

# 10 ways that Oriental Medicine and Acupuncture Enhance fertility

Studies consistently demonstrate acupuncture's benefit for a range of fertility-related issues. In a landmark study, pregnancy rates were 43% with acupuncture & 26% without it.

1. Improves ovarian response – better egg production.
2. Increases ovarian and uterine blood flow – better ovarian response.
3. Helps prepare the uterine lining – increased implantation rates.
4. Improves sperm count, motility, and morphology.
5. Lessens the side effects of hormone treatments.
6. Regulates hormones of the hypothalamus, pituitary, and gonads.
7. Decreases reproductive immunologic reactions.
8. Decreases uterine contractility at implantation.
9. Resolves stress to promote relaxation.
10. Reduces the incidence of miscarriage.

Chinese medical therapies consist of acupuncture, herbal medicine (with your doctor's concurrence), nutritional, dietary modifications, and specific ZenYOGA Acu-Stretch exercises to increase pelvic circulation, and overall Qi.

