Recent studies have demonstrated that acupuncture may assist with infertility. We offer onsite acupuncture treatment for embryo transfers to give patients the greatest chance of becoming pregnant. We also offer offsite acupuncture services for treatment prior to an IVF cycle.

**Day of Embryo Transfer**

We offer pre and post embryo transfer treatments onsite at this IVF clinic.

Increased uterine contractions at the time of embryo transfer have been associated with poor implantation outcome. A 2001 German study resulted in a greater pregnancy rate in patients who had a specific acupuncture treatment both immediately prior to and after embryo transfer. In this study, 42.5% of the acupuncture group experienced clinical pregnancy, whereas just 26.3% of the control group (those who did not receive acupuncture), had a positive outcome. The acupuncture treatments relax the uterus, stabilize the endocrine system and calm the patient. These combined effects decrease the chance of uterine contractions and enhance a positive implantation and pregnancy. Fertility and Sterility, Vol.77, No. 4, April 2002

You will be asked to arrive at 1 hour prior to your scheduled embryo transfer time. You will receive 2 treatments, one when you first arrive and one 15 minutes after the embryo transfer. While receiving your treatment, you will be lying down in a relaxed, comfortable environment. Most people find acupuncture relaxing, you may even fall asleep. The acupuncture treatment includes acupuncture points on your arms, legs and abdomen.

**Acupuncture for Uterine Blood Flow Pre IVF and IUI Cycles**

Good blood flow to the uterus ensures a healthy endometrial lining. The Pulsitility Index (PI), or uterine artery blood flow, is measured by a transvaginal Doppler ultrasound. A high PI number indicates diminished blood flow. Studies have suggested that the uterine receptivity is improved when the PI value is between 2.0 and 2.99 on the day of embryo transfer. Other studies have demonstrated that a high PI in the uterine arteries is associated with a decreased pregnancy rate following IVF and embryo transfer.

In a study conducted at the Fertility Centre Scandinavia in Gothenburg, Sweden, researchers sought to evaluate whether electro acupuncture (EA) can reduce impedance in the uterine arteries. In this study, women received EA eight times, twice a week for 4 weeks. The mean PI was significantly reduced to less than 2.6, both shortly after each of the eight EA treatments and 10-14 days after the completion of the series of treatments.

This study indicated that by utilizing this electro-acupuncture protocol, the chances of fertilization were enhanced. Electro-acupuncture can reduce a high Pulsitility Index, thereby increasing artery blood flow.

Contact us at 713-529-1610 to set up your acupuncture appointment. You can also visit us at EasternHarmony.com for a complete list of services.
Our Team

Dr. Sadhna Singh, M.B.B.S., LAc, MSOM, DAOM, Dipl OM (NCCAOM), FABORM

Sadhna Singh graduated from medical college in India, 1983. She has practiced medicine in India and Singapore for over 10 years in the fields of obstetrics, gynecology, internal and emergency medicine. Dr Singh completed her Masters in Acupuncture and Chinese medicine in Houston, graduating with honors at the top of her class. She has also attained a Doctorate in TCM (Traditional Chinese Medicine) Gynecology from ACTCM, San Francisco, a program specializing in women's health and Infertility. With a unique combination of being both a medical and TCM doctor, she is dedicated to providing effective, comprehensive and exceptional patient care.

Dr Singh is a founding member and Fellow of the American Board of Oriental Reproductive Medicine (ABORM) and serves on ABORM’s governing board. As past president of CAM SIG at ASRM (a Special interest group of the American Society of Reproductive Medicine) she was instrumental in setting this group and furthering her objectives of Integrative Reproductive Medicine. She lectures extensively both nationally and internationally at acupuncture conferences, continuing education seminars and teaches courses at the TCM Doctorate programs. Dr Singh is also a professional member of Resolve & the Fertile Soul CEFP (Clinical Excellence in Fertility Professionals).

Jennifer Law Choo, L.Ac, MSOM, Dipl.Ac

Jennifer Law Choo is a board certified acupuncturist and herbalist. She specializes in treating infertility and has had great success with issues such as high FSH, PCOS, advanced maternal age, endometriosis, male infertility, luteal phase defect, recurrent miscarriage, unexplained infertility and more. Jennifer is also experienced in treating gynecological disorders such as menopausal discomfort, cystic breasts, PMS and menstrual pain, irregular periods, morning sickness and other pregnancy related issues like turning a breached baby.

Jennifer’s own experience with infertility sparked her passion to help women conceive and deliver healthy babies. She always takes the time to listen and respond. Her approach is gentle and she believes strongly in the mind-body connection.

After graduating from Princeton University with a B.A., Jennifer completed her Masters in Acupuncture and Oriental Medicine in Houston. Jennifer returned to her hometown of Princeton, Nj, where she worked alongside her mother and established a busy practice in women’s health and infertility.

Wes Hammer, L.Ac, MSOM, Dipl.Ac

grew up in Tuscaloosa, Alabama where he was introduced to Traditional Chinese Medicine through his studies of Kung Fu and Tai Chi. In 2004 he moved to Houston to attend the American College of Acupuncture and Oriental Medicine, where he completed his 4 year Masters of Acupuncture and Oriental Medicine and clinical internship in 2009.

After receiving his license and becoming board certified by the National Certification Commission for Acupuncture and Oriental Medicine that year, he entered private practice. He has experience treating a wide range of conditions such as hypertension, pain, sprains/strains, men and women’s reproductive issues, Sjogren’s Syndrome and psychological disorders such as depression and anxiety. He is constantly striving to further refine his methods and learn new techniques to best help his patients.