

Kim's Top 10 Chinese Medicine Tips To Conceive Naturally

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Know Your Cycle

Learning about your menstrual cycle is very important for conception. There are great apps to track your cycle & calculate fertile window, but these apps are not foolproof. To learn your optimal fertile window just takes a bit of tracking but it's the best way to get to know your unique patterns. My free resource section provides a body basal temperature PDF to help you.

2



Mindset

Struggling to conceive can cause a variety of emotions. Another month of cycle day 1 can feel like ground hog day, anxiety, grief, loss and anger stops the free flow of energy (Qi) in the uterus. I encourage journaling, gratitude practices and grounding exercises to support the up's and downs. Counselling is another great support along side acupuncture treatments.

3



Choose Warm Nourishing Meals

Our digestive system controls important functions such as circulation, hormone balance mood, energy levels & metabolism. Most women trying to conceive will benefit from ditching the salads, smoothies & raw food diets. Cooked meals; soups, stews & stir fries don't require the digestive system to transform cold into warm.

4



Keep Warm

Many issues around conceiving can be caused by cold. I know it may sound a bit silly but a baby can't be made in a fridge. The uterus must be warm with adequate blood flow to support implantation. Avoid going barefoot and wear proper foot wear for each season. Keep your lower back warm to support Kidney energy, they are considered the powerhouse of fertility in TCM terms.

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Food is Medicine

Quality food produces quality eggs and sperm. When the digestive system is suffering so does hormone balance. Foods high in GI (glycemic index) are often found in processed foods, white refined carbs trigger significant spikes in blood sugar. Add in the fact these foods are often low fibre & high sugar they negatively impact fertility.

6



Lifestyle Adjustments for Both of You!

Your partner (no matter what gender) needs to follow in your steps to make healthy choices. For male partners the same suggestions mentioned boost sperm quality. Diet, alcohol, caffeine & lifestyle choices can have a negative effect on sperm motility, amount & quality. If your male partner finds this difficult just remind him he doesn't have carry the lovely new human in his body for 9 months.

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Is it time to get some fertility test's done?

Requesting bloods and further investigations might be a good idea if you have been trying for awhile or if you have experienced a miscarriage. Unexplained infertility is a term which can be disheartening, but luckily this is where acupuncture is great. It's better to know if there are any issues to create a plan to move forward.

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Nourish Your Blood

Do you stay away from red meat? Vegetarian? Pescatarian? Quality blood is the key to a healthy endometrium for implantation & foetal development in each trimester. You may not test positive for low iron or ferritin but blood deficiency is a common factor with sub fertility from a TCM perspective. Consider boosting your intake of red meat & iron rich veggies.

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Are You Exercising Enough?

Staying active boosts your chances of conceiving. A BMI which too high or low can slow down the process of getting pregnant. If you don't exercise, start slow. Begin with 150 minutes per week of aerobic activity & strength exercises 2 days a week. If you exercise at vigorous levels and haven't conceived consider reducing to moderate levels. Exercise reduces the risks of pre eclampsia & gestational diabetes and provides strength for a smooth labour.

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Get Acupuncture

Acupuncture provides better quality egg & sperm, calms a stressed mind (pretty common when conceiving doesn't happen), reduces fertility issues of Polycystic Ovary Syndrome & Endometriosis, regulates the menstrual cycle and much more. The list of benefits are endless with robust research to prove it. Choose an Licensed Acupuncturist (Lic AC) who has completed specialised training in the area of fertility.



Book A Discovery Call With Me!

I offer a 20 minute no obligation in person or video call to chat about your fertility. With ten years of experience in this area I can offer you the support you need to become a mom.

Mobile: 07563537872 | Email: info@kimchild.co.uk

Testimonial

I went to Kim after suffering 2 consecutive miscarriages in a year. Kim was kind, put me instantly at ease and was clearly very knowledgeable in this field. I had weekly sessions which left me calmer & more positive. I have no doubt that they ultimately led to me getting pregnant again and staying pregnant. I cannot recommend Kim highly enough.