



## **Unexplained Infertility** **An Ancient Remedy for a Modern Mystery**

In recent years 'unexplained infertility' has started to reach epidemic levels. As in vitro-fertilisation (IVF) becomes more common and widely accepted despite its cost and relatively low success rate, there has been a rise of another kind of treatment that has stepped in to offer an alternative to drugs.

Over the past 10 years Classical Five Element Acupuncture has slowly but significantly hit the headlines and has become regular dinner party talk as a possible solution to this growing problem. This unlikely 'cure' owes its recent popularity to its string of miraculous results from a handful of practitioners, word of mouth whisperings amongst the 'infertile', and a hungry press interested in stories of 'dreams come true'.

"We all got pregnant by the same man", was the front page headline of Eve magazine last year. Journalistic sensationalism at its best; the article gave five case studies of patients that had successfully been treated with acupuncture by me. It convincingly told a familiar story of desperation and distress amongst women diagnosed with 'unexplained infertility' and the resulting amazement and joy when acupuncture produced a healthy pregnancy.

Classical Five Element Acupuncture is a beautiful system of medicine that works with the natural laws. Rather than focus on a presenting symptom like 'unexplained infertility', the acupuncturist will focus the diagnosis and treatment on the person and not their problem and find the key that will restore the natural balance within them that will facilitate self-healing. The 'key' is one of the five elements; water, wood, fire, earth, metal, that represent the five phases of life that exist in nature and ourselves.

From my experience of over 20 years of successfully treating men and women for infertility, there is a fine but significant line one must cross in order to conceive. Although we are recognised as 'fertility experts' our expertise is in recognising an imbalance within a person, and once corrected fertility and pregnancy are a welcome side-effect. The line that must be crossed is simply that the person needs to function both physically and emotionally in a way that is totally authentic to them. Classical Five Element Acupuncture helps us find ourselves, wake up to what we really need and gives us the power and drive to make any necessary changes.

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