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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

"Stress and Infertility"

By Jon Henshaw

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For many years, scientist and infertility specialist have shrugged off the idea that stress affects infertility. Even early research suggested that stress didn't seem to have any correlation.

The idea that stress doesn't have a relationship with infertility has also offered reassurance for many women experiencing infertility. For example, when well-meaning friends and family give unsolicited advice to "just relax, and you'll get pregnant," she can usually rest in the fact that stress isn't really a factor.

The separation of stress and infertility also fits well into American culture. Today, more than ever, women are expected to excel in business, and to handle just as much stress and responsibility as men do. So the idea that stress might affect infertility would not be well received by most successful women. Especially since it doesn't fit into the goals and aspirations that they've made for themselves.

As with all progress in science and research, new insights and discoveries are being made everyday. Fortunately, stress has continued to play a major role in infertility research. Scientists and specialists have continued to research stress and infertility, mainly because they started to find a correlation between stress and the success of Assisted Reproductive Technologies (ART). They also pursued it, because mental health workers started to document the intense stress many infertile couples were experiencing.

A recent study by Wasser, Sewall, and Soules in the journal of Fertility and Sterility, suggested that "psychosocial distress contributes significantly to the etiology of some forms of infertility." Negro-Vilar in the journal of Environmental Health Perspectives, reported that "Environmental factors are often invoked as contributing to many cases of unexplained infertility." These are just two studies out of several that are now suggesting an apparent link between stress and infertility.

## "Stress and Infertility"

Although less scientific, many women who participate in online discussions and support groups, are reporting a connection between their stress and infertility. Many women are stating that they were able to become pregnant after quitting a stressful job, or removing a major stressor from their life. This is also consistent with my own wife, who after two years of not being able to conceive, quit her stressful job, and got pregnant immediately thereafter.

So what does this mean to couples who are experiencing infertility? Should women with successful, high-stress careers quit their jobs? Not necessarily. Stress is only one of many factors that can affect fertility. The best course of action is to first seek out an infertility specialist. An infertility specialist has a battery of tests that can bring clarity to why couples are experiencing infertility. Conception is a very complex process, that requires a lot of unique events to function correctly in order to conceive.

Stress should always be considered when trying to understand infertility, but it's only one of many factors that can contribute to it. However, once a couple has been through most of the tests, and they

find themselves categorized as "unexplained infertility," they may want to seriously look at the possibility of how stress may be affecting their ability to become pregnant.

Jon Henshaw is the Founder and Editor of FamilyResource.com. FamilyResource.com provides articles and media reviews on relationships, parenting, pregnancy, health, finance and lifestyles.

<http://www.familyresource.com/>

### **Acupuncture – Fast Escape From Infertility**

**By Paton Jackson**

Primarily a Chinese remedy, acupuncture is a complementary modern treatment that cures infertility problems in both men and women. Acupuncture for infertility is most effective for those people who are suffering from problems like irregular ovulation, or blockage in the sperm ducts.

Acupuncture works in a way different from all types of typical medicines

Acupuncture fertility works in this way. Often there are obstructed movements in the meridians that run throughout the length of the body. These obstructed movements cause swelling up of energy in some parts of reproductive organs while others get deprived from such energy conjures. Acupuncture works by placing needles on these blocked sites and stimulate the nervous system to release chemicals to the reproductive organs. This releases the required amount of energy to cure infertility in both men and women.

Acupuncture brings miraculous cure to men and women suffering from infertility

If you are thinking how acupuncture and infertility works for one another then the answer is simple. Acupuncture aids in regular flow of blood to the reproductive organs and instantly stabilizes the

## "Stress and Infertility"

hormone levels, which in turn increases ovarian function in women and rapid sperm production in men.

Acupuncture uses several methods for curing infertility. You either need to take Chinese herbal medicines that are capable of replenishing the Kidney or apply acupuncture under the feet, behind the ears, near genital organs and on your palms to get relieve from infertility.

Acupuncture does not work with only needles but also provides aid with other special treatments like in-vitro fertilization [IVF] and intra-cytoplasmic sperm injection [ICSI] for acupuncture fertility. Organizations like the Atlanta acupuncture for infertility pregnancy also offers acupuncture and electro-acupuncture methods for treating infertility.

Know more about the success rate of acupuncture from reducing infertility

Reports say that at least 90% of women undergoing acupuncture get cured from infertility problems, polycystic ovarian syndromes [PCOS], excess pelvic pain and severe intercourse pains. However, reports also say that even 86% of men have been cured of all unusual reproductive problems with the aid of acupuncture.

Infertility and acupuncture go hand in hand. So try acupuncture to get miraculous escape from infertility.

Find more valuable acupuncture info on

<http://www.tigilet.com/c/Acupuncture.php>

–Atlanta acupuncture

for infertility pregnancy - all about acupuncture. More valuable acupuncture info on

<http://www.tigilet.com>

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