

Female Fertility

Several studies have concluded that the effects of depression, stress, isolation, purposelessness, social failure, and anxiety-related to fertility issues decreased success.

We would be missing much rich history if we ignored the extensive knowledge and experience that Chinese medicine has provided us in treating infertility. Acupuncture and Chinese medicine, otherwise known as traditional Chinese medicine (TCM) dates back to the Shang Dynasty 1500-1000 B.C. Medical writings found in bones and shells identified childbirth problems. Medicinal plants used for infertility were written about and described as early as 476 B.C.

Here are some of the benefits of Traditional Chinese Medicine:

- Reduces stress, depression, anxiety, fatigue
- Improves vitality and energy both mentally and physically
- Invigorates the immune system
- Releases endorphins and strives to bring the body back into balance known as “homeostasis”
- Provides a better sense of well-being, self-worth, self-esteem
- Improves blood circulation and blood flow
- Treats the root rather than masking gynecological symptoms.
- A more natural approach without the use of pharmaceuticals, or chemical side effects
- Can help normalize irregular menstrual cycles so that ovulation occurs
- Improves quality of follicles
- Reduces uterine contractions
- Improves thickening of uterine lining
- Used when treating recurrent miscarriage patients
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