

Study Confirms that Traditional Chinese Medicine Doubles Pregnancy Rates

In considering fertility treatments, have you ever wondered how the success rates of Western medicine and traditional Chinese medicine (TCM) compare?

A recent review of studies of clinical pregnancy rates achieved by each treatment method showed that treatments including TCM are almost twice as effective, over a four-month period, as Western fertility drug therapy or in-vitro fertilization (IVF) alone. The study, titled "[Efficacy of Traditional Chinese Herbal Medicine in the Management of Female Infertility: A Systematic Review](#)," was conducted by Karin Ried and Keren Stuart at the University of Adelaide, South Australia, and published in the journal *Complementary Therapies of Medicine*.

According to the review abstract, "Assessment of the quality of the menstrual cycle, integral to [traditional Chinese medicine] diagnosis, appears to be fundamental to successful treatment of female infertility."

The review considered studies of 1851 women with infertility. Over a four-month period, the mean clinical pregnancy rate for women undergoing TCM was 50%, while the rate for IVF was 30%. This difference was found for TCM used alone as well as in conjunction with Western treatments.

The results of the review provide welcome affirmation for the increasing number of couples who are turning to acupuncture and TCM to increase their fertility, reduce stress, and support their broader physical and emotional well-being during conception and pregnancy.

At Whole Family Health, we specialize in acupuncture and herbal treatments for fertility and pregnancy health, working closely with midwives and Western practitioners. We always encourage our clients to consult a range of fertility specialists. TCM's focus on regulating the menstrual cycle and fertility hormones can help you conceive naturally or through IVF. Whether the best approach for you is to use TCM exclusively or combine it with IVF, we can develop a program that matches your needs.

For more information about how acupuncture and TCM can enhance your fertility and pregnancy, contact us any time.