

# **Integrating Acupuncture with Western Fertility Treatments**

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In our practice, we specialize in treating many people who are experiencing infertility challenges – many of whom are seeking out conventional western medical treatments at the same time. We have found that coordinating acupuncture with western fertility treatments has a positive impact on fertility.

## **How does acupuncture enhance fertility?**

1. Enhances blood flow to the ovaries and uterus, thus promoting ovarian function and creating a healthier endometrial lining which is more receptive to implantation of a fertilized ovum.
2. Reduces overall stress and promotes relaxation by stimulating the flow of energy to all organs throughout the body.
3. Lessens the side effects of fertility drugs. Since acupuncture frees up the flow of energy, the body is able to cope more effectively with the impact of medications which may have undesirable side effects.

## **Typical protocols for integrating acupuncture with western fertility treatments.**

The following protocols are typical for our patients integrating acupuncture with western fertility treatments. We recommend that you schedule an initial consultation as early as possible in order to establish the most effective treatment plan for your individual needs.

### **4-6 week course of treatment**

Acupuncture sessions twice a week for four to six weeks just prior to and during western fertility procedures can help optimize fertility. Acupuncture has been shown to increase arterial blood flow to the uterine walls, thereby enhancing the endometrial lining, improving uterine receptivity, and increasing pregnancy rates. Improved blood circulation will also enhance ovarian function, as the hormones that promote follicular development are carried to the ovaries via the blood.

During this time, patients can also benefit from nutritional support to help set the stage for a healthy pregnancy.

### **12-16 week course of treatment**

A protocol lasting 12 to 16 weeks is highly beneficial when a patient has greater fertility challenges and is preparing for an IVF or egg donor IVF cycle. Weekly acupuncture, along with herbal and nutritional therapy, is very effective at preparing the body for conception and pregnancy.

This longer protocol also helps patients who have recently experienced a miscarriage and need to restore the reproductive system.