



Women's Health The Traditional Chinese Way

Treating infertility with TCM and Acupuncture

Lorne Brown

received his training in Traditional Chinese Medicine (TCM) from the International College of Traditional Chinese Medicine of Vancouver. He has a Bachelor of Science in Mathematics from the University of Western Ontario and is a registrant in good-standing with the College of Traditional Chinese Medicine Practitioners and Acupuncture of British Columbia.

Most recently, Lorne has incorporated an evidence-based acupuncture protocol into his practice that has demonstrated a positive influence on the pregnancy rate in patients who undergo assisted reproduction therapy. Approximately one in six to 10 couples experience problems with fertility. Recent medical research has shown that acupuncture can improve the outcome of conventional Western tech-

niques (Assisted Reproductive Techniques), improving ovarian response and uterine receptivity. The treatment of infertility with Traditional Chinese Medicine dates back centuries to 11AD. Lorne has found that TCM can help "turn back the reproductive clock" for women seeking to conceive. It normally requires at least three months of treatments (three menstrual cycles) to normalize a woman's cycle. It is a safe, natural and cost-effective treatment.

Research has shown that acupuncture influences hormonal pathways, and assists internal energies to restore endocrine harmony. Certain meridians influence the internal organs, some control the reproductive organs, and others affect the hypothalamic-pituitary-gonadal axis, which is responsible for ovulation and sperm production. All need to be balanced for optimum function. TCM can not only make you healthier and

stronger, but also helps to create a healthier environment for a harmonious pregnancy.

It is Lorne's treatment philosophy that no one discipline may successfully treat all conditions or pathologies exclusively. He places strong value on the different strengths that other health-care professionals are able to offer and he feels that patients are best served by a multi-disciplinary team approach.

Lorne operates his general practice in Vancouver and has a special interest in treating women's health conditions (including menopause, infertility, and PMS) digestive and gastrointestinal disorders, and pain from musculoskeletal injuries and imbalances.

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