

# Acupuncture for Fertility and Miscarriages: Ancient Chinese Medicine with Modern Promise

Acupuncture is a traditional Chinese medicine technique that involves inserting thin needles into the skin at specific points on the body. It has been used for centuries to treat a variety of health conditions, including infertility and miscarriages.



## Acupuncture for Fertility and Miscarriages:

### Acupuncture Wonders by Carmen Juncal

★★★★☆ 4.2 out of 5

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Modern research is now providing evidence to support the use of acupuncture for these conditions. A study published in the journal *Fertility and Sterility* found that acupuncture improved the pregnancy rate in women undergoing IVF treatment. Another study, published in the journal *Obstetrics and Gynecology*, found that acupuncture reduced the risk of miscarriage in women with a history of recurrent miscarriages.

Acupuncture is thought to work by stimulating the body's natural healing mechanisms. It may help to improve blood flow to the uterus, regulate hormones, and reduce stress. These effects can all contribute to improved fertility and reduced risk of miscarriage.

If you are considering acupuncture for fertility or miscarriages, it is important to find a qualified acupuncturist. Look for an acupuncturist who has experience treating these conditions and who is licensed by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Here are some tips for finding a qualified acupuncturist:

- Ask your doctor or healthcare provider for a referral.
- Check with your local acupuncture clinic or hospital.
- Search online for acupuncturists in your area.

Once you have found a qualified acupuncturist, you will need to discuss your health history and goals with them. They will then develop a treatment plan that is tailored to your individual needs.

Acupuncture is a safe and effective treatment for fertility and miscarriages. It can help to improve your chances of conceiving and carrying a pregnancy to term. If you are considering acupuncture for either of these conditions, talk to your doctor or healthcare provider today.

### **Benefits of Acupuncture for Fertility**

Acupuncture has been shown to have a number of benefits for fertility, including:

- **Improved blood flow to the uterus.** Acupuncture can help to improve blood flow to the uterus, which is essential for implantation and pregnancy.
- **Regulated hormones.** Acupuncture can help to regulate hormones, such as estrogen and progesterone, which are essential for fertility.
- **Reduced stress.** Acupuncture can help to reduce stress, which can improve fertility.
- **Increased relaxation.** Acupuncture can help to promote relaxation, which can improve fertility.

## **Benefits of Acupuncture for Miscarriages**

Acupuncture has also been shown to have a number of benefits for miscarriages, including:

- **Reduced risk of miscarriage.** Acupuncture can help to reduce the risk of miscarriage in women with a history of recurrent miscarriages.
- **Improved pregnancy outcomes.** Acupuncture can help to improve pregnancy outcomes in women who have had a previous miscarriage.
- **Reduced stress.** Acupuncture can help to reduce stress, which can improve the chances of a successful pregnancy.
- **Increased relaxation.** Acupuncture can help to promote relaxation, which can improve the chances of a successful pregnancy.

## **How to Find a Qualified Acupuncturist**

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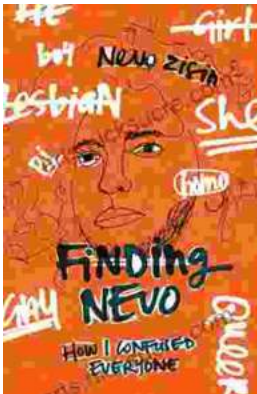
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