



## ACUPUNCTURE FOR INFERTILITY: PATIENT INFO & RESEARCH

For the best clinical results, it is highly recommended that you follow your treatment plan and schedule. Frequency and timing of treatments will significantly increase your chances of conceiving.

### How Acupuncture Improves Fertility:

- Increases blood flow to the uterus and ovaries
- Increases ovarian response
- Increases estrogen levels if too low
- Enhances & increases follicle/egg quality
- Improves sperm mobility and motility
- Relieves side effects of IVF drugs
- Increases endometrium thickness where it is too thin
- Increases implantation rates
- Reduces stress & anxiety



### Chinese Herbal Medicine & Fertility:

- Custom herbal medicine is prescribed to help the body prepare for conception and increase chances of conceiving by improving the underlying cause.
- Herbs are given to improve circulation to the reproductive organs to improve function, reduce stress, improve endometriosis, shrink cysts and fibroids and regulate the menstrual cycle.
- Chinese herbs given are only of the highest quality and rigorously tested for toxins, heavy metals and contaminants to ensure you are getting pure and effective formulas.
- Although Chinese herbs are safe to take during an IVF cycle, herbs are stopped during this time as to not interfere with the schedule of IVF medications.

### Scheduling Acupuncture Prior to IVF treatments:

- A *minimum* of 2x per week for 1 month
- For optimal results, 2x per week for 3 months (required for patients with fibroids, endometriosis, PCOS, irregular menstrual cycle, high FSH, anovulation and patients over 40)

### Scheduling Acupuncture During an IVF cycle:

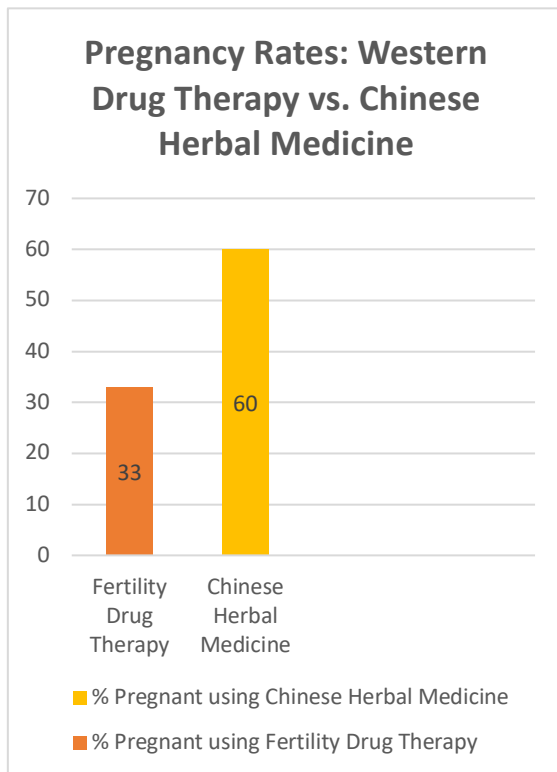
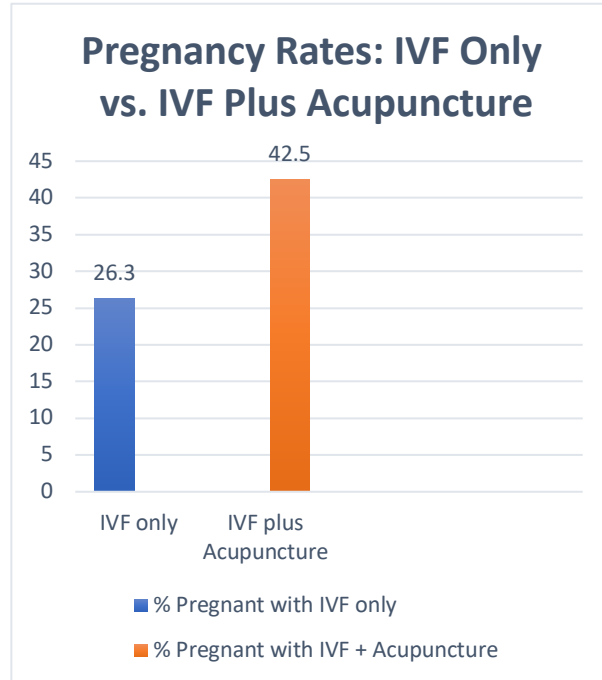
- 2x per week throughout IVF cycle
- 24-48 hours *before* embryo transfer
- 24-48 hours *after* embryo transfer



## Clinical Research of Acupuncture & Chinese Medicine for the Treatment of Infertility

### ACUPUNCTURE + IVF RESEARCH

A randomized controlled trial of 160 women divided into two groups demonstrated that acupuncture improved pregnancy rates following ART (assisted reproductive technology). **The group receiving acupuncture pre- and post-embryo transfer had a 42.5% clinical pregnancy rate versus 26.3% in the control group not receiving acupuncture** (Paulus, et al 2002).



### CHINESE HERBAL MEDICINE RESEARCH

The results of a systematic review and meta-analysis of 40 randomized controlled trials totaling 4,247 women proved that **“Chinese herbal medicine can improve pregnancy rates 2-fold within a 3-6 month period compared with Western medical fertility drug therapy**. In addition, fertility indicators such as ovulation rates, cervical mucus score, biphasic basal body temperature, and appropriate thickness of the endometrial lining were positively influenced by CHM therapy, indicating an ameliorating physiological effect conducive for a viable pregnancy” (Reid, 2015).

#### References

Paulus, W. E., Zhang, M., Strehler, E., El-Danasouri, I., & Sterzik, K. (2002, April). Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/11937123>

Ried, K. (2015, February). Chinese herbal medicine for female infertility: An updated meta-analysis. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/25637159>

