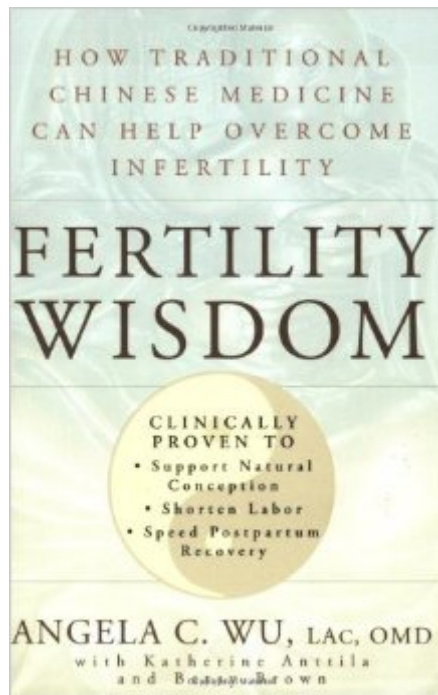


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# Fertility Wisdom: How Traditional Chinese Medicine Can Help Overcome Infertility



## Synopsis

Introducing the only clinically proven programâsteeped in ancient Chinese healing traditionsâthat has enabled hundreds of infertile couples to conceive. At Wu's Healing Center in San Francisco, miracles are happening. Women and their partners come to the clinicâoften from across the country-- to fulfill a passionately held yet fragile dream: to conceive and deliver the healthy baby that mainstream doctors have told them they cannot have. Using traditional Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to conception. Her techniques not only enhance the results and reduce the side effects of in vitro and other Western fertility treatments, they also shorten labor and speed postpartum recovery. Babies benefit too, adopting regular sleep patterns more quickly and getting sick less frequently. At a time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

## Book Information

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## Customer Reviews

After having difficulty conceiving in my early thirties, my husband and I sought out fertility drugs accompanied with artificial insemination on two occasions originally. One of which was successful, only to end in miscarriage. I switched providers including doctors and attempted a third session when the doctor asked to run my blood work when the Clomid didn't seem to be working. My blood work came back with what the doctor said was an elevated FSH. (I believe it was at about 17.) The

doctor was baffled because despite the elevated FSH another test taken during the same draw revealed I had indeed ovulated. After running blood tests a second time, my FSH was even higher. The first thing the doctor said after reviewing the results is "you have little to no chance of getting pregnant with that FSH level and you will need to seek out donor eggs of a young 25 year old if you really want to get pregnant." I was officially diagnosed with Premature Ovarian Failure and devastated to say the least. Soon after, I began experiencing strong hot flashes. I saw yet another Western doctor and the hormonal imbalance was deemed as Premenopause. He even gave me estrogen patches which made them lessen in duration, frequency and strength but all that he could do was offer to supply more drugs at varying strengths to try and get it under control. Even then I couldn't yet throw in the towel and saw an endocrine specialist who had blood work done and my FSH had elevated to 100+ by this time. Although, overall a terrible story, I'm grateful for the painful journey because it actually brought me into the vast entity of Eastern medicine and ultimately to the graces of Dr. Wu's practice.

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