



apples  
+ sense  
INSPIRING HEALTH  
Comprehensive medical centre



---

# ACUPUNCTURE FOR FERTILITY, PREGNANCY & CHILDBIRTH

---



## **Acupuncture for Infertility Support:**

There is a growing body of evidence-based clinical research suggesting that acupuncture is a useful way in which to support and enhance your chances of conception. Several studies have shown that acupuncture may have a regulatory effect on reproductive hormones, thus improving ovarian response and egg quality, and there is further evidence to suggest that acupuncture treatment can help support growth of the endometrial lining. Treatment typically focuses on regulating the cycle, boosting endocrine function, supporting egg quality and creating the optimum environment for conception. This usually takes around 3 – 6 months but can vary with each individual.

Acupuncture is also very helpful in conjunction with IVF and often those who have undergone IVF unsuccessfully in the past find that they subsequently conceive when Acupuncture is introduced. Ideally it is best to start coming for acupuncture at least 3 months prior to your IVF cycle. Acupuncture may also help reduce the side effects of IVF e.g. bloating and pain, as well as helping people to feel calmer and more relaxed throughout the process, which may have a positive influence on conception rates.



## Pre and post natal acupuncture:

Acupuncture is an excellent choice of treatment during pregnancy as it not only supports and nourishes the growing foetus but may also help control symptoms such as nausea, tender breasts, pelvic and back pain, anxiety, fatigue, headaches and digestive difficulties e.g. constipation. acupuncture may also help in cases of threatened miscarriage.

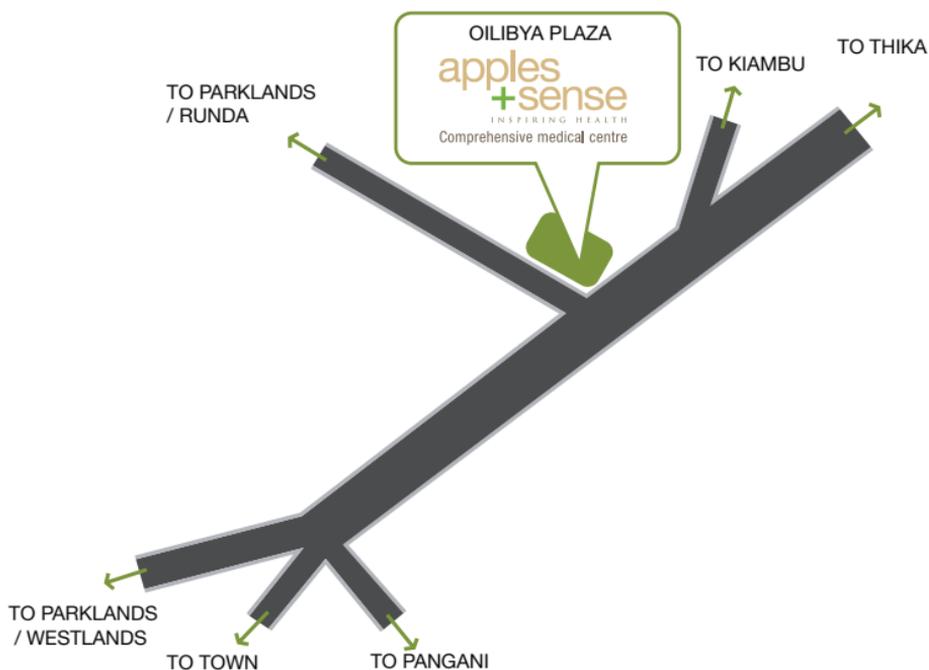
Towards the end of pregnancy, acupuncture can be used to prepare for birth. It is recommended that pre-birth acupuncture commences from around the 32nd week of pregnancy which may help to promote an easier and quicker delivery and reduce the chances for induction. Acupuncture can also be used to try and help turn breech babies.

Post birth, acupuncture may be useful in treating mastitis, promoting the flow of breast milk, supporting conditions like post-natal depression and boosting the wellbeing of the new mother.



Aculibrium Acupuncture is the acupuncture service offered by Tara Manji, a UK trained practitioner with over 11 years of clinical experience. Her qualifications include a Bachelor of Science with Honours from The University of Westminster's leading acupuncture degree programme, as well as post graduate specialisations in acupuncture for the treatment of infertility and obstetric acupuncture. She is a member of the British Acupuncture Council and the Kenya Fertility Society and is also recognised as an authorised acupuncture practitioner by the Kenyan Ministry of Health.

The clinic is based at Apples + Sense Medical Centre, Oillibya Plaza Muthaiga. For more information please visit **[www.acupuncturekenya.com](http://www.acupuncturekenya.com)** or call **0780 367 367**.



apples  
+sense  
INSPIRING HEALTH  
Comprehensive medical centre

**A: 1st Floor, Oilibya Plaza, Muthaiga.  
P.O.Box 64829-00620, Nairobi, Kenya  
T: 0790 307 260 and 0780 367 367.  
E: [appointments@applesandsense.com](mailto:appointments@applesandsense.com)  
W: [applesandsense.com](http://applesandsense.com)**