



Karen Sulger, L.Ac., Q.M.E. graduated magna cum laude from Pacific College of Oriental Medicine, earning a Masters in Oriental Medicine. She also holds a Qualified Medical Evaluator (Q.M.E.) license granted by the Industrial Medical Council of the State of California. Karen focuses on three main areas:

- 1) Women's health, with an emphasis on fertility;
- 2) Acupuncture orthopedics for general pain conditions; and
- 3) Internal conditions, which include digestive disorders, allergies, and skin problems.



## **Acupuncture Continuum**

Karen Sulger, L.Ac., Q.M.E.

317 N. El Camino Real, Suite 401

Encinitas, California 92024

Phone: 760-635-0581

Fax: 760-635-0587

[www.acupuncturecontinuum.com](http://www.acupuncturecontinuum.com)



## **Acupuncture Continuum**



*Acupuncture and Fertility*

---

# **Chinese medicine ... can it really help?**

## What is Chinese Medicine?

Chinese medicine is a system in which the entire body is treated, not just the symptoms. The goal is to attain balance between the body's two forces, yin and yang, thereby achieving and maintaining good health. Chinese medicine has been practiced for over 4,000 years and is used extensively throughout the world.

There are numerous modalities which are included in the art of Chinese medicine: herbal medicine, moxibustion, cupping, qi gong, tui na, nutrition and the most popular, acupuncture.

## What is Acupuncture?

Acupuncture is a simple procedure in which needles are gently placed in specific places in the body to balance the body's energy, called "qi" (pronounced "chee"). From a western standpoint, acupuncture points (or "nodes") are small areas which can stimulate blood circulation, nerves, muscles and even the hormonal system.

## How Can Acupuncture Help Fertility?

As mentioned previously, each acupuncture point can affect blood circulation, nerves, muscles and the hormonal system. Acupuncture helps increase blood flow to the uterus, decreases stress, and can help ease bloating and other possible side effects of fertility medications.

## Does Acupuncture Help With The IVF Procedure?

Yes. A recent study printed in "Fertility and Sterility" magazine quotes a study which concluded, "Acupuncture before and after embryo transfer results in higher pregnancy rates." In this recent study, the clinical pregnancy rate for the acupuncture group was 42.5%, while the control group was significantly lower at 26.3%.

Acupuncturists have also noticed an increased success rate when patients have treatments 60-90 days prior to having the IVF procedure.

## Does Acupuncture Hurt?

Not usually. A very gentle needling technique is used and the sensation experienced from an acupuncture needle is nothing like that of a hypodermic needle. In fact, acupuncture needles are one-tenth the thickness of a hypodermic needle. Most patients do not mind the needles and love coming in for their treatments. The needles are 100% sterile and are disposed of after the first use.



## What Should I Expect At My First Treatment?

Upon arriving for your first visit, you will complete a simple questionnaire providing details about your condition. You will discuss your answers privately with your acupuncturist.

In Chinese medicine, the diagnostic system is different from that of western medicine. It includes an examination of your tongue, taking your pulses, and a few other simple observations.

After looking at the whole "picture", a diagnosis will be arrived at, which will determine what point prescription and modalities will be used to help with any imbalances found. Herbal therapy may be recommended as well as other modalities and lifestyle recommendations in areas such as nutrition, stress management, relaxation techniques, and more.

## How Many Treatments Will I Need?

The number of treatments may differ with each individual; however, most patients receive treatments once per week for 8 to 12 weeks prior to their IVF procedure. In addition, your acupuncturist can schedule treatments at the doctor's office just prior to and after the egg implantation.

Visit [www.acupuncturecontinuum.com](http://www.acupuncturecontinuum.com) for more information.