



Fertility Treatment at Kite Clinic

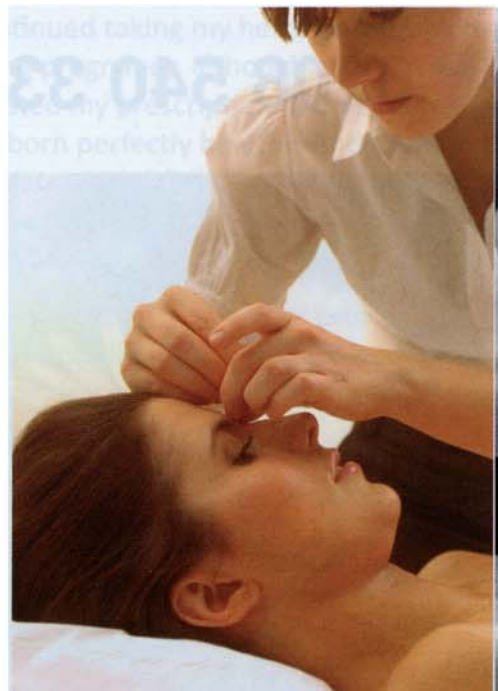
“It worked for me!”

One person who is certain that Classical Five-Element Acupuncture aids fertility and healthy pregnancy is 37-year old Helen Branch.

Director of a TV company in London, Helen married husband James in March 2003 and in January 2004 they decided to start a family. Within no time she found she was pregnant, and all seemed to be well at first. “At just 28 weeks, though, my water broke and at 30 weeks I gave birth to my baby boy, Max, by emergency caesarean”, says Helen. “Due to congenital abnormalities, Max hadn’t developed

properly in the womb and he was very sick from the moment he was born. Weighing just 3½ lbs, his tiny body was under-developed and in his first two months he had three major operations. It was a traumatic time for my husband and me, but of course you do whatever you have to for your child. That’s why, when Max suffered repeated lung collapse and oedema and finally heart and kidney failure after the third operation, we agreed that the doctors could turn off his life support machine. On 2nd October, at two months old, and close to his due date, Max died in my arms”. Looking back, Helen wonders where she got the strength to cope.

In 2005, she became pregnant again but miscarried. She then went on to have two more miscarriages, and after a series of scans and tests, was still given no medical answers. By 2006, she was very low and desperate for some expert care. Then, while out on a hen night, various friends told her



they knew women who had become pregnant after having acupuncture, and they recommended the Kite Clinic for treatment.

After reading about other couple's successful fertility treatments on Kite Clinic's website, Helen booked in to have an initial consultation with acupuncturist and fertility specialist Kelly Millington. "My first appointment gave me a real sense of being cared for, and huge relief", says Helen.

Through applying fine needles into Helen's back, feet and chest, Kelly was able to pinpoint Helen's trouble areas. "We practice classical five-element acupuncture", explains Kelly. "The elements (wood, fire, earth, metal and water) correspond to different organs and meridians in the body. For good health, all these elements must be strong and working together. When a person becomes out of balance, one element will become distressed and may affect the functioning of the others, creating emotional and physical symptoms".

Helen's treatment focused on improving her overall physical and emotional wellbeing by treating her water element – her 'weak link' element. "I inserted needles along the kidney and bladder meridians to increase energy flow and clear any blockages", says Kelly. "This gave a boost to Helen's whole system, increasing her chances of conceiving naturally".

Helen was treated for seven months

and then in May 2007 found she was pregnant. "I realise now that there was a lot of work to be done, physically and emotionally, to prepare me for a healthy pregnancy. Having thrown myself into my work after Max died, I hadn't allowed myself to realise just how low I really was.

During the first trimester, I had acupuncture every week, then every fortnight. Having the treatment helped bring balance. My husband began to comment on how much happier I seemed", recalls Helen. Having acupuncture all the way up to her due date, Helen gave birth to a healthy baby girl, Emily, on 30th January 2008. "I'm certain acupuncture played a very significant part", she says.

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