

At the Innovative Healing Center we have worked with many different types of circumstances involving the treatment of fertility issues and concerns. As a result, we realize that each patient's needs are unique. We can help whether you want



- to conceive a child naturally or
- to incorporate complementary treatments that support procedures like In Vitro Fertilization (IVF)

We successfully help men and women who have lost hope become happy parents!

Our team of Oriental Medicine practitioners are truly experts, each having achieved highest honors in their studies and all striving for excellence in patient care. We work with your doctor/fertility specialist to support your body with specific acupuncture and herbal protocols for each stage of the fertility cycle.

Our Approach and Methodology

At the Innovative Healing Center, we want to ensure that you understand the purpose and implementation of the treatment we propose to support your unique physical and emotional needs. Our team will perform an extensive evaluation to understand your current situation including determine imbalances and other lifestyle stressors contributing to your infertility. We will work with you to create a comprehensive plan to bring you to optimum health and increase your ability to become pregnant.

Your plan may include a combination of the following techniques:

- Acupuncture
- Herbal Medicine/supplements
- Massage
- Dietary/Lifestyle Changes
- Regular exercise/stretching
- Chiropractic when needed

Benefits of Oriental Medicine & Acupuncture

In recent years, many traditional Western medical doctors and specialists have implemented complementary treatments rooted in the ancient systems of Oriental Medicine to support their patients' needs especially as they address fertility issues. Clinical trials demonstrate that acupuncture and Oriental Medicine increase the chances of conception. For example, researchers from Weill Cornell Medical Center ^[1] in New York reviewed studies and concluded that acupuncture helps to

- Improve implantation by increasing blood flow to the uterus
- Improve fertility significantly by reducing anxiety, stress, and the hormones that are secreted during stressful situations.
- Normalize hormone and endocrine systems that regulate ovulation/menstruation
- Positively affect the hypothalamic-pituitary-ovarian axis, which plays a key role in fertility

Other Reasons to Try Acupuncture:

- Relaxes painful spasms
- Promotes natural healing after injury or surgery
- Eliminates inflammation
- Improves circulation
- Influences the central and peripheral nervous systems
- Affects metabolism
- Releases endorphins to control pain
- Enhance the body's innate intelligence regarding health
- Addresses root causes leading to dysfunction using a holistic approach
- Provides a proven history of over 3,000 years, helping millions of people to wellness and health
- The "point" is: acupuncture works!

[1] 5 ways Acupuncture Can Boost Fertility, Prevention.com 2002.

In Vitro Fertilization (IVF)

IVF is an example where Oriental Medicine supports medical intervention. This approach can be used to strengthen, support, and balance overall health and well-being, so other fertility procedures are more effective. Clinical research validates that early intervention with acupuncture and herbal tonics increases the success rate of conception and improves the chances of achieving IVF implantation while reducing the side effects.

The highest conception rates occur with IVF when regular weekly treatments are given before, during, and after the IVF cycle. Although we recommend preparing the body well before IVF treatment begins; incorporating our program at any point provides a higher success rate.

Treatment is recommended regularly around the time of egg extraction and implantation. These treatments help to relax the uterus for collection and enhance the "holding" function of the implantation. Our treatment techniques support body, mind, and spirit to minimize your stress level and help you maintain a sense of calm to optimize conception.



After Conception

We recommend acupuncture during your pregnancy and birth. According to the World Health Organization, acupuncture has been found useful for relieving labor pain, nausea, vomiting, and significantly reducing the duration of labor. Studies also provide strong evidence that acupuncture can help with a breech birth. ^[1]
^[2] We will work with you to create a plan to support a positive pregnancy and birthing experience at your request.

[1] Acupuncture: Review and analysis of reports on controlled clinical trials, World Health Organization, Geneva, 2002. www.who.int/medicines
[2] A manual of acupuncture. Page 326. Peter Deadman & Mazin Al-Khafaji

Men

Men's issues contribute to 50% of all infertility cases. Men, like women, experience complex hormonal rhythms that affect their mood, physical well-being, and their sexuality. Symptoms may include high levels of stress, irritability, worry, depression, fatigue, weight gain, sleep disturbances, and reduced libido.

The 3 major factors for male fertility:

- Sperm Count (40 million +)
- Motility (swim straight and strong)
- Morphology (shape and size)

Diet, lifestyle, herbal medicine and acupuncture are effective to improve a man's overall health and sperm quality. Treatments promote blood and energy circulation to the reproductive organs.

Studies have found that just 5 weeks of acupuncture can improve men's sperm quality.



Innovative Healing Center

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Schedule Your Appointment Today



Tena Scarber, M.S., L.Ac.

Founder of Innovative Healing Center. Holds three degrees: one in Respiratory Therapy, a B.S. in Exercise Physiology and a Master of Science in Oriental Medicine. Tena has 30+ years of experience in traditional and alternative medicine. Over the last twenty years, she has studied many healing techniques with masters in the industry developing an incredible capacity to "read" and treat the body, mind, and spirit of her patients. Specialties include fertility support, pain relief, and treatment of injuries, allergy elimination.



Sonya Patel, M.S., L.Ac.

Sonya was the valedictorian of both her undergraduate and graduate classes. She holds a B.S. in Human Nutrition and a Master of Science in Oriental Medicine and is licensed in TX, NC, NY, and NJ. Sonya is studying with experts in fertility medicine to become a fellow American Board of Oriental Reproductive Medicine. She has extensive acupuncture and nutrition research experience working with MD Anderson Cancer Research Hospital, Baylor College of Medicine, and Michael E. DeBakey Veterans Affairs Health Services. Her specialty is primarily women's health and fertility and general acupuncture for stress relief.

Jennifer McKeever, M.S., L.Ac.



Holds a B.S. and a master of science in Oriental Medicine, and is licensed in Texas and California. Jennifer has studied extensively and is proficient in numerous advanced techniques including Master Tung's System of Acupuncture known for providing quick relief of pain with a minimal number of needles and treatments. She is a master herbalist and her specialties include women's health, infertility, men's issues, adrenal fatigue, digestive disorders, and chronic illnesses.



Innovative Healing Center

Fertility Specialists



Safe and Natural Treatment Alternatives

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