

# Infertility treatment

## An integrated approach from Oriental Body Balance

Infertility isn't a problem that's confined to one sex only - it can affect both men and women. It's defined as the failure to achieve pregnancy after at least one year of regular unprotected sex and can occur when you're trying for a first baby (primary infertility) or a subsequent baby after a successful pregnancy (secondary infertility).



**M**ale infertility is common and statistics suggest it accounts for more than 25% of cases. In fact, in at least 15% of couples, the inability to achieve pregnancy is solely due to a problem with male fertility. There are several reasons why men can suffer from difficulties with their fertility. Some of the key causes include:

- Sperm disorders, for example, affecting the number of sperm, their movement or shape
- Blockages in the tubes that carry sperm (caused by groin surgery, injury, sexually transmitted infections) or a vasectomy
- Injury or disease of the testicles
- Genetic disorders, such as chromosome abnormalities
- Problems achieving erections or with ejaculating
- Hormone problems
- Fertility reduced by the effect of drugs
- Exposure to environmental toxins and radiation
- Other general medical conditions that impact on fertility.

All of these factors can affect fertility and, if infertility is diagnosed, will be thoroughly investigated to find the probable cause. Infertility in about 5% of couples is due to problems with sex, such as erectile dysfunction, failure to ejaculate or ejaculating too soon.

### Female infertility

There was a time when it was assumed that all fertility issues must be due to problems concerning the woman. But thanks to increased medical knowledge and scientific developments, it's now widely recognised that both men and women can be affected by infertility. Statistics suggest female infertility is involved in about 40% of cases.

Again, the causes of the problem are many and varied, but some of the common reasons include:

- Blocked or damaged fallopian tubes
- Failure to ovulate properly or other ovulation problems - often caused by irregular periods or hormone conditions
- Endometriosis
- Fibroids
- Hostile cervical mucus (phlegm-damp)
- Polycystic ovarian syndrome (PCOS).

In 15-20% of cases doctors are unable to find a specific cause or obvious reason for infertility, so it's labelled as a cause of 'unexplained infertility'.

The normal functioning of the fallopian tubes can be affected by infections, causing them to become blocked. One of the most common infections causing difficulties is the sexually transmitted, Chlamydia, which can remain silent for a long time and cause no obvious symptoms. Up to 70% of women find their fallopian tubes are blocked because of Chlamydia, but often it's not until they try for a baby that they become aware of it.

The following presents a progressive integrated approach in treating female infertility with Oriental Body Balance (OBB) and Traditional Chinese Medicine (TCM). This progressive approach has had many successes with difficult cases that have

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failed to respond to either conventional Western medicine or classical Chinese medicine. According to this approach, the diagnostic procedure for female infertility first follows kinesiologic assessment/evaluation of the female genito-urinary system. Then each problematic 'pattern' is assessed on its merits and then treated with Oriental Body Balance techniques.

To arrive at an OBB Integrated Infertility Approach one has to have an indepth, clear understanding of both Western and Eastern reproductive theories.

## Integrated Infertility Approach overview

☺ *First*, recording a detailed history, especially phases of menstruation/ovulation, then embark on a muscle testing diagnosis to identify key problem areas in organic structure and dysfunction. This is done by a series of manual muscle tests.

☺ *Second*, unique TCM differential diagnosis of patterns are employed to address presenting signs and symptoms.

☺ *Thirdly*, a reframed integrated principle of treatment is created to suit individual needs. This may employ the use of herbs, acupuncture, diet, and bodywork to regulate the menstrual cycle. It is preferred that treatment be for at least four to six months to properly regulate the menstrual cycle, balance Yin & Yang (hormonal activity), and optimise the egg quality by ovulation. Syndromes complicated by endometriosis, or masses and lumps in the uterus may take longer to resolve.

## Muscle testing assessment

The manual muscle tests that are performed to gain insights into possible genitor-urinary dysfunctions are chiefly:

☺ The piriformis, which gives the practitioner a link of possible dysfunction between the anterior/posterior pelvic ligaments; the connective

tissues between these ligaments and the uterus/vagina/cervix; the nerve distribution/blood vessel supply to all

- ☺ Psoas/Iliacus to ascertain pelvic muscle tone and organic function
- ☺ All the pelvic ligaments
- ☺ The muscles associated with the cranio-sacral system.

## Making a diagnosis - prior to reframing

Then we have to chart the phases of ovulation and menstruation, identify dysfunctional patterns regarding the emotions and menses, i.e., time/duration/colour/quantity/consistency/smell.

Once we have gathered all suitable information from the two diagnostics tools, we then categorise female infertility into a reframed syndrome(s). From this emerges a treatment principle to treat the structural and internal issues.

## The treatments

Methods used to induce the ovarian cycle and/or regulate the menstrual cycle are:

- ☺ Oriental Body Balance techniques for ligament rebalance
- ☺ Advance acupuncture techniques
- ☺ Chinese cupping therapy
- ☺ Structural physical adjustments with Chinese Qi-Gong
- ☺ Cranial balancing
- ☺ Chinese herbal medicine
- ☺ Oriental medicated food therapy.

The individual may receive some or all of the above in a structured treatment plan depending on the extent of the underlying problems.

## Success

To date Oriental Body Balance has achieved some outstanding successes especially where clients have failed to conceive after following all

the usual routes including multiple IVF treatments etc. Conception has usually occurred between three to six months from the commencement of treatment.

\*We always treat both partners for at least the first month to ensure structural and energetic balance\* TT

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