

HEALTHY HEALING

OCTOBER 2009 Newsletter

<http://www.healthyhealingli.com>

Sharon McDermott, MS, L.Ac.

FERTILITY: NOURISHING THE ESSENCE WITH TCM

Traditional Chinese Medicine (“TCM”) provides a natural approach to gently nourish and encourage the body towards conception. Chinese Medicine views the egg and sperm as our most vital essence that is transmitted by our parents. The first step towards treatment is for the Chinese Medicine practitioner to find out if a woman is having regular menses. The practitioner will ask the patient to take her temperature daily and chart it along with changes in vaginal mucus to get a better picture of her cycle. If a couple has been having timed intercourse for a year without a pregnancy, then they are candidates for fertility treatments.

Weekly acupuncture treatments will be given with various herbal formulas to coincide with the menstrual cycle. Men can also be treated weekly for fertility issues with acupuncture and supplemented with an herbal formula. Dietary and lifestyle changes will also be discussed.

In order to facilitate the most optimal conditions for conception, couples should expect at least 3-6 months of treatment. Many times couples may need as much as a year of treatment depending on the situation. Fertility treatments with Western medicine can be especially stressful. Acupuncture is a proven therapy to relieve stress and calm the nervous system.

A 10%-15% increase in conception can occur when used adjunctively with Western reproductive techniques. For example, conception rates with IVF (in-vitro fertilization) of 25-30% can jump to 35-40% depending partly on the woman’s age. If Chinese herbs are used in addition, the rate can increase to 50%.

TCM is a wonderfully natural way to increase a couple’s chance of conception with virtually no side effects. If you have been struggling to conceive, you may want to consider acupuncture and Chinese herbs to assist in your family planning.

GERMAN STUDY ON THE INFLUENCE OF ACUPUNCTURE WITH ASSISTED REPRODUCTIVE THERAPY

A study by Wolfgang E. Paulus, et. al., published in 2002 in *Fertility and Sterility*, has provided the gold standard of acupuncture treatment for patients undergoing assisted reproductive therapy “ART”. In a randomized study, 160 patients who were undergoing ART and who had good quality embryos were divided into the following two groups through random selection: embryo transfer with acupuncture (n = 80) and embryo transfer without acupuncture (n = 80).

Interventions: Acupuncture was performed in 80 patients 25 minutes before and after embryo transfer. In the control group, embryos were transferred without any supportive therapy.

Main Outcome Measure: Clinical pregnancy was defined as the presence of a fetal sac during an ultrasound examination 6 weeks after embryo transfer.

Results: Clinical pregnancies were documented in 34 of 80 patients (42.5%) in the acupuncture group, whereas pregnancy rate was only 26.3% (21 out of 80 patients) in the control group.

UPCOMING EVENTS!

COMMUNITY HEALTH FAIR and BLOOD DRIVE

When: Saturday, October 17, 2009 from 10 am to 2pm

Where: **The Parkway Community Church**

95 Stewart Avenue, Hicksville, NY

What: Info on children & senior safety, blood pressure screenings, diabetes care, home care, maternal health, acupuncture & Chinese herbs. Free Pilates class at 12 pm

To schedule a blood donation appointment, please call the church office at 516-938-1233.

CELEBRATE NATIONAL ORIENTAL MEDICINE DAY - OCTOBER 24

When: Saturday, October 24, 2009, 2-5pm

Where: Healthy Healing at the Westbury Wellness Center, 309 Madison Street

What: Receive information on the benefits of Chinese medicine and a free tea light candle! Find out about Acupuncture Without Borders – a not for profit organization bringing acupuncture to devastated areas of our nation and the world.

Chinese Quote of the Day: “A gem is not polished without rubbing, nor a man perfected without trials.” – Chinese Proverb