



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

SPECIAL ISSUE 2005

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SPECIAL ISSUE FERTILITY



ACUPUNCTURE IS AN EFFECTIVE ADJUNCT TO IN-VITRO FERTILIZATION

A study utilizing acupuncture protocols designed by Dr. Daoshing Ni and carried out by researcher-practitioners at IVF Acupuncture Specialists resulted in a 180% increase in implantation rates, a 60% increase in ongoing pregnancies, and a significant reduction in the amount of gonadotrophins used.

*The study was published in Fertility and Sterility
Vol: 81, Supplement 3, April, 2004. Quintero et.al.*

PREGNANCY CARE WITH CHINESE MEDICINE

BY DAOSHING NI

Pregnancy is both an exciting and anxiety-provoking experience for a couple. At Tao of Wellness, several of our practitioners specialize in helping patients achieve pregnancy. Once pregnant, a woman goes through dramatic physical and emotional changes. By understanding and preparing her body for these changes and acquiring the know-how in maximizing her own health and that of the fetus, a woman can experience her pregnancy in a meaningful and enjoyable way.

There are various factors that determine whether a woman is going to have an easy or difficult pregnancy. It begins with genetics. By looking back at one's mother's pregnancy experience and history, we can get some idea of how it will be for the mother-to-be. Life style and diet factors can also play a role. Stressful and unhealthy living habits such as abuse of alcohol, smoking, caffeine and sugar may also affect the pregnancy experience. A difficult first pregnancy, especially with nausea and vomiting, will most likely result in a difficult subsequent pregnancy. For centuries, Chinese medicine has been used to relieve many symptoms and complications during pregnancy:

- nausea and vomiting
- gestational diabetes
- prevention of pre-eclampsia
- management of fibroids
- low back pain
- low fetal weight
- prevention of miscarriage



Whether you are considering pregnancy or are currently pregnant, talk to your acupuncturist at Tao of Wellness about making the experience a healthful one for you and your baby. Chinese medicine can be an effective and safe tool for the successful management of various pregnancy symptoms with absence of side effects to the mother and the fetus. ■

For a detailed version of this story, please go to:
www.taoofwellness.com/newsletters/pregnancy.htm

CHINESE MEDICINE IN POSTPARTUM CARE

BY DRS. DAOSHING AND MAOSHING NI

Despite nearly four million childbirths in the United States each year alone, postpartum care tends to be an area often neglected by both the medical profession as well as in our culture. Little information exists on the unintended health consequences following childbirth. Naturally, with the attention shifting to the infant, the health state of the mother tends to take a backseat.

What most people don't realize is that the consequence of not taking proper care will result in weakness and will, in Chinese medical perspective, sow the seeds for future illnesses, such as degenerative diseases that usually don't manifest for another decade or two.

Immediately after childbirth, symptoms like fatigue, poor sleep, depression, anxiety, low back pain, arthritis, uterine hemorrhage and breast feeding complications are just some of the common complaints at postpartum. Chinese medicine believes that pregnancy and childbirth depletes vital Qi (energy) and blood, weakens the kidney and spleen systems and exhausts the Jing (essence), which makes the body vulnerable to attacks of pathogenic factors. The diseased condition will lie latent until such a time when the situation is ripe for manifestation.

The following are some of the recommendations for the three months following childbirth. By adhering to these guidelines, a new mother can expect to achieve more quickly the restoration of her energy and vitality, the reduction of her weight naturally and the enhancement of milk production and prevention breast infection. Following these guidelines will help stabilize mood swings, relieve back pain, bring back libido and ensure a full rejuvenation of her body, mind and spirit.

- rest and relaxation
- Self-massage and acupressure
- A clean environment
- diet
- herbs in the diet
- exercise
- meditation and visualization

For a detailed version of this story, please go to:
www.taofwellness.com

On PINS and NEEDLES

(an excerpt) BY TARA HERSHEWE

Acupuncture as a treatment for infertility, who would have thought? Then again, who would have thought that I ever had a chance of becoming pregnant at all?

At 12 years old, I was diagnosed with a strangulated dermoid cyst. At around 21 years old, after many years of having a normal functioning partial right ovary, I was told that my right ovary was in jeopardy of strangulation due to a newly developed dermoid cyst.

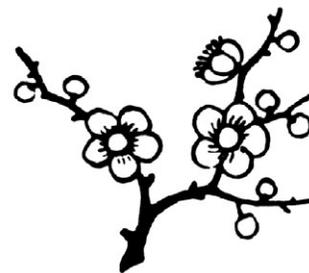
After long hours in surgery trying to salvage my ovary, I awoke to the words, "We tried to save as much as we could." I was left with a non-functioning remnant piece of ovary at 21 years old. Essentially, this meant goodbye to biological children, hello to hot flashes, osteoporosis and estrogen replacement therapy. And yes, perimenopause stepped in and became a way of life for me at only 21 years old.

When I was around 30 years old, my husband and I began discussing raising a family. Basically, I was told that I had a zero percent chance of becoming pregnant. I would not listen to the doctor and insisted on starting fertility treatment. Pergonal shots, Vivelle patches, you name it, and I would try it. Unfortunately, nothing worked.

Per Dr. Hall's recommendation, I went to see Dr. Daoshing Ni (Dr. Dao), a 38th generation Chinese acupuncturist in Santa Monica, California. When I met Dr. Dao, I gave him my medical file. After reading my medical file, he asked to take my pulse. He then asked me to show him my tongue. I remember his words exactly, "May I see your tongue please?" I was completely perplexed. "Where's the lab," I thought, "doesn't he need some vials of blood to look at?"

After about three months of treatment, I told Dr. Dao that I was having some discomfort where my ovaries used to be. Dr. Dao treated those areas to minimize the discomfort. He managed to minimize the discomfort but I still felt something happening in the area.

I had a funny thought. "What if my ovary remnant is actually being stimulated?" So, I decided to get an ovulation test. As I was driving to the pharmacy, I was laughing and crying at the same time. "What am I doing? Am I going to buy an ovulation test? Who am I kidding?" When I got home, I tried the test that showed you a blue line if you were



ovulating. After waiting a few minutes, I started to see a blue line appear. "What? I must have done it wrong. I'll try the other one that was in the box... Huh, it's still blue?"

Dr. Dao suggested I take a blood panel to see where my estrogen level was. After my acupuncture treatment, I was on my way to Dr. Hall's lab. I waited several days before I got the results. It was well worth the wait because I did it - I ovulated. I could not control the tears rolling down my face. Not only were my blood levels good, they were great. They were completely normal. In other words, the blood levels indicated no sign of perimenopause at all!

"Forget it. It's not going to happen again. It's just a fluke." A crazy thought then popped in my head, "Maybe I should take a pregnancy test."

I began counting the days until my next period. I was expecting my period to begin on a Sunday. I waited and waited. However, there were no signs - no aches, no cramps. So, I figured, "Forget it. It's not going to happen again. It's just a fluke." A crazy thought then popped in my head, "Maybe I should take a pregnancy test."

After taking a pregnancy test, I was in shock. There were two pink lines!

I calmed myself down and walked over to my husband with the test. My husband looked at me in complete shock! He told me that I had to be pregnant; that these tests don't make mistakes. So, we decided that I should take another test. I went in the bathroom and took the test again. There were two pink lines again. We were completely astonished.

If I had turned my back on Dr. Hall and not worked with Dr. Dao, I would not have my beautiful daughter today. I thank them both for the wonderful new hope and faith that they have given me. ■

For a detailed version of this story, please go to:
www.taofwellness.com/newsletters/pregnancy1.htm

FEMALE SEXUAL DYSFUNCTION

An Often Under Managed Problem



DR. DAOSHING NI

For centuries, many cultures have tended to focus on the needs and the problems of male sexual dysfunction. The popular press has now spent much of their efforts in educating the public about Female Sexual Dysfunction (FSD). These sexual problems are not new. In fact, thousands of years ago, Taoists in China believed that a healthy sexual life style could lead to good health and minimize illness.

There are four areas of Female Sexual Dysfunction: desire, arousal, orgasmic and pain disorders. They frequently overlap and need to be ascertained properly. Many medical conditions are a direct or indirect source of sexual problems. Diabetes, incontinence, arthritis, cardiovascular disease and mood disorders are just some the conditions that may disturb normal sexuality. Medications such as

antidepressants and antihypertensives can suppress sexual desire. Gynecologic conditions can also contribute to sexual difficulties. Current relationship problems can also dampen desire and arousal.

Chinese Medicine offers many tools for addressing these issues. Acupuncture, which has proven neurological and endocrinal effects, can be used for vaginismus and painful sexual intercourse. Acupuncture can also promote relaxation and enhance sensuality and arousal. Herbs are frequently stimulating to the sex drive as well.

The key to good sexual health is to eradicate problems right away when they arise. Inform your gynecologist and your Tao of Wellness practitioners if you feel you might suffer from these issues. ■

For a detailed version of this story, please go to:
www.taoofofwellness.com/newsletters/sexualdys.htm

ENHANCING IVF with ACUPUNCTURE and CHINESE MEDICINE

BY IVF ACUPUNCTURIST SPECIALISTS, INC.
 (ivfacupuncture.com)

In circumstances where risk factors for infertility are known, IAS has found that various protocols can substantially help in preparing couples for a successful IVF cycle.

Some of these include a history of:

- Endometriosis
- Elevated FSH
- Poor Lining
- Prior IVF failure
- PCOS
- Adhesions
- Fibroids
- Cysts

- Sexually transmitted diseases
- Male factor

Depending on the issue, a course of treatments from 1 to 3 months prior to an IVF cycle may be recommended.

DURING AN IVF CYCLE

During an IVF cycle, IAS offers standardized administration of evidence based protocols achieving an over 60% increase in ongoing pregnancies in controlled studies. The number of treatments depends on the protocol used. The decision of which protocol to use and the incorporation of modifications depends on the history of the patient and various parameters that are checked throughout the cycle. A typical cycle will involve 4 to 10 treatments.

AFTER EMBRYO TRANSFER

Of course a successful pregnancy means little unless you can carry that pregnancy to term. At IAS, our focus is not only on carrying a pregnancy to term, but to ensure the healthiest possible environment for fetal development and ultimately the healthiest possible baby.

To that end, IAS offers treatments to help ensure proper circulation and nutrient delivery to the growing fetus. There is also evidence that it may also help protect the fetus by increasing the antioxidant status of the blood.

These treatments also help the body adapt to the changes that are occurring during this time. Research has demonstrated that Acupuncture can reduce miscarriage rates and ectopic pregnancies and increase live births. It can also promote healthier pregnancies. ■

The Tao of Love Making in ENHANCING FERTILITY



DR. MAOSHING NI

Sex has been a subject of obsession throughout human history. It has often inspired heated conflicts and extreme behaviors. From repressive societies to promiscuous indulgence, sex, or its powers, through many evolutions, continues to intrigue us. In the midst of these excesses, there remains a distinct lack of knowledge and understanding by the majority of the population about the nature and health consequences of the act of sex. It is especially important when it comes to baby-making, that learning the right way will enhance fertility and increase the outcome of healthier and happier children.

What then constitutes a healthy sex life?

There are three principles regarding the art of making love.

First, be aware of your body.

Do not force or use artificial means to arouse oneself if one's energy is low or if the conditions are not safe or conducive.

Second, follow the seasons.

Watch animals in nature. Sex is most plentiful

during spring and summer and less so during autumn and winter. Frequency is dependent on the individual's state of health.

Third, be considerate.

Your partner's mood, vitality and preferences will impact both you and your partner's enjoyment and therapeutic benefit.

There are five prerequisites to the healthy act of lovemaking:

generosity
 appropriateness
 love
 ability
 trust

According to ancient practices passed down over several thousand years, due to energetic influences by a couple's health conditions, diet and the cosmic cycles of nature, it is possible to increase the chance of conceiving the desired gender of the baby at the time of conception. You may discuss these methods with your practitioner at the Tao of Wellness. ■

For a detailed version of this story, please go to:
www.taoofofwellness.com/newsletters/love.htm

DR. XIAOMEI CAI, BAN B. WONG, DR. DAO

ANSWER FAQs ON FERTILITY TREATMENTS



DR. XIAOMEI CAI



DR. BAN WONG



DR. DAOSHING NI

How can acupuncture help in treating infertility?

First, acupuncture enhances endocrine function. It helps the body become more sensitive to its own hormone secretions. Second, it helps reduce inflammatory activities and promotes self-healing. Third, acupuncture also helps improve and increase blood flow in targeted organs such as, the ovaries, uterus and fallopian tubes. Subsequently, this helps with nutrient uptake of the ovaries so that they produce better quality eggs. Enhanced blood flow also helps thicken and strengthen the uterine lining, which results in improved uterine receptivity of an embryo. Acupuncture treatment also releases endorphins and serotonin. This helps make the body relax,

which, in turn, will help a woman get pregnant easier since stress is one of the major factors in infertility.

How many acupuncture sessions will I need?

On average, it usually takes a minimum of three months of weekly treatments.

Can I take herbal supplements and Western fertility drugs together?

Yes, as long as we know which drugs a patient is taking so that an appropriate and safe formula is prepared.

Do I have to take herbs?

In addition to prenatal vitamins, we recommend taking customized Chinese herbs because they contain specific nutrients that help improve egg quality and strengthen uterine lining.

Can you help treat male infertility?

We use acupuncture and Chinese herbs to help improve sperm motility, count, and morphology. Sperm analysis helps monitor and validate our progress.

Can acupuncture help treat infertility if I am over 40?

Many of our patients are in the over-40 category. Acupuncture appears to improve their chances of success in terms of increasing implantation rate, improving egg quality, reducing stress, and enhancing the uterine lining.

How soon should I come in before my IVF or IUI procedure?

Anytime is a good time to start. However, if you have a set start date for your IVF or IUI procedure, you should begin acupuncture treatment one month before your procedure.



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