

Local help for women with fertility problems

Zita West, fertility guru to the stars, has been promoting the incredible benefits that specialist Acupuncture treatment can offer women who are having problems conceiving and/or are prone to miscarriages. But she's not the only one who believes this.

Successful pregnancies with IVF are unfortunately low, at around 26%, however a recent German study, published its results on a group receiving IVF and acupuncture treatment against a control group (receiving no acupuncture). The study showed that in the acupuncture group clinical pregnancies were documented in 42% of patients whereas there were still only 26% in the non-acupuncture group! In clinical research terms, this is a really significant difference!

Other benefits that were reported as being significant in those receiving acupuncture are relief from some of the side-effects of the drugs that are used in the IVF (mood swings, irritability, nausea etc) and help in maintaining the pregnancy (by supporting the production of hormones).

It's not just older women that may need to embark on these programmes, infertility can affect younger women and men. More and more couples are looking to IVF to help solve a variety of infertility problems – from polycystic ovarian syndrome to premature ovulation and endometriosis. So it's good news for those living in and around Shefford that Michele Hopkins, Acupuncturist at Woodside Clinic, has started offering this specialist Acupuncture approach. Already an experienced Acupuncturist, Michele says that even she's been impressed at how effective this approach is proving.

Acupuncture is also helpful prior to even starting IVF. Michele recommends patients have Acupuncture at least 3 months prior to the IVF programme as this helps to address the general health of the patient, especially if there are menstrual irregularities.

Acupuncture is also effective in relieving painful or irregular periods, PMS symptoms (breast tenderness, headaches, heavy bleeding etc).

Acupuncture uses techniques similar to acupressure, except that fine needles are inserted at specific points along the meridians which lie just under the skin, this helps to stimulate, disperse and balance the flow of energy, relieve pain and to treat a variety of chronic, acute and degenerative conditions.

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