



# Inbloom Health: Supporting your fertility journey



## Your path to parenthood is unique.

We walk beside you wherever you are on your fertility journey - from navigating infertility, planning future fertility, or preparing for assisted reproductive technologies (like IUI or IVF). At Inbloom, we offer evidence-informed, compassionate care that supports your body, mind, and heart.

## Naturopathic Medicine: Supporting fertility from the ground up

### Egg & Sperm Quality

Egg and sperm health is the foundation for conception. We use research-backed strategies like antioxidant therapy, nutrition, and lifestyle changes that support cellular-level health.

### Identifying Underlying Contributors

Conditions like insulin resistance, PCOS, endometriosis, and autoimmune issues can affect ovulation, conception and pregnancy. Our ND's help identify and address these patterns.

### Individualized Supplementation

Not all prenatal vitamins are created equal, from folate to CoQ10. We take the guesswork out of what supplements are best for you. Lab work, health history, and goals for both partners shape our individual recommendations.

### Stress Resilience

Delayed time to conception can be an emotionally taxing experience. Acupuncture is a foundational strategy for nervous system regulation and mental health.

### Inclusive, Affirming Care

We honor all family structures and identities. Whether you're solo parenting, in a queer partnership, or using donor conception, you're welcome to bloom here.



# Acupuncture Timing for IVF / IUI Support

Supporting each phase of your cycle from prep to transfer to aftercare.

## Timeline



### 3 Months Before IVF / IUI

Prepare the soil before planting the seed.

Weekly acupuncture to:

- Improve blood flow to ovaries & uterus
- Support egg/sperm quality
- Regulate cycles & hormones
- Reduce stress and improve sleep



### Stimulation Phase (During IVF meds)

Support your body's response to stimulation.

1-2x per week during this phase to:

- Support follicle growth
- Promote optimal uterine lining
- Minimize bloating, mood swings, anxiety



### Before & After Egg Retrieval / IUI

Protect the Qi. Calm the body.

Day before and/or day of retrieval/IUI:

- Support ovulation and reduce inflammation
- Encourage smooth procedure and recovery



### Embryo Transfer Day

Improve IVF/IUI outcomes.

1 session within 24 hours before & after transfer.

- Calm uterus, promote implantation, reduce stress.



### Two-Week Wait

Encourage calm & support implantation.

1-2 sessions during the wait

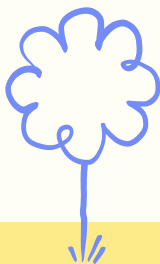
- Regulate nervous system
- Address anxiety, promote circulation to uterus

### If Pregnancy Occurs

Support first trimester & reduce stress

Weekly acupuncture through week 12

- Reduce nausea, support progesterone, prevent miscarriage risk



**Your fertility journey starts with a conversation.**

If you'd like to book with one of our Naturopathic Doctors or an Acupuncturist, visit us at:

**[inbloomhealth.ca](http://inbloomhealth.ca)**