

CLINICAL PEARLS - FEBRUARY 2016

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Preparing The Host: Addressing inflammation, dampness and blood sugar

The idea of preparing the host is not new. We all do it for our patients whether they are trying to conceive naturally or using ART. We all have specific protocols that we use depending on the unique situation of our patients. When we work with them we are striving to get them to their optimal state of health before conception (and during pregnancy of course).

Here I would like to share strategies that have been successful in addressing the patient who has signs of inflammation, dampness and blood sugar issues. This is not intended for the patient with metabolic syndrome or a diagnosis of PCOS, rather for the patient who struggles with a similar symptom picture but doesn't meet the diagnostic criteria that would put them on the PCOS spectrum.

I'll use a patient who was experiencing failed cycles using proven donor eggs as an example. These eggs in turn created several high grade embryos. Her RE was concerned that the patient's internal environment was compromised citing weight and inflammation as probable causes.

Since, I have seen similar patterns for many other IVF patients using donor eggs and non donor alike. Common themes that I have noticed follows:

- Constitutional dampness evident from tongue and pulse
- Typically accompanied by KD Qi and Yang xu, SP qi XU with damp, along with other TCM patterns
- History of poor dietary choices, sugar addiction
- Overweight



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- Inconsistent exercise habits

Clinically the formula that worked very well is modified Jiang Gu Tang (Strengthen and Consolidate Decoction). Traditionally this formula is used during the luteal phase to strengthen Kidney Yang via reinforcing the Qi (SP, KD). It lends itself to be easily modified to address for individual patterns such as phlegm or blood stasis, or other patterns that come forward in your patients. For patients preparing for a transfer and who have the above mentioned patterns I use this formula regardless of phase if they are on OBP, or if treated long before it can be modified to fit other phases. Dosages are for raw herbs and can be modified for powder.

Dang Shen	10g
Bai Zhu	10g
Shan Yao	10g
Yi Yi Ren	15g
Tu Su Zi	10-12g
Ba Ji Tian	10g
+/- Lu Jiao Jiao	10g
+/- Du Zhong	9-12g

I often treat the heart and move the qi and further address the SP:

He Huan Pi	10g
Chen Pi	9g
Fu Ling	9g

Having addressed the SP and KD with the formula, proteolytic enzymes and Myo-Inositol are added to specifically target inflammation and blood sugar. I have found these 2 supplements to be clinically effective in this patients exhibiting these symptoms.

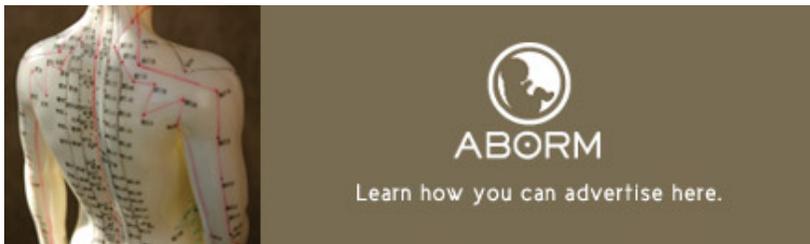
Proteolytic enzymes, I use Wobenzym N, moderate inflammatory response for the whole system, promote better circulation and help break down scar tissue by breaking down fibrin. Reproductively it brings oxygenated blood to the uterus, ovaries and eggs and helps rebuild healthy tissue. There are studies of its efficacy for recurrent miscarriage and endometriosis, but that is not the focus here.

The dose is 3 tablets BID on an empty stomach, 45 minutes before or 2 hours after a meal. I haven't had to increase the dose, though some studies have gone up to 12 a day.

Myo Inositol lowers insulin and improves blood sugar control, it also lowers triglycerides. Typically I have used this supplement with PCOS patients as it has a capacity to lower testosterone levels and improve egg and embryo quality while helping to restore ovulation. Used for the patient with a sugar addiction and poor diet it can help restore blood sugar balance.

The combination of herbal therapy along with the supplements have shown to be quite effective for the patient with inflammation and blood sugar issues. Of course lifestyle and acupuncture play an important role.

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