

# Fertility

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Increase your Success Rates by up to 96.1%

How does Chinese Medicine, Diet & Nutrition help?

Why is it so effective?

Recent research shows that Acupuncture on its own, can increase the pregnancy rates of people using IVF by 65%. (*British medical Journal-Feb 08*)

Used on its own it can deliver the same rates for those not using IVF procedures too. The studies used showed that these success rates could be achieved by using acupuncture 1-2 days, before and after the transfer of embryos. Wow! Just one-day use of acupuncture can produce those results! And that's just one study.

Even though research shows that acupuncture, on its own, can increase the pregnancy rates of couples using IVF, other studies and protocols, such as the one I use, can produce even better results.

From my clinical experience and recent research, this rate can be increased to around **96.1%** (see our clinic statistics) by using a multi-modality approach combining both Chinese Herbs, Acupuncture, Diet & Nutritional supplements for support throughout IVF.

Not just for couples using IVF, but for all couples

Actually, current research shows that 90% of couples should be able to conceive of their own devices (irrespective of time taken). This means that 10% of couples will need combined help (assisted reproduction and Chinese medicine).

Out of the 10%, this allows for 5% of couples whom will never be able to conceive despite all combinations of treatment both Chinese and Western methods.

Large numbers of patients who have tried IVF several times and were unsuccessful have become pregnant soon after our treatment protocol. Medical imaging shows that after Chinese medicine treatment, the colour of women's ovaries change from cloudy to bright and clear. The follicles double in number, the uterine lining becomes thicker and the number of embryos increases significantly. Patients experience fewer side effects from the Western Drugs and feel better emotionally. (That's a good thing).

In male patients, the sperm quality significantly improves and the sperm count increases. Research has now proved this. Research has also shown that the healthier a male is at conception, the healthier the sperm are, thus producing better embryos. Unhealthy males and especially smokers and drinkers produce poor embryos.

Chinese Medicine can improve fertility and pregnancy rates in several ways...

1. Improve ovarian function to produce better quality eggs
2. Regulate hormones to produce a greater number of follicles
3. Increase blood flow to the uterus and increase thickness of the uterine lining
4. Relax the patient and decrease stress levels (my favourite)
5. Prevent the uterus from contracting
6. Lessens the side effects of drugs used in IVF & gynaecology
7. Strengthen the immune system (very important as Western medicine treatments usually decrease immunity)
8. Improve the sperm count and motility to produce better embryos
9. Decrease and prevent the chances of miscarriage (Western Medicine still as yet, has no treatment for this)