



A Good Point

Sasha Young-Dumont, a qualified specialist in fertility acupuncture, explains how acupuncture can increase your fertility and really help you to conceive.

quality of eggs released; as well as to prevent miscarriage.

Additionally, conditions such as polycystic ovaries and endometriosis have also been shown to improve with acupuncture. Benefits to male fertility have also been found with positive effects on sperm count, morphology and mobility.

As trying to conceive can often be a stressful experience, many find that undergoing a course of acupuncture reduces associated problems such as anxiety, stress and insomnia and helps to improve the chances of pregnancy by improving well being and good health in general.

As a testament to acupuncture and its positive effect on fertility recent research has found that combining IVF with acupuncture greatly enhances the chance of conceiving and carrying a healthy pregnancy. A recent analysis of trials measuring the success of acupuncture immediately before and after IVF found a 65% increase in the chance of becoming pregnant.

Doing something that's great for your general well being, such as acupuncture, can be a positive step towards conception and a healthy baby....

"I came to see Sasha in September last year to see if acupuncture could help me. I had recently miscarried and was diagnosed with polycystic ovaries and was feeling quite low. I found the acupuncture treatments very relaxing, my mood was lifted and my energy levels soared. The herbal tonics were very convenient to take and I actually found them quite tasty! My menstrual cycle regulated and I am now in my second trimester and very happy. I would really recommend Sasha's fertility acupuncture as for me the results speak volumes!"

Ruth English, Kingston.

To find out how Traditional Chinese Medicine can help you visit:

www.serenitymedica.com

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Sasha Young-Dumont MAcS MPCHM offers acupuncture, Chinese herbal medicine, treatments for backaches and pains, stress, depression and facial rejuvenation at her clinic in St. Margarets.

Fertility is an area in which acupuncture has witnessed increasing popularity and with good reason too. Research has found that acupuncture therapy has a positive effect on those trying for a baby and can actually aid the conception process be it naturally, through IUI or IVF.

The main goals of fertility focused acupuncture treatment are to increase blood flow to the reproductive organs, balance hormone levels, regulate the menstrual cycle and help improve the lining of the uterus and