

## Fertility - Miscarriage



**Gender:** Female

**Age:** 44

**First consultation:** 17/09/2011

**Last Menstrual Period:** 28/09/2011

**Duration till pregnant:** 11 days

### **Background Information and Observations:**

Patients first visit us on the September 17th 2011. On the march 2011, she had miscarriage (it's her first time been pregnant). And now her period cycle are 28-35 days, and usually bleed for 4 to 5 days, normal amount with blood clot, but no period pain. Sometimes she feel tired.

### **Tongue Inspection:**

- Tongue Inspection : Swallon Body and Teech Mark along Tongue Side
- Pulse Inspection: Weak and Deep

### **Main Symptoms:**

- Period is normal 28 days, High FSH Levels
- Hot flash, Dreaminess, Bloating Stomach, Cold hands and feet.

### **TCM Diagnosis:**

Liver Qi stagnation, Kidney Yang Deficiency, Blood Stasis, Qi and Blood Deficiency

### **Western medicine Diagnosis:**

Miscarriage

### **Aim of Treatment:**

Treatment plan includes Acupuncture. It's for the improvement of the ovarian and follicular function and to increase blood flow to the endometrium, helping to facilitate a thick, rich lining.

Futher treatment has been continued after stressful pregnancy, it's aim to protect the fetus. Herbal Tea for increases fertility function nourishing Kidney Yang and resolve Liver Qi stagnation.

**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.

**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.

**Dietary Guidance:**

Suggested eat more vegetable and fruit. Regular dietary include red meat and fish, ensure intake with a more nutritious and balanced. keep warm, reduce cold foods and exposure to cold, increase warm foods and use some of the warmer pungent spices, and food can be flavoured with such spices as ginger.

**Lifestyle Guidance:**

Keep up with regular exercise, giving yourself plenty of time to rest during the day, reduce stress level. Sleep at regular hours and avoid working late or overnight, environments/chemicals/ foods containing endocrine disrupting compounds must also be avoided.

**Acupuncture- Acu-points Selection:**

Qihai, Xuehai, Guanyuan, Zusanli, Sanyinjiao, Guilai, Yaoyangguan, Qihai, Shangjuxu

**Traditional Chinese Herbal-Assisted Treatment**

1st Herbal Tea: HuangQi, HuangBai, ShengDi, DangGui, ChuanXiong, BaiShao, XuDuan, TuSiZi, GouQiZi, FuPenZi, SangShenZi, YiMuCao, XiangFu, ZhiGanCao, YinYangHuo

Last Herbal Tea: HuangQi, HuangQin, BaiZhu, XuDuan, DuZhong, ShaRen, ShanYao, TuSiZi, ShengDi, GanCao, ChenPi, BoZiRen, YuZhu

**Prescription Analysis:**

HuangQi tonifies Qi and blood; ShengDi nourishes yin, generates fluids, increases saliva and treats wasting and thirst; DangGui tonifies the blood and regulates the menses, ChuanXiong invigorates the blood and promotes the movement of Qi, TuSiZi strengthens yang, nourishes Yin, astringes Jing and urine and benefits the marrow; YiMuCao invigorates the blood, dispels stasis, regulates menstruation and reduces masses; YinYangHuo tonifies the kidneys.

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