



## INFERTILE? ACUPUNCTURE MAY HELP

Vol. 6 Issue 91

Acupuncture treatments may boost the chances of pregnancy for infertile women, according to a study published in *Fertility and Sterility*, the journal of the American Society for Reproductive Medicine.

Researchers from the Christian Lauritzen Institute in Ulm, Germany, used Acupuncture on women getting In Vitro Fertilization.

160 women, who had undergone an average of two previous In Vitro Fertilization cycles, participated in the study. The average age was 32.

50% of the women received 25-minute Acupuncture treatments before and after the embryo transfer. The treatment was administered to the meridians of the stomach, colon and ear — to increase blood flow and energy to the uterus, to provide a sedative effect and to stabilize the endocrinesystem.

The control group did not receive Acupuncture treatment.

According to the results, only 26.3% of the women in the control group became pregnant, while 42.5% of women who received Acupuncture became pregnant.

Author of the study, Wolfgang E. Paulus, said the chosen acupoints may reduce the uterine contractions that typically occur with embryo transfer and may inhibit implantation.

Acupuncture reduced the number of contractions, and thus improved the chance for implantation.

SOURCE: *Fertility and Sterility*, April 2002; HealthScout News, [www.healthscout.com](http://www.healthscout.com).