

The naturopathic advisor



Naturally Good Health has teamed up with experts from the College of Naturopathic Medicine to answer some of your burning health questions. This issue, you asked:



Q I've heard of people successfully using acupuncture to improve fertility and become pregnant. Does it really work?

Thank you for asking this question and yes, it absolutely does work! The only negative I can say about this treatment option is that so few know it exists!

Infertility is such a delicate, isolating, and

often heartbreaking battle. Women especially feel the pressures to conceive by some arbitrary timeline and guilt when that time has come and gone. Because of these pressures, eager couples set on becoming parents can be all too quick to opt for IVF and other invasive and expensive therapies.

Acupuncture and herbal medicine treats fertility naturally and uses our own body's ability to fix itself from the inside out. Here are my tips to help you boost your fertility the way nature intended:

- Find a trained acupuncturist, and preferably one who is knowledgeable in herbal medicine as well.
- Track your ovulation. I recommend using the smartphone app My Days, which has great accuracy. This will help you to see which days are your pregnancy window of opportunity. It is a common misconception that you can only conceive on the actual ovulation day.

- Share the weight. It takes two to make a baby, so let go of the notion that infertility is solely a woman's concern. Fertility problems are split 50/50 between men and women, with 10 per cent of couples having problems in both partners.
- Create an inviting environment by eating a balanced diet full of vegetables, lean proteins, and healthy fats such as coconut oil and eggs. Always drink plenty of water.
- Get in the right mindset. You would be amazed at how quickly the body reacts when our brains start to tell us pregnancy is possible.



Your expert

Your question has been answered by Acupuncturist and College of Naturopathic Medicine Lecturer, Candice Behan, who specialises in fertility. If you would like to find out how you can train at CNM for an exciting new career in Naturopathic Nutrition, Herbal Medicine or Acupuncture, join the next free open evening. Reserve your free place online at www.naturopathy.ie. College locations; Dublin, Cork and Galway.