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## **The Principles Of Ancient Medicine Proves To Help Women Create A Miracle Of Their Own**

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**New York, NY 2002** - Is your fertility problem putting you on an emotional roller coaster of sadness, frustration, anger and disappointment? For many women, the stress resulting from such turmoil has been shown in many instances to actually further decrease fertility. However, do not despair, as there is new evidence that Acupuncture, an ancient Chinese form of medicinal healing, may increase fertility and help women to become pregnant without undergoing costly and painful procedures. This is certainly welcome news in the wake of a recent Time Magazine cover story proclaiming that women over 35 have biological clocks ticking faster than they previously thought.

Eunice Simmons, a licensed acupuncturist at Oasis On Park Day Spa, sees about twenty patients per week for infertility and has had about a 99% success rate using acupuncture to facilitate full-term pregnancies. According to Simmons, an increasing number of women are taking this alternative route in lieu of choosing in-vitro fertilization (IVF). "Women are becoming sick and tired of the invasive option of IVF," says Simmons. "IVF is also quite expensive and is not guaranteed to work."

Three IVF procedures, the common number of attempts required, usually cost upwards of \$90,000. Acupuncture on the other hand, costs about \$75 per treatment and is done once a week for three to eight months. Once a woman does become pregnant she should continue acupuncture throughout her entire pregnancy, ensuring that she carries to full-term.

Not all women who have trouble conceiving are good candidates for trying medical acupuncture. According to Dr. Evelyn Feng of Champion Medical Services in Manhattan, "People who have a functional, rather than a structural reason for infertility (for example, damaged fallopian tubes are structural) are appropriate candidates for acupuncture. Women with functional infertility or unexplained infertility would be encouraged to try at least ten visits."

Some American women, in particular those who have delayed childbearing in order to establish a career and/or relationship, would certainly stand to benefit from acupuncture therapy. Also, as Dr. Feng explains, "In the 21st century, women are often depleted of kidney Qi (energy), and have constrained Liver Qi that causes blockages, particularly in the pelvis area. Early in a women's life, these blockages may have presented themselves as painful menstrual cramps, endometriosis, fibroid tumors, PMS symptoms, etc. Now these disharmonies may result in difficulties conceiving at any point in the reproductive cycle including the production of the egg, fertilization and implantation in the uterus."

Essentially, the acupuncturist manipulates the flow of Qi, using between three and 15 small needles that go just beneath the surface of the skin at specific points of the body. These points are called meridians or pathways that allow energy to flow through the

body. The acupuncturist will place the needles along the spleen and stomach meridians in an effort to stimulate the blood flow and direct energy to the uterus. In addition, supplementing the procedure with Chinese herbs to nourish, support and strengthen the Qi to the vital fluids and internal organs enhances the possibility of conception and carrying the baby a full-term.

The reason that acupuncture works may always remain somewhat of a mystery, yet with its outstanding success rate and affordable costs, women seem to be overjoyed with the outcome of this minimally invasive procedure that may soon make it common for women to have babies well into middle-age.

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