



IVF support

Research shows that Acupuncture & Chinese Medicine increase IVF efficacy by 40-60%.

Our aim at Eastern Vitality is to help improve the success rate of IVF and prepare the bodily functions of both male and female to produce quality embryos for implantation.

We can help:

- **Cycle regulation** prior to commencing IVF to help improve the lining and quality of the bleed
- **Assist in improving the quality of ovulation and sperm production**
- **Getting the body relaxed** and mentally prepared for transfer of embryo; dilating the cervix and relaxing the uterus
- **Post transfer treatments** to improve blood circulation to the uterus, maintain implantation of the embryo and nourish the embryo growth.



Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form.

Please let us know if you have specific dietary requirements. (Please note that herbs are not used during the follicle stimulating stage so as to avoid hyperstimulation of the ovaries)

Simple tips that can help:

- No heavy lifting, running or intercourse
- Plenty of rest and avoiding anything stimulating
- Eat healthy by avoiding processed fast food, greasy and oily food.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

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