

Getting Pregnant Naturally East vs. West: Differ in Their Views of Infertility



Maria Antonopoulos
Lic. Acupuncturist
October 2010

There has been an increasing interest in Eastern or Traditional Chinese Medicine (TCM) when it comes to resolving health issues. If you want to get pregnant naturally, you should have a basic understanding of how TCM differs in its view about fertility from Western Medicine. This understanding may bring you to the conclusion that it would be a wonderful therapy to incorporate in your efforts to conceive.

First of all, TCM believes in treating a problem by taking a look at the whole body, since an imbalance in one part of the body, may be the reason for something being off in another part of the body. In looking at a woman who is trying to conceive, a TCM practitioner would take a good look at the woman's overall physical health as well as her emotional and spiritual state of mind. Once the imbalance is identified, the TCM practitioner facilitates the healing process through such therapies as acupuncture, herbal medicine and diet therapy. The aim is to coax your body back to health so that conception can take place.

In Western Medicine, the inability to conceive is seen as a problem that needs to be fixed with a pill or a surgical procedure. Sure, Western Medical drugs and procedures can help you make more eggs and fertilize an egg in a Petrie dish thereby bypassing any physical blockages; however, if your emotional state of being is off and not considered, it is less likely that implantation will occur.

So don't be surprised when you work with a TCM practitioner and she has you change your diet, gets you to do more physical activity, teaches you about relaxation and meditation, and prescribes herbal and nutritional supplements. Modern medical practitioners too often overlook these simple and subtle things which could impede conception and seem to have nothing or very little to do with a health problem, but indeed they do!

If [getting pregnant naturally](http://naturalfertilitysolutions.info/) is important to you, but you have been disappointed, anxious and frustrated so far, then all you may need is some easy to follow, step by step guidance to make sure that you haven't overlooked anything. This guide to getting pregnant naturally can be found at the website <http://naturalfertilitysolutions.info/>

Maria Antonopoulos
Licensed Acupuncturist
516 395-0966
<http://acupuncture.li>