



Milton Naturopath Dr. Katie D'Souza
Bronte Naturopathic
400 Bronte St. S, Suite 215
Milton, ON
905 876 3047 ext. 204



Struggling to conceive? We know what you're going through.

Naturopathic medicine and acupuncture can improve fertility, balance female hormones, increase success rates of IVF and IUI, and provide relaxation for the stress and anxiety that often surrounds conscious conception. Naturopath Dr. Katie D'Souza, BSc ND offers individualized treatment plans to maximize your fertility. As well, Dr. Katie also works alongside your other healthcare practitioners, including your fertility specialist or MD. Our fertility services are covered by extended health benefit plans.

What is involved in naturopathic fertility treatment?

Although individual treatment plans vary depending on your health concern, we recommend weekly acupuncture sessions for those undergoing IUI or IVF, up until post-transfer. For those in their monitoring cycle or wishing to maximize their fertility without conventional fertility treatment, Dr. Katie's recommended treatment schedule differs, depending on the individual and fertility concerns (ranging from check-in appointments at the 4-6 week mark, to short-term periods of weekly acupuncture at critical cycle times). All naturopathic and acupuncture services are covered by most health benefit plans.

Can naturopathic medicine and acupuncture help maximize my fertility?

Yes, there is significant research surrounding the role of naturopathic medicine and acupuncture in fertility. For instance, acupuncture increases pelvic blood flow to the uterus and fallopian tubes, and is associated with an increased success rate (40%) for IUI and IVF. Other naturopathic therapies can improve low thyroid function, thicken uterine lining, and improve egg and sperm quality, for instance. Treatment is given on an individual basis, and differs per individual, depending on their fertility concerns.

Can I use naturopathic medicine in combination with other fertility treatments?

Naturopathic medicine, and especially acupuncture, can be safely used in combination with other fertility treatments. Dr. Katie has helped many women navigate the fertility world, offering supportive treatment for those undergoing monitoring cycles, IUI, and IVF. Current research shows up to 40% increased success of IUI and IVF with acupuncture treatment. Additionally, acupuncture is relaxing, and is associated with reduced stress and anxiety surrounding conception.

For any additional questions, or to book an appointment, please call the office at (905) 876-3047 ext 204, or email drkatie@dsouzahealth.com.

Know more visit: <http://www.miltonnaturopath.com> or Call: (905) 876-3047 ext 204