



## Unexplained Fertility: *what is it?*

Unexplained infertility is a very frustrating diagnosis and most physicians recommend “waiting it out” until enough time has passed so that your insurance company will pay for ART procedures. I’m here to tell you that there are many natural health treatments and lifestyle changes you can make that can correct many fertility issues and blocks to conception.

Acupuncture is an ideal solution when faced with unexplained infertility because the goal of acupuncture is to determine the root cause of infertility. At Stillwater, we will help you chart for basal body temperature (BBT) and shift temperatures so that they are below 98 degrees in the first phase of the menstrual cycle- the follicular phase that occurs in days 1-14 of the cycle. Acupuncture will also ensure that BBT is above 98 degrees during the second phase- the luteal phase, which occurs in days 15-28 of the menstrual cycle.

Acupuncture supported by BBT will also regulate your cycle, resulting in the following benefits:

- Limited or no clotting or cramping
- Ovulation on cycle day 14
- A standard cycle of 28 days

When this pattern is achieved and there is proper cervical mucus, fertility is greatly enhanced. Most Stillwater patients experience a very high rate of pregnancy.

I’m convinced from the population of clients I see in my office that most women can restore their fertility through acupuncture and other natural remedies such as castor oil packs, supplements, femoral massage, dietary therapy, BBT charting and regular acupuncture treatments.

***--Robin Harling, Mac, LAc***