

# Image & Health

## Acupuncture used to aid fertility

Acupuncture and herbal medicine have been used effectively for female and male infertility for thousands of years.

Today it is making its way into mainstream as an effective scientifically justified fertility treatment.

Are you considering IVF?

Would you like to increase your chances of

conceiving and decrease the risk of ectopic pregnancy and miscarriage?

Then keep reading. You will find information that may save you having to go through a second or third cycle of IVF or more.

German researchers tried to determine the effect of acupuncture on assisted reproduction therapy. In the

acupuncture group 42.5 percent of the patients became pregnant, while in the IVF-only group 26.3 percent of the patients conceived.

In February 2008 the first review for acupuncture and IVF has concluded acupuncture effects to be significant and clinically relevant.

This has been published in the British Medical Journal. Various studies and other scientific literature highlighted a few ways how acupuncture may improve fertility.

- Acupuncture increases blood flow to the uterus
- relaxes the patient and reduces stress
- decreases risk of miscarriage
- decreases risk of ectopic pregnancy
- increases the blood flow to ovaries and improves the function of the ovaries to produce better quality eggs
- regulates the menstrual cycle and its hormone to produce a larger number of follicles.

While acupuncture may increase the success rate of



**Karla Hale:** Keep on reading

assisted reproduction techniques, acupuncture and herbal medicine can help you to conceive naturally without the use of assisted reproduction techniques.

There are couples who for various physical reasons will not be able to conceive

without assisted reproductive treatment – in these cases balance and prepare your body with acupuncture so your chance of successful IVF is increased.

You are invited to call and learn how you can benefit from acupuncture

and herbal medicine. Acupuncture is also helpful for many chronic illnesses and health concerns.

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