



Acupuncture and Fertility

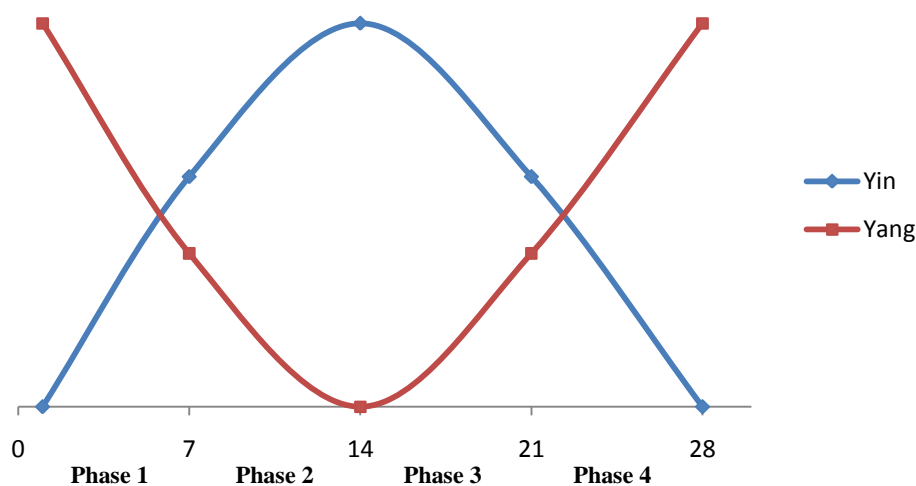
Acupuncture is one of the techniques of the Traditional Chinese Medicine health system, which is used to re-establish the balanced flow of the Vital Energy (Qi or Chi) that runs throughout the energy channels (meridians) of our body. Unbalances in the circulation of this energy can disrupt its flow and cause illness or weaknesses in our body.

Classic or Traditional Chinese Medicine is based on the concept of Yin and Yang and the Five Elements (or Five Movements). The knowledge of the cycles of life and its energy changes allow the acupuncturist to interfere and help on the recovery of balance between Yin and Yang and constitutional elements, so recovering your health and well-being for body, mind and soul.

Yin and Yang are the two polarities of everything in the universe, male x female, hot x cold, moving x stationary, etc

Everything in the universe ebbs and flows, the flow of energy is also cyclical, that is how we have to approach the flow and balance of Yin and Yang and of the five elements that are also called five movements.

In female fertility Acupuncture sees the female menstrual cycle as an energy cycle with a balance between Yin and Yang (graph) and with four different phases.



Phase 1 = period – transformation from Yang to Yin

Phase 2 = post-menstrual

Phase 3 = mid-cycle – transformation from Yin to Yang

Phase 4 = pre-menstrual

At phase 1 the acupuncturist focus in invigorating blood.

At phase 2 it is time to help establish good menstrual cycle and prepare for ovulation, nourishing blood and kidney meridian if there is kidney meridian deficiency.

At phase 3 the increasing of Yang shows as heat, with basal temperature rising, treatment principle is tonify kidneys, spleen Chong and Ren meridians and eliminate dampness if existent.

At phase 4 treatment principle is to move Chi and blood and resolve/expel cold and damp-phlegm. If Chi is stagnated there is imbalance and the pre-menstrual symptoms are irritability, tender breasts, constipation, emotional outbursts.

Female infertility is frequently the major factor for a couple fail to conceive, but male infertility can also be the major factor in a number of cases. Acupuncture can help to improve sperm quality and quantity.

The treatment for infertility can take a few months to show results, depending on the circumstances.

Approximately after 3 months of weekly sessions it is possible to have influenced your hormonal cycle and your body may have achieved the balance that is necessary for conception.

Male infertility may take similar time but it all depends on healthy habits as well.

We need a first consultation to raise all the health issues that the individual or couple may have and after the consultation we will have a plan for treatment.

It would be ideal that couples that are having problems to conceive, without clinical reasons, try acupuncture before planning to undergo IVF, but if you already decided to use IVF, it is better to have as many acupuncture sessions as possible before starting.

Please feel free to contact me to ask for more information and to book a first consultation to discuss a possible treatment plan.

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