



Ondol
Oriental
Medicine
Clinic

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- JapaneseAcupuncture
- Moxibustion
- Cupping
- Shonishin(PaediatricAcu.)
- FacialAcupuncture
- OrientalHerbalMedicine
- DietaryGuidelines
- SotaiExercises/Stretches
- RemedialMassage
- Counselling

Fertility

More and more people turn to Oriental Medicine (Acupuncture & Chinese herbs) to improve their chances of conception and successful pregnancy. Chinese Medicine can improve fertility and pregnancy rates in several ways. It:

- Regulates the menstrual cycle in preparation of conception. Irregular periods are often cause for various gynaecological dysfunctions and can decrease the chances of a pregnancy considerably
- Regulates homeostasis of oestrogen and progesterone to produce a healthy menstrual cycle and ultimately more and better follicles
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- Increases blood flow to the uterus and enhances the thickness of the uterine lining and helps implantation of the embryo
- Relaxes the patient and decreases stress levels
- Strengthens the immune system
- Lessens the side effects of IVF and other hormonal drugs
- Improves sperm quality, quantity and motility to produce better quality embryos
- Decreases and prevents the chances of miscarriage
- Supports mother and baby throughout pregnancy in health and wellbeing

The strength of Chinese Medicine lies in improving body constitution and modifying the internal environment of the uterus to maximise chances of pregnancy.

In metaphorical terms one can consider the body and the uterus as the 'soil' for a seed to plant. Chinese Medicine would be a method of 'recultivating' the soil, getting the body and uterus fertilised to optimally prepare for conception and pregnancy. Western Medicine, especially IVF technology, helps to harvest a 'good see". Chinese Medicine ensures that the seed develops into a healthy plant. If the seed is good but the soil is malnourished, the plant will not grow.