Traditional Chinese Medicine; with Master Herbalist Dr. Yat-Ki Lai and studies at the Post-Graduate Institute of Oriental Medicine in Hong Kong. She continues to expand her knowledge through classes, including an advanced certificate program in Chinese herbs and women's health issues and gynecology.

The heart of Amy's practice is her faith in the body's ability to heal itself. While symptoms provide feedback, Amy's work is based on healing the whole person rather than curing isolated symptoms.

Midwifery means "with woman". My experience with Amy's work is that my clients are midwifed through the transitions of pregnancy to birth through the tools of acupuncture, herbal medicine and Amy's skilled coaching and work with body-centered hypnosis for pregnancy and childbirth. Amy's way of being with her patients embodies my belief of what it means to be "with woman".

—Jharna Morrissey  
River Valley Midwives

Amy is this acupuncturist's acupuncturist. I am grateful to be able to refer patients to her. She's a practitioner of skill, dedication and most of all, heart.

—Sharon Weizenbaum  
Lic. Ac., Dipl. Ac., Dipl. C.H. (NCCAOM)

Offices in Florence and in the Holistic Retreat Center in the Reminder building in East Longmeadow.

She can be reached at:  
**413-222-8616**

Amy is available for most Intrauterine Insemination and In Vitro Fertilization support treatments as well as to help women working to start their labors.

