

## **Female Fertility Articles**

### **PREGNANCY RATES DOUBLE WITH CHINESE HERBAL MEDICINE**

Up to 50 % of infertile couples are turning to alternative therapies such as Traditional Chinese Medicine (TCM) to help boost their chances of conceiving and managing the stress that struggling with infertility creates.

A recent study from the Adelaide University titled "Efficacy of Traditional Chinese Herbal Medicine in the Management of Female Infertility: A Systematic Review" found that that "Chinese herbal therapy improved pregnancy rates as much as 2-fold in just a 4-month period in comparison with Western Medical fertility drug therapy or IVF."

The research reviewed 30 earlier studies of over 1800 women with infertility and found that "Chinese Medicine achieved, on average, a 60% pregnancy rate over 4 months compared with 30% achieved with standard western drug treatment, or IVF over 12 months."

The study also found that the same improvement in pregnancy rates was true when Chinese herbal medicine was used alone or in conjunction with Western drugs or IVF.