About one in six couples living in the Western world have problems conceiving. Couples who have regular unprotected sexual intercourse (2 to 3 times a week) should conceive within a two-year period. The chance of getting pregnant in any one month is approximately 20%, but this declines with female age.

Infertility means being unable to conceive. Few couples are infertile, while many are subfertile, meaning they have problems that make natural conception difficult and medical help is needed. Common causes of female subfertility include ovarian disorders, hormone imbalances, period problems, genetic abnormalities, damaged or blocked fallopian tubes, endometriosis, fibroids and uterine abnormalities. Common male factors include sperm problems, hormone imbalances, genetic abnormalities and ejaculatory problems.

Who and when to investigate?

Couples who have not conceived after 12 months of regular, unprotected sexual intercourse should be investigated in a dedicated fertility clinic. Couples who have a known cause of subfertility, have predisposing factors, or where a woman is aged 35 years or over should be offered early investigations and if necessary referred for specialist fertility management promptly.
GyneHealth offer patients a unique, integrated approach that combines conventional medicine with complementary care such as nutritional advice, acupuncture, reflexology and counselling. We aim to provide the highest quality of care and our dedicated team of specialist practitioners work together to provide individually tailored treatments for every step of your journey.

**Nutritional Therapy**

A nutritionally balanced diet can improve your chances of conception, and foods rich in nutrients such as iron, folic acid and Omega 3 fatty acids are helpful in ensuring a healthy pregnancy. Research also shows that combining the right balance of folic acid, zinc and Vitamin C can increase the percentage of normal sperm and sperm viability and motility.

Our nutritional therapists recognise that each person is an individual and take time to define a personalised nutrition plan to maintain health, optimise fertility and increase pregnancy potential.

**Acupuncture**

Acupuncture is used in our clinic to support male and female reproductive health. Research suggests that acupuncture may help in the treatment of subfertility by regulating fertility hormones, which can be disrupted by stress and other lifestyle factors, and it may also increase blood flow to the reproductive organs.

Acupuncture can increase the amount of beta-endorphin, a chemical responsible for pain reduction, and reduce stress and anxiety levels, thus helping with assisted conception procedures.

For more information on how the GyneHealth team can help you, please contact us on the details below:

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