

The use of Acupuncture for Infertility-Our Story

My husband and I tried for 2 years to have children the “natural way”. Our dreams of having a family were so strong that we decided to pursue infertility treatments. Through our journey of testing we were able to identify minor 2 male factors that could be preventing us from conceiving. One was that my husband had a varying sperm count. Not consistently low, but borderline. The second was a slightly high rate of morphology or misshapen sperm. But even our physicians could not assure us that these factors were the cause of our infertility. Other than the fact I was 35 years of age, no issues were identified in my reproductive system. As you may know, this was a very frustrating process. During the testing phase, my parents viewed a news report about Dr. Kym Black-Caporale and thought that acupuncture was a treatment that we should consider. We met with Dr. Kym about a week later. The first thing I would like to report was that Kym put us immediately at ease and made us feel safe and “normal”. She assured us that she could help us conceive and developed a plan of both treatments and herbal supplements that would help accomplish this goal. Over the next 10 months, I went 3-4 times a month for treatment and my husband visited at least 1 a month for 6 months. Mostly he took Chinese herbs to help regulate his system. Unlike patients who suffer from physical ailments such as back pain, the immediate changes to my physical health were not apparent after just one visit. But I'd love to share with you the things that we experienced.

1. My menstrual cycle, which had varied from 29-31 days over the years, began to regulate and be 29 days each month.
2. Symptoms of PMS such as sore breasts, mood swings and cramping started to diminish. In fact, after 4-6 months, I had no PMS symptoms at all.
3. My menstrual cramping minimized greatly and was limited to the first day of my cycle. A few Ibuprofen did the trick-no need for heavier meds.
4. My cycle went from 5-7 days in length to just 3-5 days of flow.
5. My husband's sperm count tripled due to his treatments and use of Chinese herb.
6. My general well being and overall health increased.
7. WE SUCCESSFULLY CONCEIVED AFTER A 10 MONTHS OF TREATMENTS AND ON OUR FIRST ROUND OF IVF.

Tomorrow we find out whether we have been blessed with a singleton or twins. I am in my 7th week of pregnancy and feel no nausea, pain and have had no spotting at all. We are so happy and feel blessed.

The week when we began our treatments last year with Dr. Kym, we were undergoing IUI treatments. We tried 3 IUI's in the first 3 months of treatments with no success. I truly believe with all my heart, if I had been receiving treatments in acupuncture for at least 6 months prior to trying IUI that we would have had a successful outcome. What acupuncture does for you system is both cleansing and preparation work. This process takes time. I would highly recommend to ANYONE undergoing all types of infertility treatments to 1-keep the faith and 2-use acupuncture to assist you in your journey to parenthood. And if you're going to receive acupuncture, Dr. Kym and her staff are the best!

Sincerely,
Two Happy Parents to Be



January 9, 2006

This letter is written to thank Dr. Kymberly Black-Caporale for being there for my husband and I through countless days of anguish, joys and hysteria. We made it! All because of Dr. Black-Caporale was there with us all the way. From Infertility to pre-Birth she has been amazing!

If you have not been fortunate enough to meet Dr. Black-Caporale, find her, meet her and experience her. She is highly skilled and knowledgeable in Western Medicine infertility treatments and uses the terms of Reproductive medicine with ease and experience. She works well with the Reproductive/Endocrine doctors and nurses on a professional peer level.

My doctor gave me Dr. Black-Caporale's card and explained that many women are integrating acupuncture with IVF and Reproductive Procedures. I had read some things on the internet and seen a few news broadcast in regards to Acupuncture and Infertility but I never knew who to go to and I was not going to go to someone that was not recommended highly. Dr. Black-Caporale is one of the most highly recommended Acupuncture Physician that specializes in infertility in the Tampa Bay Area. Kathy Fountain, a highly respected news broadcaster and psychologist recommends Dr. Black-Caporale in her Mind Body Group for Infertility.

After 5 failed IUIs and 3 failed IVFs, my doctor did not want to use my eggs but said 40% success rate for egg donation. My husband and I wanted to try one more time with my eggs and IVF so we contacted Dr. Black-Caporale. She has been our angel. We are now pregnant and expecting any day now thanks to Dr. Black-Caporale used acupuncture to get our baby in birthing position. So before I have my baby boy and get so busy, I had to write this letters to thank Dr. Black-Caporale from my heart and to tell her she is such an awesome person! If you are sitting in her waiting room reading this letter and deciding if you are going to try Acupuncture.....try Dr. Black-Caporale.

Sincerely from our hearts,
The P Family
Palm Harbor, Florida



April, 2006

I have nothing but positives to say about acupuncture and Kym Black-Caporale! I started acupuncture for infertility after 2 ½ years with no success seeing an infertility specialist. A neighbor specifically recommended The Caporale Center for Reproductive Health. After years with unpredictable cycles, I have already seen a difference with just 2 months of acupuncture in the regularity and predictability of my periods, something my infertility doctor said I'd just have to live with! Here we come pregnancy!

-Amy H., St. Pete, FL

May 15, 2006

I came to Kym after 3 years of infertility and having tried almost everything that specialist have suggested, including expensive treatments and drugs. I was about to embark on what I thought was the final phase and the answer to our problems, IVF. Well, when that didn't work for us and for reasons that doctors could not explain I thought there was no hope of me becoming pregnant. My doctor recommended that I use birth control until we tried IVF again since that was the only way we were ever going to get pregnant, according to him.

Kym suggested I hold off on the birth control and let her treat me for a while longer using acupuncture and adding "Dream Greens" and other vitamin supplements to my daily diet. After a few months, I definitely felt that the symptoms of my endometriosis were almost gone and felt like at least that was going to be less of an issue. After about 4 ½ months of acupuncture sessions, I remember her telling me that we should start to see some results and wouldn't you know a few weeks later I was pregnant!

I am continuing to go for treatments during my pregnancy and plan to continue right up until my due date. I have had a perfect pregnancy and I feel terrific, never had any sickness and am happier than ever! I feel that acupuncture has definitely helped me and my only regret is that I didn't look into it sooner. I would definitely recommend this to anyone experiencing infertility or endometriosis.

Thanks,

Suzanne Overduijn
A very satisfied client!



Dear Kym,

Thank you for believing in miracles.

After my Mommy and Daddy went through 5 failed IUIs, and a trip across the country for an expensive and failed attempt at IVF, you still believed in the idea of me.

Thanks for never giving up.

Thanks for helping my Mommy and Daddy and for helping God bring me home....

Love to you and luck to the many Mommies, Daddies, and Babies who need your light when so much seems hopeless.

Love,
Eric Christian Palmer; Born January 25, 2006

Kym,

This letter is long overdue and I apologize for that. I just wanted to take a moment to thank you for everything you have done to make my dreams come true.

When I first met you I was in a very bad place in my infertility journey. I was getting treatments but getting nowhere. My cycles were irregular and I feel that was definitely working against me.

After 6 months of treatments my cycles finally got normal; what a relief. Unfortunately I was not getting pregnant and started questioning if acupuncture was right for me. I decided to stop treatments and try some other methods. I wanted to be as natural as possible but finally broke down and turned to fertility drugs. As time went on and many negative test results came back, I was still able to keep in contact with you and ask questions and you were so kind to respond every time.

Finally, IVF was presented as our only option to have our own biological child. When I contacted you to let you know, you again were very supportive and mentioned that it would be in my best interest to come back. Well I am so glad that I did. Not only did the IVF work the first time but we were blessed with both of embryos taking resulting in twins. As my pregnancy progressed, I continued to be your patient and with all your guidance, treatments and support I was able to carry my twins until just shy of my 37th week. Not only that but my twins were born at great weights, completely healthy and able to come home when I did.

Everyone tells me what a great job I did carrying the twins and I always add that I had acupuncture and I really believe that had everything to do with it. Not only am I forever grateful for my miracle babies but also for all your love and support. You always seem to know what to say and do to relieve patients of their fears and questions.

Also, you have been extra wonderful in supporting me and helping me start the Infertility Salon. You allowed your space to be used; you encouraged your patients to come to the meetings. You supported each meeting by displaying flyers.

I don't think I will ever have enough thank yous for everything you have done for me. So I wanted you to get this letter to let you know I will forever be indebted to you.

With Much Love,
Damiane and Alex, Arjun, and Indira

