

# Fertility Acupuncture In Melbourne

By Dr. Sheena Vaughan

## How can we help you?



Many couples contact Qi Medicine looking for a fertility clinic that does IVF acupuncture, or fertility treatment.

We can offer IVF support with IVF acupuncture, and although there is no way we can guarantee fertility outcomes (which really is ultimately up to nature), we can help you along your fertility journey in many different ways.

At Qi Medicine, our goal is to provide therapy that may help couples with stress and pain that comes with assisted reproductive therapies (like IVF) or the process of natural fertility.

Fertility can sometimes **be a rocky road**; there are many known factors that can affect a couple's ability to start a family, including stress, diet, and environmental toxins.

There is also what is known as '**unexplained**' infertility, which can be quite distressing to couples who are ready to start a family. We want to help you understand how these factors affect you, so you might be able to overcome them in the **most natural, easiest way possible**.

## What makes us so good at understanding fertility?



Here in the clinic, we **don't like to leave things to chance**. In order to get really clear of what is standing in the way of your reaching your goal of natural fertility, we undergo an intensive **150 point check** before and during your initial consultation with us, and throughout your treatment timeline.

This is why we ask you to complete a **comprehensive initial consultation form**, plus ask a ton of questions before we even begin treatment! But our **point of difference is being extremely thorough**, and getting clear of all the factors at play. Only once we know what could be causing your infertility, do we then give you an action plan you can put into place straight away, and **feel more in control of your fertility**.

## How do we work with your primary health care provider?



Our Chinese medicine doctors have great respect for other primary and ancillary health care providers- be they your IVF specialist, GP, gynecologist or physiotherapist. And we **work together with your health care providers** to ensure we provide you with the best treatment possible.

We certainly do not take an either/or approach to medicine. We believe that **all therapies have something great to offer**– so why not use the best bits from all of them? We think this is the best approach for you and your family, and we are always open to incorporating other therapies you may want to try.

## Let us help you take control of fertility overwhelm.



When you meet with one of our practitioners, we assess your health from all angles, looking at both **male and female reproductive health**, diet, lifestyle, emotional and environmental factors.

As with all medicine (IVF included!), we can never guarantee or make promises as to your fertility outcomes, **which of course is mostly up to nature**. What we can do is help set your body up for potential fertility success, whether it be by natural conception, or through IVF, with IVF acupuncture.

Good fertility health cannot be determined by one factor alone. This is why we always **encourage you to seek help from your fertility specialist or GP**, who we may be able to collaborate with, who can also work on improving your fertility health.

The focus of our trained Chinese medicine practitioners at the Qi Medicine clinic is to help you **achieve the highest level of wellness possible**, minimise the stress and pain of fertility treatments, and to keep you balanced through IVF treatments.

The journey to fertility success is never straightforward and **can take time**, but our compassionate therapists aim to support your physical and emotional health each step of the way.

## Why would you use acupuncture and Chinese medicine as an adjunct therapy to fertility treatment and IVF?

There has been good quality research papers to suggest that the health of mums and dads during the conception period has a **large role to play in the health of the conceived child**. Maternal and paternal health before and during pregnancy may affect the risk factors for obesity, cancer, cardiovascular diseases, diabetes, and even the mental health of a child.



It is also well understood that the health of mum's and dad's can affect their ability to conceive, with factors such as smoking, diet, stress levels, alcohol, and nutrient intake all affecting your chances.

Making positive habit changes and reducing stress isn't always easy to do on your own, and **sometimes you need extra help to regulate your system** or reduce your stress levels, before thinking about having children.

This is where we feel that our offerings, when used as an **adjunct to fertility treatments or IVF, really shines**. We take into account gynecological issues, nutrient issues and lifestyle and habits, to help you reduce stress and pain and find greater

balance in your life. **Think of us as the team in your corner**, helping you get some perspective and guide you through the process.

## A dad's role in fertility



Currently, there is a laser focus on women and female health when it comes to issues with fertility. And even though this is important, the father's health, which is also **equally important tends to be ignored**.

One good example of a man's health affecting conception is in research showing us that **male smokers have a lower sperm count and have shown sperm abnormalities, that could potentially prevent conception.**<sup>[1]</sup> Partners of male smokers are also likely to have more difficulties before they can get pregnant and they tend to suffer more miscarriages.<sup>[2]</sup>

Looking at sperm motility and morphology and advising men with their diet, nutrition, lifestyle and stress levels, are among the many ways we strive to support men's health for **healthy sperm and a healthy papa!**

## A Chinese medicine perspective on fertility

The Chinese medicine approach is to **spend time addressing issues that may be impacting your overall health**. Did you know that it takes around four months for a sperm to reach maturation? And although women ovulate monthly, chronic hormonal imbalances such as high-stress levels and adrenal burn out can negatively affect a woman's cycle.

Time spent on pre-care can help to reduce problems such as high stress, improving your health and vitality when it comes time to start trying.



Our experienced Chinese medical practitioners **can educate you**, to help you understand your cycle and the process of conception. There is a delicate interplay of hormones that is good to get your head around, so you can be better prepared for fluctuations.

We work with you to help you understand the best time of your cycle to conceive naturally, plus what relaxation methods, exercise, and nutrition could be of benefit.

When looking to conceive, it is always prudent to **address cycle issues which may be causing problems**. Sometimes your issue may be that you fail to ovulate (anovulation) have irregular periods (oligomenorrhea), or even no period (amenorrhea). On occasion, your fertility may be affected by conditions such as PCOS (poly-cystic ovarian syndrome) or **endometriosis**.

If you are having issues conceiving, it is always recommended you undergo the standard **Western medical testing** to see if there may be an underlying issue, particularly if you have one of the above conditions.

For women, this may be a test for blocked fallopian tubes, a pelvic exam or laparoscopy and a blood test, for men, this may be a sperm test and a physical examination.

**How our therapists support you each step of the way**

At Qi Medicine, we do not follow a one size fits all approach. We understand that everyone's needs and medical conditions are different, so we do all we can to find the best treatment method for every couple. Our care plan may include the following:

- **Working with your GP for a health screen to check for infections, blockages, and hormonal health**
- **Detoxification, diet, and nutrition**
- **Management of stress and exercise**
- **Tracking and understanding your cycle (BBT charting)**
- **Pain relief**
- **Education on the conception process**
- **Environmental and lifestyle changes**

Once we have determined which areas of **health and wellness you need support**, we will create your individual treatment plan with the intention of you achieving a successful pregnancy with our help.

We have a **strong focus on emotional wellbeing through this process**, and will actively use acupuncture and Chinese medicine to reduce stress and pain throughout your journey, making the whole process easier to manage.

## Acupuncture IVF support Melbourne



We understand how **worrying and tedious the IVF process can be**. We know how difficult it is to keep numerous several appointments, scans, plus the financial burden and the emotional strain this can place on you and your partner.

IVF is a very different process from natural conception. There is a regime of special drugs to assist in the maturation of the follicle to create a viable egg (blastocyst), over and above what your body would produce naturally.

In addition, you may undergo ICSI (Intracytoplasmic Sperm Injection) to help the sperm fertilise the egg outside of the uterus. The state of health of both you and your partner during this process **could impact the overall success rate of IVF.**

**Watch our video on why your IVF is not working, and what you can do about it.**

Watch this video on YouTube

## How acupuncture works with IVF

It is generally accepted amongst health professionals that **high stress can adversely affect IVF success rates**, and so acupuncture is a useful and powerful tool couples can use to manage this factor. acupuncture IVF support works quickly and easily to reduce stress and pain, and **will not interfere with IVF drugs in any way.**

In addition, we provide acupuncture IVF support by helping them understand how **Chinese medicine and acupuncture can work alongside the IVF procedure**, plus letting them know what steps they can take to make the process easier. Our practitioners aim to educate and empower, whilst supporting your health as much as possible with natural medicine.

We will look at your fertility diagnosis, consider your current state of health, **and work to rebalance your system from a Chinese medicine perspective.** This gentle approach can be a useful adjunct therapy to IVF, and a great stress-buster when things get a little overwhelming. **We want you to have a little bundle of joy as much as you,** and will do whatever we can to help you through the IVF process!



## Acupuncture treatment cost

See our [pricing page here](#)

## Acupuncture Melbourne Bookings

**Book online here** or phone the clinic on (03) 8589 6398 to book your acupuncture treatment today.

## Are we easy to get to?

### **Find us on Google maps here**



The clinic is located at Suite 4, Level 1, 151

Pascoe Vale Rd, Moonee Ponds. **(Please ensure you take the ground floor elevator to reach us or level one.)**

We provide fertility acupuncture Melbourne and chinese medicine ivf Melbourne to the North Western suburbs of Melbourne and are close to Highpoint.

Qi Medicine acupuncture is minutes away from Ascot Vale, Essendon, Avondale Heights, Maribyrnong, and Brunswick West. We also service many clients with acupuncture and Chinese medicine in Travancore, Flemington, Aberfeldie, Maidstone, and we are just 10 km from Melbourne city.

## References

[1] Does Cigarette Smoking Affect Seminal Fluid Parameters? A Comparative Study; Zakarya Bani Meri, Ibrahim Bani Irshid, Mohammad Migdadi, Ayat Bani Irshid, and Somia A. Mhanna, MT, Oman Med J. 2013 Jan; 28(1): 12–15.

doi: 10.5001/omj.2013.03

[2] Paternal smoking and spontaneous abortion: a population-based retrospective cohort study among non-smoking women aged 20–49 years in rural China. Long Wang<sup>1,2,3</sup>, Ying Yang<sup>1,4</sup>, Fangchao Liu<sup>5</sup>, Aimin Yang<sup>3,6</sup>, Qin Xu<sup>1,2</sup>, Qiaomei Wang<sup>1,7</sup>, Haiping Shen<sup>7</sup>, Yiping Zhang<sup>7</sup>, Donghai Yan<sup>7</sup>, Zuoqi Peng<sup>1,4</sup>, Yuan H