

Promoting Fertility, Preventing & Treating Infertility



Ancient Healing & Wellness for the Whole Family

www.AncientHealing.US
(615) 656-3486

Current statistics state that one in five couples over the age of 30 have difficulty conceiving after one year of trying. Many of these couples are turning to acupuncture and Oriental medicine for a safe, effective and natural solution to have a healthy baby.

Oriental medicine has a long history when it comes to enhancing fertility for both men and women. In fact, evidence that acupuncture and herbal medicine have been used to aid fertility can be found in early medical literature dating back to 3AD.

Fertility treatments were first recorded by Zhang Zhong Jing, a famous physician from the Han Dynasty, in his discussion of diseases in women in the *Jin Gui Yao Lue* or *Essentials of the Golden Cabinet*.

How can Oriental Medicine Enhance Fertility

According to the principles of Oriental medicine, a person's health is determined by the quality of Qi, the vital life energy, and blood circulating through the body. When Qi and blood are circulating properly, the body is properly nourished and functioning optimally which, in turn, enhances fertility.

Researchers have confirmed its benefit in the following areas:

- Regulate menstrual cycle.
- Improve sperm count and motility.
- Reduce stress and anxiety associated with infertility.
- Normalize hormone and endocrine systems.
- Improve blood flow in the uterus.
- Decrease chance of miscarriage.
- Increase the chance of pregnancy for women undergoing in vitro fertilization (IVF) 65%.

Fertility treatments vary from person to person, but are usually scheduled for at least three consecutive cycles (twelve weeks).

Treatments can include acupuncture, customized herbal therapy, stress reduction and dietary counseling. Treatments work alone very well, but are also an excellent addition to any Western intervention.

Oriental Medical research in reference to (women)

Infertility is defined as failure to become pregnant after one or more years of regular sexual activity conducted during the time of ovulation. Infertility afflicts over 6 million American couples, of which approximately 40% is attributed to male and 60% to female partners.

For females, there are many reasons that contribute to infertility, including but not limited to ovulatory failure or defect, blocked fallopian tubes, endometriosis, uterine fibroids, polyps, pelvic adhesions, pelvic inflammatory diseases, chlamydia, hormonal imbalance, age (especially over 34 years of age), and psychological issues. Often, more than one cause contributes to infertility.

According to traditional Chinese medicine, treatment of female infertility must focus on regulation of the menses. Essential keys in becoming pregnant include a healthy menstrual cycle along with strong Kidney qi, an abundance of blood in the *chong* (thoroughfare) channel, and an unblocked *ren* (conception) channel.

The four principles of treatment for infertility are as follow:

- [Phase 1 - Menstrual Phase (the week of menstruation): In this phase, it is important to regulate the menses and ensure proper shedding of the uterine lining. Qi and blood moving herbs are utilized to achieve this effect to clear and prevent any stagnation in the lower *jiao*.
- [Phase 2 - Follicular Phase (the week following the last day of menstruation): During this phase, the key strategy is to tonify the Kidney yin, *jing* (essence) and blood, which are depleted during the period. This stage is essential in fortifying the body to ensure healthy conception.
- [Phase 3 - Ovulatory Phase (week of ovulation): The primary treatment plan during the ovulatory phase is to help the eggs mature and to promote ovulation. Kidney yang tonic herbs have the effect to enhance the surge of luteinizing

hormone (LH), which then stimulates ovulation. Herbs should be taken 3 days before and 3 days after ovulation.

[Phase 4 - Luteal Phase (the week before the onset of the menstruation): The focus during this phase is to regulate Liver qi and treat any possible premenstrual syndrome (PMS) and ensure proper flow of qi and blood in the Liver, *chong* (thoroughfare) and *ren* (conception) channels. When patients are more relaxed and at ease throughout the month, conception will more likely happen.

Medical research in reference to (men)

A study published in the July 2005 issue of the journal Fertility and Sterility found that acupuncture helped infertile men by apparently helping improve sperm quality in their semen.

In the research project, 28 men received acupuncture in addition to traditional infertility treatments, while another 12 men received only the traditional treatments. All of the men were diagnosed with infertility of unknown origin.

Acupuncture was associated with fewer structural defects in the sperm of men who received it, although it had no effect on other abnormalities, such as sperm immaturity or premature death.

Previous studies have shown a link between acupuncture and improved sperm production and motility.

Acupuncture & Chinese herbal formulas (Customized)

Increases IVF Success by 65%

Women undergoing IVF were 65 percent more likely to become pregnant when they combined the procedure with acupuncture, a recent study has shown.

The remarkable success rate occurred across seven acupuncture trials involving 1,366 women in a systematic review and meta-analysis published in a February, 2008 issue of the *British Medical Journal*.

Acupuncture was delivered either just before or just after embryo transfer – a step in the process of in vitro fertilization (IVF) whereby one or several embryos are placed into the uterus.

The research was carried out by scientists from the University of Maryland in the United States and the VU University of Amsterdam in Holland.

It is thought that acupuncture stimulates the neurotransmitters that trigger the production of gonadotrophin-releasing hormone, which controls the menstrual cycle and a woman's ovulation.

Acupuncture is also thought to stimulate blood flow to the uterus and boost the production of endogenous opioids, inducing the body to relax.

Treatment & Financial perspective

If you seek treatment for enhancing fertility, infertility, or enhancing western medicines assistive reproductive techniques, we will discuss all of your options thoroughly, proceed in professional manner, and work as a team for your goal. We can take a Oriental Medical approach that is dynamic and thorough on it's own, or if you have already have plans with assistive reproductive therapy ex. IVF we can combine and tailor Oriental Medicine approach to suit this therapy also.

The Oriental Medical approach will use it's historical assessment & diagnosis to form your treatment. The treatments are very relaxing. Some people say Acupuncture feels like an internal massage,... I just got a powernap, ... I wish I could stay hear longer,.. that's reminds me of the spa, and most say they feel an inner peace. I usually tell women to expect at least 2- 3 months of weekly acupuncture and 2 months to 1 year of herbal treatment as a solid base of vitality and fertility for men and woman. Women should feel improvements within your first 2-3 menstrual cycles and long term treatment should feel intuitively appropriate by the time you reach that decision. Male issues can usually be treated with acupuncture and or herbs within 2 - 6 months. Standard protocols for enhancing assisted techniques usually require 2 weekly acupuncture treatments for 4-8 consecutive weeks. The cost of aggressive treatment with TCM can range from \$2,000-\$5,000. Compared with \$10,000 - \$20,000 for IVF a western medicines assistive reproductive therapy. Ancient Healing and Wellness for the Whole Family provides a complete cost effective alternative, or a compliment to western reproductive procedures.

Take Care & God Bless You & Yours!,

Ancient Healing and Wellness for the Whole Family

Ryan W. Anderson, MSOM, TN: L.Ac., Nationally Board-Certified in Oriental Medicine

24/7 Scheduling at www.AncientHealing.US

(888) 293-3090, (615) 656-3486, (Emergency) (262) 620-4029