



To the Point

prevention | balance | well being

August 2009



massage therapy

Heather Longmore has returned from a maternity leave and looks forward to your next appointment.

Massage therapy is available during the following hours:

Monday: 9 am to 1 pm

Thursday: 11 am to 6 pm

Friday (1st and 3rd of the month):
9 am to 1 pm

Saturday: (2nd and 4th of the month):
9 am to 1 pm

To book your next appointment,
phone 403.253.3103 today.



Acupuncture & Reproductive Health

By Diane Joswick

Current statistics state that one in five couples over the age of 30 have difficulty conceiving after one year of trying. Many of these couples are turning to acupuncture and Oriental medicine for a safe, effective and natural solution to have a healthy baby.

According to the principles of Oriental medicine, a person's health is determined by the quality of Qi, the vital life energy, and blood circulating through the body. When Qi and blood are circulating properly, the body is properly nourished and functioning optimally which, in turn, enhances fertility.

Researchers have confirmed its benefit in the following areas:

- Regulate menstrual cycle.
- Improve sperm count and motility.
- Reduce stress and anxiety associated with infertility.
- Normalize hormone and endocrine systems.
- Improve blood flow in the uterus.
- Decrease chance of miscarriage.
- Increase the chance of pregnancy for women undergoing in vitro fertilization (IVF).

Fertility treatments vary from person to person, but are usually scheduled for at least three consecutive cycles (twelve weeks). Treatments can include acupuncture, customized herbal therapy, stress reduction and dietary counseling. Treatments work alone but are an excellent addition to any Western intervention.

What's Inside

- Oriental Medicine Lays Insomnia to Rest

Contact Us

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Oriental Medicine Lays Insomnia To Rest

By: Lily Rogers, Pacific College of Oriental Medicine

Insomnia is more serious than an inability to fall asleep early and has more debilitating effects than are commonly recognized. Oriental medicine, with its focus on healing whole syndromes rather than individual symptoms, is widely used as an insomnia remedy and has shown great success treating those who experience insomnia.

Insomnia may present itself in different ways. For some, the inability to fall asleep is the most noticeable insomnia symptom while others are unable to reach a deep level of sleep and are startled awake by every noise. Any insomnia symptom would frustrate most sleepers, but night after night for months or years, the most serious issues of insomnia accumulate - the daytime effects. These can include physical tiredness, difficulty concentrating and feeling depressed, irritable or lethargic. Acupuncture and herbs for insomnia have high success rates with each insomnia symptom and can therefore treat insomnia at its root.

Oriental medicine relates insomnia to the heart. Other organ systems and syndromes may be involved, and until the body is brought back into balance through Oriental medicine treatment such as herbs for insomnia and acupuncture, each insomnia symptom will continue.

Acupuncture and herbs as an insomnia remedy can greatly improve sleeping patterns, but in order to successfully and completely resolve sleep disturbance one must address all the contributing factors. Oriental medicine helps do this by treating the whole person and focusing on bringing the entire body into balance.

Reference: Rogers, Lily. "Oriental Medicine Lays Insomnia to Rest." Web.



Acupuncture Increases IVF Success by 65%

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 – a step in the process of in vitro fertilization (IVF) whereby one or several embryos are placed into the uterus.

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.

Acupuncture Improves Sperm Quality

A study published in the July 2005 issue of the journal Fertility and Sterility found that acupuncture helped infertile men by apparently helping improve sperm quality in their semen.

In the research project, 28 men received acupuncture in addition to traditional infertility treatments, while another 12 men received only the traditional treatments. All of the men were diagnosed with infertility of unknown origin.

Acupuncture was associated with fewer structural defects in the sperm of men who received it, although it had no effect on other abnormalities, such as sperm immaturity or premature death.

Previous studies have shown a link between acupuncture and improved sperm production and motility.

Reference: Joswick, Diane. "Acupuncture and Reproductive Health." Web.