

# The Centre for Natural Fertility

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**A diagnosis of infertility** can be made after a series of tests conducted in both the man and woman. The tests, best organised by your GP, are done to check if the woman is ovulating and to look for any abnormalities in her uterus or fallopian tubes. The tests are usually carried out within one or two menstrual cycles. In men, an infertility diagnosis involves performing a semen analysis to evaluate the quality and quantity of the man's sperm. **We have found that acupuncture and Chinese medicine can dramatically enhance the chances of a natural pregnancy. As part of the programme hypnotherapy can also be included.**

**Infertility candidates** for acupuncture are women or men who have a functional, rather than a structural reason. Studies show that it helps as many as 65–80 percent of these cases. They show the positive role of Chinese medicine on fertility. (See [www.acupuncture-health.org/clinical\\_trials](http://www.acupuncture-health.org/clinical_trials)). This exciting potential of Chinese medicine is offered to our patients through individualised acupuncture and Chinese herbal medicine treatment alongside hypnotherapy if appropriate. During treatment we offer continual review for men and women to monitor progress.

Our Centre for Natural Fertility offers advice, guidance and treatment to individuals or couples who would like to increase their chances for a natural conception and pregnancy, and to offer supportive treatment for couples undergoing assisted reproduction – IVF, IUI and ICSI. Advice on nutrition and lifestyle a significant part of the programme.

In natural fertility, the health of one or both parents is improved so that conception can occur on its own and a healthy pregnancy is maintained. Through years of practice we have found that Chinese medicine, supported by hypnotherapy, can dramatically enhance the chances of a natural pregnancy.

Low sperm count and sperm motility are fertility issues that men face and the combination of acupuncture and herbal medicine has shown to benefit men with these issues.

**Grahame Gargini DipAc, MBAcC, DipCHM, MRCHM** trained and practiced acupuncture and shiatsu in the UK before undertaking post graduate study in Chinese medicine at Shanghai University in 1997. He has studied Chinese Herbs at The College of Integrated Chinese Medicine at Reading and also taught acupuncture and Chinese medicine. Grahame offers integrated treatments using Chinese herbs, acupuncture, tui na massage and nutrition. He is a member of the British Acupuncture Council and the Register of Chinese Herbal Medicine so follows strict ethical and safety standards. Grahame also founded and is the owner of The Natural Healthcare Centre.

**For further information or to book a consultation please call 01283 516444.**