

Complementary medicine



Complementary medicine, especially traditional Chinese medicine and homeopathy in combination with IVF treatment increase the chances for successful pregnancy. Numerous dissertations have been written about the statistically significant increase in pregnancy rates using complementary medicine.

Additional effective methods:

- Acupuncture
- Osteopathy
- Orthomolecular Therapy
- Progressive Muscle Relaxation
- Autogenic training
- Massage

Traditional Chinese medicine

Gynecology and obstetrics have a long history in traditional Chinese medicine.

Sterility was a common topic in Chinese society, with many early traditions dating back thousands of years: "If the DU Meridian is sick, woman can not conceive" knew Huang Di Nei Jing in 2000 B.C.

Traditional Chinese medicine is a combination of acupuncture, phyto-pharmacology, nutritional science, touch therapy and body exercises like Qi Gong and Tai Qi. This is the oldest, most uninterrupted healing method; civilizations around the world have been practicing this technique for ages.

TCM knowledge can be effective for treating couples wanting to have a child. According to pre-Confucius and Tao's ideas, man can not exist alone and isolated from everything and everyone else. To the Wunschbaby team, no single Western medicine technique can remain successful for a great length of time without being used in conjunction with alternative medicine.

Thanks to the successes of Ms. Dr. Fischlmaier, the Wunschbaby Center offers a combination of State of the Art Western medicine and holistic traditional Chinese medicine.

Acupuncture

Acupuncture helps the patient relax and facilitates embryo transfer.

Small Pinprick - Huge Impact

Relaxation through acupuncture is beneficial not only to the well-being of the patient, but also as our studies show, significantly improves the chances for pregnancy. Patients receive acupuncture twenty minutes before and after embryo transfer. This procedure addresses the gastric/splenic/pancreatic-meridian and blood circulation is thus improved. In addition, the liver/gall bladder-meridian and the circulatory/sexual-meridian will be sedated, having a positive effect on the endocrine system. The results speak for themselves: women who received acupuncture showed a conception rate of over 42%, whereas in the control group, only 25% became pregnant.

If requested, all IVF-patients can receive acupuncture treatment at the Wunschbaby Center by Drs. Fischlmaier, Krischker-Hohlagschwandtner, and Flich.

Osteopathy

Diagnosis and Treatment: One and the Same

Flexibility and internal balance of a patient can be affected by the sense of touch and targeted muscle exercises. Osteopathy is a long-since accepted and widely-used alternative medicine technique especially for back and joint pains; it can also be effective for couples trying to conceive.

The term comes from the Greek language: "Osteon" meaning "bones", and "pathos" meaning "disease".

This method, designed to stimulate self-healing, was founded at the end of the 19th Century by American physician Andrew Taylor Stills. It is based on the fact that organs in the body are supported and protected by skeletal muscles. If joints and muscle systems are properly aligned, body tissues will be also healthy and circulation, lymph and digestion systems will function properly. If skeletal muscles are impaired because of injuries, bad posture, stress or psychological strains, it can result in localized pains or disruptions in the vital organs, circulatory, respiratory and nervous system.

Osteopathy uses a variety of techniques, from gentle massage to jerky movements, to rejuvenate bone and joint function, relax muscles and to restore the healthy rhythm of the bodily organs and fluids. Pain is reduced, balance restored and self-healing reactivated. Osteopathy is recommended to fertility patients to ensure good function of all joints and organs in the pelvic area. Whiplash or collapse of the sacrum can cause menstrual irregularities or even infertility.

In reference to infertility, it is important to mention that the female pelvic area is endowed with highly keen sensors and even minor changes can disturb its function. Osteopathy recognizes this interference, corrects it and can restore it back to the normal state.

Our partner for Osteopathy und Craniosacral Therapy:

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Homeopathy

Fighting Fire With Fire

When a substance triggers bodily ailments, it actually dilutes out into multiple, weaker forms and works against the very same ailments it causes – this is the principle of homeopathy, the way of similars. The word originates from Greek, "homoios" meaning similar and "pathos" meaning to suffer. Infertility is a stressor for many couples and homeopathy aims to relieve this stress. An informative discussion with experts explains the homeopathic possibilities.

Homeopathic drugs activate self-healing in the mind, body and spirit. Hence why homeopathy is categorized as a part of holistic medicine. The basic elements come from nature; primarily plants, but also animal products and minerals. Homeopathic drugs come in the form of pills, drops, pellets and powders. Completed preparations or individual compounds are available at Austrian pharmacies.

More information from the Austrian Society of Homeopathic Medicine: www.homoeopathie.at

Homeopathy at Wunschbaby Zentrum:

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Orthomolecular Therapy

The human body is filled with natural substances. Some are produced within the body itself, but mostly from the food we eat. Vitamins, antioxidants, minerals, micronutrients, highly unsaturated fatty acids and enzymes are all important to our health. If there is an imbalance, it can lead to physical deficiencies and over time, disease.

In times of increased stress or disease, our daily nutrition does not provide enough of these substances (staple foods have decreased in nutrients over the last few decades). When fighting off a disease, the body's need for nutrients can be as much as hundredfold of daily values.

With several illnesses, the intestines are not in the position to correctly break down these micro-nutrients, therefore only a fraction of these essential nutrients are available. Changes in the intestinal flora or Candida hinder the absorption of these important nutrients.

Couples trying to have a child should take sufficient nutrients.

Our partner for Orthomolecular medicine:

Dr. Peter Ferdinand

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Progressive Muscle Relaxation

Progressive Muscle Relaxation was developed in the early 1920s by Edmund Jacobson. He found that psychological tension associates every muscle tension. If it is possible to relieve muscle tension, the psychological tension will be relieved as well. Patients learn to voluntarily tense the important muscle groups consecutively (progressive), and then release the muscles and relax. Patients also learn to more accurately distinguish tension and tension release in the body. The goal is to restore the involuntary or unconscious balance between the stimulatory elements (fight or flight), which strains skeletal muscles, and relaxatory elements of the autonomous nervous system (e.g. digestion). This method is practiced by psychotherapists at the Wunschbaby Center. Progressive muscle relaxation is not as well known in Austria as is Autogenic Training.

More on this topic:

www.frauensache.at/thema/thema-muskel.html and
www.psyonline.at/oebvp/oebvp_start.asp

Autogenic Training

The term "autogenic" means "emerging from yourself".

The goal is to strengthen the body mentally and physically for self-healing. It is a scientifically established psycho-therapeutical method. Autogenic training can be learned in just a few weeks in group or individual courses and then personalized for your needs. It is important to assume a comfortable sitting position and relax the muscles completely. The exercises consist of short, formulaic concepts; the patients focuses on the image and repeats it to themselves until it can be "seen" vividly. The tranquil position arouses particular sensations in the body. Muscle relaxation in the limbs gives a feeling of weightiness; good blood circulation gives a feeling of warmth. The "cause" can be conversely applied; by imagining warm limbs, blood circulation will increase and the entire body will relax. Conscious awakening is the end phase of an exercise and moderate body exercise reactivates nerve endings. Many people feel refreshed after autogenic training, comparable to having a rejuvenating sleep.

More information is available from our [psychotherapists](#) in Wunschbaby Zentrum.

Massages

Massage is also effective in relieving tension. Besides classical massage, there is also foot reflex massage, acupressure and Shiatsu supporting Wunschbaby treatment.

Shiatsu is a technique from the Far East, meaning "finger pressure." Blockages in the body can be loosened with a mild-firm rhythm by pressing with the fingers in Zen-Shiatsu, or with elbows, knees and feet in "deep Shiatsu". The goal of this treatment is to find the energy balance; the body is supported and realizes its own potential. Extensive information about Shiatsu massage can be found on the internet (effects, technique, history, and more) at www.shiatsu-austria.at.