



Fertility: Treatment Philosophy

I don't treat infertility, per se. I treat underlying health issues that might be a factor in a woman's inability to conceive. As with any other condition, Chinese medicine does not offer one single treatment protocol for every infertility patient. Rather, an assessment is made about imbalances in the body's ecosystem, and treatment is geared towards correcting those imbalances. If there are underlying health problems, the inability to get pregnant can be the body's way of saying it doesn't have the resources to complete this most important project.

The struggle to become fertile can be deeply fraught, especially when undergoing hormone treatments that wreak havoc on one's emotional state, and when the patient has suffered loss. My goal is to help each patient reach a healthier state; one that might engender not only pregnancy but also, and even more importantly, the ability to hold that pregnancy to term.

Some conditions, including PCOS, endometriosis, and other types of pathological growth in the pelvic area, require herbal medicine to treat effectively, and generally take months or more to resolve. For patients with these conditions, I recommend having only protected sex and holding off on western fertility treatments (IUI, IVF, etc.) until the body is in a healthier state. This can be a difficult treatment protocol to accept, especially for women who are past the prime reproductive age and feel a sense of urgency to move forward. But my ten years of experience treating these conditions tells me it's the right protocol to follow, and can actually save time, money, and heartache in the long run.

There are never any guarantees, but my experience is that the women who have taken my recommendations to heart have successfully met their goals. And there is nothing that makes me happier than seeing my patients succeed!