

True Nature Fertility

Seek and Find Nature's Wisdom

TCM Acupuncture & Western Herbal Medicine

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Planning a family is an exciting, unifying stage in the process of fulfilling your life's potentials. It is a time when you become increasingly aware that having a baby is a gift of Nature and instinctively seek Nature's wisdom. It follows that natural medicine to assist you throughout from preconception to postnatal care is your preferred path.

Natural medicine uses the power of nature to restore, balance, optimize and improve body's functions to the state which has been originally intended.

Western Herbal Medicine is the oldest form of medicine known and Traditional Chinese Medicine Acupuncture (TCM) has been used for thousands of years, traditionally in conjunction with herbal medicine.

TCM Acupuncture and Western Herbal Medicine can be successfully used at every stage from pre-conception through to childbirth & post-natally. They are natural, gentle and body friendly modes of healthcare.

Acupuncture is increasingly being used by those couples (both male & female) seeking to conceive naturally as well as in support of IVF treatment. Research studies have proven the effectiveness of acupuncture for fertility & conception.

Western Herbal Medicine has been safely used by herbalists and midwives throughout history for every aspect of fertility and it is a very popular choice amongst those who prefer natural assistance in these matters.

Both medicines recognize the uniqueness of each individual and treatment programmes are personalized as such. The beauty of combining Herbal Medicine and Acupuncture is the Synergy. The two medicines in conjunction **together** give you a far greater chance to achieve the best results possible for you.

What makes us different?

The True Nature Fertility package is a new and innovative concept and currently one of a kind in the fusion of the two disciplines for reproductive health. By choosing True Nature Fertility you get the joint expertise, knowledge,

passion and commitment of two highly qualified health professionals working hand in hand to support you on this journey.

True Nature Fertility offers an affordable weekly cost if you compare it to a night out in your favourite restaurant or an indulgent spa treatment for example. It is priced to your advantage alongside other fertility treatments available.

Conception

Western Herbal Medicine and TCM Acupuncture especially when used together can enhance fertility of both partners through nurturing reproductive health as well as general wellness. They act on many different levels:

- ✓ Improving hormonal balance and impart pelvic tone and circulation,
- ✓ Helping to improve the lining and overall uterine environment,
- ✓ Regulating the menstrual cycle and improve the quality of eggs and sperm,
- ✓ Building blood and support hepatic function,
- ✓ Optimising the response to stress and reduce the impact of stress on the body.

The treatment at this stage is aimed at both parents – to - be as the health of male and female is vital for conception.

Healthy pregnancy maintenance

The approach of Western Herbal Medicine and TCM Acupuncture towards maintaining healthy pregnancy is sustaining the mother's good physical and psychological health by strengthening the nervous system, supporting resilience to stress and optimising absorption of nutrients

Western Herbal Medicine and TCM Acupuncture can be used for managing:

- ✓ Hormone regulation
- ✓ nausea and vomiting of pregnancy
- ✓ heartburn
- ✓ loss of sleep
- ✓ iron deficiency
- ✓ uterine irritability
- ✓ constipation
- ✓ elevated blood pressure
- ✓ backache
- ✓ other health issues associated with pregnancy

At this stage the health and emotional wellbeing of the father – to - be is recognised as equally important and supported accordingly

Preparation for labour

The use of Western Herbal Medicine throughout pregnancy can improve labour outcome and reduce the need for medical intervention at birth.

Some women choose acupuncture to naturally induce their baby when it is overdue & some women opt for natural labour assisted by acupuncture. There are midwives trained in TCM Acupuncture. They use it for pain relief and easing the birth process.

Postpartum care

Both modalities are beneficial in postnatal care to fortify the mother and baby and can be used for a variety of reasons, such as:

- ✓ reduction of bleeding and pain relief from cramping and involution
- ✓ prevention of infection
- ✓ increase in breast milk production and promote a healthy milk flow
- ✓ healing and soothing of perineal area
- ✓ promotion of sleep in mothers and babies
- ✓ Baby's colic relief
- ✓ managing baby blues

Father's health and wellbeing is equally important at this stage. The support from Western Herbal Medicine and TCM Acupuncture will help to maintain that very important strength and energy required at this time of new life beginnings.

Other issues

There can be a lot of stress and emotional strain around conception, pregnancy/pregnancy loss and sometimes after childbirth and around parenting. As holistic medicines TCM Acupuncture and Western Herbal Medicine can be a valuable help in addressing the associated emotions of stress, anxiety and depression to elicit a positive frame of mind which always can influence successful outcomes.

Going through the whole process together will help to solidify the family unit and bring mother, father and new baby even closer to one another. True Nature Fertility expertly supports you every step of the way with your very own, personalized treatment plan. We believe that this Synergistic programme significantly improves your chances of success and your overall wellbeing.