

Acupuncture Research Update

"To array a man's will against his sickness is the supreme art of medicine."- Henry Ward Beecher

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Acupuncture and Ovarian Health



Evidence of acupuncture aiding ovarian health

Acupuncture has been proven to help multiple disorders related to infertility and ovarian health in women.

In a study done by the University of Heidelberg, Germany, researchers found that acupuncture is an effective alternative therapy for female infertility due to hormone disorders.

According to the Cochrane Database of Systematic Reviews, acupuncture can prove as a valuable alternative to western

medicine when it comes to treating women with polycystic ovarian syndrome (PCOS). Women with PCOS struggle with conceiving, which can be very frustrating and upsetting. Western treatments involving surgery and prescription medication can be costly and have severe side-effects. Acupuncture has been found to be a less expensive, safer alternative for the treatment of PCOS.

One study done of women with secondary ovarian failure, where women struggle to conceive, found that the group receiving acupuncture treatment had long-lasting results without side effects compared to those receiving a fertility drug called clomiphene.

If you or someone you know has decreased ovarian health or dealing with infertility and struggling to conceive, contact an acupuncturist today for a safe, alternative treatment option.

Sources

www.insightacupuncture.com/medical/abstract.PDF
www.ncbi.nlm.nih.gov/pubmedhealth/PMH0014570/
<http://bit.ly/1MTpVTc>