

Chinese Herbs for the Treatment of Infertility

By Jeff Shelton, L.Ac., Highland Acupuncture

Traditional Chinese Medicine (TCM) views the human body as an organism with an endless capacity for rejuvenation and recovery. TCM combines the ancient Chinese modalities of Acupuncture and Herbal Therapy to treat and prevent disease. These systems are highly effective and have been perfected over five thousand years. Today, nearly twenty percent of the world's population uses acupuncture and herbs as their main form of health care.

In TCM, the symptoms of illness are recognized as an imbalance in the body. A practitioner of Traditional Chinese Medicine & Acupuncture can analyze the root cause of that imbalance and harmonize the body and enable it to combat or prevent illness. Chinese herbs are particularly effective in the treatment of women's health disorders with a combination of herbs, which can help treat a range of disorders from endometriosis and infertility to PMS and menstrual pain.

Chinese Herbs

Chinese herbal medicine is different from that based on pharmaceuticals because of the complexity of plant materials used to create an herbal formula. Each herb plays a different and indispensable role and formulas are often complex

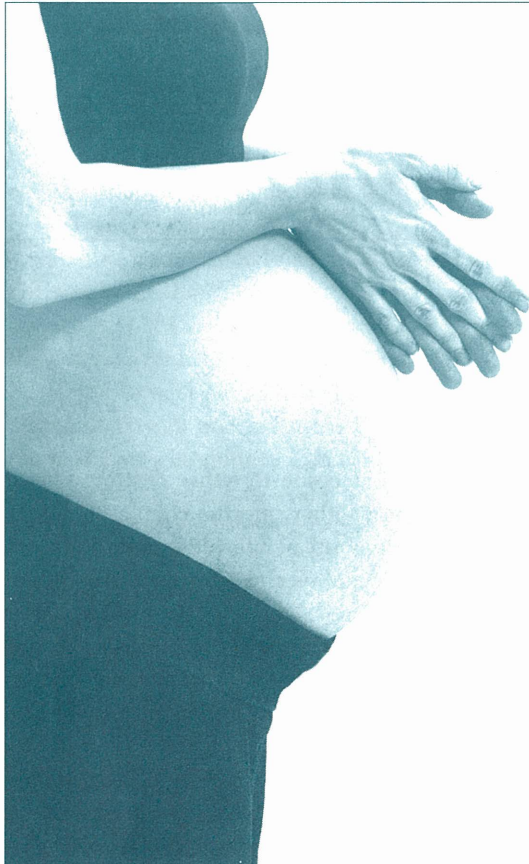
combinations of ingredients that mirror and correct patterns of imbalance. Herbs are nearly always used as compound prescriptions, with a standard prescription containing between two to 15 herbs. Usually, each formula contains a primary herb, several complementary herbs, and a courier herb that acts as a catalyst between the herbs. When combined, a prescription contains a unique remedy that is tailored to patient's health needs.

The balance of different components of a formula results in a mutual synergy which increases the success of the treatment. The combination of herbs used in a formula can affect hormone levels and tissue response, while a single herb used individually may not affect hormone levels.

Treating Hormonal Imbalances

A practitioner of Traditional Chinese Medicine will also often treat patients with multiple herbal formulas. For example, different formulas are used throughout the menstrual cycle, before ovulation and also before and after the period. Each formula contains different herbs to promote certain functions throughout the menstrual cycle. Herbs that promote "movement" can be used to facilitate ovulation or reduce

Continued on page 21



HIGHLAND ACUPUNCTURE

• Acupuncture • Chinese Herbs

Chinese Medicine can help a woman to achieve an enhanced state of health and well-being that will allow her body to conceive and carry a healthy child to term.

- Increase ART success
- Reduce the symptoms of anxiety and stress that can significantly decrease fertility
- Strengthen immune system
- Restore health and balance after childbirth

JEFF SHELTON, L.Ac.

920 E. Ponce de Leon Ave.
Atlanta, GA 30306
404-815-1957

www.highland-acupuncture.com