

# Effect of Acupuncture on Infertility and IVF Preparation

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**Want to conceive naturally?**

**Already started IVF treatment but failed?**

**Can't tolerate the side effects with Follicle Stimulation Hormone (FSH) drugs?**

**Getting frustrated, feel isolated, sad and confused with IVF treatment?**

No matter whether you are planning to use assisted reproductive technology (ART) such as IVF or IUI, or just want to conceive naturally, I may help you achieve pregnancy through my unique and integrated approaches including Acupuncture, Chinese herbal medicine, diet and lifestyle advice.

## General Knowledge Regarding Infertility

Based on western medicine, there are two different types of infertility, structural and functional.

**Male Structural Infertility** can include blockages in the tubes that transport sperm, a damaged urethra or undescended testicles.

**Female Structural Infertility** can include a blockage of the fallopian tubes, ovarian cysts or congenital defects.

**Male Functional Infertility** can include impotence, hormonal imbalances or sperm motility.

**Female Functional Infertility** can include irregular menstrual cycles, ovulation problems or hormonal imbalances.

If you have been trying to conceive naturally with no positive results for over 12 months, it is important to get a thorough medical examination to determine any possible structural issues causing infertility.

Acupuncture is particularly helpful for those that have functional rather than structural infertility.

## How Acupuncture Can Help with Infertility

According to traditional Acupuncture theory, there are 12 energy channels called "meridians" running vertically along the length of the human body, each one linking to a specific organ. Health issues are caused by obstructed energy and blood flow through to certain points along the meridians. The energy of our body controls our development, ageing, and reproduction and

naturally the chances of fertility decreases with age. Blood and energy circulation problems or hormonal imbalance due to aging or stress can lead to difficulties conceiving naturally. Acupuncture therapy can help you stimulate blood and energy flow through the meridians and nourish the body's organs, therefore strengthening the body's energy and adjusting the body to become balanced. It can also harmonise the body's energy to influence the health of both body and mind, culminating in an improved ability to conceive.

## **What benefits can you get from Acupuncture?**

1. Acupuncture can be very effective at regulating a women's endocrine system, balancing estrogens and progesterone levels and subsequently her reproductive system.
2. Acupuncture can increase blood circulation to the pelvic area, regulate blood flow to the ovaries and uterus, prepare the uterus for implantation, improve the function of the ovaries, leading to better quality eggs and embryos, promote follicle maturation and invigorate sperm, in sperm count, quality and motility, so that it increases the chances of conception.
3. Acupuncture can relieve stress and improve your overall health and well-being, which is a key part of reproductive health.
4. Acupuncture regulates the body's organs from imbalanced to the balanced. Once your body is regulated, it's common for other conditions including menstrual disorders, PMS signs and symptoms, endometriosis and other sources of pain and discomfort to be alleviated.
5. Acupuncture treatments can also help prevent miscarriage once you do become pregnant. Studies have also shown that women who receive Acupuncture infertility treatments also have lower rates of ectopic pregnancies.
6. When the cause of infertility is unknown, Acupuncture may be the best treatment available as there are many subtle reasons that may be the cause of infertility, and Acupuncture is able to treat both the mind and body at subconscious levels to address these reasons.
7. Minimize symptoms associated with Assisted Reproductive Technology (ART) treatment.
8. Acupuncture can increase the success rate for woman who are undergoing IVF (In Vitro Fertilisation), improve semen to create better quality and quantity of embryos and lessen the side effects of the drugs used during IVF.

## **What kind of infertility and conditions are treatable?**

### **Acupuncture treatment for people who wish to conceive naturally**

Young couples who don't have any structural problems should consider trying Acupuncture before other more expensive fertility treatments. Acupuncture may be preferred over common infertility drugs or treatments, because Acupuncture has no side effects.

Finding out that either you or your partner is infertile, or sub-fertile, can be very traumatic and you may experience extreme emotions that put stress on your relationship. My Acupuncture treatment addresses both the physical and emotional aspects of infertility. I understand that there are many subtle reasons which may cause infertility, and I'm able to treat both the mind and body at subconscious levels to improve your experience and chances.

## Acupuncture treatment for people before IVF and after IVF

There is growing evidence that Acupuncture may increase the chances of success with IVF. Research suggests that IVF with Acupuncture increased the odds of ongoing pregnancy by 87% (according to ultrasound evidence of pregnancy at 12 weeks) and increased the odds of a live birth by 91% compared with IVF on its own.

**Acupuncture before the transfer** aims to prepare the uterus for implantation, also to calm your mind and settle pre-transfer nerves.

**Acupuncture after the transfer** aims to encourage implantation and prevent uterine contractions in order to avoid rejection of the embryo. It involves the use of a series of Acupuncture points traditionally used for many hundreds of years.

I can offer Acupuncture treatment, herbal supplements, fertility education and support to promote reproductive health and well-being.

I treat many women and couples who are at different stages on the path to pregnancy and birth. I offer different programs for helping people getting pregnant.

## What is the recommended length of Acupuncture treatment?

1. If you are trying to get pregnant naturally, we recommend Acupuncture treatments twice a week or weekly for 3-4 months. You can have Acupuncture treatment alone or with Chinese herbal medicine as a supplementary treatment.
2. If you chose IVF to conceive, it is best to have an Acupuncture treatment 1-2 times per week for three months prior to starting your IVF cycle, to allow the addressment of any health issues, lifestyle or environmental factors that may be affecting fertility.
3. Then continue treatments during the stimulation phase and on the day of embryo transfer. Pre-transfer treatments are ideally done in the 24 hours leading up to the transfer. Post transfer treatments are often done on the day of transfer but within the 24 hours following is also fine. If you have missed this preparation phase of Acupuncture do not worry, Acupuncture is still beneficial at any stage of the journey and I will tailor your treatment to accommodate.
4. The two weeks wait, this is usually a time of high stress, anxiety and sleep disturbances thus, Acupuncture treatments are aimed to calm the mind, reduce stress hormones and provide emotional support for the patient. The treatment schedule involves 1-2 treatments per week.

My mission is to provide professional caring service in a warm and relaxing environment, to help you to achieve your dream.

For more information about Acupuncture or to make an appointment for Acupuncture, please call me on 0425 745 166.