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INTEGRATIVE FERTILITY
ACUPUNCTURE & COACHING

Welcome Guide

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AphroditeFertility.com
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Welcome!

We are so glad you're here.

You've probably been on quite a fertility journey and have been searching for hope and positive outcomes.

We are here to provide only the best comprehensive integrative fertility care that will improve your fertile health physically, emotionally and biochemically, in order to optimize your body's natural ability to conceive.

All fertility treatments start with individualized acupuncture and red light therapy at our integrative clinic in San Diego. However, that's just the beginning! They also include implementing transformational fertility-boosting life habits.

You may find these shifts in your day-to-day routine a challenge at first. But we are here to guide your discovery and inspire your devotion to that transformation.

It is natural to have doubts about this new path. As the Chinese proverb says, "All things are difficult before they are easy." But dig deep to find your power and perseverance. There is great value in feeling like you have control over your body and surroundings. We believe in you and your ability to bring new life into this world!

With your commitment to being here and changing your fundamental thoughts and routines, your life and fertile health will blossom.

With Love,

*Emily, Ghoncheh
& Brigitte*

What We Treat

At our busy San Diego integrative fertility clinic, our team of specialists have a proven and successful track record of treating a range of conditions affecting reproductive health:

Fertility:

- IVF and IUI support
- On-site frozen embryo transfer
- Natural conception support
- Diminished ovarian reserve (DOR)
- Elevated FSH
- Low AMH
- Anovulation
- Poor egg quality
- Unexplained infertility
- Male factor infertility
- Recurrent miscarriage
- Thin uterine lining
- Immunological factors

Hormones:

- PCOS
- Insulin resistance
- Endometriosis
- Adenomyosis
- Estrogen dominance
- Low progesterone
- Ovarian cysts
- Hormone imbalances
- Hypothyroid
- Luteal phase defect
- Uterine fibroids and polyps
- Stress, anxiety or depression while trying to conceive

Period Problems:

- No periods
- Irregular periods
- Painful periods
- PMS & PMDD
- Post birth control syndrome

Fertility Acupuncture is the missing piece on your journey

The cornerstone of our comprehensive integrative fertility program is always specialist acupuncture treatment at our healing San Diego clinic.

While progress can be made with lifestyle changes and supplements, only acupuncture treatment can work with the natural ebb and flow of the hormones week after week.

We require weekly acupuncture treatment for all fertility patients so we can effectively work with this shift in hormones and impact your physiology in real time.

This will allow us to deeply affect egg quality, uterine health, blood circulation and hormonal signaling in a way no other therapy can.

Ready to dive in?



To book, visit our website at www.AphroditeFertility.com and click to schedule your appointment now.

Not local to San Diego? Not a problem. All of our fertility specialists offer telemedicine sessions to manage your fertility care with your best interests in mind.

Our Mission

Aphrodite Fertility Acupuncture is a practice dedicated to helping women achieve their dream of pregnancy and healthy babies. It is our mission to pull women out of the darkness of infertility and guide them to the family they've always wanted using comprehensive integrative fertility care. Our team of acupuncturists are the best fertility specialists around, and are highly skilled and knowledgeable in relevant eastern and western techniques so that you are always in good hands. You will find just what you need here, every step of the way.

Who We Help

We specialize in working with women and couples who are having trouble conceiving or have been diagnosed with conditions affecting their reproductive health.

What We Offer

In person, we use fertility coaching, acupuncture, supplementation and lifestyle recommendations to help families grow, whether naturally or in conjunction with IUI or IVF procedures. Online, we provide telehealth services that include integrative fertility support and coaching for those that are not local to the San Diego area.

How Does Fertility Acupuncture Work?

Our specialized fertility acupuncture redirects blood and lymph to the reproductive organs to improve egg quality, regulates sex hormones, and calms the nervous system to decrease the body's stress response to promote better hormonal signaling.

By blending fertility acupuncture and revitalizing red light therapy with only the best in at-home self-care therapies, we create a clear path for couples to achieve their fertility goals.



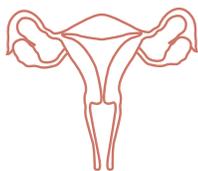
"Just because your path is different doesn't mean you're lost."

- Gerard Abrams



"Learn to trust the journey even when you don't understand it."

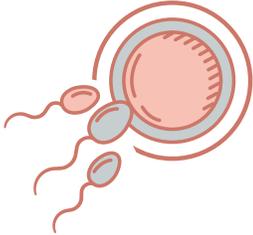
- Mila Bron



"The person who says it cannot be done should not interrupt the person doing it."

- Chinese proverb

Comprehensive Treatment Program



"Even miracles take a little time."
- Fairy Godmother, Cinderella

Over A Three to Six Month Period We Will:

1. Fact Find

Together we will review your fertility history. This includes

- Discussing your full medical and family history
- Examining your western medical care thus far
- Recommending further lab work / testing
- Analyzing and learning how to manage your current menstrual cycles

2. Set The Stage

After Fact Finding, we will guide you through setting up what we call your Preconception Nest. This includes examining factors that play a role in your natural fertility outside of the treatment room. They include shifts in your:

- Lifestyle: Under- and over- exercising is examined; sleep and smoking/ drinking habits evaluated
- Environment: A review of the unknown toxic chemical sources in your home
- Diet: A healthy weight and a well-balanced diet optimizes fertility

Comprehensive Treatment Plan

3. Determine A Baseline

While the goal is to achieve a healthy happy baby, you may find that acupuncture and herbal medicine increases your quality of health along the way. In order to visualize your progress, we will go over a baseline questionnaire, reviewing general health metrics such as:

- Quality of sleep
- Digestive issues
- Stress levels
- Energy levels
- Immunity
- Overall sense of wellbeing and happiness

4. Treatment

After reviewing the steps above we will develop a personalized treatment protocol to ensure the best possible result in the fastest time frame possible. Treatment may include all or a combination of the following modalities:

Fertility Acupuncture	Cupping
Red light therapy	Gua Sha
Moxibustion	Massage
Infrared heat	Customized herbal medicine

5. Re-Evaluate

Along the way, you will be given a chance to systematically review your health metrics in a Wellness Exam in order to evaluate your progress.

6. Outcome

Our driving force is to guide your body to a healthier, better functioning version of itself in order to achieve pregnancy. We are committed to devoting our passion and expertise to achieving your much-deserved desired outcomes.

How Long Will It Take?

Our Fertility Acupuncture Works By:

Building blood, increasing circulation to nourish the tissues of the uterus and ovaries, and regulating hormones.

That said, nature can't be rushed. Each patient is different and presents with their own case. But patterns emerge and can be studied and grouped. I break them down into four categories:

1. Blood Circulation: Lack of nourishment to the reproductive organs / tissues
2. Egg-Hormone Axis: Miscommunication between eggs and hormones
3. Quality of Egg and PCOS: Sub-optimal functioning of eggs and follicles
4. IVF and IUI Integrative support and coaching

The Details:

Blood Circulation: 90 Day life cycle

Red blood cells live in circulation for about 90 to 120 days. It takes about four months for fresh blood to stream through your body. Knowing that, after four months of treatment, blood cells influenced by acupuncture and herbs will have replaced weak or damaged red blood cells throughout the whole system. If you suffer from blood or nourishment problems including recurrent miscarriage, endometriosis, unexplained infertility or those issues that are separate from egg or sperm quality you can expect to need once-a-week treatment for at least three months.

How Long Will It Take?

Egg-Hormone Axis: 120 day life cycle

Do you ever wonder how one egg is chosen over another in your ovary? Each month a dominant follicle is ovulated. The selection of that follicle as the "it-egg-of-the-month" starts four months in advance. Called folliculogenesis, eggs develop within follicles, and only the best and brightest survive the negative events that operate to destroy the other follicles by atresia.

The mechanisms regulating follicle development are under the control of ever changing concentrations of hormones. If your hormones are not regulated, the process of selecting the best follicle is compromised. Acupuncture regulates hormones so that over the course of four to five months consistent signaling corrects the selection process, and the most viable egg is singled out. Patients with hormone imbalances can expect to need at least four months of treatment.

Egg Quality and PCOS: 365 day life cycle

If the actual quality of a woman's eggs are compromised, then recruitment at the very beginning of folliculogenesis is imperative, along with hormone regulation throughout its journey. Women with low ovarian reserve or PCOS can expect six months to a year of treatment in order to ensure that the highest quality egg is selected and the process of development is smooth and without hormonal fluctuations.

IVF and IUI Integrative Support

In the integrative medical community, it's a well known researched statistic that acupuncture increases the success of IVF rates by 65% compared with control groups who did not receive acupuncture as part of their transfer regimen. We recommend treatment throughout the entire priming and stimulation phase as well as during the transfer week. Patients should expect to commit a least two months to treatment.

What To Expect

Phase 1: Blood Circulation 3-4 Cycles of Acupuncture Treatment

Phase 1 of your natural fertility journey is the most important as it sets up the body for success and challenges you to make lifestyle changes to your daily routine.

1. Initial Consultation

During your initial consultation we will Fact Find, Set The Stage, Determine A Baseline and conduct an initial acupuncture treatment session.

Before arriving, please send all previous blood work and results to info@aphroditeacupuncture.com or text it to (858) 333 - 7688.

2. Treatment plan

We see the most success with acupuncture treatments 1x/week for 3-4 months.

Fertility works off of the four-week flow of hormones, called your menstrual cycle. Each month is a new chance to achieve conception. During the first phase of treatment, we will work to regulate your cycle, bring blood to the reproductive organs and implement lifestyle changes.

3. Lifestyle and Supplement Recommendations

It is imperative that you are consistent about your daily lifestyle and supplement regimen in order for success.

You will also be asked to start tracking your Basal Body Temperature using Femometer oral BBT smart thermometer.

What To Expect

Phase 1: Blood Circulation Patient Homework

1. Order a male semen analysis

In order to rule out male factor fertility, please have your partner ask his medical provider for a semen analysis.

Semen analysis are easier than ever to do at home using mail-in kits by [GiveLegacy](#) that are fast and accurate. Use the code APHRODITE20 for 20% off.

A semen analysis checks for: Count (total number of sperm); Motility (percent able to move, and how vigorously and straight the sperm move); and Morphology (percent of normal and abnormal/defective sperm in terms of size and shape).

2. Implement Diet Changes

Below is a combination of Chinese medical and scientifically researched dietary recommendations for fertility success. Use the app Food Scores or Healthy Living to check for the toxicity levels in the foods you buy.

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|-----------------|---|
| Quit | <ul style="list-style-type: none">• Cold foods - A good rule of thumb is: eat nothing directly out of the fridge.• Trans fats• Gluten• Soy |
| Moderate | <ul style="list-style-type: none">• One cup of caffeine a day• Four glasses of alcohol a week during the first half of your cycle, none after ovulation |
| Increase | <ul style="list-style-type: none">• Grass fed or organic meat intake to 2-3 times a week• Dark leafy "iron rich" vegetables (cooked! Not raw): beets, kale, asparagus, chard• Good fats: avocado, olive oil, walnuts, coconut oil• Bone Broth• One cup of water an hour |

What To Expect

Phase 1: Blood Circulation Patient Homework

3. Prepare your Conception Nest

This includes clearing your house of all things toxic to fertility.

According to the Consumer Protection Agency, of the chemicals commonly found in home products, at least 150 have been linked to infertility, birth defects, allergies, cancer and psychological disorders. It's hard to imagine that little chemical compounds that make up the "stuff" we fill our lives with can have an impact on whether or not you are able to successfully bear children- especially because you can't actually see or feel the direct effect.

But study after study shows that environmental chemicals alter the reproduction processes. Some environmental chemicals are so structurally similar to reproductive hormones that they bind to receptor cells, block the cell from attaching with your body's hormones, and alter the pathway of normal cellular processes.

Environmental chemicals disrupt differentiation, mitosis, meiosis, programmed cell death, migration, intracellular communication, DNA repair, or mitochondrial function.

Below are chemicals that may influence your reproductive success. They fall under 4 categories: Endocrine disruptors, Heavy Metals, Solvents and Pesticides.

Endocrine Disruptors:	Heavy Metals:	Solvents:	Pesticides:
Phthalates	Lead	Perchloroethylene	DDT (bug spray)
DES (Diethylstilbestrol)	Mercury	Toluene	
Phytoestrogens (Soy)	Cadmium	Xylene	
	Manganese	Styrene	

What To Expect

Phase 1: Blood Circulation Patient Homework

Tips to clear your house of toxic chemicals:

Use the app Think Dirty - Shop clean and check your products for toxicity levels. These include checking cleaning supplies, shampoos, and makeup & hair products, replacing "non-stick" pans, switching out glass for plastic, and ridding your routine of toxins.

Recommended Products:

Check out the Patient Resources page [on our website](#) for all our vetted recommendations.

4. Start Tracking Your Basal Body Temperature

This will help evaluate your Chinese Medical pattern and determine if there are any hormonal deficiencies including a luteal phase defect. You can purchase a Femometer from the store within Femometer app.

Download their app ("Femometer Fertility Tracker") and start temping (orally) every morning before you get up or move around. Some patients place their thermometer on top of their phone at night, so when they wake up in the morning it's the first thing they grab.

In the app you can track cervical mucus, LH strips, mood, sex, etc. Try to be as thorough as possible as it can provide answers to missing pieces of your puzzle.

What To Expect

Phase 2: Egg-Hormone Axis 4+ Cycles of Acupuncture Treatment

Phase 2 of your natural fertility journey dives deeper into your hormone-egg axis.

1. Review

After the 4th menses, we will review your metrics in order to evaluate your health progress. Further Lab Work and diagnostic ultrasounds and procedures and referral consultations may be recommended.

2. Acupuncture treatment plan

1x/week for 2 months

Fertility works off of the four-week flow of hormones, called your menstrual cycle. Each month is a new chance to achieve conception. This is the time to really self reflect on your regimens and followthrough. Remember, it may be hard to shift so many of your habits but it's not forever, it's just for now until we reach your fertility goals.

3. Patient homework During Phase 2:

- Re-evaluate the minor factors in your daily routine.
- Have you committed fully to shifts in your diet, lifestyle and environment? Think deeply and honestly about hidden habits that may be hindering your success. Have you created your new reality?
- Dig deeper into your personal development by implementing a serious mindfulness practice.
- Reducing anxiety and stress is of primary importance in the long journey of infertility and luckily there are plenty of resources to help you find stillness in your mind.

What To Expect

Phase 3: Egg Quality and PCOS 6-12 Cycles of Acupuncture Treatment

Phase three of your natural fertility journey continues to stimulate better egg quality. PCOS regulatory measures continue to stimulate a more constant menstrual cycle.

1. Review

We will review your metrics in order to evaluate your health progress.

2. Further lab work and diagnostic procedures.

Discussion around referrals to Western Medical fertility clinics and what to expect beyond 12 months of treatment.

3. Acupuncture Treatment Plan:

1x/week for 6 months

4. Patient Assignments During Phase 3

Closely evaluate dietary regimens and how insulin factors may be hindering your fertility success.

Visit FertilityIQ.com to continue your education on Western and Eastern options. Knowledge is empowering and the more you know the better prepared you will be to create a strategic plan of action going forward.

Next Steps...

If you...

- ... Have been struggling to get and stay pregnant
- ... Are feeling overwhelmed on your fertility journey
- ... Are concerned about the state of your fertility
- ... Are getting lost in care in the confusing medical system
- ... Are bearing the burden of this journey alone
- Are looking for guidance and a solid plan moving forward

Don't worry - we got you!

Know that our team of integrative fertility experts are here and we've got your back.

Come see us and together we will get to the root of your fertility challenges and help you on our journey to motherhood.

Not in San Diego? We offer online fertility coaching and integrative care to help you no matter where you are.

Questions? Text us at 858.333.7688 or email us at info@aphroditeacupuncture.com



To get started, visit our website at
www.AphroditeFertility.com
and click to schedule your initial consultation now!

With love,

Emily, Ghoncheh
& Brigitte

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