



TENNESSEE CENTER FOR
REPRODUCTIVE ACUPUNCTURE

Natural Cycle Acupuncture Protocol

Follicular Phase: One treatment between cycle days 5-9 can help:

- Improve blood flow to the uterus and ovaries
- Reduce stress
- Support egg health, quality, and development

Ovulation: One treatment close to estimated ovulation can help:

- Decrease uterine contractions
- Facilitate ovulation
- Support progesterone levels
- Reduce stress
- Increase the thickness and quality of the uterine lining
- Improve blood flow to the uterus

Implantation/Luteal Phase: One treatment 6-10 days after ovulation can help:

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

"There is no doubt in my heart that acupuncture played a major role in conceiving."

Let us support your journey

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