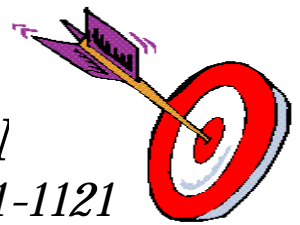


# To The Point

## The Acupuncture Medical and Research Centre 1

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### Acupuncture May Improve Success Rate of Test-Tube Pregnancies

Many couples who have difficulty conceiving a child by traditional methods often employ various techniques to assist them in the reproductive process. Success rates for each therapy range from as low as 1% to as high as 50%, and a successful pregnancy depends on a variety of factors, including the age of the woman, the cause of infertility, and the skill of the technician performing the procedure.

Two teams of researchers in Germany and the People's Republic of China have found that adding acupuncture to the treatment regimen of women using assisted reproductive techniques to have a child can dramatically improve the woman's chances of getting pregnant. Their findings, published in the April issue of *Fertility and Sterility*<sup>1</sup> and widely reported in the popular press, could bring new hope to thousands of couples who would like to have children but have been unable to do so.

"Acupuncture seems to be a useful tool" for patients looking to increase their chances of becoming pregnant following assisted reproduction therapy, the authors concluded.

The researchers believe point selection played a key role in acupuncture's success. "We chose acupuncture points that relax the uterus," they wrote, adding that because of acupuncture's influence on the autonomic nervous system, needling specific points would "optimize endometrial receptivity."

Pregnancy and the birth of one's child are among the most exciting events an adult can experience. Unfortunately, for many people, attempting to have children can be a frustrating, expensive process, which more often results in failure than success.

Impressed with the study's outcome was Dr. Nancy Synderman, a board-certified surgeon/pediatrician and medical correspondent for the popular news/talk shows *Good Morning America* and *20/20*. In an interview with

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### Food for Thought

Research studies on Soy foods have found a lower incidence and mortality in hormone-dependent cancers with persons who ingest a diet high in soy products.<sup>1</sup> "The main phytoestrogens found in soy, have been reported to have antioxidant, antibacterial, and anti parasitic actions."<sup>2</sup> Soy is also known to help drop cholesterol levels in your blood. Soy foods includes fresh, boiled or steamed whole soybeans, soy milk [made from pressed soybeans], soy cheese, soybean chips, instant soy powder, dry-roasted soybeans, soy flour, tempeh, tofu [the curd from coagulated whey of soy milk], soybean oil, miso [a seasoned fermented soybean paste] and textured soy protein [usually noted as a meat substitute].

Research also has shown that bone mineral loss along with hot flashes and other peri & post menopausal symptoms, can be reduced with 45 grams of soy flour per day.<sup>3</sup> Long term use of Soy in one's diet helps with Cardiovascular disorders.<sup>4</sup> Plus being high in fiber, soy can help with constipation, reducing the incidence of bowel diseases.

<sup>1</sup> *Alternative Medicine Alert, Volume 2, Number 10, October 1999*

<sup>2</sup> *ibid.*

<sup>3</sup> *The Soy Connection, United Soybean Board Vol. 6 #2, Spring 1998.*

<sup>4</sup> *Medkova I, et al. Ter Arkh 1997-69 (9); 52-55.*

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# In the News

## Goodbye Hormone Replacement Therapy (HRT)?

More than 16,000 women participating in a major clinical trial are being ordered to stop taking hormone medication after tests revealed that the 6 million other American women taking the drugs may be at risk. To the surprise and disappointment of researchers and women all over the world, new data shows that the hormones may actually cause more harm than good. Five years into the trial, the results have found that taking HRT increased a woman's risk of invasive breast cancer by 26 percent, strokes by 41 percent, and blood clots by 100 percent. In addition, the researchers were stunned to find the therapy did not decrease the risk of coronary heart disease, as was anticipated. In fact, women in the treatment group saw their risk of heart attack increased by 29 percent. "We now know that the overall risks clearly outweigh the benefits," says Marcia Stefanick, chairwoman of the study's steering committee and associate professor of medicine at Stanford University.

Results of the trial, called the Women's Health Initiative, or WHI, published in the July 17 issue of *The Journal of the American Medical Association*, were released early due to the significance of the results and the scope of patients affected. Lead investigators recommend that "clinicians stop prescribing HRT for long-term use," and it is expected that these new findings will cause a dramatic change in the treatment of menopause, having significant consequences for all women. "The study results will have a tremendous effect... they overturn something we've been preaching as 'preventative' for all these years," says Dr. Michael Fleming, speaker of the congress for the American Academy of Family Physicians. "All women need to be re-evaluated and counseled." Study patients reportedly are having mixed reactions to the findings, though most believe the study was worthwhile and remain positive about their choice to participate in the study.

While the increased rates of disease risk seem quite large, the authors note that an overall risk to a large population of women is quite different than the individual risk to a single person. So, how should a woman facing menopause make this crucial treatment decision? "Women with a uterus who are currently taking estrogen plus progestin should have a serious talk with their doctor to see if they

Continued on Page 3 See Hormone Therapy

## Stress Relief Not Just For Adults

We regularly treat adults for stress and stress related issues. Our clients report that they feel calm and relaxed during and after the painless treatment. Did you know that children, adolescents and teens can also benefit from acupuncture treatments for stress? These days, chances are that most kids are feeling stressed and the long term effects of continued stress can be potentially harmful to their health. Acupuncture treatments for stress may even help avoid the use of medications. Call us today to schedule a stress relief treatment for you and your children, you'll be glad you did.

## Gallbladder Attack Forces Change

By Laine Downing

I have gallstones. I know this because when I eat any kind of fat, I experience mild to severe pain just under my rib cage on the right side of my body. Dee Ann has also told me that I have all the symptoms of a person who has gallstones. Lately, the pain has gotten worse and I recently had a gallbladder attack. If you have ever had a gallbladder attack, the pain and misery are not something you will soon forget. When I had an attack, it was within an hour of eating fried potatoes covered with cheese for breakfast. I won't ever forget it. I broke out into a fever, started sweating felt so sick, I thought I would pass out. Then I ran to the bathroom and called John on the big white phone. I was actually glad to be throwing up, because I thought perhaps getting the "bad food" out of my body, would solve my problem. I figured it might just be food poisoning. (I now know that all those past times probably weren't really food poisoning after all.) Then the pain started. The pain was similar to having a butcher knife pushed through my ribs and out of my stomach. I thought I was going to die, it hurt so much. What was going to be a wonderful weekend, turned into a dreary two days in bed. The following Monday, I consulted with Dee Ann and she said that I probably passed some stones which explained all the pain I suffered. She also advised me to immediately change my diet and to go see my doctor. Her recommendations consisted of removing all oily or fried foods, dairy products, and pork from my diet. In addition, she suggested that I drink lots of apple juice. Since that dreadful attack, I have been doing extensive research on the subject of gallbladders and thus far, what I've learned is that I may have only two good options. Option # 1- have surgery and remove my gallbladder. Option # 2- cleanse and flush my gallbladder and liver. Both of these choices still require permanent dietary changes. Dee Ann has told me that even if I do NOT have a gallbladder, stones can still be formed, especially if I continue to consume oily, fatty,

greasy foods and dairy products. Faced with these choices, I have dramatically reduced my fat intake, quit dairy products and consumed gallons upon gallons of apple juice. This has made a huge difference in the way I feel and I have little to no pain as long as I stay AWAY from fatty foods, which isn't too bad for my waistline either! Also, I have been using a technique called cupping which has helped decrease the pain. Thanks Dee Ann!

Note: As of the printing of this newsletter, I have decided to continue with all of Dee Ann's dietary suggestions, including apple juice and cupping. I have seen my doctor whose suggestions are to run tests and, possibly, remove my gallbladder. I'll update you in the next newsletter.

Feel free to send us your comments about this and any article to [AMRCeditor@austin.rr.com](mailto:AMRCeditor@austin.rr.com).

## Hormone Therapy

Continued from Page 2  
should continue it," advises Dr. Jacques Rossouw, acting director of the WHI, in a National Institutes of Health press release. And for menopausal women not yet taking estrogen plus progestin, the authors recommend that patients and their doctors concentrate on other proven treatments for preventing heart disease and osteoporosis, and for treating symptoms of menopause including hot flashes, night sweats, vaginal dryness, depression, and sleep disturbances.

[http://abcnews.go.com/sections/living/DailyNews/WHI\\_HRTincreases\\_brca020709.html](http://abcnews.go.com/sections/living/DailyNews/WHI_HRTincreases_brca020709.html)

Note from the AMRC Newsletter Editor:

After having a hysterectomy, my doctor placed me on estrogen. During that time, I had breast pain on a regular basis. I made the decision to stop taking the medication and subsequently, the pain went away. Of course, the hot flashes returned so I consulted with Dee Ann about my alternatives. Dee Ann helped me by recommending the addition of soy products into my diet as well as soy isoflavones and acupuncture treatments. I am doing much better and I have only occasional, mild hot flashes.

## AMRC Membership

Did you know that AMRC offers a lifetime membership to help reduce the cost of treatments and supplies? For \$75 you can purchase a Family Membership. This will entitle you and your immediate family to save 20% off your treatments and supplies. This program is available to people who do NOT have insurance coverage or acupuncture benefits with their current insurance. Weight Loss, Quit Smoking and Non-Surgical Facelift treatments are excluded from discounts.

## Success Rate Improved

Continued from Front Page

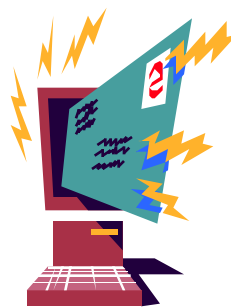
ABCNews.com, Snyderman explained that a woman's uterus typically undergoes several contractions while an embryo is being transferred, which reduces the chances of successful implantation significantly.

For years, health care professionals have theorized that relaxing the uterus during embryo transfer could increase a woman's chances of becoming pregnant, but the proof of this theory has been lacking. The Fertility and Sterility study, Snyderman feels, may have provided just the evidence the scientific community has been looking for.

"There is no doubt, because this was a very well-done study and it was reported in a very highly regarded medical journal, that doctors will sit up and pay attention to it," added Dr. Snyderman. "This is the first time we may have had a serious marriage between an art and science that is so many, many years old, and what is really cutting-edge technology."<sup>2</sup>

1. Paulus W, et al. Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy. *Fertility and Sterility* April 2002;77(4):721-4.

2. Pins and needles. Could acupuncture help promote pregnancy? ABCNews.com, April 16, 2002. Available on line at <http://more.abcnews.go.com/sections/gma/healthywoman/gma020416acupuncture.html>.  
[www.AcupunctureToday.com](http://www.AcupunctureToday.com)



## Got Email?

In the future we will be able to send newsletters via email. Next time you're in the office be sure to tell the staff your email address and we'll include you on the mailing list. Check out our website, [WWW.AcupunctureAustin.com](http://WWW.AcupunctureAustin.com)

**Weight Loss and Quit  
Smoking Clinic! Only \$25**  
Monday and Wednesday Evenings  
6:15pm-6:45pm  
Thursdays 12-1pm  
No Appointment Necessary

# Ask Dee Ann

**Q:** Who is the person giving Microdermabrasion treatments in your office and how can I make an appointment?

**A:** Christine Mayes is a Paramedical Skin Therapist specializing in the treatment and care of acne prone clients. She is currently renting a room at my clinic on Thursdays. Christine is from Santa Barbara, California where she operated an acne and skin care clinic for 12 years. Microdermabrasion is wonderfully uplifting for your face, neck and chest. If you haven't tried it before, now is your chance.  
Call Christine at **512-989-3602** for an appointment.

**Q:** I've been hearing about cupping lately. What is it and what can it do for me?

**A:** Cupping is a centuries old technique used to increase circulation by bringing blood to just below the surface of the skin. This action helps control or diminish pain. Cupping is very similar to using a plunger in a clogged drain or plumbing situation. By creating a vacuum, the fluid in the body is forced to move. Typically, cupping is repeated several times, at varying intervals. Once we know it is helping with your health concern, you can be trained to perform cupping therapy on yourself with a home set.

<p><b><u>Skin Care Coupon</u></b> \$30 off your 1st Microdermabrasion Treatment. Expires 1-1-03, Not valid with any other offer.</p>
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