

Integrative Fertility Medicine with Dr. Nefertiti

- **Integrative Fertility Medicine**
 - What is it?
 - Who is it for?
- **Components of Eastern Medicine for reproductive health**
- ★ Acupuncture/ Acupressure
- ★ Traditional herbal medicine
- ★ Nutrition and Diet
- ★ Supplementation
 - For fertility and IVF preparation
 - For embryo transfer and beyond
- ★ Lifestyle principles
- **Tying it all together with a treatment plan**



Integrative Fertility Medicine

What is integrative fertility medicine?

- Western Medicine = Biomedicine or modern medicine
- Eastern Medicine = Holistic or complementary medicine
- Integrative Medicine = the blending of east- west medicine



Why practice them together?

- ★ Comprehensive and holistic care
- ★ Best outcomes
- ★ Happy patients



When to Use Integrative Fertility Medicine

Integrative medicine is for all partners and all phases of the fertility journey:

- Egg/ Embryo Freezing
- Embryo transfer
- Early Pregnancy
- Postpartum
- Preparation phases
- Timed Intercourse
- IUI
- Sperm Quality



Components of Eastern Medicine That Support Fertility

- **Acupuncture-**
 - Stimulation of acupoints to achieve a therapeutic effect
- **Traditional Herbal Medicine-**
 - Natural medicine comprised of multi-herb formulations
- **Nutrition-**
 - Food is medicine
- **Supplementation-**
 - Vitamins, minerals, essential fats, hormone precursors, and high dose antioxidants
- **Fertile Lifestyle Principles-**
 - The way we live matters→ Genetics and epigenetics



Acupuncture and Acupressure

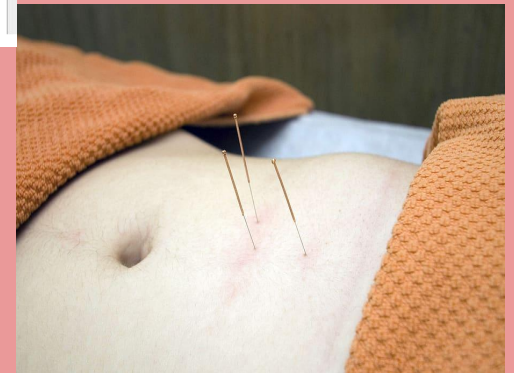
■ What is it?

- The most widely recognized component of eastern medicine.
- Involves the stimulation of thin, hair-like needles into acupoints.
- Alternative stimulation through acupressure.
- Utilizes meridians, or circulation pathways along the body.



■ How does it work?

- Increases blood flow to the ovaries and uterus.
- Promotes tissue oxygenation and repair.
- Balances the hormones necessary for reproduction.
- Regulates the nervous system.
- Reduces inflammation.
- Speeds the removal of metabolic waste.



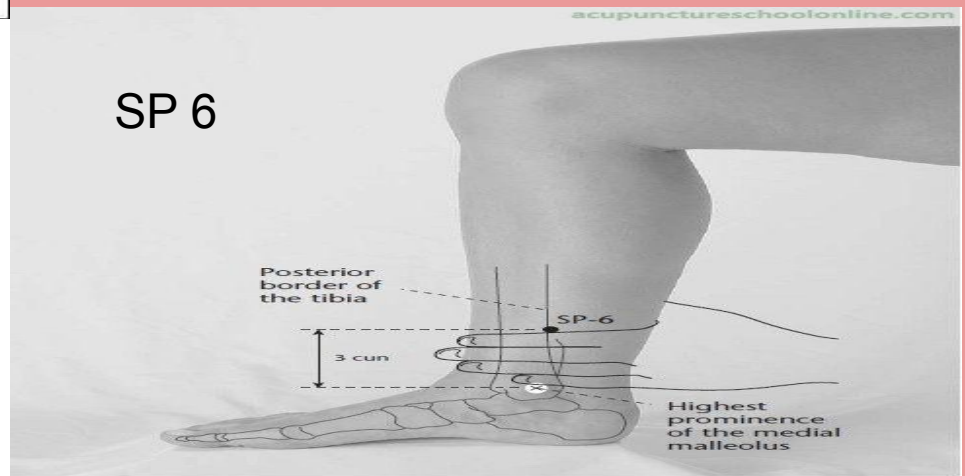
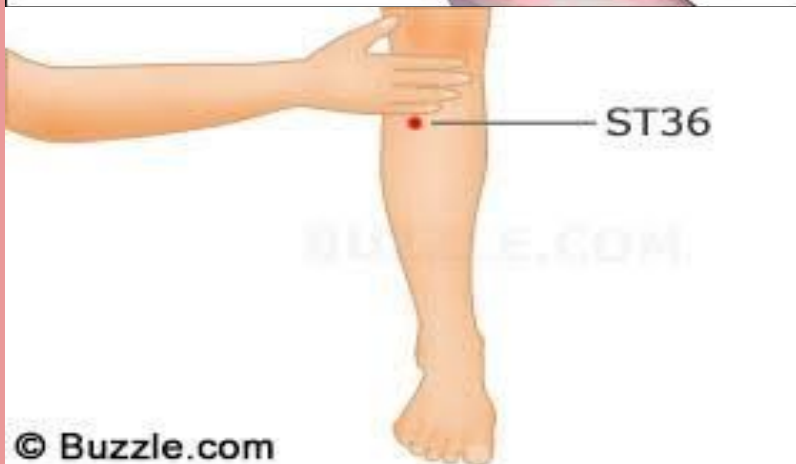
My Five Foundational Points

Five foundational points to strengthen fertility and regulate the nervous system:

1. Yintang
2. Spleen 6
3. Large Intestine 4
4. Liver 3
5. Stomach 36



Acupoints



Herbal Medicine

- Traditional herbal medicines are natural medicines that are plant, mineral, and animal based.



Principles of Fertility Nutrition

- Optimal nutrition for fertility is a nutrient-dense, low-inflammatory, high protein Mediterranean diet.



Supplementation for IVF Preparation

- Prenatal with methylated folate
- Omega-3 fatty acids
- Vitamin D
- CoQ10
- Glutathione
- Alpha lipoic acid
- Melatonin
- DHEA
- Berberine
- Myo/Chiro-inositol
- NMN



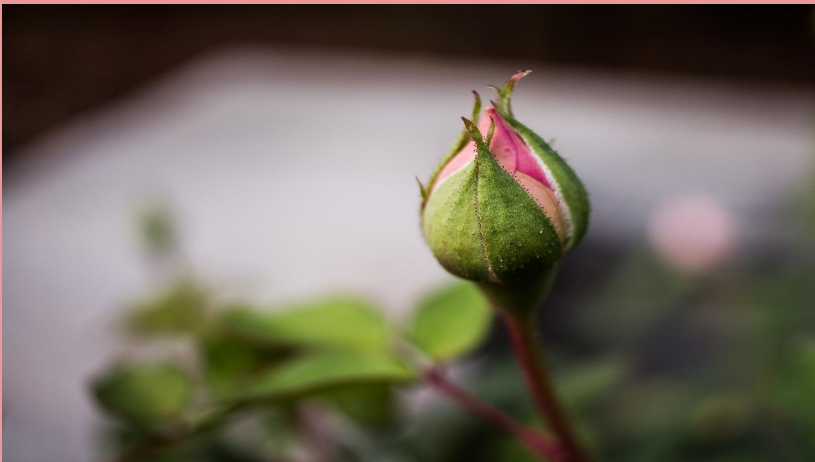
Supplementation for Embryo Transfer Preparation

- Prenatal with methylated folate
 - Omega-3 fatty acids
 - Vitamin D
 - CoQ10
 - Vitamin E
- ❖ It's important to modify all protocols by removing anything that has the potential to thin blood when on blood thinners other than baby aspirin, such as lovenox.



Living A Fertile Life

- ★ Adopting fertile lifestyle principles
 - Healthy sleep hygiene
 - Healthy movement
 - Stress reduction
 - Healthy home and self-care products
- ★ Creating new routines and healthy habits that support fertility and a vibrant life.



Maximizing Reproductive Capacity = Maximizing Aging Potential

- ❖ The substances and physiological processes that govern reproductive health in Eastern medicine also govern aging potential and longevity.
- ❖ This means that integrative fertility medicine is also anti-aging medicine.



Helpful Resources

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www.beautyheartbaby.com

<https://book.squareup.com/appointments/2e37fe63-4adb-4285-b30e-cfbe7c5db80d/location/3KZR3G9AN06YB/services>

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