

overcoming INFERTILITY

Infertility is defined as a person who is biologically unable to have children. It is a very severe diagnosis which can cause a great deal of emotional distress and leave patients feeling hopeless. In most cases, this diagnosis is wrong and a couple is actually SUBFERTILE - experiencing difficulty having children. With the right treatment, the majority of subfertile couples are able to bring happy and healthy babies into the world.

It is very common to experience difficulties having children with about 1 in 7 couples struggling to conceive. It is also relatively common for women to suffer from multiple miscarriages. In this guide we shall discuss the common causes for infertility and subfertility and look at treatment options including powerful, holistic Chinese medical methods to make a happy family.

COMMON CAUSES OF SUBFERTILITY & INFERTILITY

Statistics of subfertile couples around the world show that in about 30% of cases the cause can be attributed to the man and 40% attributed to the woman. This leaves about 30% of couples, whose subfertility cannot be solely attributed to one person. Another quite staggering fact is that in about 35% of cases, conventional medicine cannot find any reason for the subfertility and classify these couples as 'unexplained'.

The vast majority of subfertility causes are non-structural. Although many doctors will point out structural reasons such as endometriosis, fibroids or polycystic ovarian syndrome, the fact is that these conditions are a symptom of imbalances in the body and are reversible using Chinese Medicine. As long as these conditions are treated quickly enough, they are unlikely to leave any structural problem that would cause infertility. Most causes of subfertility are actually treatable and reversible conditions.

	DESCRIPTION	CONVENTIONAL MEDICINE CAUSE	COMMONLY TREATED w/ CHINESE MEDICINE?
OVULATION PROBLEMS	<i>Conditions preventing the release of a mature egg by ovary.</i>	<i>Hormonal disturbance</i>	✓
POOR EGG QUALITY	<i>Damaged or chromosomally abnormal eggs.</i>	<i>Age related</i>	✓
ENDOMETRIOSIS	<i>Endometrial tissue grows outside the uterus.</i>	<i>Unknown</i>	✓
POLYCYSTIC OVARY	<i>Ovaries contain many cysts and do not ovulate properly.</i>	<i>Hormonal disturbance</i>	✓
EARLY MENOPAUSE	<i>Premature (before mid 40's) ovarian failure.</i>	<i>Hormonal disturbance</i>	✓
AMMENORRHEA	<i>Absence of menstrual period during reproductive age.</i>	<i>Hormonal disturbance</i>	✓
HYPERPROLACTINEMIA	<i>Hormonal imbalance that prevents ovulation.</i>	<i>Hormonal disturbance</i>	✓
STRUCTURAL DAMAGE	<i>Scarring and damage to uterus or fallopian tubes.</i>	<i>Infection or surgery</i>	✗
	DESCRIPTION	CONVENTIONAL MEDICINE CAUSE	COMMONLY TREATED w/ CHINESE MEDICINE?
POOR SPERM	<i>Poor quantity, motility, morphology or chromosomally abnormal.</i>	<i>Various</i>	✓
TUBE BLOCKAGES	<i>Any blockage in Vas Deferens or Epididymis.</i>	<i>Varicose veins or infection</i>	✗
ERECTILE PROBLEMS	<i>Difficulty maintaining erection for intercourse.</i>	<i>Various mental and physical</i>	✓
INABILITY TO ORGASM	<i>Difficulty reaching orgasm during intercourse.</i>	<i>Various mental and physical</i>	✓

WESTERN CONVENTIONAL TREATMENTS

Depending on the cause of subfertility, conventional medicine generally has two approaches to treating subfertile couples. The first is ASSISTED FERTILIZATION, where the doctor feels that conception inside the uterus is possible. This usually involves drugs to artificially stimulate egg production or the artificial delivery of sperm into the vagina.

If the doctor feels that conception inside the uterus is not possible then treatment turns to ASSISTED REPRODUCTIVE TECHNOLOGIES such as IVF, where the fertilization is performed in a laboratory and then implanted in the uterus. If there are any structural causes for infertility then a doctor may recommend surgery to address these issues.

CHINESE MEDICAL TREATMENT OF SUBFERTILITY

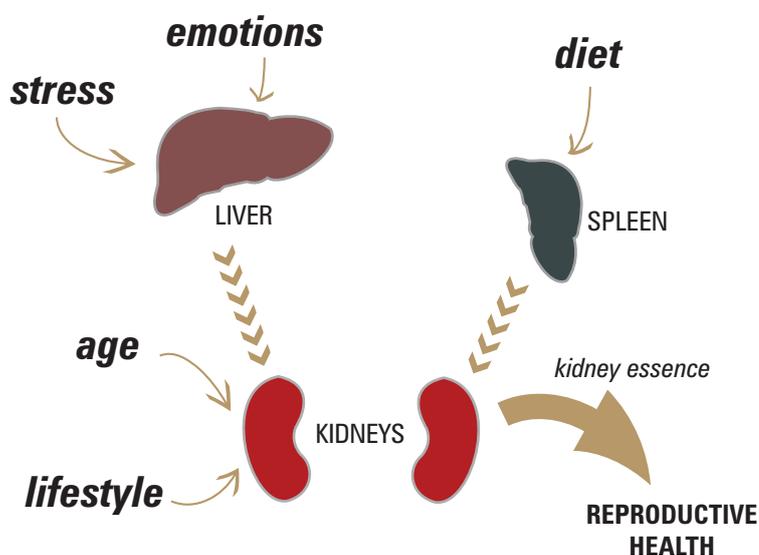
Western doctors look at the body as a machine with parts that break down and are fixed by intervention or drugs. This is a very fast acting approach which is suitable for acute problems. Chinese Medicine views a person as a system of interrelated structures, fluids and energy (including emotions) which must constantly be kept in balance in order to be healthy. As we have already shown, the majority of cases of subfertility are caused by conditions which are not simple structural problems but relate to the bigger picture of a body's overall health and balance. In many cases the cause is actually unexplained by conventional medicine, whereas Chinese medicine is much better equipped to treat these larger and more abstract conditions.

The benefit of choosing Chinese medicine to help with subfertility is that the treatment will seek to completely rebalance the body. This means that patients will feel an improvement in their general health, energy and emotions. Another benefit is that Chinese medical treatment is absolutely complementary with Western treatments. The two medicine can work well together to achieve a healthy little baby.

Whenever AcuMedic patients come to see our fertility specialist, we prefer to see both the man and the woman. The Chinese doctor assesses both of them through a series of questions, observation of any medical reports, tongue analysis and pulse diagnosis. From this initial consultation the doctor diagnoses which particular Chinese medical syndromes each person suffers from and explains how these syndromes are affecting the fertility of the couple. It is then decided if the man, woman or both require treatment.

Treatment involves the use of acupuncture and herbal prescriptions to treat the particular syndromes and reverse the body's imbalances so that it regains fertility.

BASIC CHINESE MEDICAL VIEW OF FERTILITY



In Chinese medicine, reproductive health is primarily influenced by the health of the kidneys. The kidney essence feeds the reproductive organs and maintains their health. If the kidneys become weak (most commonly due to age and sedentary lifestyle) then the sexual health of the person declines. Men will start to lose their sex drive and sperm production becomes less efficient, women will also lose their sex drive, ability to conceive and this eventually causes menopause. It is therefore essential to boost the kidneys.

The kidneys are directly affected by two other organs - the liver and the spleen. The liver is the organ which governs emotions and therefore during periods of emotional pain or stress the liver will weaken which will in turn weaken the kidneys. The spleen is the organ most affected by diet. A poor diet will cause the spleen to overwork and this will also weaken the kidneys.

Thus, Chinese medicine explains how emotions, diet, age and lifestyle can affect your fertility.

FOUR COMMON SYNDROMES AFFECTING FERTILITY

DEFICIENCY SYNDROME

A person is said to be deficient if they are weak in any particular area of their body. Many subfertility patients suffer from deficiency syndrome due to a weakness of the liver and kidneys. This often causes hormonal imbalances, irregular menstruation and impotence.

STAGNANCY SYNDROME

When fluid and energy is not weak but unable to move properly through the body then this is called stagnation or stasis. This restricts circulation leading to poor sperm quality and an inefficient reproductive system.

HEAT SYNDROME

Heat helps to power the body's circulation but excessive heat consumes the body fluid and causes organs to function abnormally. It also leads to inflammation, poor sperm quality and an unfavourable environment inside the uterus to conceive and implant eggs.

COLD SYNDROME

Cold slows down the body leading to blockages and stasis. A reduction in adequate circulation means that the essential organs for reproductive health are not functioning efficiently.

INTEGRATIVE TREATMENT

Many studies have shown that using acupuncture and Chinese Medicine can dramatically improve the success of any conventional treatments (like IVF). AcuMedic usually treat couples who are also seeking conventional medical treatments and their doctors have found that this integrative approach has such a good effect that many have started recommending patients to us. Our expert Chinese medical care is complementary and safe to be used in conjunction with any Western medical treatment.

WHAT LIFESTYLE CHANGES CAN HELP?

DIET

As discussed previously, diet plays a big part in the health of your spleen, kidneys and therefore reproductive health. The optimum diet for fertility is different from person to person and is dependent on each patient's syndrome type which can be discussed with the Chinese doctor. Some general rules to follow include low fat, high fibre, a reduction of dairy intake and avoiding processed food.

WEIGHT

Being more than 10-15% above or below normal weight can completely shut down the reproductive process of the body. Men who are obese are more likely to suffer from sperm problems.

STRESS & EMOTIONS

Prolonged stressful periods or negative emotions release neurotransmitters which dramatically affect hormones. In Chinese medical theory, the liver becomes impaired which leads to weakened kidneys and an ineffective reproductive system. It is essential that any subfertility treatment involves stress and emotional management.

SLEEP

Getting a good eight hours of sleep helps the body to repair and recharge. Consistently erratic or insufficient sleep will place undue stress on the body and negatively impact fertility.

EXERCISE

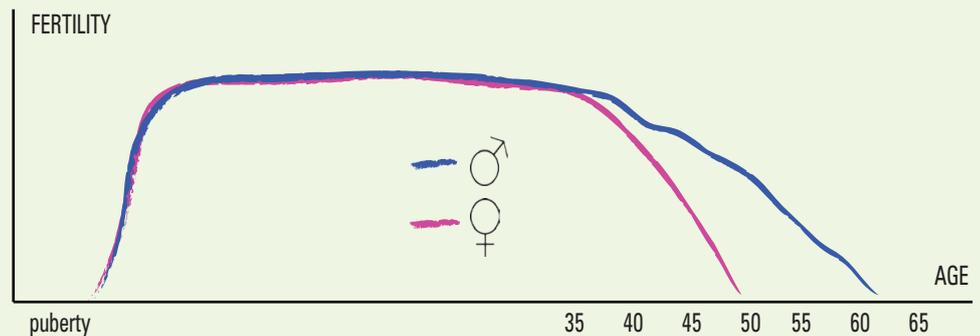
Leading a sedentary lifestyle slows down the body and can lead to excessive build up of heat and stagnation. If a man spends too much time in front of a desk he is likely to overheat his testicles leading to poor sperm quality. It is important that both man and woman keep their bodies active to maintain good reproductive health. Overexercise, however can lead to excessive weight loss and weakened fertility.

ENVIRONMENT

Exposure to pollutants, chemicals and other environmental hazards can affect hormone balance and disrupt the reproductive system. This includes smoking cigarettes.

AGE AND FERTILITY

It's simply a fact of life that after the age of 35 the fertility of both men and women begin to decline. In women the drop in fertility is about 25% and after the age of 40 the drop accelerates further. In men the decline is slower. At AcuMedic we see many women who are in their late thirties and early forties and we help them to successfully have children. The key to treatment is to work on rejuvenating the body using



herbal tonics, acupuncture and massage to reverse the decline caused by ageing. It is very achievable but requires commitment from the patient.

MISCARRIAGES

Subfertility does not just refer to a couple's ability to conceive but also to a woman's ability to carry the baby to full term. There are many women who suffer from multiple miscarriages and in some ways this can be even more difficult to handle emotionally.

The majority of early miscarriages (within the first 3 months of pregnancy) are due to the body rejecting the embryo because of chromosomal problems. This is a natural way of the body preventing abnormal or weak babies from being born due to poor egg or sperm quality and so couples who are experiencing early miscarriages should use Chinese medicine to improve egg and sperm production.

Later miscarriages are usually due to the woman's body being unable to maintain the pregnancy. In Chinese medicine theory this is again usually due to a weakened kidney function. The kidney essence of the mother feeds the baby's growth whilst also maintaining the mother's strength. If the kidneys are weakened due to stress, poor diet or other issues then the body cannot continue to feed both baby and mother and the body has to miscarry. This is why it is useful for subfertile couples to maintain Chinese medical treatment after conception and all the way through to birth.

DOES CHINESE MEDICINE WORK?

There have been numerous studies showing the effectiveness of Chinese medicine in the treatment of subfertility which can be researched online. AcuMedic has treated many patients and our walls are covered in baby pictures and letters of thanks. Here are just a few case studies.

"I had endometriosis and large cysts inside both of my ovaries and my gynaecologist wanted to operate. She warned me that I may lose one or both of my ovaries. I decided to take an alternative route. I was very afraid that the severity of the endometriosis would have left me infertile. After taking the herbs the cysts went down and I became pregnant. I gave birth to a son in 2004 and the endometriosis has not come back. The herbs Dr. Lily prescribed certainly also helped me to recover from the birth. I feel much healthier again and no longer suffer from recurrent infections. I am now pregnant for the second time. I often think that if I had had surgery, I may have lost one or both of my ovaries at 31 years old and would never have been able to have a child of my own."

"Words cannot express how truly thankful I am with all your help over the past year – first with trying to get pregnant after trying for several months when diagnosed with Polycystic Ovarian Syndrome, then once becoming pregnant with all the help throughout pregnancy, enabling it to be relatively stress free and problem free, thanks to the acupuncture, Chinese herbs and your kindness and encouragement – resulting in the birth of our gorgeous Harry – born on 22nd December 2009."

"I am 36 years old and have been married eight and half years. We tried conceiving naturally for about 5 years but there was no sign of baby. We decided to find out what caused infertility and I then started to go to fertility clinic at St Mary's hospital. Except from the result that the mobility of my husband's sperm was a little bit low, there was no particular problems found. We were devastated and very frustrated. I made an appointment with Dr. Lily. Her approach was far more holistic and gave me a hope that I could establish a stage of good health before I become pregnant as I used to feel very tired all the time and found myself at a low energy level. On the 27th October I did a pregnancy test as my period was delayed for 6 days. The result was positive but I could not believe it. And now I am in week 18 of my healthy pregnancy."

"At the age of 38 I got married. After six months of trying I did not conceive. I saw my GP. She was very supportive and suggested that due to my irregular periods which came when it felt like i.e. every 42-60 days she would work out an ideal time for me to try and conceive. This did not work. I asked my doctor about Acupuncture and she recommended me to AcuMedic. However, my GP insisted that my husband took a sperm analysis test which confirmed that 90% of his sperm was bad and we only had a 10% chance of conceiving. We were devastated. My husband and I took Chinese medication for seven months approx. After 4 months of Chinese medication my periods started to come monthly hence the 12th of every month without fail. Three months after that I fell pregnant. I was overwhelmed but it did not sink in until I went to my GP for confirmation. I couldn't wait to share the news with my husband. I went home that evening smiling from ear to ear and shared the news with my husband. He was over the moon. We were on cloud nine as the Chinese medication helped to boost his sperm and regulate my period without any major fertility treatment. I cannot thank Dr Lily enough. Dr Lily made it possible for my husband and I to have our beautiful baby. I gave birth to a beautiful baby boy on Sunday 28th June 2009 weighing a healthy 8lbs 13oz at birth."

"I had a blood test in January that revealed my FSH (follicle stimulating hormone) level to be 58.4 consistent with pre-menopause/menopause. The doctor advised us that I had at best a 5% chance of conceiving and that we should consider alternatives such as donor eggs if we wished to have children. It was devastating news. My GP said she knew of only one case in her 25 years of practice where a woman has conceived and given birth after experiencing menopausal hormonal levels. I was referred by Dr. Denning to her teacher Dr. Lily in AcuMedic Centre. Dr. Lily's approach was far more holistic and gave me hope. I started the herbs and acupuncture treatment on March 17th and saw Dr. Lily once every two or three weeks. My blood test on April 15th showed my FSH levels to be 7.1. My last period was on the 12th April and as I write I am in Week 16 of my pregnancy. It wasn't until I did a pregnancy test on May 30th that I realized my condition. I had seen Dr. Lily on 19th May and she had diagnosed me as pregnant through my pulse. I cannot overstate the support and encouragement I have experienced in her care at a time of great stress."

"I was diagnosed as having premature menopause. My GP told me there was nothing that can be done at this point - my hormone levels were all over the place. My Oestrogen level = less than 100; FHS levels = 68.6; LH levels = 34.4. I was experiencing dizzy spells, headaches, sleepless nights and then hot flushes which when they started were relentless and coming in at 30 minute intervals every hour every day for 5 months. I missed my periods. I started gaining weight at an alarming rate. I was feeling depressed, fatigued and a loss of appetite. I was so sad at the situation it felt so hopeless. I so wanted to have babies and now I felt I had lost the chance forever. When I first went to AcuMedic I was now in my 5th month without period. Dr Lily examined me and explained the treatment she proposed to use on me in clear detail. After only three visits with her in a 7 week period my system started to function again my periods came back. I had another blood test and my GP was very surprised to see: Oestrogen levels = well over 100; FHS levels = 10.7; LH levels = 4.7. The hot flushes disappeared along with the dizzy spells and everything else that came with it. Now all I need is a good clean sperm and I will be on my way to become a mother. I'm living proof of what these Chinese medicines under the right care ARE CAPABLE OF."

This patient got married two years ago. His wife and he failed to conceive. The results below show analysis of his sperm before and after treatment at AcuMedic.

BEFORE:

DENSITY: 2.1 x 10 /ml (Normal is above 20 x 10 /ml)
% MOTILITY: 13% (Normal is above 50%)
% ABNORMAL: 100% (Normal is below 80%)
VITALITY: 50% (Normal is above 50%)
MORPHOLOGY: 0% Normal

AFTER TREATMENT AT ACUMEDIC:

DENSITY: 26 x 10 /ml (Normal is above 20 x 10 /ml)
% MOTILITY: 35% (Normal is above 50%)
% ABNORMAL: 60% (Normal is below 80%)
VITALITY: 75% (Normal is above 50%)
MORPHOLOGY: 30% Normal

The couple successfully conceived.

TO BOOK AN APPOINTMENT WITH OUR INFERTILITY SPECIALIST CALL 020 7388 6704

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