**Fertility**

The treatment of infertility with acupuncture and Traditional Chinese Medicine (TCM) dates back 2,000 years. These ancient, time-tested techniques improve fertility rates and support a woman’s whole body, unlocking unlimited potential for health, healing and childbearing.

**Studies** reported by The American Pregnancy Association suggest that the most effective fertility treatments involve a combination of acupuncture, herbal medicine, and traditional medical interventions. However, conception does sometimes occur without traditional medical interventions when acupuncture and herbal medicines are used alone.1

Researchers from Weill Cornell Medical Center in New York reviewed recent studies and concluded that acupuncture helps to:

* Increase blood flow to the uterus, which improves the chances of an ovum implanting on the uterine wall.
* Reduce anxiety and stress. The hormones that are secreted during stressful situations can significantly decrease fertility.
* Normalize hormone and endocrine systems that regulate ovulation, especially in women with polycystic ovarian syndrome.
* Positively affect the hypothalamic-pituitary-ovarian axis, which plays a key role in fertility.
* Regulate menstrual cycle.2

In a 2007 study, researchers found that acupuncture may improve the quality of life in patients undergoing in vitro fertilization (IVF). It was also found that women receiving acupuncture reported significantly  
less abdominal pain, other pain, nausea, and stress two hours after  
oocyte aspiration (egg collection) compared to women receiving conventional analgesia.3

In 2008, the British Medical Journal published research which  
concluded that acupuncture can be offered as a significant, clinically relevant adjunct to IVF, relaxing the uterus and increasing blood flow  
for the successful implantation of an embryo within the uterine lining.4

1. American Pregnancy Association. http://www.americanpregnancy.org/infertility/acupuncture.htm.
2. Five ways acupuncture can boost fertility. Prevention.com. 2002.
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**Pain, Pediatrics and Hormone Balance do not need a “learn more” button – the paragraph is enough.**

ADD THIS TO THE PAIN BLURB:

Acupuncture is one of the most reliable and effective non-pharmaceutical (drug-free) time-tested, methods of eliminating pain. The World Health Organization (WHO) and the National Institutes of Health (NIH) acknowledge the benefits of acupuncture in treating and eliminating pain due to a wide range of causes.

**What Is Acupuncture?**

**What is Acupuncture?**

Acupuncture is a technique that is part of the system called Traditional Chinese Medicine.

It is a method of promoting circulation through the body by inserting tiny needles along pathways called meridians that run through your body. Acupuncture has been shown to help speed the healing process and alleviate pain. It promotes proper circulation and function and helps your body to regulate itself. Acupuncture is a simple, gentle technique. Nothing is taken out of or put into your body, rather it is a way of maximizing your body’s own efforts to heal and correct itself. Acupuncture is a time tested and scientifically proven method of traditional health care. Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical and emotional health, and improve overall function and well-being. It is a safe, gentle and effective way to treat a wide variety of medical problems.

NOTE: the “read more” about acupuncture button can be removed – the copy above is enough on the “what is acupuncture” topic

The other questions can be in the FAQ

ACUPUNCTURE & MODERN RESEARCH

(LEARN MORE BUTTON)

**CURRENT RESEARCH RELATING TO ACUPUNCTURE**

**Acupuncture & In Vitro Fertilization (IVF)**

A 2016 research study published in Evidence-Based Complementary and Alternative Medicine concluded the fertility awareness was increased in women who received a multiphasic fertility protocol for acupuncture. In addition, the study found women who received this acupuncture protocol also had an overall improved well-being.6

**Acupuncture & Insomnia**

In the treatment of insomnia, acupuncture has been shown to improve sleep efficiency and sleep disorders compared to those who do not receive acupuncture treatment. Long-term improvements in sleep were also seen from the acupuncture treatment according to clinical research from Henan University of TCM, Zhengzhou.7

**Acupuncture & Fibromyalgia**

Acupuncture can be a great form of treatment for individuals with fibromyalgia. In 2016, The BMJ published a study concerning the effects of acupuncture on patients who have fibromyalgia. The study found acupuncture to be effective in the realm of managing pain experienced as a result of having fibromyalgia. In order to get the results real acupuncture treatment was compared with the likes of placebo sham acupuncture. The study even went on to strongly recommend those with fibromyalgia seek acupuncture treatment in order to help manage their pain.8

**Acupuncture & Women’s Reproductive Health**

A recent review concluded that acupuncture treatment may help women who are trying to conceive. A review of more than 300 papers on acupuncture found evidence of benefits for reproductive function of women. The results supported acupuncture for menstrual irregularity, menstrual pain, ovulatory dysfunction and infertility.9

**Acupuncture & Irritable Bowel Syndrome**

According to a study published by The BMJ, acupuncture has been found to produce significant results for those suffering from irritable bowel syndrome. Participants in the study were subjected to different intervals of acupuncture treatment. Overall, patients were selected to receive random amounts of acupuncture up to as much as 10 weekly sessions.10

**Acupuncture & Depression**

The effects of laser acupuncture were tested in a study published by the Journal of Affective Disorders. The study aimed to see if laser acupuncture had positive effects on those experiencing depression. The results from the study turned out to be very promising. Twelve laser acupuncture sessions were conducted in total, and the results yielded that the participants showed reduced symptoms of depression after getting laser acupuncture.11

**Acupuncture & Hypertension**

A recent meta-analysis published in Evidence-Based Complementary and Alternative Medicine found that acupuncture lowers blood pressure in patients who are taking medication for hypertension or high blood pressure. The trials included 386 patients with hypertension and found weekly acupuncture treatment for six to 10 weeks lowered systolic and diastolic blood pressure.13

**Acupuncture & Migraines**

A study published in the Journal of Alternative and Complementary Medicine found that traditional Chinese acupuncture as well as Yamamoto new scalp acupuncture significantly decreased patients’ migraine frequency and severity. The study involved 80 patients who suffer from migraine headaches and concluded that participants had improvement in their ability to do daily activities after treatment.15

**Acupuncture & Asthma**

A 2017 study recently published by The Journal of Alternative and Complementary Medicine demonstrated acupuncture’s effectiveness at treating asthma. Acupuncture was used in conjunction with normal asthmatic treatments in order to see if there was increased relief effects. There was an increased quality of life shown in patients who received both forms of treatment at the same time.17

**Acupuncture & Wrist/Ankle Pain**

A meta-analysis published in Evidence-Based Complementary and Alternative Medicine found acupuncture treatment was more effective in reducing wrist and ankle pain than Western medicine. The analysis looked at seven studies of wrist-ankle acupuncture that included 723 participants. The authors stated that wrist-ankle acupuncture is a safe therapy that has helped patients relieve pain.18

**Acupuncture & Osteoarthritis (OA)**

A recent review of 1,763 participants found that acupuncture treatment significantly reduced pain in patients compared to patients who did not receive the treatment. Patients with osteoarthritis who received acupuncture reported gains in mobility and a better quality of life. The trials found that longer treatment periods resulted in higher reductions in pain.19

**Acupuncture & Allergic Rhinitis**

In a 2016 study from the Mucosal Immunology Research Group, acupuncture treatment was shown to benefit those suffering from allergies in multiple ways. The study concluded acupuncture was effective in reducing nasal itch, eye itch and sneezing those with allergies suffer from.20

**Acupuncture is recognized by leading national and international health organizations, including the World Health Organization, to be effective in the treatment of a wide variety of medical problems.**

* Adverse reactions to radiotherapy and/or chemotherapy
* Abdominal pain (in acute gastroenteritis or due to gastrointestinal spasm)
* Allergic rhinitis (including hay fever)
* Bell’s palsy
* Cancer pain
* Chronic gastritis
* Morning sickness
* Diabetes mellitus, non-insulin-dependent
* Dysmenorrhoea
* Earache
* Epistaxis
* Facial pain
* Facial spasm
* Female infertility
* Fibromyalgia and fasciitis
* Headache
* Hepatitis B virus carrier status
* Herpes zoster
* Hypertension
* Induction of labor
* Insomnia
* Knee pain
* Leukopenia
* Low back pain
* Male sexual dysfunction, non-organic
* Malposition of fetus
* Nausea and vomiting
* Neck pain
* Obesity
* Osteoarthritis
* Pain in dentistry
* Peptic ulcer
* Periarthritis of shoulder
* Polycystic ovary syndrome
* Postoperative pain
* Premenstrual syndrome
* Prostatitis
* Raynaud syndrome
* Renal colic
* Retention of urine, traumatic
* Rheumatoid arthritis
* Schizophrenia
* Sciatica
* Sore throat (including tonsillitis)
* Spine pain, acute
* Sprain
* Stiff neck
* Stroke
* TMJ dysfunction
* Tennis elbow
* Tobacco dependence
* Ulcerative colitis, chronic
* Whooping cough (pertussis)

**Current theories on the mechanism of acupuncture**

**1) Neurotransmitter Theory**

Acupuncture affects higher brain areas, stimulating the secretion of beta-endorphins and enkephalins in the brain and spinal cord. The release of neurotransmitters influences the immune system and the antinociceptive system.21, 22, 23

**2) Blood Chemistry Theory**

Acupuncture affects the blood concentrations of triglycerides, cholesterol, and phospholipids, suggesting acupuncture can both raise and diminish peripheral blood components, thereby regulating the body toward homeostasis.23

**3) Autonomic Nervous System Theory**

Acupuncture stimulates the release of norepinephrine, acetylcholine and several types of opioids, affecting changes in their turnover rate, normalizing the autonomic nervous system and reducing pain.24, 25

**4) Vascular-interstitial Theory**

Acupuncture affects the electrical system of the body by creating or enhancing closed-circuit transport in tissues. This facilitates healing by allowing the transfer of material and electrical energy between normal and injured tissues.25

**5) Gate Control Theory**

Acupuncture activates non-nociceptive receptors that inhibit the transmission of nociceptive signals in the dorsal horn, “gating out” painful stimuli.26

**Resources:**

1. “Acupuncture for Acute Low Back Pain: A Systematic Review,” The Clinical Journal of Pain, published February, 2013.
2. “Effectiveness of Acupuncture for Nonspecific Chronic Low Back Pain: A Systematic Review and Meta-analysis,”  Spine Journal,, 2013; Vol 38 (24).
3. “Influence of acupuncture on the outcomes of in vitro fertilisation when embryo implantation has failed: a prospective randomised controlled clinical trial,” British Medical Journal, published March 19. 2013.
4. “Acupuncture As an Integrative Approach for the Treatment of Hot Flashes in Women With Breast Cancer: A Prospective Multicenter Randomized Controlled Trial (AcCliMaT),” Journal of Clinical Oncology, published March 28, 2016.
5. “Acupuncture for the prevention of episodic migraine,” The Cochrane Review, published June 28, 2016.
6. Suzanne Cochrane, Caroline A. Smith, Alphia Possamai-Inesedy, and Alan Bensoussan, “Prior to Conception: The Role of an Acupuncture Protocol in Improving Women’s Reproductive Functioning Assessed by a Pilot Pragmatic Randomised Controlled Trial,” Evidence-Based Complementary and Alternative Medicine, vol. 2016, Article ID 3587569, 11 pages, 2016. doi:10.1155/2016/3587569
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16. J. Rehab. Med., 2008 Jul.; 40 (7): 582-588.
17. Brinkhaus Benno, Roll Stephanie, Jena Susanne, Icke Katja, Adam Daniela, Binting Sylvia, Lotz Fabian, Willich Stefan N., and Witt Claudia M.. The Journal of Alternative and Complementary Medicine. April 2017, 23(4): 268-277. <https://doi.org/10.1089/acm.2016.0357>
18. Zhu LB, Chan WC, Lo KC, Yum TP, Li L. Evid Based Complement Alternat Med. 2014 July 14, Epub <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4123534/>
19. Manyanga T, Froese M, Zarychanski R, Abou-Setta A, Friesen C, Tennenhouse M, Shay BL. BMC Complement Altern Med. 2014 Aug 23; 14(1): 312.
20. Effect of acupuncture on house dust mite specific IgE, substance P, and symptoms in persistent allergic rhinitis
21. McDonald, John Leslie et al.
22. Annals of Allergy, Asthma & Immunology , Volume 116 , Issue 6 , 497 – 505
23. Neuro-acupuncture, “Scientific evidence of acupuncture revealed”, Cho, ZH., et al., 2001.v
24. Acupuncture – A scientific appraisal, Ernst, E., White, A., 1999, p. 74.
25. Acupuncture Energetics, “A Clinical Approach for Physicians”, Helms, Dr. J., 1997, pgs 41-42, 66.
26. Anatomy of Neuro-Anatomical Acupuncture, Volume 1, Wong, Dr. J., 1999, p. 34.
27. National Institute of Health Consensus Conference on Acupuncture, “Acupuncture Activates Endogenous Systems of Analgesia.”, Han, J.S., 1997 (Bethesda, MD).
28. Neuro-acupuncture, “Scientific Evidence of Acupuncture Revealed”, Cho, ZH., et al., p.116.

**Conditions Treated PAGE**

**Acupuncture is known as an effective treatment for many** conditions (typo). **Below is a list of those that we specialize in.**

* Anxiety
* Arthritis
* Back Pain
* Depression
* Difficult Periods
* Fatigue
* Fertility
* Headaches
* IBS
* Insomnia
* IVF Support
* Joint Pain
* Menopause
* **REMOVE MULTIPLE SCLEROSIS**
* Neck Pain
* Ovulation Issues
* Pain
* PMS
* Pregnancy
* Stress
* Weight Loss

**SERVICES PAGE:**

**Wellness Consultations**

Balance Wellness consultations are tailored to your individual needs. Insight and strategies from traditional medicine, including diet, herbs, exercise and lifestyle choices are provided to help you learn how to best support your health. We make strategic plans with action steps to allow you to make real change in your health. Fertility optimization plans, Stress management plans and Wellness Upgrades are some of the most common objectives for wellness consultations.

THIS NEEDS A LEARN MORE BUTTON – CAN YOU TAKE TEXT FROM THIS WEBSITE, WHICH IS ALL ABOUT MY CONSULTING BUSINESS: https://simplicitysystemllc.com/womens-health-coaching/

**FAQ PAGE**

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