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5 Ways To Boost Your Fertility

1) Manage Your Weight

Being either underweight or overweight can significantly reduce your chances of getting pregnant. One study involving the analysis of 2,112 female participants found that women with a body mass index (BMI) of 25-39 required twice the length of time to become pregnant as women with a healthy BMI of less than 19.

2) Eat More Liver

Some people might turn their head at the thought of eating liver, but it's actually a delicious dish that can prove helpful in boosting your fertility. In fact, a report published by the Weston A. Price Foundation found liver to contain more nutrients, gram for gram, than any other food. Whether it's beef or chicken, liver contains vitamin A, vitamin B, protein, folic acid, iron, purines (precursors for DNA) and more.

3) Eat More Seafood

Seafood – fish, oysters, clams, mussels, lobster, crab, etc. – are an excellent food for boosting your fertility. They contain large amounts of zinc, iron, selenium, vitamin A & D, omega fatty acids (the good type of fat), and other essential nutrients, many of which are directly linked to the body's reproductive system. When choosing seafood, however, it's recommended that you opt for smaller-sized fish to minimize your consumption of mercury.

Because of its large size, tuna carries a heavy dose of the toxic chemical mercury, and therefore should be consumed sparingly.

4) Acupuncture

Back in 2002, a team of German researchers performed a study to determine the effects of acupuncture on fertility. Researchers split 160 women who were trying to conceive into two groups: one group received acupuncture, while the second group did not it. They concluded that 42% of the women who received acupuncture got pregnant, whereas only 26% of the control group got pregnant. This form of Traditional Chinese Medicine (TCM) is proven to help couples conceive in less time.

5) Cut Back on Processed Foods

Many women who struggle to conceive eat far too many processed foods. While a fast food burger and fries may seem appetizing, it forces heavy amounts of saturated fat, sodium and even sugar into your body while offering little-to-no real nutritional value. Fertility experts say women should focus on a more natural diet if they want to conceive.

Acupuncture and Fertility



Infertility is a common problem among couples looking to conceive. According to Resolve, the National Infertility Association, approximately 1 out of 8 couples struggle to get and stay pregnant. Couples in this scenario often resort to spending tens of thousands of dollars on expensive fertility medicine and treatment that yields no tangible results. However, a more effective solution may come from the ancient practice of acupuncture.

What Is Acupuncture?

Acupuncture is a form of Traditional Chinese Medicine (TCM) that involves the placement of thin needles in specific points of the body. While the exact methods have evolved since the practice was first used during the Shang Dynasty (1600–1100 BCE), the underlying principle remains the same: to stimulate the body's life force (Qi) by correcting blockages.



Acupuncture is often used in conjunction with other forms of TCM such as moxibustion and cupping. Incorporating these practices into acupuncture strengthen its ability to stimulate the body.

The human body contains a total of 12 meridians through which Qi flows. Normally, it travels through these meridians unrestricted. There are times, however, when a blockage prevents Qi from flowing, at which point it grows stagnant and begins to adversely affect our organs and vital systems. Traditional Chinese Medicine is based on the belief that restoring the body's Qi can alleviate various symptoms and diseases.

How Acupuncture Can Help Couples Conceive

Can acupuncture increase your chances of conceiving? It really depends on what exactly is causing your infertility. However, acupuncture – when performed by a licensed acupuncturist – can restore your body's life force and potentially correct problems associated with infertility.

Fertility clinic researchers recently performed a study to determine the effectiveness of acupuncture as a fertility treatment. 160 patients who were undergoing assisted reproduction therapy were split into two groups: one group received embryo transfer with acupuncture, while the second group received embryo transfer without acupuncture. Of the 80 patients in group one who received acupuncture, 34 became pregnant (42.5%). In the second group, just 21 patients became pregnant (26.3%).

This is just one of many studies attesting to the power of acupuncture for couples looking to conceive. If you're struggling to become pregnant, schedule an appointment with a licensed acupuncturist to see if it works for you. This centuries-old practice could be the missing element to your new family.

Give me a call today to learn how you can get back on track to better health!

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