

## **Fertility Testimonials**

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### **ACUPUNCTURE & HERBAL MEDICINE LOWERED FSH & HELPED CONCEIVE**

My name is Susan, and I have been a patient of Anat since April, 2006. My husband and I started to try and conceive our third child in August, 2005 (we had no issues conceiving our first 2 daughters). After 3 unsuccessful months, we consulted with an RE, who recommended that we try IUI. After 3 unsuccessful IUIs and the recommendation to begin IVF treatment, I decided to try acupuncture as I had read so much about its beneficial effects with infertility problems. Up until this point, I really wasn't much of a believer in acupuncture or Chinese herbal medicine, but I was at such a low point, physically and emotionally, that I decided that acupuncture certainly couldn't hurt matters. I had absolutely no clue as to which acupuncturist to use, and ended up opening the phone book and blindly calling Anat. When I spoke with her over the phone, she was very reassuring and seemed to be quite knowledgeable with respect to infertility issues.

I began treating with Anat in April, 2006 with the goal being to lower my FSH which, at the time, seemed to hover anywhere from 10-13. During my first IVF cycle, I had 3 follicles, but only 1 embryo fertilized, and that one embryo failed to implant. My husband and I were devastated as we were so optimistic that IVF would work for us, but Anat told us not to lose hope and to continue with the acupuncture. She also recommended that we both do Chinese herbal medicine in conjunction with the acupuncture (my husband had poor morphology), but we were both reluctant and chose not to.

With each passing month of continued acupuncture with Anat, my FSH progressively lowered. At this point in time, my husband and I also decided to take the leap and both begin Chinese herbal medicine for a few months before starting another IVF cycle. Anat's initial opinion was that I should only do the herbs during down cycles, not while actually doing an IVF cycle. Anat also suggested that we chart my cycles, so that we could assess my Progesterone levels. Interestingly, using these charts, Anat concluded that I had low Progesterone.

I subsequently switched to a new RE, and we ultimately attempted our 2<sup>nd</sup> IVF cycle. My FSH at this point was somewhere around 6. During this cycle, we had 5 follicles retrieved, 3 fertilized, and 2 embryos were transferred. Anat had recommended that I come for an acupuncture treatment before and after the embryonic transfer, but, due to timing issues, I was only able to have a treatment after the transfer. Unfortunately, this cycle failed.

Clearly, my husband and I were, once again, devastated, but Anat was quick to applaud the fact that we had made more follicles/embryos during our 2<sup>nd</sup> IVF attempt. Considering this fact, my husband and I shared Anat's opinion that the acupuncture and Chinese herbs appeared to be helping our situation.

It was then our intention to do a 3<sup>rd</sup> IVF cycle. At this point, Anat felt strongly that I needed to take the Chinese herbs while cycling with the IVF meds with the rationale that the herbs would support my body while the IVF drugs were simultaneously taxing my system. Anat was even kind enough to meet with my RE and discuss this plan of treatment with him, and he agreed that it was fine to proceed with this plan. My RE also agreed with Anat in that I needed additional Progesterone during my next IVF cycle.

I then began my 3<sup>rd</sup> IVF cycle in January, 2007, doing the IVF meds in conjunction with the Chinese herbs and increased acupuncture treatments. At the start of my cycle, my FSH was the best it had ever been at a "3". During this cycle, I made 11 follicles, 5 fertilized and 3 embryos were transferred. This time, I also had an acupuncture treatment before and after the embryonic transfer, and I took additional Progesterone for two weeks following the transfer. As a result of this 3<sup>rd</sup> IVF cycle, I am now pregnant, and we are expecting the arrival of our third child in October. There are no words to express our endless joy!

We could never possibly thank Anat for all that she has done for us. The infertility world can be a very dark and disconcerting place and yet, during our 1 ½ year battle, Anat brought us so much hope, knowledge and support. She took the time to truly listen to our concerns, analyze our issues and formulate a solution. Given the fact that I made so many more follicles during our 3<sup>rd</sup> IVF cycle and ultimately got pregnant, we truly believe that Anat's use of Chinese herbs, along with her recommendation that I take more Progesterone during our 3<sup>rd</sup> IVF attempt, made all the difference.

I am currently in my second trimester of pregnancy, and I have continued thus far with my acupuncture treatments with Anat for pregnancy-induced headaches due to my hypertension.

That first, blind phone call that I made to Anat back in April, 2006 was clearly the best call that I could have ever made as she has truly changed our lives, and we will be forever grateful to her.

Susan Purdys, NY

#### **AFTER 5 CYCLES OF CLOMID**

I was told by my OB/GYN that getting pregnant would be a "challenge." I was not getting my periods after many years of using birth control pills. My husband and I tried for many months on our own, and then tried 5 cycles of Clomid which were all unsuccessful. After researching our options, we decided to try Acupuncture and Herbal medicine. With the knowledge, expertise and support of Anat Raz we conceived after 4 months of treatment. We now have a beautiful baby boy and we are thankful everyday.

Denise from Putnam Valley, NY

### **COMING BACK FOR THE SECOND BABY**

When our son was almost a year we decided to start trying for another baby. This time I didn't wait and came back to see Anat right away. At this point I stopped nursing but my cycle didn't come back yet. I started regular acupuncture treatments and taking herbal formulas, as well as recording my temperature. This time I had even more faith in Anat's knowledge and her experience. I was delighted to get my periods again. It didn't take long and we conceived within 5 months of treatments. Through my first trimester I was still getting acupuncture treatments for nausea which I found to be very helpful. We are thankful again for Anat's help and support and Chinese medicine! We are waiting for the new baby girl to be born in June of 2008.

Denise from Putnam Valley, NY

### **HAPPY ENDING TO CANCELED IVF CYCLE AND A "CONSIDER DONOR EGG" VERDICT.**

At the age of 40 my Reproductive Endocrinologist told me that I should consider donor eggs and canceled my first IVF cycle. During my two years trying to conceive I had a miscarriage from an IUI cycle, a chemical pregnancy from a natural cycle, 7 failed IUI's and a canceled IVF cycle. I wasn't ready for donor eggs, although it wasn't out of the question, but I had decided to consult with other RE's for their opinions. The most optimistic of any of the doctors told me that I had a 20% of conceiving with IVF but they all agreed that donor eggs would be the most successful option. (To make matters worse I also have only one fallopian tube due to a Mullerian Anomaly.) While going to the consultations, I decided to start acupuncture.

I had read that acupuncture could help with fertility but I wasn't optimistic. Could it really help? I was 40 years old after all but desperate times called for desperate measures. I would try it. I met with Anat who recommended that I take herbs and change my diet in conjunction with the acupuncture. I followed her instructions to the letter. I took my herbs a few times a day and changed my diet but after my first few sessions I went home in tears. Acupuncture was going to be a waste of time. Who was I kidding? If all those months of trying with medication under a doctor's supervision didn't work why would this?

Approximately 6 weeks after my first visit with Anat I went to a consultation with a new RE for another opinion. My period was late but I didn't want to bother with a home pregnancy test. However, I felt that I had to take one--I couldn't go to the RE appointment without doing so. I hesitantly purchased a home pregnancy test the day before the appointment and it was positive! What? I thought it had to be wrong. Well, the good news was that I was going to the RE the next day and could have a blood test done. That would surely come back negative--but it didn't.

You can imagine my surprise and joy upon learning this. I continued to see Anat into my third trimester--how could I stop? I felt that acupuncture, the herbs and diet were the reasons for this success. My beautiful daughter is now 3 months old! I was a skeptic but now I am a believer in the power of acupuncture.

M. C., Crompond, NY

### **MY JOURNEY FROM SEVERE MIGRAINES & TERRIBLY LONG CYCLES TO A HEALTHY BABY IN MY 40'S.**

My name is Mary Ann and I am a long-time patient of Anat Raz. I can honestly say Anat has changed my life in a good way. I found Anat years ago through referrals from 2 trusted co-workers. I felt that I was at a point in my life after suffering from migraine headaches since my youth, and then gynecological issues that I wanted to supplement Western medicine with something else. That's when I found Anat. Anat is an intelligent woman who is great at diagnosing the problem and coming up with solutions using a combination of acupuncture and Chinese herbal medicine.

Initially we focused on my migraine headaches and I experienced great reduction in the number of migraines as well as my usage of long time prescription medication imitrex. A few months later Anat pointed out that we need to address the issue of my irregular menstrual cycle. I was getting regular acupuncture treatments and taking various kinds of Chinese herbal formulas. Within several months of treatments my menstrual cycles which were very irregular and lasted 30-60 days before I started acupuncture treatments got more regulated, however they were still long.

When I reached my early 40's I was at a point in my life of wanting to have a child. Anat already worked with me to regulate my cycle and we started to chart my temperature daily to help pinpoint ovulation. Through acupuncture treatments, charting temperature, diet modification & stress reduction, I was able to conceive naturally on the second attempt. That was amazing! I conceived on my own without any fertility treatments that would have been difficult for me physically, mentally, and financially.

Throughout my pregnancy, I continued the acupuncture & breathing exercises for a successful, full-term pregnancy. At the very end, when I was close to my due date we used acupuncture treatments to help induce natural labor which worked very well. Thanks to Anat and my doula, I went through a relatively short labor without pain medication - a real plus for mother & child. We now have a healthy, happy & beautiful 2 year old daughter, Maria who was born in 2005.

This is my testimony to my faith in Anat Raz...her skills, her Intelligence, and her gentle compassion.

Sincerely,

Mary Ann S. Danbury, CT

## **BABY ANTHONY WHO WAS BORN ON HIS DUE DATE**



My infertility journey started after my husband and I were trying to get pregnant for about a year with no success. I was just 29 when I went to my first fertility clinic. A year later I was now at my second clinic having tried several fertility medications with no luck. I was told I had unexplained infertility.

I received a phone call from my doctor one afternoon telling me they had received my FSH (follicle stimulating hormone) level for the month and it was a 19 (very high for my age). The doctor told me it was highly unlikely that I would get pregnant with my own eggs. He said I should use donor eggs from another woman. Basically it felt like a death sentence. As you could imagine I don't even remember how the conversation ended just that I was sitting on my kitchen floor holding the phone as if I was having a dream, why me, I was only 30 years old.

I spent the next several months scouring the internet for all the information I could get on high FSH. And the best doctors for my situation. None of it was good. There was not much information available like there is now and it wasn't freely talked about as it is today.

I was now on my third clinic and started an even more aggressive combination of drugs. When I was ready to do my IVF retrieval I became very ill and had to be hospitalized the evening before the retrieval, the IVF was cancelled, but my doctor told us to not to waste the eggs. So as sick as I was, we made sure we didn't.

Three weeks later I was released from the hospital and was making doctor appointments and I noticed that I hadn't gotten my period. I did a pregnancy test and it was positive. I was pregnant finally. The pregnancy was fine till the end of my second trimester. I had developed severe anemia and almost needed a blood transfusion if the high doses of iron didn't work. Thankfully they did, but it was a very hard third trimester. I had edema real bad and absolutely no energy. I was in bed all day and night but I finally gave birth to my first son late August 2003. Trauma birth and all, but in the end everyone was fine.

One year after my son was born we wanted to try again we tried for an IVF cycle but each month even with the high doses of several medications I was not producing enough eggs to do a retrieval, so we ended up doing several IUI's. My doctor had sat us down and said my FSH level had shot to 25 and he would not do any more cycles or fertility medications for me. I was told once again that it was highly unlikely that I would get pregnant again. Then he said I should use donor eggs.

My husband and I researched their program and found we did not like their no photo policy and we were to pay about \$30,000.00 for a one month cycle with another woman's eggs. We were now at our fourth clinic, were they let you see a one time photo of the donor and the cost was about the same. We decided we were going to do three IVF's. If we didn't get pregnant, then we would go the donor route.

I had heard about acupuncture and IVF and how it increased your chances of conceiving so I started seeing Anat for acupuncture treatments. Anat also prescribed herbal medicine. I was using different formulas for the different phases of my cycle. In addition I changed my diet and was keeping a basal temperature chart. After a couple of sessions I started noticing my skin breaking out and other hormonal changes (it was like my hormones woke up) so I went ahead and did my first IVF cycle at my new clinic and I had a much better response and produces five eggs this time (compared to one or two) we transferred a couple of perfect eggs and they didn't take.

We waited a couple of months and were going to try again I was still doing my acupuncture sessions and taking herbs. I was waiting to get my period to start my second IVF cycle **and it never came**. When I was a week late I went and had a pregnancy test and to my shock **I was pregnant** and was told my due date was March 7th and that's also my birthday (what a present). The doctors changed my due date a couple of weeks later to March 2<sup>nd</sup>.

I continued with acupuncture and this pregnancy was so much better than my first, there was no anemia or edema I felt great, looked great, had tons of energy even the day I went into labor. When it was time to push a half hour later my second son was born on his due date March 2<sup>nd</sup> 2007. It was one of the best moments in my life when the nurse handed me my son. My husband and my older son were there, and I was so happy to give my son a brother. It was truly was a beautiful moment. I was able to get off the delivery table and walk to the bathroom with ease all by myself. The nurses were amazed and so was I. I couldn't wait to call all the doctors who said it wasn't going to happen for me once let alone twice. It felt great to tell them there is hope for women with high FSH and how acupuncture and herbal medicine played a major roll in me conceiving.

I wish I had found acupuncture before I took all the cancer causing infertility drugs with all the side effects they have like acne, cystic acne, weight gain, irritability, etc. Not to mention the tens of thousands I have spent on all the doctors, medications and procedures and the psychiatrist they make you see before you can get on the donor egg list. There is also a lot of strain on any marriage when a couple has to deal with infertility. Sex

becomes a scheduled thing and loses its luster. The financial strain, the emotional roller coaster the woman becomes.

I know for myself that had I known about acupuncture I would have chosen to try it before I ever took the drugs, but the information just wasn't out there like it is today. Now many fertility clinics are discovering how acupuncture is increasing the chances of conception. My husband & I are going to try for another baby this time without any infertility drugs just acupuncture and herbs so my story is still a work in progress.

Regards,  
Corine, North Salem, NY