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# Your Fertility Acupuncturist - the key to finding the right practitioner

By Andrew Loosely

Originating in China with a history spanning more than 2,500 years, acupuncture has become a mainstream worldwide treatment for many people on their fertility journey.

In the west it is often used as a primary fertility treatment, but in China this is not the case. Herbal medicine is the first treatment choice for fertility, with acupuncture provided as a secondary support.

Acupuncture as a stand-alone treatment is a relatively new concept, which has led to many people taking up the practice of this ancient treatment.

Choosing the right practitioner can therefore be difficult as there are so many to choose from, and all with varying degrees of experience of treating fertility.

So how do you go about choosing the right person?

Firstly and most importantly: all acupuncture is not equal, and there are a variety of acupuncture methods practised today.

Fertility acupuncture is a speciality that requires extra training, knowledge and personal experience to provide you with the best support and outcome. It will require some research to find the right person.

Once you find someone who looks of interest to you, set up a meeting to discuss how they can help you. This meeting should be free of charge and gives you the opportunity to ask questions and ensure that you feel comfortable in their presence, as you may be working with them for several months.

Here's a short checklist of the three most important things to consider and ask when choosing someone to work with:

1. Find out how much experience they have, ask for statistics and check that they specialise in fertility treatment and the specific issues that you have.

The foundational training in the UK for acupuncture is three to five years. To specialise in fertility treatment there should be another six to 12 months of extra fertility training on top of this.

They should also have at least two years of personal experience gained in the clinic. Ask to see certificates showing all of their training.

2. Only work with a practitioner who is registered with a registering body. There are many in the UK, details of which you can find on Google.
3. Before starting treatment there should be an initial assessment that lasts 30-60 minutes. This provides you with feedback and an understanding of what they will address for you and gives you something measurable to monitor throughout your treatment.

The time it takes for people to see benefits from acupuncture is variable and there should be a time frame put in place when first starting out.

After three to six months, with weekly treatment, you should see some positive changes to your cycle, sperm health or other presenting symptoms. If you do not it's advisable to evaluate the effects and decide whether or not to continue.

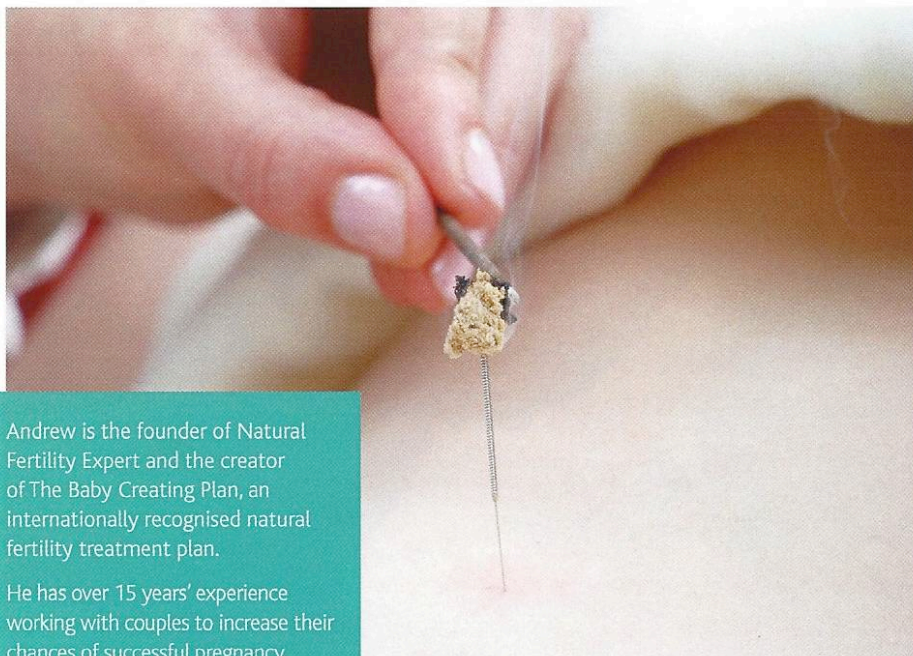
As already mentioned, acupuncture is traditionally a secondary fertility treatment. If positive results are not achieved within three months it is common practice to employ the use of herbal medicine alongside it.

Acupuncture is regarded effective for enhancing fertility and helping with problems such as irregular menstrual cycles, irregular hormone levels, low energy levels, poor blood circulation to the uterus and high stress levels. In men it can help increase sperm health, count, motility and morphology whilst also assisting with a reduction in stress.

It provides a great support for enhancing natural conception and for preparation in advance of an IVF treatment cycle, with continued sessions throughout the IVF cycle.

A good supply of published clinical trials is now available to show the positive effects of acupuncture in natural and IVF treatment.

Choosing the right practitioner can therefore be difficult as there are so many to choose from, and all with varying degrees of experience of treating fertility.



Andrew is the founder of Natural Fertility Expert and the creator of The Baby Creating Plan, an internationally recognised natural fertility treatment plan.

He has over 15 years' experience working with couples to increase their chances of successful pregnancy.

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## A ONE-TO-ONE FERTILITY CONSULTATION WORTH £197

Andrew Loosely, world renowned Natural Fertility Expert, is giving away five online consultations worth £197 each.

Speak one-to-one with Andrew about your fertility health and discover what you can do to optimise your chances of successful conception and pregnancy.

During a personalised online 45-minute session, Andrew will talk through your fertility journey, discuss your current direction and help you to create a natural treatment strategy that will give you guidance and support to take the right next steps.

Looking at your fertility history he will have an idea of what may be causing your delay so far, and offer guidance on what you could do to take control of your fertility health. He will also discuss with you how you can create a clear strategy to move forwards towards your goal of having a baby.

Andrew Loosely is the founder of Natural Fertility Expert.com and is the creator of The Baby Creating Plan, which is his natural treatment programme that he uses with clients worldwide.

He has a following of clients in more than 60 countries and offers support to anyone on their fertility journey, whether you are trying to conceive naturally or with assisted methods such as IVF.

To read more about Andrew and to claim a copy of his free guide, please visit: [naturalfertilityexpert.com](http://naturalfertilityexpert.com).

We have five individual consultations to give away, and to be in with a chance of winning one, simply visit [fertilityroad.com/one](http://fertilityroad.com/one).

Entries will be drawn at random and the competition closes on October 1.

