



Natural fertility

Falling pregnant is something most couples look forward to, but when they decide to have a child, nature doesn't always work in their favour.

Technology provides many options but sometimes the answer lies in nature itself.

We can help:

- **Preconception care for women**
Regulating menstrual cycles, strengthening the endometrial lining for implantation, and improving the quality of the eggs produced
- **Preconception care for men**
Acupuncture and Chinese Medicine to help improve the quantity and quality of the sperm
- **Lifestyle and dietary advice** to help optimise chances of becoming pregnant.



Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form.

Please let us know if you have specific dietary requirements.

Simple tips that can help:

- Eliminate alcohol, smoking and other toxins from your lifestyle
- Regular exercise
- Avoid tight underwear in men.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

A: 64 Mount St, Heidelberg VIC

P: (03) 9458 4887

E: info@easternvitality.com.au

W: www.easternvitality.com.au