



## Bring on those Babies with Acupuncture



by Shoshanna Katzman

Acupuncture is best known worldwide for treatment of pain, but over the past decade this surprisingly painless and relaxing experience of needle placement into acupuncture points has become well-known for increasing virility and fertility. Acupuncture is an age-old method to promote healthy pre and post natal care. However, its popularity in America to enhance fertility was not spurred until 2001 when a German study reported significant increase in pregnancies when provided along with In-Vitro Fertilization (IVF). Since this time, numerous studies show supporting evidence for the effectiveness of acupuncture in treatment of fertility issues.

An acupuncture treatment typically lasts 20-30 minutes and is received at least once a week to balance the flow of energy within the 14 main meridian pathways of the body. Through adjustment of the body's energetic system, acupuncture promotes conception by increasing Qi and blood flow, balancing hormone production, and calming the mind. To provide the great-

est outcome possible, it's best for both parents to receive acupuncture. This is especially important during the months leading up to conception for reinforcement of mind/body connection to balance the internal forces of Yin and Yang. This increases ability to procreate by forging a dynamic commitment, both physically and energetically – in many instances, bringing hope where there was none.

According to Chinese Medicine, fertility enhancement for women involves reinforcement of the Kidney meridian to strengthen Jing, a vital essence that declines with age. Treatment also includes balancing the Liver meridian to generate smooth flow of Qi and blood, spleen meridian to resolve dampness and build Blood, and Heart meridian to induce inner calm. Whole body relaxation and sense of well-being gained through acupuncture helps alleviate stress. This is essential as exorbitant stress levels shut down Qi flow to negatively influence hormonal balance – acupuncture opens this flow to rebalance endo-

crine function, such as the thyroid which directly impacts fertility.

Acupuncture to increase male potential primarily involves building both the Yin and Yang energetics of the Kidney to increase sperm count, motility and morphology. If a man exhibits a preponderance of coldness then Blood building is also helpful. Increasing Blood flow is also indicated for woman, especially those who complain of always being cold. It is traditionally believed that excessive cold “invades the uterus” thereby inhibiting conception. Blood building not only helps to resolve cold, but facilitates a thick, rich lining of the endometrium to increase likelihood for implantation of the fertilized egg. Once implantation is successful, acupuncture continues to support the developing fetus as it is nourished for nine months within the fertile environment of its mother's womb.

The healing art of acupuncture relaxes both men and women during the entire nine months of pregnancy to increase energy, maximize sleep, minimize over-thinking and worry, and address other symptoms that might arise. Acupuncture is also effective to turn breech babies or to stimulate onset of labor once a due date has passed. This ancient treatment for strengthening the physical body and promoting energetic balance is also applied especially to Mom after delivery and for baby as he or she grows.

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