



AUTHOR'S WORD



I took fertility drugs at the beginning of this IVF cycle, as instructed by my reproductive endocrinologist. The doctor harvested 14 perfectly healthy eggs, out of which 12 fertilized. We did genetic testing to determine which embryos were the best quality. The doctor transferred three of these best quality embryos... and then we waited anxiously until the scheduled blood test just to find out that the pregnancy didn't take.

This story and others are commonplace at my Hunyuan Centers in Connecticut. We see women who repeatedly try In Vitro Fertilization and fail to conceive. In most cases, the doctor cannot explain what went wrong. Everything was “going according to plan” and yet in the end, nothing happened.

As the founder of the Hunyuan Method, my main concern is with the patient's health. I know from experience that when a woman is truly healthy, she can conceive and maintain a pregnancy naturally without artificial help.

As of yet, general knowledge of healthy natural conception is at best unsatisfactory. The average fertility patient is told to try “naturally” for six to 12 months, and if unsuccessful, to immediately proceed to drugs, invasive tests, and/or surgical procedures. Sometimes treatment is recommended after just one month of

trying naturally. Yet, the side effects of these treatments are many and the success rate is low.

Becoming truly healthy before attempting to conceive naturally optimizes a woman's chances for conception and will often prevent endless expensive fertility treatments. We have all experienced illness and disease when our bodies simply don't work as well. Optimum health is not only important for the mother's reproductive capacity and safety; it is also significant when it comes to the baby's development.

In the world of modern fertility treatments, health is often ignored. Stimulating the ovaries with drugs, or removing fibroids and fallopian tubes, does not make a woman healthy. Removal of eggs for fertilization, followed by replacement in the uterus, does not make a woman healthy. In fact, side effects I have seen in my patients taking fertility medications include hot flashes, abdominal distension, cysts, menstrual irregularities, elevated FSH levels, emotional breakdowns, back pain, heart palpitations and insomnia.

If you are at all familiar with Chinese medicine, the method to attain fertility presented here will no doubt seem very foreign. It is different from what most Chinese medicine doctors practice today. It explains "Health" from a "Hunyuan Method" perspective. "Hunyuan" is my term for Classical Chinese medicine, developed by the ancients, which is now practiced by very few. In this discipline, the doctor's first calling is to educate and inform his patients on how to stay healthy. It is different from, and often completely contradictory, to "Modern Chinese medicine," which, like Western medicine, is more concerned with treating symptoms.

Although I do not believe in taking most pharmaceutical drugs, I have a great admiration for Western medicine. Primarily occupied with symptoms and their instant elimination, Western medicine does so with great conviction and success. When a drug is intended to stimulate the ovaries, for example, it does so without hesitation.

On the other hand, my admiration for Classical Chinese medicine rises out of its swiftness in eliminating the root cause of an illness. I can think of endless examples to support this notion, but one which I will share involves a 42-year-old patient with a sinus infection which lasted for three months. She took three rounds of strong antibiotics, and although her symptoms lessened after each round, the symptoms continued to return within one to two days. When she came

to see me, she complained of exhaustion, relentless headaches and constant coughing-up of green phlegm. I composed a Classical Chinese medicine formula made out of three herbs. When she returned the following week, she reported that after drinking the first cup of herbal tea, her head cleared within two hours, and by the next morning, her symptoms were gone. Two months later, the patient conceived naturally and at the time of this writing is eight months pregnant with no complications.

Modern Chinese medicine does not favor herbal formulas. Instead, the use of acupuncture is more common for treating infertility cases. Although modern studies suggest that placing acupuncture needles in a few predetermined points can improve IVF success rates, these treatments are not nearly as effective as the Classical Chinese herbal formulas.

“Health” is a relative concept. Although we may not be in optimum health, we feel healthy because we tend to compare ourselves to others who are less healthy. I will explain in this book what “health” should and shouldn’t look like, and how to improve, remedy and preserve it. Most importantly I will show how improving your health can help become pregnant.

Statistics show that 14 percent of all couples in the US suffer from infertility. This translates to millions and millions of people, and hundreds of millions of dollars spent on infertility treatments. It is my hope that this book will allow the reader to make a better, or at least a more informed, choice as to what course of action to take with fertility treatments. Hopefully, the reader will realize that sometimes the fastest way is not necessarily the easiest way or the right way.

The one comment I hear most often from my patients is “I wish I had known about you earlier.” What would happen if women with infertility issues turned to the Hunyuan method before turning to Western medicine? Although there’s no definitive answer to this question, I am certain that thousands of couples who are childless would know the joy of parenting.

YARON SEIDMAN L.AC., DAOM

GREENWICH, CONNECTICUT