

Fertility Now's Online Fertility Program Overview

At Acupuncture Atlanta, we've been specializing in Fertility Treatment for over 15 years.

We've helped hundreds of couples have a baby and we'd like to help you too, no matter where you are located, through our easy to use online fertility program.

You might be wondering how we can help where possibly others have failed? Our success lies in our ability to identify and treat not only functional imbalances in hormonal levels but also functional imbalances in nutritional levels as well. Both cause barriers to conception. Yet many of these imbalances are often overlooked in other approaches to Fertility Treatment. Our unique combination of Traditional Chinese Medicine and Western Medicine helps to identify them so they can be treated.

To use our online program, all you need to do is determine your Fertility Profile and then follow the treatment program it defines.

Determining Your Fertility Profile

Our research has identified four fertility profiles:

1. Women with regular cycles (28-31 days, menses 3-5 days, no clotting or excessive blood flow) who have been trying to conceive for at least 6 months
2. Women with irregular cycles or who have allergies or sleep disturbances and have been trying to conceive for at least 6 months
3. Women who have miscarried or tried IVF/ART or have been trying to conceive for over 18 months or over 39
4. Males with erectile or sperm quality issues.

Program Overview

All treatment consists of an initial 90 day program of Chinese Herbs and fertility enhancing Supplements. The Chinese Herbs are specific to each profile. The first two profiles have preset list of Chinese Herbs to use. The last two require you to undertake an online assessment to determine treatment. The Supplements are common to all profiles.

In addition we ask you to follow low carbohydrate, low refined foods and sugar diet as well as get some exercise - don't overdo it - yoga or walking will do.

Women need to also track their Basal Body Temperature using our free online BBT tool. The BBT tool is essential for gauging the effectiveness of the treatment.

Chinese Herbs

For Female Profiles 1 and 2, there is a preset list of 4 Chinese Herbs to take in sync with the days of your menstrual cycle.

For Female Profile 3 and the Male Cycle, you need to complete an online assessment to determine the underlying issues that need to be addressed and the Chinese Herbs required to treat them. The assessment is very simple to do. You just check the boxes of the symptoms that relate to you and you will be told which Chinese Herbs to buy. If you have problems you can do the Assessment offline and email to us for assistance.

When you buy the appropriate Program, you will receive enough to cover the 90 day period.

Fertility Supplements

The Fertility Supplements are very important. They each have very specific effects on egg quality, sperm quality and hormonal levels so even if you already take some you need to make sure you cover all the ones we recommend in the dosage recommended.

When you buy the Supplement Program, you will receive enough to cover the 90 day period.

Diet

Diet has a big influence on fertility. The food you eat is what nourishes your body. Eating a diet high in carbohydrates and refined sugars has a detrimental effect on egg and sperm quality. It can cause premature aging in the eggs and poor sperm quality.

In addition, many people also have food sensitivities to items such as dairy, wheat, soy and eggs. Chronic/long term food sensitivities effect the regulation of steroid hormones which in turn effect estrogen, progesterone, testosterone, FSH and LH levels. All these hormones play important roles in reproduction and therefore imbalances caused by diet needs to be addressed by changes to diet.

If you suspect you have food sensitivities, it might be a good idea to get tested. We offer low cost food sensitivity tests which come with a 15 minute telephone consultation to interpret results.

Some Examples

Female Program Option One

A simple scenario is our first female profile - women who have a normal cycle and have been trying to conceive for at least 6 months. So it all looks good but it is just not happening ...

What we want to do here is improve the overall “quality” of the cycle – fine tune things so that ovulation is triggered at the right time under the optimum conditions. To do this, you would take the

Cycle A series of Chinese Herbs along with the Fertility Supplements in tandem with your menstrual cycle for a period of 90 days.

While you can start on any day of your menstrual cycle, it is best to start on Day 6 with the A1 Cycle. At this stage you have finished your period and your body will be preparing the lining of your womb in readiness for ovulation. Using this approach you are nourishing the blood first before it is tonified and then moved via menses.

- A1 Cycle Days 6-11
- A2 Cycle Days 12-15
- A3 Cycle Days 16 to end
- A4 Cycle Days 1-5

At the same time you would chart your Basal Body Temperature and track a number of other reproductive markers using our online BBT tool to determine time of ovulation and the strength of your luteal phase.

Plus watch your diet and get some exercise.

At the end of 90 days your cycle should be balanced and your body ready for conception and your BBT should be indicating that by this time.

If it is not or if you are not already pregnant by this time, we recommend that 1-2 weeks before the end of the 90 days period you use your free 15 minute consultation to determine your next steps.

Female Program Option Three

Our most complex scenario is women who have been unable to conceive for at least 18 months or who have miscarried or have undergone IVF or ART or over 39.

Here there can be a whole lot of issues in play and we need to look at various fertility related symptoms to determine which need to be addressed. Often these symptoms are overlooked because you've had them all the time and they don't appear to be related to reproduction.

For example you might have allergies or sinus problems. In Western medicine they are what they are – annoyances you live with. Yet chronic inflammation will have a down-regulation effect on your hormones and can affect the luteal phase making it difficult for implantation to occur. So these seemingly innocuous symptoms are in fact very important.

If you match this profile, you need to complete our Female Assessment. The assessment looks at 11 different Chinese Infertility Patterns. By checking the symptoms that apply to you for each pattern, you

will be able to work out your Predominant and Secondary Patterns and from that the two associated Chinese Herbs you need to take.

Again you would take these formulas as directed along with our Fertility Supplements for a period of 90 days. Generally if you are not pregnant by the end of the 90 day period, you would move onto one of the other two programs and you can use your free 15 telephone consultation to determine which one is best for you.

Case Study

Let's look at a real life example, Mary K., who actually fits both the profiles mentioned above.

Mary had previously been seen in the clinic for infertility at the age of 34 and had successfully carried a child to full term using Female Program Option 1. After the birth of the first child, the family had moved out of town.

When Mary started our online fertility program, she and her husband had been trying to conceive a second child for one year. Recent fertility work up on her husband indicated good sperm motility and count so the problem appeared to be Mary.

Mary was now 38 and her cycles was regular at 30 days with a five day menses. But she had been unable to lose the 40 lbs she gained during her first pregnancy and she experienced PMS and irritability prior to menses. The first 2 days of menses were heavy with clotting. She also had frequent allergy & sinus infections plus fatigue in the morning upon waking. She liked eating carbohydrates, cheeses and milk. She also used a lot of processed foods due to being tired and looking for easy ways to feed her family.

Looking at the female profiles, Mary fit the Profile 2 but given her prior issues, her current age and the fact she has already been trying to one year, she decided to use Profile 3.

After completing the Female Assessment, she determined she matched the Chinese Medical Pattern: Spleen Qi /Yang Deficiency as well as Kidney Deficiency, Liver Qi Stagnation. This assessment meant she needed to take Si Jun Zi Tang along with Chong/Ren Care plus the full Supplement program.

Given her weight issue and diet preferences, she also took a Food Sensitivity Panel Test which came back with positive response to wheat and dairy. She also undertook a Women's Health Profile (Blood & Urine) Test which revealed slight anemia, elevated cholesterol and borderline high blood sugar. These results suggested she needed to avoid wheat and dairy plus reinforced the need to follow a low carbohydrate/low refined sugar diet.

Mary followed her full program including BBT charting for approximately 3 months at which time she reported she was pregnant. She also reported losing 35 lbs! And like before she carried to full term.

In Mary's case food sensitivities played a significant role. Chronic food sensitivities will deplete the immune response as well as make it difficult for the digestive tract to absorb adequate nutrition from

food. This set the stage for low energy and Mary craving carbohydrates and sugar for a quick energy fix thereby perpetuating the cycle. End result? Dis-regulation of the female hormones. Avoiding these foods allowed for her body's resources to be replenished.

In addition, the selected Chinese Herbal Formulas and Fertility Supplements helped normalize her hormones and rebuild adequate minerals, vitamins and co factors levels to allow implantation to occur.

Conclusion

In treating in fertility, we've consistently observed was that couples who:

- followed the herbal formula program
- followed the supplement program
- and followed a diet low in carbohydrates and refined sugars

have the highest success rates, not only for successful conception, but in carrying a child to full term.

And while it can take some discipline on your part, the outcome is certainly worth it.

More Information

- [Read about our Female Fertility Program](#)
- [Read about our Male Fertility Program](#)
- [Read about Supplements Program](#)
- [Read about Case Studies](#)
- [Watch our Video](#)
- [Contact us for more information](#)