



**Health Concerns®**

Combining Modern Research & Ancient Wisdom®

## Infertility FAQ

**Q:** *I'm currently treating a 44-year-old female with fertility problems. She had her first child at 41 and she is in good health. She has symptoms of yin deficiency and scant cervical mucus. What formula would you suggest?*

**A:** I recommend Fertile Garden®.

**Q:** *I have a 36-year-old patient who complains of low energy, difficulty concentrating and anxiety. TCM diagnoses include kidney yang deficiency, blood deficiency and spleen qi deficiency. What do you recommend?*

**A:** A good combination would be Adrenosen™ and Shen-Gem™.

**Q:** *Can I combine Marrow Plus® and Maternal Herbal™ for a woman who is 46 years old?*

**A:** Yes, Marrow Plus is particularly good for women who are blood deficient.

**Q:** *My patient is 38 years old who runs warm and has other signs suggesting yin deficiency. Her main symptom is anxiety and she has a history of drug use and abortions. What formula would you recommend?*

**A:** I would recommend Calm Spirit® alone or with Nine Flavor Tea™ for yin deficiency heat or Fertile Garden which is a long-term tonic.

**Q:** *My patient is tired, pale and has a thin pulse after her period. As her period approaches, she has PMS symptoms and cramping with her period. What do you suggest?*

**A:** I would suggest using Marrow Plus to strongly tonify blood after her period and I would start Woman's Balance® in the second half of her cycle to prevent PMS symptoms and cramping. Depending upon her signs and symptoms, I may consider adding Maternal Herbal for the whole month, up until her period.

**Q:** *You mentioned in a webinar that toxicity from the environment or drugs may be a cause of infertility. How do you address this in the clinic?*

**A:** One formula to consider would be Ecliptex™.

**Q:** *I have two male infertility clients. One has problems with sperm count and sperm motility and the other has a low sperm count and runs hot. What do you suggest?*

**A:** The best formula for low sperm count and poor sperm motility is Virility Tabs™. If your client has signs of yin deficiency, a better formula would be Astra Essence™. Virility Tabs and Astra Essence can be combined.

**Q: *My client has a cycle that lasts about 2.5 weeks. What do you suggest?***

**A:** Blood tests may be necessary to determine if ovulation is occurring. Typically, yin or yang tonic herbs may be recommended to improve the quality of ovulation. However, your client may also need fertility drugs. With a yin deficient pattern, I recommend Fertile Garden. For a yang deficient pattern, I recommend Maternal Herbal. Marrow Plus may be recommended if your client has signs of blood deficiency.

**Q: *What do you recommend for long and short follicular phases?***

**A:** In women who are blood and yin deficient, it may take longer for the follicle to reach maturity. Ovulation will be delayed and menstrual cycles are typically longer. Fertile Garden or Fertile Garden along with Marrow Plus is used for women with long follicular phases. In some cases, emotional disturbance or illness may upset the timing of ovulation. In these cases, formulas such as **Ease 2™** or **Shu Gan** may be used to treat liver qi stagnation. In some women, ovulation may be occurring earlier than day 14. If cycles are consistently early, this usually is due to yin deficient heat in TCM. Nine Flavor Tea or **Great Yin™** would be best formulas to consider.

**Q: *What are your thoughts about Clomid (clomiphene)?***

**A:** Clomid, also known as Serophene, blocks the action of estrogen so that the pituitary gland is tricked into producing FSH to stimulate the follicles. Clomid is cheaper and easier to administer than other ovulation inducing drugs. Typical side effects include ovarian enlargement, hot flashes, mood disturbance, vaginal dryness, lack of cervical mucus, thinning of the endometrium, breast tenderness and digestive symptoms. Giving birth to twins and higher than normal miscarriages are also observed with women taking Clomid. It may be especially important to nourish the yin when clients are taking Clomid as it has a drying effect.

**Q: *Why don't you recommend herbs during pregnancy?***

**A:** We don't recommend herbs during pregnancy, even if they may be safe and effective, due to liability issues. We suggest that you professionally administer herbs up until the point the client knows she is pregnant and then stop taking them. One of our many concerns is that you may not have sufficient insurance coverage to treat pregnant women. OB/GYN doctors typically pay \$200,000 a year or more in malpractice premiums for the privilege of treating pregnant women.

**Q: *When treating clients undergoing IVF, what does a TCM practitioner need to be aware of?***

**A:** Treating clients undergoing IVF is extremely complex. Unless you have specific training, I would suggest avoiding herbs if the client is taking GnRH agonists or antagonists. From the time of transfer, all blood and Qi regulating herbs must be avoided.

***Call our Herbal Helpline® (800) 233-9355 at ext. 105 or email [herbalist@healthconcerns.com](mailto:herbalist@healthconcerns.com).  
We are available to answer your questions.***