

Resolve

for the journey and beyond

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Acupuncture: Alternative and Complementary Medicine

By Jeff Shelton, LAc

Many couples who have difficulty conceiving a child naturally often employ various techniques such as in vitro fertilization (IVF) to assist them in the reproductive process. But infertility treatment is not a strictly modern day science. While the centuries old science of acupuncture has been found to be helpful in treating a variety of ailments, from pain management to stress reduction, it is also increasingly being recognized as a valid form of treatment for infertility.

Acupuncture and Chinese Medicine may increase your chances of conception by restoring the flow of Qi—or body energy. With regards to infertility, acupuncture has a restorative effect that ultimately helps the body accept the possibility of life. It works by improving circulation to the ovaries—which makes for healthier eggs, and to the uterus— which increases the chances that the lining will be strong enough to hold the pregnancy to full-term. It may also allow your body to

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What I Learned by Going Through Infertility (or Six Strategies for Staying Sane)

By Katie Spizziri

Reprinted from the RESOLVE Mid-Atlantic regional newsletter

1st (and most important): Have a solid relationship

You must be on the same page. *Women:* If you are obsessed and your partner needs a break—you take a break. *Men:* If it's important to your partner that you go on appointments with her—go.

You have to communicate. *Women:* Although you are grieving, so is your

partner and you need to listen to him. Realize he does care, he just won't always know what to say. *Men:* When your partner is grieving—let her. However, be there when she is ready to talk.

Have a solid foundation for your relationship. *Couples:* Infertility can solidify or break a relationship. I can honestly say that our infertility experience

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