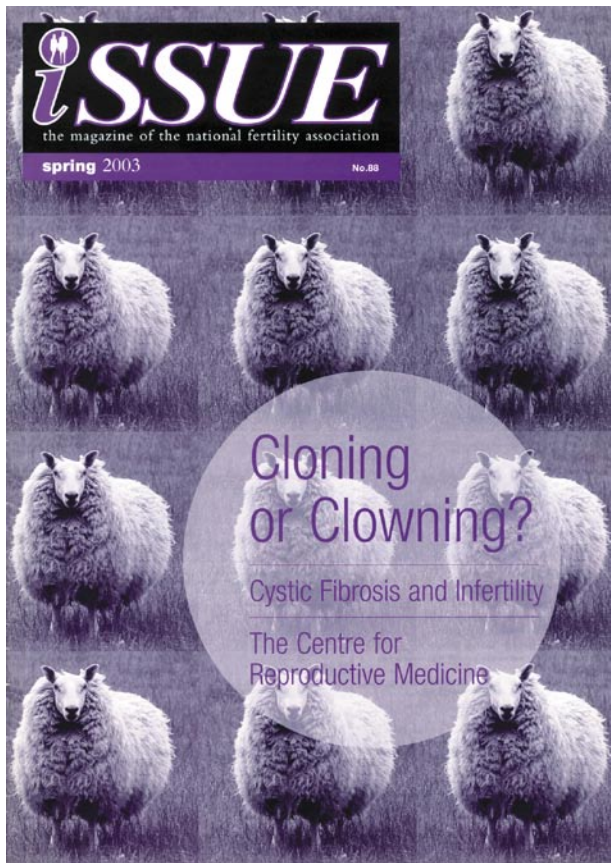


## the chinese remedy



I am a 43-year-old physiotherapist and was very fortunate to have my first child when I had just celebrated my 40th birthday. I had conceived naturally after one year of trying to become pregnant and can well remember the anxiety every month just wishing for a baby.

My son is now three years and eight months old and has brought my husband and I so much pleasure that we really felt strongly about having a brother or sister for him. We had been trying to conceive for about 15 months after his first birthday with no success, so we decided to attend a fertility specialist in London to maximise our chances of success. Having gone through the various ultrasound scans, monitoring my menstrual cycle and attending for blood tests to check my PSI 1 level, there were no problems, except that I was 42 years of age and therefore my chances of conceiving were very low.

To our despair, my husband's sperm tests revealed that his sperm count was very low with decreased motility. He works very hard in a demanding job involving a lot of travelling; there was also a lot of stress involved in our personal lives too. We were moving back from London to live in Ireland and my mother was suffering from terminal cancer.

The fertility specialist advised us to consider the various options of fertility treatment with ICSI and IVF being the optimal choice of treatment. I certainly felt that this was not the right time to undergo any form of fertility treatment because of the added stress involved. While in the fertility clinic I read an article in your magazine and was very

interested in the article discussing the TCM approach to infertility. We decided that we would visit Dr Zhai and get further information on how effective TCM was in the treatment of male and female infertility.

Following our initial consultation with Dr Zhai we knew that we wanted to follow this course of treatment. Dr Zhai gave us such confidence that my husband's sperm count, quality and motility could be treated successfully with Chinese medicines, she suggested that I should take the prescribed herbal medicines too, so we would maximise our chances of conceiving. The herbs would increase the blood flow to the uterus, and improve the egg quality, as at the age of 42 egg quality is degenerate. My husband and I immediately felt positive with Dr Zhai's relaxed approach and followed her advice of drinking the herbal teas twice a day. To our amazement and delight, my husband's sperm count, quality and motility returned to normal after just two months of treatment. We also both felt more energetic following the treatment. Another major factor that I feel made the difference for us was Dr Zhai's calm approach in supporting us during the treatment.

I understand that the results with TCM for the female are much slower than for the male, so I patiently soaked the herbs and boiled them twice a day for nine months, travelling to London every month to the Zhai clinic for assessment and acupuncture treatment. At times I did feel frustrated and anxious but at no time did I feel that there was any sense of pressure that another month had gone by and I still

was not pregnant.

When my husband and I attended the fertility specialist there was always this pressure that I was getting older, that my chances of conceiving were extremely low at my age and there was never a sense of optimism. We are both aware that other couples with infertility problems feel the same way about fertility clinics. To be honest, it was all very depressing before we discovered the very high success rates achieved by Dr Zhai with TCM. As a physiotherapist I do believe the mind/body concept is so important to our well being and health and Dr Zhai encouraged me continuously to be positive and relax, and this helped me enormously, I feel this made all the difference and looked forward to my visits with her.

To my surprise and complete joy I discovered I was pregnant at the end of May 2002. I was in fact nine weeks pregnant having mistaken bleeding the previous month as a period. Thankfully the bleeding settled and despite moving into our new home (second move) my pregnancy stabilised. I have now given birth to a wonderful baby boy. We are both overjoyed.

We really feel very strongly that the many women and men who find they have fertility problems should be informed and made aware of the excellent successful results achieved by Dr Zhai. The article on TCM that we read made us consider other options from the conventional fertility treatments. It was the best decision that we ever made to attend Dr Zhai for her expertise in fertility and we hope that this will inspire other couples to follow her approach.

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