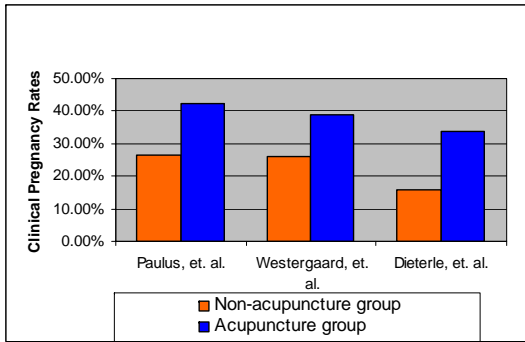


**BASAL BODY
TEMPERATURE CHARTING:
THE BENEFITS OF INSIGHT**

Basal body temperature charting can be a very helpful tool in determining what areas of your menstrual cycle need attention. These charts depict the follicular, luteal and ovulatory phases of your cycle, and thus give your acupuncturist further insight as to where the emphasis in your treatment plan should be. Basal body temperatures are useful for women trying to get pregnant naturally or prior to a medicated cycle.^{1,2,3}



ACUPUNCTURE'S PROMISING RESULTS

Three recent independent randomized clinical studies published in the medical journal Fertility and Sterility show the promising results acupuncture can have on assisted reproductive therapy (ART) such as IVF. In these studies two groups were examined: a control group receiving ART without acupuncture and the study group receiving ART with acupuncture. The results of the study showed a significant increase in clinical pregnancy rates, as shown in the following graph.^{1,2,3}

**ACUPUNCTURE RESEARCH FOR
INFERTILITY CONTINUES TO
SHOW POTENTIAL**

¹ Paulus WE, Zhang M, Strehler E, El-Danasouri. Influence of acupuncture on pregnancy rate in patients who undergo assisted reproduction therapy. Fert Steril 2002; 77:721-4.

² Westergaard LG, Mao Q, Kroglund M, Sandrini S, Lenz S, Grinstead J. Acupuncture on the day of embryo transfer significantly improves repro-

ductive outcome in infertile women: a prospective randomized trial. Fert Steril 2006; 85: 1341-46.
³ Dieterle S, Ying G, Hatzmann W, Neuer A. Effect of acupuncture on the outcome of in vitro fertilization and intracytoplasmic sperm injection: a randomized, prospective, controlled clinical study. Fert Steril 2006; 85: 1347-51.

**CHINESE HERBAL MEDICINE:
A PRESCRIPTION FOR SUCCESS**

Chinese herbal medicine has been treating infertility safely and effectively for thousands of years. The herbs are helpful for both female and male issues. Herbal formulas vary by individual and are always customized to address the needs of each person. Formulas are affordable and rarely have side effects. They come either encapsulated (like a vitamin) or in powder form to be taken as a tea.

**CONDITIONS COMMONLY ADDRESSED
DURING TREATMENT FOR INFERTILITY
INCLUDE:**

- ♥ **Amenorrhea** *absence of menstruation*
- ♥ **Chronic bladder infections**
- ♥ **Dysmenorrhea** *painful menstruation*
- ♥ **Endometriosis**
- ♥ **Fatigue**
- ♥ **Menorrhagia** *heavy uterine bleeding during menstruation*
- ♥ **Menstruation** *early, delayed or irregular*
- ♥ **Metrorrhagia** *uterine bleeding between menstrual periods*
- ♥ **Ovarian cysts**
- ♥ **Ovulatory dysfunction**
- ♥ **Polycystic ovarian syndrome**
- ♥ **Stress reduction**

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*To guide, teach, and
assist your body's
ability to heal itself*

A BENEFICIAL PARTNER IN FERTILITY HEALTH

FirstHealth of Andover specializes in delivering the latest evidence based Oriental Medical treatments to assist couple's with their fertility experience. The benefits of this partnership include a highly qualified and motivated staff of integrative medical health professionals that

bring the latest re-searched techniques to your treatment plan. We understand that every couple's situation with



infertility is unique. The techniques of Asian medicine lend themselves to efficacy and flexibility in a wide range of health conditions. Whether you are choosing conventional Assisted Reproductive Therapies (ART) or would like to enhance your chances of natural conception, FirstHealth of Andover will customize one of



our re-search based programs to match your fertility needs. We have been honored to be included as a benefi-

cial therapy in so many happy stories. We invite you to inquire about our options for hope.

THREE-MONTH PREPARATORY PHASE - THE BENEFITS -

- ♥ Improve ovarian blood supply and quality of follicles
- ♥ Improve blood flow to the reproductive organs
- ♥ Thicken the uterine lining
- ♥ Reduce stress
- ♥ Regulate hormones
- ♥ Regulate menstrual irregularities
- ♥ Improve sperm count, motility, morphology and liquefaction
- ♥ Strengthen the immune system

ONE-MONTH ART SUPPORT - THE BENEFITS -

- ♥ Improve blood flow to the reproductive organs
- ♥ Thicken the uterine lining
- ♥ Reduce side effects of ART medications
- ♥ Reduce stress
- ♥ Reduce uterine contractility
- ♥ Decrease chances of miscarriage



PRE- AND POST-IVF TRANSFER SUPPORT - THE BENEFITS -

- ♥ Significantly increases your chances of IVF success
- ♥ Reduce uterine contractility
- ♥ Decrease chances of miscarriage

MALE FACTOR INFERTILITY

Male factor issues account for 50% of the difficulties associated with infertility. Problems with sperm can affect count, motility (forward motion), morphology (structure), and liquefaction. Many factors such as stress, poor nutrition, smoking, drugs, alcohol and exposure to toxic chemicals can negatively affect sperm quality.

Several studies have found that acupuncture twice per week has improved the percentage of sperm viability and total number of motile sperm. A recent 2005 study published in the journal *Fertility and Sterility* concluded that acupuncture twice per week could improve sperm quality, specifically the structural integrity of sperm.

At FirstHealth of Andover we offer acupuncture, herbal medicine, and nutritional counseling and supplementation to improve the health of sperm. Since sperm maturation averages 74 days, we recommend receiving treatment for several months prior to beginning IVF.

NORMAL VALUES FOR SEMEN

PARAMETER	VALUE
Volume	2-6 ml
Morphology	60% normal
Viscosity	Liquefaction in 1 hour
pH	7-8
Count	≥ 20 million/ml
Motility	≥ 50%
Morphology	60% normal