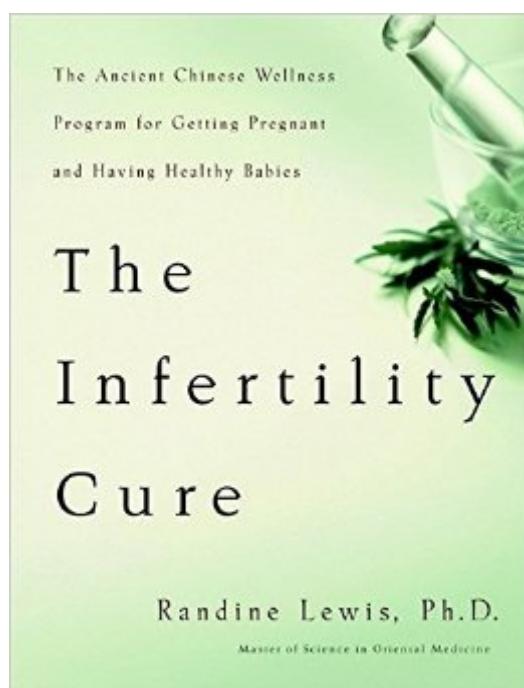


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The Infertility Cure: The Ancient Chinese Wellness Program For Getting Pregnant And Having Healthy Babies



Synopsis

Infertility affects one out of six couples today. Dr. Lewis presents a groundbreaking alternative approach to infertility, explaining how she used traditional Chinese medicine to treat her own infertility, successfully conceiving and giving birth to two children.

Book Information

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (201 customer reviews)

Best Sellers Rank: #34,668 in Books (See Top 100 in Books) #9 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #11 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #123 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I'm also a patient of Dr. Lewis' clinic in Houston, and I've been very impressed with the treatment plan used so far. My daughter was a miracle IVF baby and I'm trying to conceive a 2nd child in the face of much negative prognosis under strictly Western medicine. Dr. Lewis' book (and her acupuncture clinic!) have given me new hope and inspiration. Incidentally, "Reader in CA" (so typical for someone like that to write a negative review under the cloak of anonymity): I attempted another IVF cycle with one of the top fertility clinics in Houston this last November, and in my information packet was a brochure for Dr. Lewis' acupuncture clinic! I was already a patient at the time, but I was reassured that my RE's IVF coordinator said they had seen consistently better results with ART cycles done in conjunction with an acupuncture regimen. Sounds to me like a "Reader in CA" is the one who is woefully misinformed! Most of the "top fertility" doctors in the US are increasingly encouraging the use of acupuncture with ART cycles. In reading through the clear explanations of various imbalances in the female reproductive system included in Dr. Lewis' book, it's readily apparent to me what sorts of things may be interfering with my overall fertility. I thought the book was very well-written and obviously the product of extensive research over many years. I

found it easy to read and absorb, but it's hardly fluff or "pseudo-science." I especially enjoyed the section on dietary and lifestyle changes that can be adopted.

ETA: I did more acupuncture but again ran out of money. So, going back to Ms. Lewis' book, I did my points with a point stimulator and followed my herbal routine along with practicing meditation and guided imagery. And in May 2006, I had my third and permanent positive pregnancy test. I continued my meditation and took it super easy. While my pregnancy was a bit difficult due to an incompetent cervix, I am thrilled to say that this January my beautiful, healthy, sweet little boy celebrated his first birthday. He was born just 5 months shy of my 41st birthday!First let me say, that I've been struggling with infertility for over 3 years. I went through two failed IVF cycles, a couple of failed IUI's and for what? NOTHING!! I had started my journey at the age of 35 and couldn't believe that I was already done for when it came to having children.I will admit that my first book was *Inconceivable* by Julia Indichova (that led me to wheatgrass to help my FSH levels). I then purchased Alice Domar's "Conquering Infertility" to help me get in the right state of mind. Finally, I came to *The Infertility Cure*.I did the acupuncture for some time but finally my funds simply gave way. Instead I relied on her illustrations to choose points for acupressure. I also did the questionnaire and used it to self-diagnose for herbal remedies. I did a great deal of research on each herb to ensure I understood all implications (I would strongly suggest seeing an herbalist to ensure you are choosing correctly).Well, in August of 2004, I found myself holding a positive home pregnancy test! After over three years of trying to conceive, we had actually succeeded, on our own, with no medical intervention!

After 6 years, this book made the difference. I just have to share this with anyone and everyone who is trying to conceive and having difficulty. I think it's important you know my fertility background.I am now 35 years old, about 178lbs now, my husband is 36 and we have been TTC for 6 years and 2 months. About 16 months in, I decided to quit a very stressful job (which I believed was a major factor in my inability to conceive) and we conceived but I had a miscarriage at 6 weeks. I was beyond devastated. To try for so long only to lose our first hope was crushing. I went back to work at a less stressful job about 8 months later.We did all of the standard testing, some multiple times, over the years. I had an HSG to see if my tubes were blocked. My husband's sperm was tested. I went to an endocrinologist who said I was borderline PCOS (with no cysts). So I tried Metformin. We tried several natural methods like the Creighton Model System with which you chart your cervical mucus to track your most fertile times, etc. I also went to a naturalist who helped me with anxiety

with Adrenal Stress End (a miracle supplement!), but the Progesterone cream and Chasteberry herbs he suggested did not help me conceive. I even moved my bedroom around and of course we tried every position and I even tried standing on my head! Hey, when you're desperate, you'll do anything! We were diagnosed with Unexplained Infertility. The only diagnostic thing I did not do was a laparoscopy. Well, that was about the worst thing to me. If nothing was wrong, and so there's nothing to fix, what do you do next? I really didn't want to try Clomid or ART. I wanted to become pregnant naturally if possible.

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