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# How Acupuncture Helps Women Fertility

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Traditional Chinese Medicine (TCM) and Acupuncture facilitates fertility through a holistic approach of treating both physical and mental aspects of the individual. In concepts of Chinese gynecology, women is made of blood and all the female functions including period, pregnancy, birth and breast feeding are relying on abundant supply and good flow of blood. While the “Kidney” is regarded as the “root of life” that governs human’s conception, birth, growth, aging and death. The living status of humans at each stage of their lives, are expressions of both the functions of Kidney and balances of body essence that is stored in Kidney. In other words, only when Kidney is functioning normally with profuse balance of essence, the person is able to maintain his/her own development in a healthy way and reproduce.

Kidney Essence is composed of Congenital Essence that inherited from one’s parents, and Acquired Essence that produced by the person’s own body using the sources of fresh air inhaled to the Lung, combined with food essence being transferred by the Spleen. Kidney essence is the fundamental substance responsible for people’s sexual and conceptive abilities including gonadal genesis, development of secondary sexual characteristics and pregnancy. In addition, the main function of Kidney is storing the essence and controlling its release to support all procreative activities.

Based on the TCM conception of human reproduction, people who have depleted Kidney Essence will be going through fertility difficulties; oppositely, for therapies that increase the quantity of Kidney essence and improve the quality of Kidney functions will promote fertility, such as acupuncture and Chinese Herbal Medicine.

## **So how does acupuncture work?**

Fine needles are inserted at points around your body to correct imbalance in energy (Qi/Chi) and blood, and maintain normal flows of energy and blood around your body within the ‘channel’ system. Acupuncturists aim rebalance your energy flow and prime your body for fertility.

According to the British Acupuncture Council, female fertility is increased by doing three key things:

1. Regulating functions of hormonal glands and maintain hormone levels;
2. Increasing blood flow to the ovaries and uterus to improve the conditions, and helping to relax the uterine muscles to enhance the chance of embryo implantation.

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3. Generally helping to relieve stress, anxiety, depression and other emotional disorders to make the patient feel relaxed.

Because Acupuncture is non-invasive and relatively inexpensive when compared to other therapies e.g. IUI or IVF, seeking help with Traditional Chinese Medicine and acupuncture should be your first step when treating infertility.

When you come to the Natural Harmony Clinic for fertility treatment, we will work through the leading causes of infertility. These include:

1. Blood problems due to deficiency or stasis,
2. Kidney problems – usually essence deficiency and dysfunctions,
3. Stagnation of energy,
4. Cold retention,
5. 'Dampness' coming from improper diet.

Through the use of acupuncture, moxibustion, herbal medicine, lifestyle changes and health maintenance we can help to relieve these causes and create an ideal environment to achieve a successful pregnancy and have your healthy baby.