



Fertility and Acupuncture

An intricate and delicate cascade of hormone signals is required to achieve healthy cycling, ovulation, and conception. Following are just a few of the ways that acupuncture helps your body towards that balance, and ultimately pregnancy.

- **Acupuncture helps you build a healthier home for conception.**

In the pre-ovulation phase, estrogen rises and increases the thickness of the uterine lining. Acupuncture promotes this process by further stimulating blood flow to the abdomen, yielding a thicker lining which is favorable for successful implantation of the egg.

- **Acupuncture regulates pivotal events in the cycle—like ovulation.**

Ovulation can be disrupted by many factors. Even stress or anxiety can delay or trigger early ovulation, making it difficult to predict peak fertility time. Because acupuncture puts the mind and body in a restful state it promotes regular ovulation. This regularity assists a woman to correctly predict her fertile window.

- **Progesterone support through acupuncture**

After ovulation the body needs to maintain progesterone levels to keep a conception safe. Women whose cycles are characterized by either short luteal phase or inadequate progesterone may have trouble holding pregnancies. Regular acupuncture promotes the healthy rise of progesterone in the second half of a woman's cycle, just as it promotes appropriate estrogen levels in the first half.