



Acupuncture Assisted Conception

Acupuncture at Bridge

Nick Dalton-Brewer provides embryo transfer acupuncture at the time of your embryo transfer at The London Bridge Fertility, Gynaecology and Genetics Centre.

Results from studies^{1,2} suggest that having acupuncture treatments immediately before and after embryo transfer can improve your chances to conceive.

Every aspect in the design and delivery of embryo transfer acupuncture treatments at Bridge is specifically chosen to increase your chances of success. The acupuncture points are selected both from longstanding traditional knowledge and from the results of western research, to modulate the autonomic nervous system and influence uterine receptivity whilst also helping you to relax.

The importance of relaxation cannot be overstated. From an holistic point of view, increasing relaxation means that blood flows much more easily, delivering more oxygen and more nutrients to your muscles and vital organs. To enhance this effect, treatments at Bridge also employ relaxation techniques derived from traditional daoist meditation systems.

About Nick Dalton-Brewer

Nick is qualified in both acupuncture and Chinese herbal medicine. His training in acupuncture included both traditional and five element acupuncture and he combines both these styles in an integrated approach in his clinic.

Nick is currently involved in a research project measuring the effect of acupuncture with IVF. Further studies are needed to provide fully reliable evidence although two completed studies, in Germany and Denmark, have shown that acupuncture immediately before and after embryo transfer can significantly improve the chances of pregnancy, from 26% to 42%. These figures require further research and substantiation and should not be taken as indicative for individual treatment cases.

Contact: Please call Nick on 020 7403 3363 or 07962 131049

¹ Paulus, Zhang, et al; 2002. "Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy." *Fertil Steril* 77(4): 721-4.

² Westergaard L, Mao Q, et al; 2006. "Acupuncture on the day of embryo transfer significantly improves the reproductive outcome in infertile women: a prospective, randomized trial." *Fertil Steril* 85 (5): 1341 - 6