



(e)xpectancy Ltd

**Expectant Parents' Complementary
Therapies Consultancy**

Annabel Bradburn – RM DipHE Midwifery

Annabel works as a community midwife in the Hertfordshire area. She is committed to facilitating normal birth both at home and within the hospital/birth centre setting. She believes passionately in pregnancy and birth as a normal life process and works in partnership with women to promote safe and effective choices during their pregnancy and childbirth experience.



She is currently leading the development of an NHS aromatherapy service in a local Birth Centre.

In her private practice Annabel offers a variety of complementary therapy treatments to women during pregnancy, birth and the postnatal period. In 2010, Annabel completed the Diploma in Integrated Therapies for Childbirth with Expectancy. She now offers a range of therapies for general relaxation and the relief of many troublesome pregnancy symptoms. Annabel has also completed the British Medical Acupuncture Society's foundation course in western medical acupuncture, and offers acupuncture treatments for nausea and vomiting in early pregnancy and for back/pelvic pain. Annabel is insured with the Royal College of Midwives and the Federation of Antenatal Educators.

Services provided include:

- Advice on safe use of complementary therapies in pregnancy and childbirth
- Pregnancy massage, aromatherapy and reflexology
- Complementary therapies for specific pregnancy symptoms including back/pelvic pain, nausea and vomiting in early pregnancy, oedema, carpal tunnel syndrome
- Moxibustion and other alternatives for breech presentation
- Acupuncture for nausea and vomiting in early pregnancy and back/pelvic pain
- Reflexology and other techniques if you are “overdue”

Geographical area

Hertfordshire and North London

Contact

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