

Health & Beauty



Knowing your options

Your guide for a natural approach to fertility and pregnancy

Childbirth brings forth the long-awaited moment of the first meeting between a mother and her baby; an unforgettable encounter of first love consummated by bonding from body heat and skin-to-skin contact. Knowing this, it's no surprise that more and more women are electing to deliver their babies as naturally as possible—drugless, fully present and alert.

The alleged conveniences of artificial childbirth procedures such as the cesarean section is today so widely presumed that we often forget that for most of human history, we have survived as a species by giving birth naturally.

Every mother has the right to make her own decision on what is best suited for her and her baby, and it is thus of vital importance that each mother makes sure she knows everything there is to know about natural medicines that can ease and help her childbirth.

There are many ways in which natural medicine can benefit both the pregnant mother and her baby. IMI (Integrated Medicine Institute) practitioners—Naturopathic Doctor Ardyce Yik, registered Chinese Medicine practitioner Gianna Buonocore, Osteopath Nathalie Tellier—explain the natural route before, during, and after pregnancy.

Before you get pregnant

Most people plan ahead before they get pregnant. We'll start with the natural way to improve fertility and prepare for pregnancy.

“Traditional Chinese Medicine offers a safe, effective and less stressful way to boost fertility,” explained Gianna. “It can assist in regulating the menstrual cycle, improving egg quality and fertile cervical mucus, stimulating ovulation and reducing risk of miscarriage.”

“It can be used as a natural way to help couples conceive or used in combination with the ‘big guns’ like IVF or IUI treatment to increase their success rates. I think women should be at least given an option to try Traditional Chinese Medicine before they consider those treatments.”

Some couples have problem conceiving even if all fertility tests result—hormone levels, ovarian reserve, sperm count—are normal. Nathalie has treated many patients with such ‘false infertility.’ “The female pelvic area is highly sensitive and even minor tension can disturb its function,” explained Nathalie, “in order to function properly, the female reproductive organs need to be in the correct places. A slight pull or twist in the uterus can make it difficult to conceive. Osteopathic treatments, by applying gentle manipulations on specific areas, can remove stress on those organs, re-align and strengthen the pelvic muscles.”

“If all the tests results are normal and you still have difficulty getting pregnant, don't be in despair. You should consult a qualified Osteopath for a complete assessment,” advised Nathalie.

“Folic acid is essential for the development of the baby's spinal cord and nervous system and help prevent birth defects known as neural tube defects,” said Ardyce. Although folic acid can be ingested by eating wholewheat products, lentils or orange juice, the best way to ensure you are getting enough of it is to take supplements. “Women can start taking folic acid supplement when they are trying to conceive because it is most critical in the first week of pregnancy. Most people don't know they are pregnant until much later.”

For more information on a drugfree, all-natural, optimal pregnancy and childbirth, please visit www.imi.com.hk



“An osteopath can assist the mother along the way, by ensuring proper mobility of all the involved structures in order to allow both the mum and baby to grow and adapt to each other peacefully,” says IMI Osteopath and Cranio-sacral Specialist Nathalie Tellier.