

Fertility Support

How acupuncture can support your reproductive health and fertility journey

WHAT IS FERTILITY SUPPORT?

Fertility challenges affect approximately 1 in 8 couples in the United States. Causes range from hormonal imbalances and ovulation disorders to structural issues and unexplained infertility. Many people use acupuncture as an integrative complement to conventional reproductive medicine — including timed intercourse, IUI, and IVF — to optimize their overall health and reproductive function.

HOW CAN ACUPUNCTURE HELP?

- Regulates the hypothalamic-pituitary-ovarian (HPO) axis, supporting more consistent hormone levels (FSH, LH, estradiol) and improving ovulation regularity.
- Increases blood flow to the uterus and ovaries, which may support endometrial receptivity — the lining's ability to accept and sustain an embryo.
- Reduces cortisol and other stress hormones that can suppress reproductive function; several trials have documented measurable reductions in anxiety and stress biomarkers in fertility patients.
- Research published in *Fertility and Sterility* suggests acupuncture on the day of embryo transfer may improve clinical pregnancy rates in IVF cycles, though results across studies vary.

WHAT TO EXPECT

Fertility acupuncture typically begins 1–3 months before a planned conception attempt or IVF cycle. Sessions are often scheduled weekly, aligning treatments with different phases of your menstrual cycle. Your practitioner will ask detailed questions about your cycle, sleep, digestion, and stress levels to develop a personalized protocol. Most patients see improvements in cycle regularity, sleep, and stress within the first 4–6 sessions.

QUESTIONS TO ASK YOUR PRACTITIONER

- 1 Can you coordinate with my reproductive endocrinologist to time treatments around my IVF protocol?
- 2 Are there lifestyle or dietary changes that would complement my acupuncture treatments?
- 3 How long should I plan to receive treatment before expecting to see changes in my cycle?