

CinCondiciones Advocates Fertility Acupuncture and Discusses Five Ways to Protect Reproductive Health

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CinCondiciones, a website that advocates five ways to protect reproductive health, has discussed the benefits of fertility acupuncture in a new article. First, it is important to understand fertility and that it is a complex process. Second, it is vital to understand how acupuncture can help with reproductive health. Third, it is also essential to know how acupuncture can help with fertility treatment. Fourth, it is also important to realize that acupuncture can be used for preventing or treating polycystic ovarian syndrome (PCOS). And finally, acupuncture may also serve as an alternative treatment for endometriosis, which has an effect on reproductive health.

Many couples are hoping to have children, but they are often confused on the best approach to reproductive health. Luckily, there are natural options to boost their chances of achieving conception and acupuncture is one such alternative that many people may not know of.

According to the CinCondiciones website, "This ancient Chinese practice (acupuncture is said to have started in China approximately 3000 years ago) has been used for centuries in helping to promote overall well being and provide relief from physical ailments. In addition, acupuncture has been found to also assist in improving fertility when applied properly. It works by targeting specific parts of the body and stimulating energy pathways called meridians which restore balance within the body and allow it to function optimally, including with regards to reproductive health."

Acupuncture is an ancient healing art that has been in use for thousands of years and it can be a potent tool in protecting reproductive health. With acupuncture, women can address a wide range of issues with regards to their reproductive systems, such as fertility issues, menopausal symptoms, and menstrual disorders. The Chinese believe that the energy, which is called Qi, flows through the body along the meridians and it is the meridians where the acupuncturist inserts needles to correct any deficiencies or imbalances in the flow of Qi that can result into pain or illness. Recent studies have shown that acupuncture may help with fertility problems by reducing stress hormones, enhancing egg quality, and restoring regular ovulation cycles. In one study that was published in 2018 in the Macedonian Journal of Medical Sciences, it was found that

acupuncture showed great results as treatment for infertility in both men and women by enhancing the ovaries function and sperm quality, and balancing the hormones and the endocrine system.

Meanwhile, acupuncture has also been noted to help with the treatment and prevention of PCOS. In a literature review article published in the Gynecological Endocrinology journal in 2010, it was determined that acupuncture is a safe and effective treatment for PCOS. It was noted that acupuncture therapy may help with PCOS by decreasing ovarian volume and the number of ovarian cysts, increasing the blood flow to the ovaries, controlling hyperglycemia, decreasing cortisol levels, reducing blood glucose and insulin levels, and helping with anorexia and weight loss.

Endometriosis, meanwhile, is a condition where the tissue from the lining of the uterus grows outside of it, which can cause infertility, severe pelvic pain, painful periods, or heavy menstrual bleeding. In a Healthline article, it was stated that, "Although studies have yet to be conclusive, there are some indications that acupuncture could help some people living with endometriosis pain. To be sure of what acupuncture can and can't do to treat endometriosis, more clinical research studies are necessary." And in a case study published in 2019 in the Medical Acupuncture journal, it was found that patient pain level and overall disposition improved for a six-month period. This reduction in pain level and symptoms were measured using the Pain Quality Assessment Scale. It was concluded that acupuncture actually had some positive impact on pain management for endometriosis patients. And in a randomized controlled trial published in the Journal of Pediatric Adolescent Gynecology in 2008, preliminary estimates showed that Japanese-style acupuncture may be a safe, effective, and well-tolerated adjunct treatment for endometriosis-related pelvic pain in teenagers.

Those who are interested in learning about fertility acupuncture can check out the CinCondiciones website at cincondiciones.org.

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For more information about CinCondiciones, contact the company here: [CinCondicionesLatin America](http://CinCondicionesLatinAmerica.com)

CinCondiciones

A joint effort by 14 Latin American organizations for Protecting Reproductive Health

Website: <https://cincondiciones.org/>

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