

## **10 KEY POINTS ON TRADITIONAL CHINESE MEDICINE**

1. Eastern medicine sees the body as a microcosm of nature. Disease is a disturbance or imbalance in the “ecosystem” of the body, and treating the entire system rather than focusing on one part of it restores health. Western medicine, by contrast, relies on scientific measurements to determine the problem, and then it provides remedies that are supposed to overcome the defect.
2. The Western medical approach is to flood the system with synthetically produced hormones the body should be producing in small amounts on its own. However, Chinese medicine strives to return the body to balance, so it can not only produce but also respond to its own hormones.
3. Drugs like Clomid and Gonal-F (FSH) are designed to mimic the body’s hormones in stimulating the growth of eggs in the ovaries and the release of mature eggs into the fallopian tubes for fertilization. Yet the effects of these drugs – multiple egg development, possible ovarian cysts, moods swings, headaches, insomnia, abdominal pain, breast tenderness, nausea, rashes, etc. – indicate that they are an imperfect substitute for the hormones produced by a healthy woman’s body in the course of a normal monthly cycle.
4. In many cases, the Eastern method offers alternatives for women who have been walking the painful road of infertility and would like to try another path, or, at the very least, would like to see if Eastern methods can help make their Western treatments more effective.
5. The first step to fertility isn’t another drug or procedure or even acupuncture: it’s discovering a new way of thinking about yourself, your body, and your health.
6. Our reproductive systems are not made up of isolated organs. Instead, each part must work together seamlessly for pregnancy to occur. When you restore the health of the body, a woman’s reproductive system will do what it was designed to do - conceive and carry a healthy child.
7. Traditional Chinese medicine describes the female reproductive system as a network of energy systems with complementary organs and hormonal responses. This network responds to stress, chemicals, lack of exercise, poor eating, and excess emotions, all of which can put the body off balance. Even a slight aberration can throw the entire system off, so that it no longer functions smoothly. Yet, just as the body responds to negative influences, it also responds to gentle stimulation to return to balance.
8. TCM holds that a woman’s body must be gently nourished and encouraged to bear fruit. It works to rebalance the delicate interplay of energies that occur each month, causing a woman to produce an egg capable of fertilization, and to prepare her uterine lining to receive that egg.
9. A TCM practitioner will thoroughly investigate a woman’s health history and habits to determine which organs and meridians are out of balance, and then prescribe a regimen of acupuncture, herbs, exercise and/or diet to restore equilibrium to her body. When that happens, the hormones needed for conception and pregnancy will be produced the way nature intended.
10. In 1996 the World Health Organization (WHO) endorsed acupuncture treatment for a wide range of conditions, including reproductive system problems like infertility.