



**Katie Mik,  
MTOM, L.Ac.**

*Katie has a Masters of Science in Traditional Oriental Medicine from Pacific College of Oriental Medicine, where she graduated Magna Cum Laude. She is a California*

*Licensed Acupuncturist and a nationally certified Diplomat in Oriental Medicine.*

*Katie's specialty is Women's Health Care, with a focus on fertility issues, pregnancy health, and menstrual disorders. She has been mentored by two renowned acupuncture gynecology and fertility specialists. Her passion for life and health creates a nurturing environment for all of her patients.*



**Jeremy Linquist,  
MTOM, L.Ac.**

*Jeremy graduated Summa Cum Laude with a Masters of Science in Traditional Oriental Medicine from the Pacific College of Oriental Medicine, and did*

*extensive studies at the Chengdu University Hospital in the Sichuan Province of China.*

*He gained comprehensive and direct experience for 2 years as an assistant to Matt Callison, L.Ac., a world-renowned sports acupuncturist. He also apprenticed with Karen Sulger, L.Ac. for 3 years at the Acupuncture Continuum, focusing on treating orthopedic injuries, acute and chronic pain, male and female infertility, as well as a broad range of internal conditions.*



**Karen Sulger, L.Ac., Q.M.E., clinic owner**

*Karen is a California State licensed acupuncturist with over 13 years experience. Karen graduated magna cum laude from Pacific College of Oriental Medicine, earning a Masters in Oriental Medicine. She also holds a national certification in "Acupuncture Orthopedics," providing special acupuncture techniques to treat pain. Karen loves her practice, which includes a full staff and two additional acupuncturists. Together they continue to expand their knowledge to bring new techniques to their clients.*

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**[www.acupuncturecontinuum.com](http://www.acupuncturecontinuum.com)  
[acupuncturecontinuum@gmail.com](mailto:acupuncturecontinuum@gmail.com)**



**Acupuncture Continuum, Inc.**

317 N. El Camino Real, Suite 401  
Encinitas, CA 92024



ACUPUNCTURE CONTINUUM

## Acupuncture for Fertility



How Chinese Medicine  
Can Help

**Chinese medicine** is a system that treats the entire body, not just the symptoms. The goal is to attain balance between the body's two forces: yin and yang, which allows the body to achieve and maintain optimal health. Chinese medicine has been practiced for over 4,000 years and is used extensively throughout the world.

While acupuncture is the most popular form of Chinese medicine practiced in the West, there are numerous other modalities which include herbal medicine, moxibustion, cupping, qi gong, tui na and nutrition.

**Acupuncture** is a simple procedure in which needles are gently placed in specific places on the body to balance the body's energy, called "qi" (pronounced "chee"). From a Western standpoint, acupuncture points (or "nodes") are small areas which stimulate blood circulation, nerves, muscles and even the hormonal system.



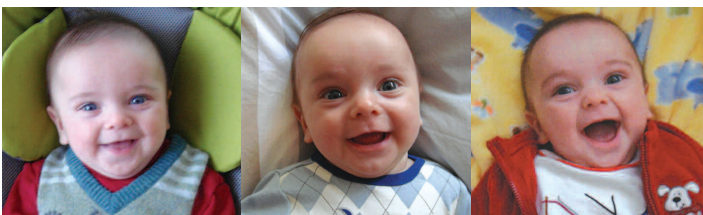
### *How Can Acupuncture Help Fertility?*

Acupuncture points can affect blood circulation, nerves, muscles and the hormonal system. Acupuncture helps increase blood flow to the uterus, decreases stress, and can help ease bloating and other possible side effects of fertility medications.

### *Does Acupuncture Help with the In Vitro Fertilization (IVF) Procedure?*

**Yes.** A recent study printed in *Fertility and Sterility* magazine quotes a study which concluded: "Acupuncture before and after embryo transfer results in higher pregnancy rates." In this recent study, the clinical pregnancy rate for the acupuncture group was 42.5%, while the control group was significantly lower at 26.3%.

Acupuncturists have also noticed an increased success rate when patients have treatments 60-90 days prior to having the IVF procedure.



### *Does Acupuncture Hurt?*

Not usually. A very gentle needling technique is used and the sensation experienced from an acupuncture needle is not like that of a hypodermic needle. In fact, acupuncture needles are one-tenth the thickness of a hypodermic needle. Most patients do not mind the needles and enjoy their treatments. The needles are 100% sterile and are disposed of after the first use.

### *What Should I Expect at My First Treatment?*

At your first visit, you will be asked to complete a simple questionnaire providing details about your condition. You will discuss your answers privately with your acupuncturist.

In Chinese medicine, the diagnostic system is different from that of Western medicine. It includes an examination of your tongue, taking your pulses, and a few other simple observations.

After obtaining a complete "picture," a diagnosis will be made which will determine what point prescription and modalities will be used to help with any imbalances found. Herbal therapy may be suggested, as well as lifestyle recommendations in areas such as nutrition, stress management, relaxation techniques and more.

### *How Many Treatments Will I Need?*

The number of treatments differ for each individual, however, most patients receive one treatment per week for 8 to 12 weeks prior to their IVF procedure. In addition, your acupuncturist may schedule treatments at the doctor's office just prior to and after the egg implantation.

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