



## FOREWORD



The treatment of infertility has, like most aspects of modern medicine, become a “high-tech” process. Acronyms such as IVF (in-vitro fertilization), ICSI (intracytoplasmic sperm injection) and PGD (pre-implantation genetic diagnosis) have become familiar terms to most couples undergoing infertility treatment. In most areas of medicine, these high-tech advances are major strides in the conquest of disease. With infertility, these advances have also made treatment a cold, clinical process rather than the natural process that most couples hoped conceiving a child would be.

The first IVF baby was born in 1978 and the process became clinically available as of the mid 1980’s. Prior to that, reproductive endocrinologists using proven techniques helped many infertile couples achieve pregnancy. Although some of those techniques were certainly clinical, such as surgery to correct pelvic problems, many were more natural, involving natural hormone treatments, tracking of the menstrual cycle and properly timed intercourse. Most of these techniques are still available today but have fallen by the wayside in the contemporary approach of high tech infertility treatments.

This clinicalization of infertility treatment has also extended into the realm of traditional Chinese medicine, a discipline where the personal touch has always been held sacred. As of recently, certain ancient Chinese techniques have, because of peer-reviewed research, been accepted by Western infertility medicine. Most notably, IVF pregnancy rates have been shown to improve with acupuncture. Many current practitioners of traditional Chinese medicine have geared their practices toward these findings and learn only those aspects of eastern techniques that relate directly to IVF or other Western treatments. They do not study or learn many of the ancient Chinese remedies and treatments that have for thousands of years helped couples conceive.

In this book, Yaron Seidman explores in depth this loss of traditional techniques of infertility treatment that appears to dominate both traditional Chinese medicine and Western medicine today. He also discusses alternatives to the contemporary approach to infertility treatment.

He proposes an innovative combination of the best of non-invasive western reproductive medicine with the best of traditional Chinese medicine backed-up by modern high tech treatments if necessary. The majority of infertile couples would undoubtedly prefer this combination of natural techniques verses going directly to drugs, injections and plastic cups.

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