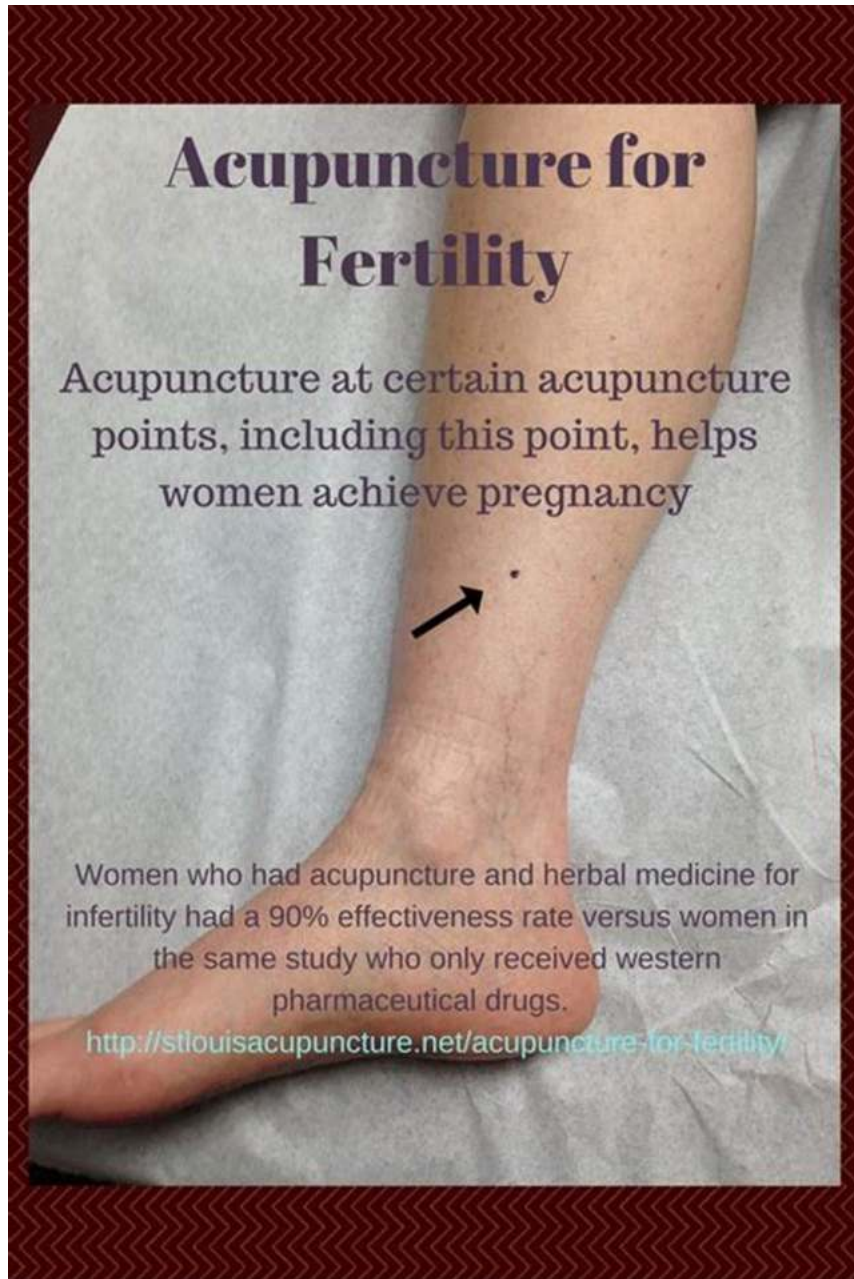


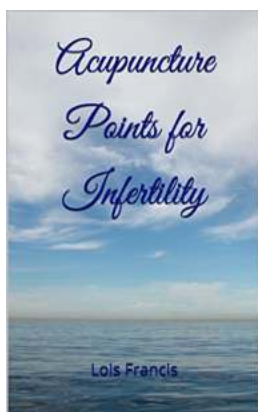
Acupuncture Points For Infertility - Unlocking the Secrets



Infertility is a significant concern for many couples and can cause immense emotional and psychological stress. While medical treatments for infertility can be expensive and invasive, alternative therapies like acupuncture have gained popularity for their potential effectiveness in assisting with fertility issues.

Understanding Acupuncture Points

Acupuncture is an ancient Chinese practice that involves inserting thin needles into specific points on the body. These acupuncture points are believed to be interconnected by energy pathways, known as meridians, which influence the flow of Qi (pronounced "chee") or life energy in the body.



Acupuncture Points for Infertility

by Lois Francis (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2488 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 137 pages

Lending : Enabled

X-Ray for textbooks : Enabled



When it comes to infertility, acupuncture aims to restore balance and harmony to this energy flow, ultimately improving reproductive health. By targeting specific acupuncture points, practitioners aim to enhance blood circulation, regulate hormones, and reduce stress levels that may impact fertility.

The Acupuncture Points for Infertility

Lois Francis, a renowned acupuncturist specializing in infertility treatment, has identified several key acupuncture points that may play a significant role in improving fertility. These points are:

- **Ren 4: Guanyuan (Gate Origin)** - Located on the midline of the abdomen, approximately three finger widths below the belly button. It is believed to enhance blood circulation in the uterus and ovaries.
- **SP6: Sanyinjiao (Three Yin Intersection)** - Situated three finger widths above the inner ankle bone. This point is associated with the Kidney, Spleen, and Liver meridians and is believed to nourish the uterus and regulate the menstrual cycle.
- **KI3: Taixi (Supreme Stream)** - Positioned on the inner ankle, midway between the Achilles tendon and the ankle bone. It is thought to strengthen kidney yin and improve blood circulation to the reproductive organs.
- **BL23: Shenshu (Kidney Shu)** - Found on the lower back, approximately 1.5 inches away from the midline. This point is related to the Kidney meridian and is believed to invigorate the kidneys and nourish the reproductive organs.

The Potential Benefits of Acupuncture for Infertility

While scientific research on the effectiveness of acupuncture for infertility is ongoing, anecdotal evidence and some studies suggest several potential benefits:

1. **Improved Blood Flow** - Acupuncture may enhance blood circulation to the reproductive organs, thus promoting a healthy uterine lining and optimal egg quality.
2. **Regulation of Hormones** - By stimulating certain acupuncture points, hormone imbalances that can impact fertility may be improved.
3. **Reduced Stress and Anxiety** - Stress can be a major factor affecting fertility. Acupuncture has been known to help reduce stress levels, thereby

enhancing the chances of conception.

4. **Increase in Pregnancy Rates** - Various studies have shown that acupuncture, when combined with other infertility treatments, may lead to increased pregnancy rates.

Is Acupuncture Right for You?

While acupuncture can be a holistic and natural approach to addressing infertility, it's essential to consult with a qualified acupuncturist experienced in fertility issues, like Lois Francis. Every individual is different, and a personalized treatment plan will be created based on your specific needs and conditions.

It is also important to note that acupuncture should not be considered a standalone treatment for infertility. It can be used in conjunction with other traditional medical treatments like IVF to potentially improve overall outcomes.

Acupuncture points for infertility hold great promise in assisting couples struggling with fertility issues. The ancient practice of acupuncture, combined with modern medical treatments, may provide a comprehensive approach to improving reproductive health. Consulting with a qualified acupuncturist like Lois Francis can help unlock the secrets to these invaluable acupuncture points, offering hope and support on the journey toward parenthood.

Written by: Your Name | Date: September 30, 2022

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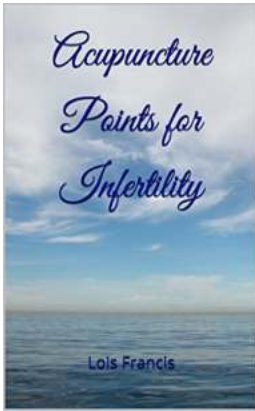
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Acupuncture Points for Infertility

An invaluable aide memoire for any acupuncturist treating infertility.

This book gives comprehensive point prescriptions for:

- Each phase of the menstrual cycle
- Treating through an IVF cycle
- The best protocols for pre and post embryo transfer
- Treating OHSS
- Points to use in late pregnancy
- Labour induction
- Treating male infertility/sub-fertility
- Points to boost the immune system

Detailed point descriptions

Over 100 acupuncture points are described, together with their location, needle depth and recommended moxa.

Clickable links within the point prescriptions make it easy to check if the point you are selecting will be the most appropriate for your patients needs.

Based on over a decade of clinical practice and training in treating infertility, this book is a must have for the busy practitioner.

A note from the author:

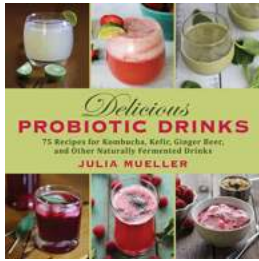
I'm an acupuncturist with 20 years experience of treating couples with fertility problems. This book started life as a small note book which I kept in the clinic and as my knowledge has grown, so did the book.

I've attended many training courses on fertility and I've tried to bring together all that I've learned about the use of specific points into this book.

I was also a teacher at the College of Traditional Acupuncture and author of the original Spirits and Functions book, which became a college textbook. This book is also available as a Kindle book, which means it can be sold at a ridiculously affordable price!

I really enjoy treating my fertility patients, it gives me great joy when they come in and announce that they are pregnant. I usually work with them through the pregnancy and it has been known for me to get a text at midnight at the airport announcing the safe arrival of a baby!

I do hope you will find this book as useful in your practice as I do in mine.



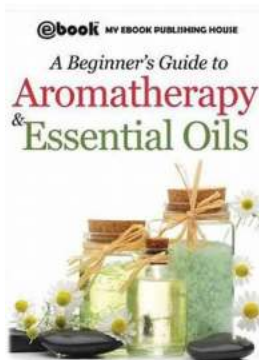
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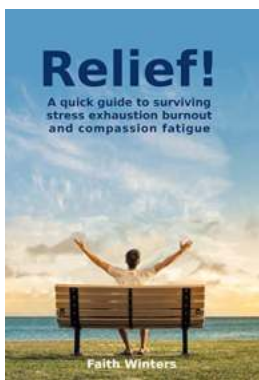
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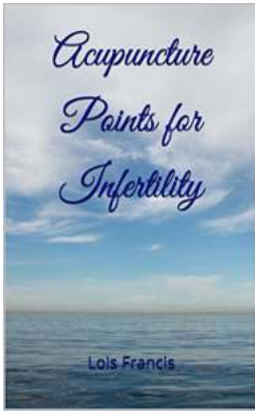
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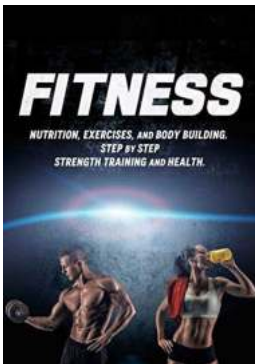
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