

## Traditional Chinese Medicine and Pregnancy



There are many reasons why some women have a harder time becoming pregnant and having a healthy pregnancy. Making sure that the body is functioning as it should to carry a child and give birth can be frustrating and scary. A study done by Paul C. Magarelli, M.D., who reported his research to the American Society for Reproductive Medicine, found that the miscarriage rate was lowered by 50 percent in the women who received acupuncture. The women, who were undergoing in vitro fertilization, had a significantly higher live-birth rate when they received acupuncture

treatment compared to the women who did not receive the treatment. The live-birth rate for the group receiving acupuncture was 42 percent, compared to 35 percent in the group not receiving acupuncture. Acupuncture works through specific acupuncture points that address the body as a whole and improve the natural energy balance and flow throughout the body. More specific problems are able to resolve when the body returns to optimal health and organ functionality. Contact an acupuncturist to learn more about how acupuncture can help your pregnancy and improve overall health!

### Sources

<http://bit.ly/1QBpr5E>