

# Fertility - IUI Support



**Gender:** Female

**Age:** 45

**First consultation:** 12/06/2016

**IUI on:** September 2016

## Background Information and Observations:

The patient wanted to do IUI this September 2016. She was pregnant once at 7 years ago, at the time she did a series of test, and the result are normal. Her period cycle are 28 days, usually bleed for 3 to 4 days, with dark red blood colour without blood clot and no period pain. She suffered from stress, over thinking, fatigue, always feel tired and occasionally insomnia.

## Tongue Inspection:

- Tongue: Pale Tongue With Black Spots
- Pulse: Slippery Pulse

## Diagnosis:

TCM Diagnosis: Spleen Qi deficiency and Kidney Yang deficiency

## Initial Treatment Plan:

- Acupuncture: Twice a week, 30 minutes per session
- Traditional Chinese herbal medicine (Brewed from raw herbs): Twice a day, 100ml each time, 30 minutes after meal.
- Herbal Pills: Jia Wei Xiao Yao Tang, Cordyseps ([click to view herbal products](#))

## Treatment plan after LMP:

- Acupuncture: Twice a week, 30 minutes per session
- Traditional Chinese herbal medicine (Brewed from raw herbs): Twice a day, 100ml each time, 30 minutes after meal.
- Herbal Pills: Life Power Female, Mixed Ginseng ([click to view herbal products](#))

### **Aim Of Treatment:**

Treatment plan of Acupuncture for balancing hormones and relief stress, Cordyceps and Herbal tea are aim for boost up energy level, nourishes Spleen and Kidney Yang, enhance reproduction system function and improve the ovulation of quality eggs.

### **Dietary Guidance:**

Avoid cold raw foods that freeze and constrict circulation. Have main meals earlier in the day. Concentrate on light and mildly spicy foods. stir fry, poaching, steaming. Slow cooking for more energy such as soups and stews. Eat at regular times. High vegetable, low carbohydrate, low meat content in diet.

### **Lifestyle Recommendations:**

Keep up with a good mood and regular exercise. Working flat out Monday to Friday and sleeping all weekend is not a good solution! The best way is to establish a daily routine.

### **Acupuncture – Acu-points Selection:**

Qihai, Guanyuan, Zusanli, Sanyinjiao, Xuehai, Shenshu, Guanyuanshu, Qihai

### **Traditional Chinese Herbal-Assisted Treatment:**

1st Herbal Tea: GouQiZi, SuoYang, GanCao, DuZhong, XuDuan, ZhiMu, FuLing, YiYiRen, ChenPi, SuGeng, XiaoHuixiang, XiangFu, DangGui, ShuDiHuang, HeShouWu

Last Herbal Tea: ShuDiHuang, DangGui, HuangJing, YiMuCao, ShanYuRou, BuGuZhi, GouQiZi, ChaiHu, BaiZhu, BaiShao, AiYe, XiangFu, TuSiZi, HuangQi

### **Prescription analysis:**

GouQiZi nourishes and tonify liver and kidney blood and Yin; FuLing strengthens the spleen and harmonizes the middle jiao Promotes urination and leaches out dampness; YiYiRen strengthens the spleen and resolves dampness; ChenPi regulates Qi, adjusts the middle jiao and relieves the diaphragm; DangGui tonifies the blood and spleen, ShuDi and HeShouWu nourishes the blood nourishes kidney and liver yin.

Chelsea Branch  
157 King's Road  
Chelsea  
London  
SW3 5TX

0207 751 5606

Kensington Branch  
15 Kensington Church Street  
Kensington  
London  
W8 4LF

0207 937 7968

[info@ginsen-london.com](mailto:info@ginsen-london.com)

Mon – Sat: 10am – 8pm  
Sun: 11am – 8pm