

Alternative fertility treatments gain popularity

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Couples struggling with fertility problems know that mainstream therapies can have mixed results and cause side effects. However, experts say popularity of holistic fertility treatments has grown in recent years.

According to media reports, fertility clinics are now offering alternative and complementary therapies which include fertility yoga, acupuncture, massage, nutrition counseling as well as spiritual guidance.

Dr. Laurence Jacobs, reproductive endocrinologist with Fertility Centers of Illinois, says holistic techniques help by allowing individuals to better cope with stress and achieve a calmer level of existence.



"These holistic methods enhance medical treatment, improve reproductive function and create an overall better state of mind and health," he adds.

Specialists have also recommended a range of natural herbal resources for those struggling with infertility.

Dr. Julian Whitaker, founder of a wellness center in Newport Beach, California, says nutritional supplements with antioxidants beta-carotene and vitamins C and E can increase sperm count and motility (the sperm's ability to swim), quoted by MotherNature.com, a natural health website.

The same source also recommends essence therapy with pomegranate for women who are trying to conceive, adding "in ancient cultures, the pomegranate was a symbol of fertility."