

Patient Help Sheet

Fertility

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"He who depends on himself will attain the greatest happiness."- Chinese Proverb

VOL 1.0

Acupressure Points

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Kidney 16 (KD 16): Located roughly 1 inch lateral to the bellybutton, on both sides. **Functions:** This point can improve general fertility health and boost the chances of conception in women. It also helps with autoimmune related infertility issues caused by a lower immunological response.

Conception Vessel 6 (CV 6): Three finger widths directly below the belly button. **Functions:** Alleviates pain in the lower abdomen, alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation and dysmenorrhoea. Increases libido, and improves overall energy levels. Also helps to relieve stress and fatigue.

Conception Vessel 4 (CV 4): Roughly four finger widths directly below the belly button. **Functions:** Alleviates abdominal masses due to stagnation. Regulates uterus and supports healthy blood flow to genitals. Strengthen the body and helps with diarrhea, lethargy, and weak limbs. Improves overall Kidney function.

Stomach 30 (ST 30): Located roughly 5 inches below the bellybutton and 2 inches to either side of the midline.

Functions: Improves function of ovaries, fallopian tubes and uterus. Can aide in ovulation and overall reproductive health.

Aromatherapy To Boost Fertility

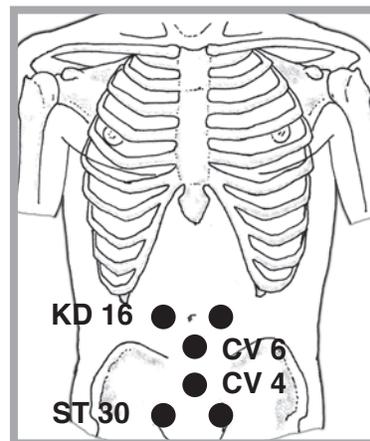
Essential oils are known for their medicinal properties as well as being an alternative natural treatment for many ailments. Some oils work to boost fertility through improving hormonal balance, reducing stress and pain, and improving immune function. Essential oils can easily be found at health stores and can be used daily to help boost your health.

German Chamomile: German chamomile can help reduce inflammation. It is known to also reduce pain, calm nerves and boost mood. This oil can help women who have cysts or fibroids as well as women who experience anxiety and frustration while trying to become pregnant.

Sweet Fennel: This oil is known to help regulate hormone levels as well as the menstrual cycle. It is ideal for women who are trying to become pregnant but should not be used during pregnancy.

Clary Sage: Clary sage is not only a pain reliever but also stimulates the pituitary gland, which produces estrogen. This oil is also a uterine tonic and can help regulate the menstrual cycle and reduce cramps.

Geranium: Geranium can be used to lower anxiety as well as be a mood enhancer. The oil stimulates the adrenal cortex, which balances and regulates hormone levels. Geranium can also help detoxify the lymphatic system, improving overall health.



Healthy Tips

- Take a folic acid supplement when trying to become pregnant. The recommended-daily amount of folic acid for women who want to get pregnant is .4 milligrams. This vitamin is known to lower the risk of complications producing eggs as well as reducing the chance of ovulatory failure. Folic acid can be found in the form of folate in foods like spinach, lentils, corn, beets and citrus fruit.
- Try acupuncture. One reason women have a hard time becoming pregnant includes stress levels. Acupuncture is known to help reduce stress and anxiety and relax the body and mind.
- Cut the caffeine. Although one or two cups of coffee a day is considered fine, try to lower your caffeine intake to help boost fertility. Research has shown that women who drink more than five cups of coffee a day had lower fertility levels.
- Pay close attention to the foods you are eating. It is important as ever when trying to become pregnant to have a healthy diet. Maintain a balanced diet full of unprocessed and whole foods. Make sure to eat daily servings of fruits and vegetables, as well as protein such as fish, lean meats and/or nuts.

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