

## Gynecological / Infertility

“A study published in the Journal of Fertility & Sterility, found acupuncture improves pregnancy success rate by 50% in women undergoing in-vitro fertilization. 2002 April;77(4):721-4”

Regulating a woman’s menstrual cycle is paramount for optimum health when concerning the overall health of a woman whether she is trying to conceive or not. Having a healthy menstrual cycle, a normal cycle, is used as an indicator of overall health and balance in a woman. TCM, Traditional Chinese Medicine, (Acupuncture and Herbal Medicine) is very helpful in maintaining and normalizing a woman’s menstrual cycle.

My approach in dealing with any fertility issues is to look first at regulating the menstrual cycle and then fine tuning any changes that need to be addressed from there. Men make up a third of the infertility cases and generating a good number of healthy thriving sperm is another area of concentration I work at within my practice. TCM in conjunction with IUI, IVF and any assisted reproductive techniques is a wonderful mix. So often the fertility drugs used can really deplete vital fluids and the energy necessary for conception to take place whether a woman is going through either medicated IUI or IVF treatments. Acupuncture and/or Chinese herbal medicine has been shown to positively effect the amount of blood flow to the uterus one of the biggest advantages to conceiving and to significantly lower stress in women trying to conceive. Working with men and women and fertility is a passion of mine and one I take very seriously. I am on the faculty of the New England School of Acupuncture and teach other acupuncture students about male and female fertility challenges, and am blessed now with many pictures of healthy, happy babies.

### Useful Links

- Fertility & Sterility
  
- Acupuncture and Good Prognosis IVF Patients: Synergy.
- Acupuncture & IVF Poor Responders: A Cure?
- Improvement of IVF Outcomes by Acupuncture: Are egg and embryo qualities involved?
  
- 12th Congress on Human Reproduction  
Acupuncture: Impact on Pregnancy Outcomes in IVF Patients
- Ob/Gyn news January 1 2005 • Volume 40 • Number 1  
Acupuncture in IVF Linked to Lower Miscarriage and Ectopic Rates
- Acupuncture in IVF Demonstrates Promising Results in New Study