

Acupuncture: Essential Part of IVF Success

Paul Magarelli, M.D., Ph.D., an infertility physician at the Reproductive Medicine & Fertility Center, and Diane Cridennda, L.Ac., an acupuncturist at East Winds, both centers in Colorado Springs, Colo., published their evidence of acupuncture's demonstrable role in successful vitro fertilization (IVF) outcomes in the journal *Infertility and Sterility*.

In the study, they used a minimum of nine acupuncture treatments within two months before the embryo transfer. Since this was a research study, each patient received the same treatment.

Lorne Brown, CA, Doctor of TCM, founder and clinical director of Acubalance Wellness Centre, analyzed the data Dr. Magarelli presented and has posted the following conclusions on his website (www.acubalance.ca):

Acupuncture does not cause harm to fertility or negatively interfere with an IVF outcome. Acupuncture can statistically improve the live birth rate from IVF by 10 percent to 15 percent. Acupuncture reduces the number of ectopic pregnancies occurring in IVF fertilizations. The acupuncture protocol (minimum of nine treatments using set points) did not affect egg quality, but it did improve factors affecting egg implantation. Acupuncture improves implantation and live birth rates by regulating the body's hormone levels to mimic these hormone levels in a natural cycle.

Source: *Infertility and Sterility*, April 2007