



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING PREGNANCY

1. Infertility is mainly due to deficiency of Qi and blood (i.e. the weakness of the body), which requires Chinese herbs to tonify the body and gradually strengthen the ability to conceive.
2. It requires 90 days for sperm to reach its full maturity. Therefore it requires up to 3 months treatment to see the effect of the herbs.
3. It requires at least 7 days after ejaculation to return to the normal level of sperm production to improve the chances of conceiving. Therefore outside the period of ovulation avoid frequent intercourse. Recommended once a fortnight.
4. The best time to conceive is during the period of ovulation, i.e. in the middle period between two menstrual cycles.
5. Both partners should avoid excessive exercise and rest well on the day prior to intercourse. The normally acidic vagina is not good for the survival of sperm. It is therefore necessary to caress for a long period of time in order to produce large quantities of secretion in the vagina, which then becomes more alkaline. This will improve the chances to conceive.
6. In order to increase the chance of conceiving man should position himself on top and raise the woman's buttocks using two pillows during intercourse. After ejaculation, woman should stay in bed and lie in a flat position for at least 2 hours allowing sperm to remain in vagina for a long period.

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