

## Acupuncture for Infertility

According to the Mayo Clinic, infertility is due to a single cause from either you or your partner or a combination of factors that prevent pregnancy from occurring or continuing. Many couples achieve pregnancy within the first six months of trying. Ten to fifteen percent of couples in the United States are infertile.

The definition of infertility is not being able to get pregnant despite having frequent, unprotected sex for at least a year or at least six months if the woman is age 35 or older.

### Causes of Infertility in Women:

- Polycystic Ovarian Syndrome (POS)
- Uterine Fibroids
- Pelvic Inflammatory Disease (PID)
- Endometriosis
- Irregular Menstrual Cycles
- Severe Menstrual Cramping
- Nicotine
- Unhealthy Lifestyle
- Stress
- Lack of Exercise
- Emotional or Psychological Issues
- Environmental Toxins
- Poor Diet or Improper Eating Habits

### Ways to increase Fertility include:

- Acupuncture treatments
- Herbal supplements
- Exercise moderately
- Avoid weight extremes
- Avoid alcohol, tobacco and street drugs
- Limit caffeine intake

Acupuncture treatments provide a safe, natural way to alleviate infertility. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (pronounced "chee") is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs.

During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, unblock obstructions and correct imbalance.

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of infertility includes:

- Increase blood flow to the uterus
- Anxiety and stress reduction
- Normalize hormone and endocrine systems that regulate ovulation
- Positively affect the hypothalamic-pituitary-ovarian axis
- Regulates menstrual cycle

### Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures

last about 20 minutes, during which time patients are very relaxed and comfortable.

### What to expect after acupuncture treatment?

Acupuncture is NOT an instant fix. True healing takes time and dedication. Depending on your current health and symptoms, you could feel better right away, or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you'll be on your way to health and vitality.

## Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



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*“Experience is priceless...”*

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

# ACUPUNCTURE FOR INFERTILITY

**We Specialize Treating the Following  
Conditions, But Not Limited to:**



**Healing, so you can get back to life.**

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