



Cycle Of Life Acupuncture



What is Acupuncture and how does it assist with Infertility?

Acupuncture has been practiced in China for over 3000 years and is based on the theory that in order to stay healthy, the body's energy flow (known as qi or chi) must be in balance. When the body is imbalanced, it can cause blockages that may cause a negative impact on one's health.

Based on the problem one is experiencing, an Acupuncturist may use different point combinations to assist with unblocking the energy flow or qi. This is done by using very thin, sterilized needles and placing them on various pathways called meridians. By stimulating the proper acupuncture points, the body's qi is balanced, giving your body the ability to heal itself.

There are various known causes of infertility such as endometriosis, amenorrhea, blocked fallopian tubes, PCOS (Polycystic Ovarian Syndrome) and hormonal imbalances.

Acupuncture assists in infertility by strengthening, balancing and unblocking one's energy flow or qi so that natural conception or various Medically Assisted Reproductive techniques such as IVF (In Vitro Fertilisation), IUI (Intrauterine insemination) and ICSI (Intracytoplasmic sperm insertion) are more effective.

How Often Should I have acupuncture?

Acupuncture is a process oriented method of medical intervention. Consistency of treatment is most important and it is much better to do more than less. It is not uncommon for patients to be treated 3 months before an insemination (IVF) or donor-egg transfer. This amount of time seems to have a more therapeutic affect although, there can be success treating within 4 weeks.

**For further information, please feel free to contact
Erica French B.HSc (Acup) at
Cycle of Life Acupuncture at 0413 025 487
Or email at: info@cycleoflifeacupuncture.com.au**

