



## Ni's Chinese Medical Center

was established by Bo-Shih Ni and has been serving the central Florida area for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our Physicians teach their patients winning strategies to maintain it.



## Pregnancy



- Don't obsess
- Maintain a healthy lifestyle
- Reduce stress in your life
- Avoid greasy foods, ice cream, alcohol, yogurt, milk, butter & cheese
- Chart your cycle, be aware of your basal body temperature
- Be receptive to conception



Ni's Chinese Medical Center

1250 W. Eau Gallie Blvd., Ste. L  
Melbourne, FL 32935  
Phone: (321) 757-9731

[www.drboni.com](http://www.drboni.com)

## Infertility And Miscarriage

**Ni's Chinese Medical Center**  
*Board Licensed Acupuncturists*

Melbourne

[www.drboni.com](http://www.drboni.com)

## TCM and Infertility

*In TCM it is often said that there is no such thing as "infertility."*

Traditional Chinese Medicine (TCM) is a theory of balance between all internal elements. One's inability to conceive or a loss of pregnancy is considered an imbalance that requires correction in order to bring about a healthy conception., to carry that pregnancy to full term and ultimately give birth to a healthy baby. A highly skilled TCM physician is trained to look for and treat the root cause of your body's imbalance.

According to TCM philosophy, the best way to achieve a healthy pregnancy and a healthy baby is to cultivate the soil in order to plant the seed. So the main focus of your TCM physician is to get your body into a healthy condition that will be ideal for fertilization and pregnancy. Your TCM physician will accomplish this by strengthening and balancing your organ functions. You are a unique individual and no person's imbalances are identical. Using TCM diagnosis, your physician will determine your body's imbalance(s) and can make a recommendation for treatment of acupuncture, Chinese herbs, diet, exercise and lifestyle, putting together a unique treatment plan designed specifically for your individual needs.



## It takes two....

A lot of people forget that the theory of your body being in balance applies equally for the male. The inability to conceive could be coming from the male and not the female. A man's low sperm count, motility or sexual dysfunction can all be linked to the body's imbalances and treated with great success in Traditional Chinese Medicine. The male can improve sperm count, increase motility and improve overall energy with acupuncture and/or Chinese herbs.



## Acupuncture

Acupuncture is an ancient Chinese medicine treatment that relies on the placement of tiny needles into specific acupuncture points on the body which reside on channels or meridians. These needles are used to stimulate certain key energy points and can regulate the way in which the body functions. Acupuncture is often just what the doctor ordered, regulating spiritual, mental, emotional and physical balance. Acupuncture can also restore higher levels of virility in men.

## How you can help

- A day before and during your period, drink and eat only warm or hot substances. This will decrease your pain and cramping by 50% alone.
- Do not go swimming or take a bath during your period. Take showers only. The pressure of being submersed in water will slow down your flow and cause pain.
- Do not use tampons. Tampons keep the blood inside the body and add pressure to the reproductive organs. The period is a cycle of carrying toxins or poison out of the body. If the "poison" is caused to stay inside the body, problems will persist.

## What Happens Next?

Your treatment of acupuncture and herbal medicine will start working right away to get your body back to its optimum balance and ready for conception. Typical changes you may see include the reduction in the stresses that interfere with ovulation, regulation of menstrual cycles, correction of PMS symptoms & menstrual symptoms that have been labeled as "normal" in modern medicine and a general feeling of good health. All together, TCM will work to get your body in a healthier and more balanced state which will better lend itself to conception.

