**Enhance your Fertility and Increase Your IVF Success Rate with Acupuncture**

Acupuncture can improve follicle growth and development:
- By stimulating acupuncture points that can increase blood supply to the uterus and ovaries
- A study published in 1996 in Human Reproduction concluded that electro acupuncture treatment can increase blood flow to the uterine artery. Increased blood flow leads to a thicker endometrial lining and increased implantation and pregnancy rate.

Acupuncture promotes fertility by:
- Stimulating the Hypothalamus-Pituitary-Ovarian Axis to balance hormone levels and promote ovulation.
- Regulating menstrual cycles and improving blood flow to the uterine artery, uterus, and ovaries.
- Assisting in the production of progesterone to maintain a healthy luteal phase. Progesterone builds the uterine lining to support implantation.

Acupuncture improves IVF Success Rate:
- Randomized study in Germany conducted on 160 patients undergoing IVF with 80 in control group and 80 in acupuncture group.
- Between ages of 21 to 43 (mean age: 32.5)
- Acupuncture received 25 minutes before and after embryo transfer in acupuncture group. Control group received no acupuncture.
- Results: 34 of 80 patients (42.5%) in acupuncture group were pregnant. 21 out of 80 patients (26.3%) in control group were pregnant.
- Our success rate for IVF support is 68%.

Acupuncture can enhance sperm quality:
- Study published in July 2005 in Fertility and Sterility on Quantitative evaluation of spermatozoa ultrastructure after acupuncture for idiopathic male infertility showed statistically significant increase in the percentage and number of sperm without ultrastructural defects, significant improvement was detected in acrosome position and shape, nuclear shape, axonemal pattern and shape, and accessory fibers of sperm.

Acupuncture Reduces Stress & Anxiety:
- Stress can disrupt ovulation, cause irregular menstrual cycles, compromise the immune system, and affect the digestion and absorption of nutrients.
- Studies suggest that acupuncture can reduce stress and anxiety levels by increasing serotonin and endogenous opioid peptide levels (“happy hormones”) in the blood stream and decreasing cortisol levels (“stress hormones”) in the blood stream.
- Reducing stress and anxiety is essential to promoting fertility, having a healthy pregnancy, and having a happy baby.

To schedule an appointment or to learn more about acupuncture treatments, please contact Coastal Acupuncture & Natural Health Center at 949-646-4325.

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