

## Acupuncture Increases Chances of Success in IVF

Women undergoing IVF were 65 percent more likely to become pregnant when they combined the procedure with acupuncture, a recent study has shown.

The remarkable success rate occurred across seven acupuncture trials involving 1,366 women in a systematic review and meta-analysis published in a February, 2008 issue of the British Medical Journal.

Acupuncture was delivered either just before or just after embryo transfer – the moment when the embryo fertilized in the laboratory must attach itself to the wall of the womb to establish a pregnancy.

The research was carried out by scientists from the University of Maryland in America and the VU University Amsterdam in Holland. Researchers claim that because acupuncture costs only about \$75 per session compared to \$6000 to \$10,000 per cycle for IVF, it would be a cost effective, safe and efficient way of boosting success rates in fertility treatment.

It is thought that acupuncture stimulates the neurotransmitters that trigger the production of gonadotrophin-releasing hormone, which controls the menstrual cycle and a woman's ovulation.

Acupuncture is also thought to stimulate blood flow to the uterus and boost the production of endogenous opioids, inducing the body to relax.

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