



TENNESSEE CENTER FOR
REPRODUCTIVE ACUPUNCTURE

Natural IVF Acupuncture Protocol

Preconception: It is optimal to receive treatments 1 time per week during the 1-2 months prior to beginning a natural IVF cycle.

- Regulate hormones
- Reduce stress
- Improve blood flow to the uterus and ovaries
- Support egg health and quality

Stimulation: Treatments twice weekly between cycle day 1 and retrieval can help:

- Improve blood flow to uterus and ovaries
- Support egg health, quality, and development
- Reduce stress
- Increase thickness and quality of the uterine lining

Day of Transfer: One treatment within 24 hours before or after embryo transfer can help:

- Decrease uterine contractions
- Support implantation rates
- Reduce stress

Implantation: One treatment 5-7 days post transfer can help:

- Decrease uterine contractions
- Support implantation rates
- Reduce stress
- Support early pregnancy

Please call the office or email as soon as you know your transfer time and date.

Let us support your journey

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