



## Acupuncture

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### How can Acupuncture and herbal medicine help enhance fertility?

- Regulate menstrual cycles.
- Regulate hormones to produce a better quality eggs and to produce a larger number of follicles during ART; decreasing FSH levels if elevated and increasing estrogen levels if these are low.
- Increase implantation rates in IVF and IUI by 40%.
- Decrease uterine contractions, thus increasing implantation rates and decreasing the chance of miscarriage.
- Increasing blood flow to the reproductive organs and nourishing the thickness of the uterine lining.
- Improve sperm quality and quantity.
- Help to relieve the side effects of stimulation drugs during ART.
- Easing stress, anxiety and depression, and promoting deep relaxation.

### What is Acupuncture?

Acupuncture is an essential part of traditional Oriental medicine, a comprehensive system of health care with a continuous clinical history of over 2000 years. Oriental medicine includes acupuncture, Chinese herbology and bodywork, dietary therapy and exercise based on traditional Oriental medicine principles.

Acupuncture is a treatment method of applying disposable, ultra-thin needles to specific points on the body. The needles influence the flow of energy and work to re-establish or maintain health. Improved energy and balance stimulates the body's natural healing abilities, relieves physical disorders, and promotes physical and emotional well-being.

### How does Acupuncture work?

The ancient Chinese recognized a vital energy behind all life forms and life processes. They called this energy Qi (pronounced "Chee"). In developing an understanding of the prevention and cure of disease, these healing practitioners discovered that this energy flows along specific pathways called 'meridians'. Each pathway is associated with a particular physiological system and internal organ. Disease is considered to arise due to a deficiency or imbalance of energy in the meridians and their associated physiological systems.

Western scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals. Studies have shown that acupuncture may alter brain chemistry by changing the release of hormones essential to fertility. Acupuncture impacts centrally on the hypothalamic-pituitary-ovarian axis, which is the foundation of healthy fertility. Acupuncture has also been documented to



affect parts of the central nervous system related to sensation, pain and involuntary body functions, such as immune reactions, blood pressure, blood flow, and body temperature.

## **What can I expect from treatment?**

Clinically, conception rates are improved by 40% with the use of acupuncture and herbs.

Many conditions may be alleviated very rapidly by acupuncture and herbal medicine. However, some conditions, which have arisen over a course of years will be relieved only with slower, steady progress. As in any form of healing, the patient's attitude, diet, determination and life-style will affect the outcome of a course of treatment. Patients are encouraged to actively participate in their healing process.

The number of treatments you will need depends on your overall health, your body's response to acupuncture and/or Western reproductive treatments, and the nature and duration of your condition.

## **Is Acupuncture painful?**

Acupuncture needles are very fine and flexible, about the diameter of a human hair. In most cases, insertion by a skilled acupuncturist is performed without discomfort. There may be a sensation of Qi at the point of insertion.

Most patients find the treatments very relaxing and many fall asleep during treatment.

## **Is Acupuncture safe?**

Yes. When performed by a qualified, Licensed Acupuncturist, acupuncture and related techniques have proven to be extremely safe. Only sterile disposable needles are used. Complications due to acupuncture are extremely rare and there are virtually no side effects.

## **Services Provided by Johanna B. Flynn, M.TCM, L.Ac.**

- Acupuncture
- Chinese herbal supplements
- Electro-Acupuncture
- Acupressure
- Tui Na massage
- Cupping
- Nutritional Counseling



## Service Description

Acupuncture is an essential part of traditional Oriental medicine, a comprehensive system of health care with a continuous clinical history of over 2000 years.

Oriental medicine's ability to treat the following conditions has been recognized by the World Health Organization and National Institute for Health:

- Gynecological Disorders
- Supportive Therapy for cancer and chronic illness
- Musculoskeletal Issues
- Respiratory Disorders
- Circulatory Disorders
- Gastrointestinal Disorders
- Urogenital Disorders
- Neurological Disorders
- Emotional and Psychological Disorders
- Addictions

## Fees

- First office call: \$125 - please allow 1 1/2 hours for this initial appointment
- Return visit: \$75 - appointment will last 30 minutes to one hour
- Payments are due at time of service

## Seattle Clinic Hours

Acupuncture is now available at Seattle Reproductive Medicine. Schedule an appointment [online](#) or call 206-301-5000.

## Insurance Coverage

Insurance billing is not available at this time. The acupuncturist will issue "Super-bills" to interested clients, which can be submitted to insurance carriers for reimbursement.

## Counseling

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**Johanna B. Flynn, M.TCM, L.Ac.**

Johanna received her Master's Degree from the American College of Traditional Chinese Medicine (ACTCM) located in San Francisco, California. Johanna is licensed as an Acupuncturist in both California and Washington State and is Nationally Board Certified to practice acupuncture and herbal medicine since 2002. She worked for two additional years of training with Dr. LiFang Liang, an M.D. and acupuncturist specializing in Gynecology, combining Chinese medicine with Western medically assisted reproductive technologies. With the skills and knowledge required to successfully specialize in women's health and fertility, Johanna opened her private practice in Seattle.

Johanna has had a lifelong interest in all aspects of human health. She has a degree in Human Development and Education, and graduate training in Marriage, Family and Child Counseling. She has also had training in Midwifery.

Johanna's approach in clinic integrates, to some degree, the theory of two medical systems: TCM/Modern Western. This arises from her desire to meet the needs of patients living here in the West, who use the medicine and latest technologies of modern medicine but also want to benefit from what an ancient but living tradition such as TCM can offer. She believes the fusion of the two medical models brings a healthy transformation of Chinese medicine making it more relevant in our Western culture. Diagnosis and treatment is predicated on sound TCM principles. Even though Chinese and Western medicines adapt quite different perspectives: we must remember the object of their attentions is the same. Providing the most comprehensive and effective care for our clients.

Her training as a General Practitioner has prepared her to work with a wide range of health issues, including Orthopedic Disorders, and Pain Management. She has clinical expertise and special interest in Gynecology with a focus on Fertility Enhancement.