

Part I Eastern Wisdom on having a Healthy Baby

Having a baby is a delicate process. Egg and sperm production and maturation, transport, fertilization, and implantation are all regulated by many factors. Traditional Chinese Medicine holds a unique philosophy that human being and nature are closely related and human body is a microcosm of nature, and having a baby is like planting a seed. This ancient paradigm is a rich source for having a healthy baby.

The requirements of growing a strong plant and having a healthy baby are quite similar:

Growing a strong plant	Having a healthy a baby
A seed with high quality	Egg and sperm with good quality
Rich, clean soil	Healthy, receptive uterus
Proper climate (moisture, sunshine)	Healthy mommy (good mood, balanced hormone, etc.)
Care (watering, food supplying, etc.)	Healthy mommy (balanced diet, good digestion, etc.)

Acupuncture and Chinese herbs are widely used to promote fertility and treat infertility either to achieve natural pregnancy or assist IUI and IVF in many countries such as China, America, Germany, England and Korea.

Acupuncture and herbs promote fertility by:

1. Improving general wellbeing
2. Decreasing stress
3. Balancing hormones
4. Improving the function of ovaries
5. Promoting blood circulation of uterus and increasing the thickness of uterine lining
6. Improving the quality, quantity and mobility of sperm.

The facts:

1. Approximately 72 days are required to produce sperm.
2. It takes up to 150 days for an egg to grow from a follicle in its resting state into a full-blown egg ready to be released.
3. The most common estimate of the fertilizable lifespan of human sperm is 48-72 days, and egg is 24 hours. To achieve pregnancy the best time to have intercourse is between 3 days before ovulation to 1 day after ovulation.

Suggestions from Dr. Ma

1. Quit smoking 6 months before trying to conceive.
2. Check medication with your doctors 6 months before trying to conceive.
3. Male should avoid wearing tight pants and taking hot bath.
4. Have a balanced and fertility friendly diet, try to have natural, unprocessed foods and avoid foods with added hormone, antibiotics, preservatives, additive, etc.
5. Exercise regularly and properly.
6. Get plenty of sleep.

Part II Eastern Wisdom on Children's Health

As mom, daddy and healthcare provider, we've been working to keep our child healthy both physically and emotionally. After clinically witnessing so many disorders that could have been prevented, we've become passionate about spreading the idea of wellness and prevention while children are still young.

Traditional Chinese Medicine is a complete medical system incorporating mind, body and spirit. This ancient paradigm is a rich source for promoting children's wellness, and holds a unique philosophy on bodies and energy of young children:

1. Young children are very energetic because their Yang energy(active, warm) is stronger than Yin energy(still, cool) relatively.
2. Children's susceptibility to disease can be explained by still-developing Qi (including immunity) and delicate internal organs.
3. Children have relatively more clear Qi (for example, having fewer toxins in the body); this is their strength to defend against and recover from the diseases.

To keep our children healthy, we should:

1. Respect their energy, encourage outdoor activities.
2. Have a balanced diet with natural, whole foods and get plenty of sleep to support their growth and development.
3. Keep their Qi clean by avoiding all kind of toxins and chemicals, such as foods with hormones, antibiotics, artificial flavors, artificial colors, preservatives, detergents with chemicals.

Ways Drs. You and Ma can help children :

We can help kids with asthma, allergy, ADD, ADHD, overweight, pains and more through:

1. Providing suggestions on diet and exercise base on a child's specific individual condition.
2. Helping balance the body with acupuncture, acu-pressure or/and Chinese herbs