

The Berkley Center for Reproductive Wellness



acupuncture herbs fertility
massage nutritional-counseling

From Frustration to Family

We Treat...

- Endometriosis
- High FSH
- Advanced Maternal Age
- Immunological Infertility
- PCOS
- Infertility From Unknown Cause
- Repeated Miscarriage
- Male Factor
- Implantation Failure

We Work With Patients from New York City's Best Reproductive Centers

- **Batzofin Fertility Center**
- **New Hope Fertility**
- **Sher Institute**
- **NYU**
- **New York Cornell**
- **RMA**
- **St. Lukes-Roosevelt**
- **Columbia Center for Women's Reproductive Health**
- **Any many more...**

Meet the Team

- Mike Berkley, Licensed Acupuncturist and Board Certified Herbalist
- Director, the Berkley Center for Reproductive Wellness.
- First in the U.S. to dedicate a complementary medicine practice to treating infertility.
- Has created unique acupuncture protocols and herbal formulas which successfully treat infertility: both due to female and male factors.
- Recommended by Dr. Randine Lewis, Author of 'The Infertility Cure'.

Mike Berkley

- First acupuncturist to specialize in the treatment of infertility. Treating infertility exclusively for 13 years.
- First acupuncturist to be inducted into a Society of Gynecologist-Obstetricians.
- Board Member of American Board of Oriental Reproductive Medicine (aborm.org)
- Recommended by Dr. Glen Schattman, New York Cornell

Mike Berkley



- Frequently lectures to:
- Acupuncturist/herbalists nationwide on the topic: 'East Meets West in Reproductive Medicine'.
- Gynecologists/reproductive endocrinologists and reproductive endocrinology nurses on the role of acupuncture & herbs in the treatment of infertility.
- Recommended by Dr. Alan Copperman, RMA, New York

Our Philosophy

- Every couple deserves a chance to try and conceive no matter what their age. No patient will ever be turned away due to their age or their FSH level.
- Conception is more than just FSH – At The Berkley Center we treat you, not just your fertility challenge.
- The Berkley Center combines acupuncture, herbs and fertility massage, providing you with a comprehensive health improvement approach.

Our Approach

- We treat the physical, spiritual & emotional aspects *of the person inside the patient.*
- We treat naturally with herbs, acupuncture, fertility massage, & nutrition.

Relationship

- You will be treated with respect, dignity and kindness; and truly cared for.

Expertise

- 1. Fertility Acupuncture
- 2. Natural Herbal Medicine
- 3. Fertility Massage
- 4. More pregnancies, fewer miscarriages

The Berkley Center...First in the nation to specialize in the treatment of infertility, naturally.

Acupuncture

- Acupuncture is now an accepted modality of intervention for those facing fertility challenges.
- Acupuncture has been proven effective in the treatment of both male & female causes of infertility.
- Want proof? Simply Google 'acupuncture infertility studies.' *You'll have a lot to read!*

Natural Herbal Medicine



- All herbs prescribed at The Berkley Center for Reproductive Wellness are done so by Mike Berkley, a New York State Board Certified Herbalist.
- Herbal medicine is used successfully to treat many causes of infertility as well as to reduce anxiety and depression.
- Including acupuncture & herbs often means *the difference between being a patient and being a parent.*

Fertility Massage



- Fertility Massage combines modern science with traditional healing and wisdom to produce a holistic path to physical, emotional and spiritual well-being.
- Fertility Massage is a non-invasive, external massage technique which helps to re-align incorrectly positioned uteri, enhance uterine and ovarian blood flow and reduce stress.
- Fertility Massage helps to increase blood flow to the uterus and ovaries increasing pregnancies and reducing miscarriages.

Case Study 1

- Nancy 40 years old: TTC 6 years
- Western diagnosis: Primary infertility/High FSH (23), low ovarian reserve.
- Treated with acupuncture & herbs for 6 months.
- FSH was lowered to 6.8 with E2 at 75.
- **Nancy gave birth to a beautiful, healthy girl naturally.**

Case Study 2

- Mary, age 37, TTC 2.5 years
- Weight 250lbs, height, 5.3
- Western diagnosis: PCOS/irregular periods/annovulatory cycles.
- Western treatment: Metformin with IVF.
- Results: 3 Failed IVF cycles.
- Our treatment protocol: acupuncture, herbs, nutritional counseling, and fertility massage.
- History: We treated Mary for 4 months. She lost 20 pounds and her menstrual/ovulatory cycles became regulated. Her lining thickened from 7mm to 10mm. She did another IVF with successful **full-term pregnancy of twins, Robert & Kyle!**

Case Study 3

- Richard & Sharon: TTC 4.5 years.
- Western diagnosis: Idiopathic infertility.
- No pathology was identified.
- I suggested that Richard be tested for sperm DNA fragmentation. He had a fragmentation rate of 35% rendering him infertile.
- We treated him with acupuncture and herbs and amino-acids and vitamins for 3 months whereupon his sperm was re-tested. At the time of the re-test his DNA fragmentation rate dropped to 10%.
- **Sharon became pregnant within 3 months and gave birth to Greta!**

How Does Acupuncture Work?

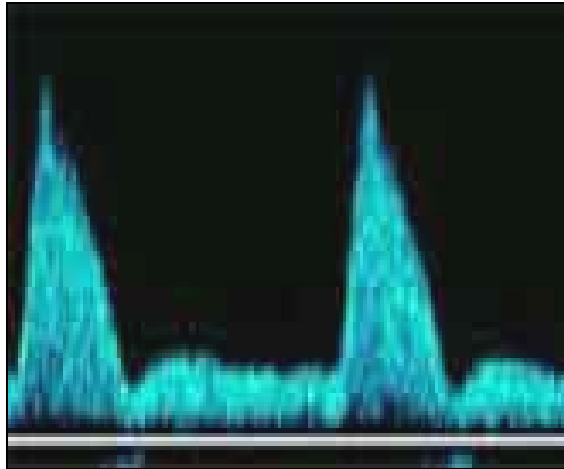
- Fact: acupuncture relaxes and de-stresses and calms.
- This is because of endorphin release.
- Endorphins cause uterine artery widening which causes increased blood flow to the uterus and to the ovaries.
- More blood flow means greater delivery of hormones, nutrients, oxygen and electrolytes and greater excretion of dead-cell-waste-matter.
- ***This means improved egg quality!***

Your Endometrial Lining

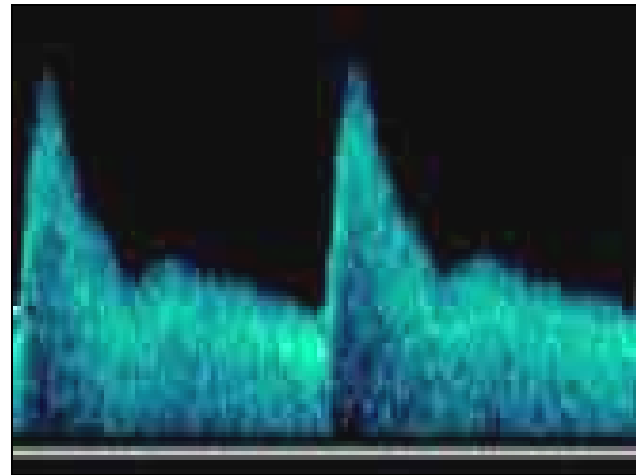
- Just because you have a “perfect 10 mm lining” does not mean that there is enough blood flow to ensure a successful implantation.
- Acupuncture, Herbs & Fertility Massage helps increase blood flow to your lining, potentially increasing implantation rates.

Endometrial Blood Flow Pre & Post Acupuncture Treatment

Pre
acupuncture



Post
acupuncture



Acupuncture: Is It Safe?

- Acupuncture has been used for more than 3000 years to treat infertility.
- $\frac{3}{4}$'s of the worlds population currently uses acupuncture either solely or in conjunction with Western medicine to treat fertility challenges.
- Acupuncture needles are classified by the FDA as surgical instruments and are completely sterile.
- Needles are disposed of after each use.
- Acupuncture is 100% safe.

Acupuncturists...

- Typically attend post graduate acupuncture college for 4 years on a full-time basis and must sit for and pass a rigorous State-Board-examination to become licensed.
- To maintain Board Certification, acupuncturists must amass 60 continuing education credits every 4 years.
- **Did you know: Acupuncture is deemed by the World Health Organization to be an accepted form of medical intervention.**

Herbs: Are They Safe?

- Yes and no.
- If herbs are prescribed by a Board Certified herbalist, yes.
- If your practitioner is not Board Certified it is not wise to continue herbal medicine treatment under that practitioner's care.

**Does Your Acupuncturist Display This Plaque
in Their Office?**

**'New York State Board of Higher
Education Board Certified in Herbal
Medicine'**

Herbs: Are They Safe To Take With Western Reproductive Medicine?

- When prescribed by an acupuncturist with Board Certification in herbal medicine who specializes in reproductive medicine, herbs are safe & effective.
- Herbs gently nourish the ovaries and endometrium making the job of Western reproductive medicine easier.
- This frequently means that ***you will require LESS MEDICINE!***
- **877-965-BABY**

What Does Acupuncture Do?

- Acupuncture increases blood flow to the uterine lining and to the ovaries potentially improving their health therefore improving your ability to become pregnant.
- Acupuncture needles are sterile, stainless steel, incredibly thin needles that when inserted in the proper locations improve blood flow. They do not put anything into your body. There is no medicine in the needles.

What do Herbs Do?

- Acupuncture stimulates to blood flow, herbal medicine regulates endocrine function.
- This is why when acupuncture fails to normalize FSH/E2 levels, the addition of herbal medicine can be introduced to strengthen the effect.
- Herbal medicine should be considered 'internal medicine'. It works from the inside out.
- Acupuncture works from the outside in.
- Combining both modalities increases pregnancy rates.

Herbs: Pills or Raw?

Never take herbal medicine in pill form

- Herbal pills offer sub-clinical dosages.
- Herbal pills cannot be customized to successfully treat your specific needs.
- Herbs should be fully customizable so that each person can have their specific health-needs addressed.
- *Customization of herbs takes years of clinical expertise.*
- *Mike Berkley is nationally Board Certified in clinical herbal medicine.*
- *877-965-BABY*
- *www.berkleycenter.com*

Herbal Medicine: The Least Effective To The Most Effective

- Pills

- Capsules

- Granules



- Tinctures

- Raw (**This is the only type of herbs prescribed by the Berkley Center**)

How Often Should I Be Treated?

- Acupuncture twice weekly yields the best clinical outcomes.
- Herbs are taken twice daily for a period of time that varies with each individual. This is discussed fully at your consultation.



Pre & Post IVF Acupuncture

- Get treated up to one hour before ET and...
- Up to 24 hours after ET.
- German Study: Acupuncture was performed in 80 patients 25 minutes before and after embryo transfer. In the control group, embryos were transferred without any supportive therapy.
- Results: Clinical pregnancies were documented in 34 of 80 patients (42.5%) in the acupuncture group, whereas pregnancy rate was only 26.3% (21 out of 80 patients) in the control group.

Study: Role of acupuncture in the Treatment of Female Infertility

- Conducted by: *Raymond Chang, M.D.[a,b] Pak H. Chung, M.D.[b] and Zev Rosenwaks, M.D.[c]*
- Conducted at: *Center for Reproductive Medicine and Infertility, Weill Medical College of Cornell University, New York, New York.*
- **Objective:** To review existing scientific rationale and clinical data in the utilization of acupuncture in the treatment of female infertility.
- Various investigators have shown that in normally ovulatory or anovulatory women, acupuncture also influenced plasma levels of FSH, LH, E2, and Progesterone. Acupuncture as a surrogate for hCG in ovulation induction was successfully used by Cai, Chen and Yu.
- **Acupuncture normalized the hypothalamic-pituitary-ovarian axis, and in another study Chen reported that 6 of 13 anovulatory cycles responded to acupuncture treatment.**

Studies Prove Acupuncture After Embryo Transfer Reduces Miscarriage & Ectopic Rates

- The retrospective study included 131 women who were undergoing standard in vitro fertilization (IVF) and were given the choice of having acupuncture.



The Results Are In...

- The miscarriage rate was almost halved in the acupuncture group (8% vs. 14%).
- In addition, the rate of ectopic pregnancies was significantly lower in the acupuncture group--0 of 24 pregnancies (0%) vs. 2 of 37 pregnancies (9%), said Dr. Magarelli, who is also in private practice in Colorado Springs and Albuquerque.
- Thus, the live-birth rate per IVF/ICSI cycle was significantly higher in the acupuncture group than in controls (21% vs. 16%).

A Better Environment For Implantation

- “Inclusion of acupuncture has demonstrated reductions in uterine contractility, so by relaxing the uterus before the embryo transfer and immediately after, we felt we were **setting up a better environment for implantation**,” Dr. Magarelli said.
- COPYRIGHT 2005 International Medical News Group
- www.berkeleycenter.com

Clinical Trial

- New study produced by the Reproductive Medicine and Fertility Center in Colorado Springs has shown that **receiving acupuncture treatment can aid the success of in vitro fertilization (IVF) treatment.**
- During the trials, half of the 114 women involved received acupuncture along with their IVF treatment while the remaining half received no complementary therapy to their IVF treatment.
- These women had a 36% success rate of becoming pregnant compared with 51% of the women that received acupuncture.
- While 8% of the women who received acupuncture suffered a miscarriage, 20% of those women that did not have any complementary therapy suffered a miscarriage. **Acupuncture was also shown to reduce the risk of an ectopic pregnancy.**
Source: Maxine Frith, Independent Online

Your First Time With Us: Acupuncture

- First visit 1.5 hours long.
- Consists of an extensive intake, record review (bring your medical records please) and treatment.
- Recommendations will be made for additional testing if appropriate.
- We will also discuss whether or not nutritional counseling, and fertility abdominal massage are modalities that you should explore.
- You will have a chance to meet all the doctors and team members during your visit!

877-965-BABY

Mission Statement

- **Our mission** is to help you achieve your goal of conception and full term pregnancy.
- We provide a **safe, warm and compassionate** environment providing a **personal and caring relationship** for each and every one of our patients.
- We understand that **caring and nurturing** are just as important to your success as medicine and procedures.



You are a person first and then a patient

This is a standard of care that we will not deviate from.

To us, you are a person first and then a patient. You will always be treated with respect, courtesy, nurturing, support and love.

Our work is not a job, it is a life-calling!

We are dedicated to you and we know that **YOU CAN DO IT!**

100% No-Questions-Asked-Money-Back-Guarantee at the end of the initial consultation.

Communication ~ The Impossible Dream!

- We try our hardest to respond to your phone calls and emails as quickly as possible.
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- Send your questions...
mikeberkley@berkleycenter.com
- You will never again experience the frustration of not having your email or phone calls returned.
- **877-965-BABY**



Office Hours



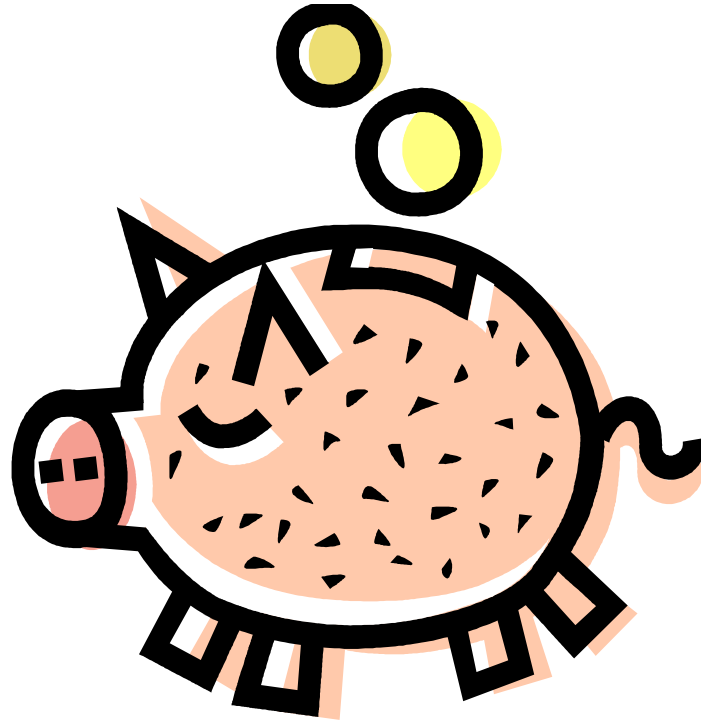
- Daily from 8:00am to 6:00pm
- Weekends & holidays for pre & post embryo transfer acupuncture treatments: any time of day!
- The Berkley Center, here for you 24/7/365.
- House calls are available
- www.berkleycenter.com
- 877-965-BABY

100% Money Back Guarantee

- The Berkley Center for Reproductive Wellness offers a 100% money back guarantee at the time of the initial consultation.
- How does it work?
- Schedule your consultation; it costs \$250.00.
- At the end of the consultation if you are unsatisfied **for any reason** you will be issued a refund *ON THE SPOT*,
No Questions Asked!

Ask About our Cost Savings Plans

- *877-965-BABY*



Summing Up

- The Berkley Center for Reproductive Wellness is the first complementary medicine clinic in the U.S. completely devoted to treating infertility. Treating infertility exclusively for 13 years.
- From acupuncture to herbs, from nutrition to fertility-massage, from treatment to pregnancy, we make it happen.
- Join our family today and let us help you to start yours now!
- Schedule your **no-risk** consultation now by calling The Berkley Center at **877-965-BABY**.
- *Remember...we offer a 100%, no-questions-asked, money-back-guarantee at the time of your initial consultation.*

The Berkley Center...Recommended by...

- Dr. Joel Batzofin, Batzofin Fertility Services
- Dr. Jonathan Zhang, New Hope Fertility
- Dr. Daniel Levine, Hudson Valley Infertility
- Dr. David Hoffman, IVF of Boca
- Dr. Alan Copperman, RMA, New York
- Dr. Robert Kiltz, CNY Fertility
- Dr. Paul Magarelli, Reproductive Medicine Fertility Centers, Colorado
- Dr. Glen Schattman, New York Cornell Medical Center
- Dr. Sami David
- Dr. Randine Lewis, Author of 'The Infertility Cure'

- **We are the the Most Recommended Fertility- Acupuncture- Center in New York City.**
- **877-965-BABY**