

THE **B**ERKLEY CENTER
for Reproductive Wellness

Acupuncture Herbs Fertility
From Frustration to Family

We Successfully 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

- New York Fertility Services
- New Hope Fertility
- Sher Institute
- NYU
- New York Cornell
- RMA
- New Way Fertility
- Columbia Center for Women's Reproductive Health
- And many more...

Meet the Team

- Mike Berkley, licensed acupuncturist; 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, L.Ac.

- First acupuncturist to specialize in the treatment of infertility. Treating infertility exclusively for sixteen years
- First acupuncturist to be inducted into a Society of Gynecologist-Obstetricians
- Member of INCIID (inciid.org)
- Former Board Member of ATIME (atime.org)
- Former Board Member – Pacific College of Oriental Medicine
- Board Member of American Board of Oriental Reproductive Medicine (aborm.org)
- Recommended by many reproductive endocrinologists

Mike...

- 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 – Mike treats you, not just your fertility challenge
- The Berkley Center combines acupuncture, and fertility enhancing herbs, achieving excellent pregnancy outcomes

Our Approach

- We treat the physical, spiritual & emotional aspects of the person inside the patient
- We treat naturally with herb & acupuncture
- Result: increased pregnancies, fewer miscarriages.

Relationship

- You will be treated by the same practitioner every time you come in for treatment
- You will not be a number in a factory like setting
- You will not be treated by nurses or administrative staff
- You will be given respect, treated with dignity and kindness and truly cared for

Expertise

1. Fertility acupuncture
2. Natural herbal medicine
3. 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 and female causes of infertility
- Want proof? Simply Google “Acupuncture infertility studies” You will 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 stimulate blood flow to the uterus and ovaries, improving eggs, and lining as well as reducing anxiety and depression
- Including acupuncture & herbs often means the difference between being a patient and being a parent

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 250 lbs, height 5.3
- Western diagnosis: PCOS/irregular periods/annovulatory cycles
- Western treatment: Metformin with IVF
- Results: 3 Failed IVF cycles
- History: We treated Mary 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 and Sharon: TTC 4.5 years
- Western diagnosis: Idiopathic infertility
- No pathology was identified
- I suggested that Richard be tested for sperm DNA fragmentation. He has 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?

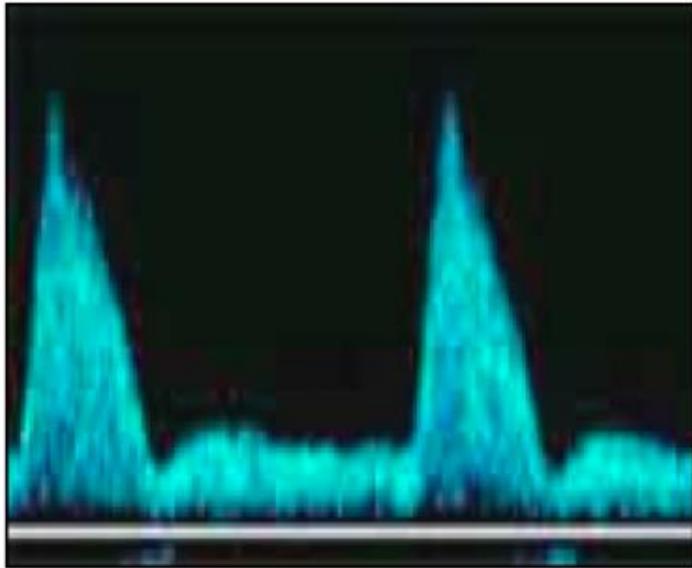
- Fact: Acupuncture reduces anxiety, de-stresses and calms
- This is because of endorphin release
- Endorphins cause uterine artery widening which causes increased blood flow to the uterus and to the ovaries
- More blood flow means greater delivery of hormones, nutrients, oxygen and electrolytes and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

Your Endometrial Lining

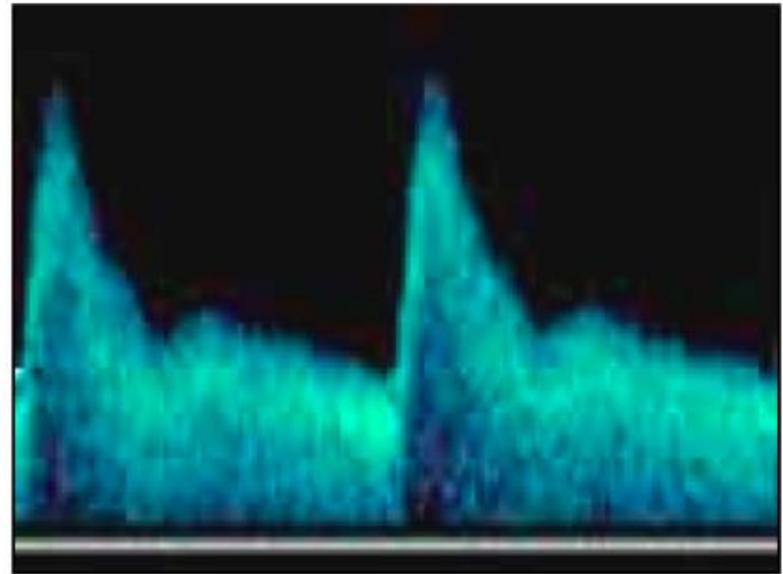
- Just because you have a “perfect 10mm lining” does not mean that there is enough blood flow to ensure a successful implantation
- Acupuncture & herbs frequently help increase blood flow to your lining, increasing implantation rates

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 world's 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 specialized in reproductive medicine, herbs are safe and effective
- Herbs gently nourish the ovaries and endometrium making the job of Western reproductive medicine easier.
- This frequently means you will require **LESS medicine**

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 you body. There is no medicine in the needles

What do Herbs Do?

- Acupuncture stimulates to blood flow, herbal medicine regulates endocrine function
- 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 and reduces miscarriage rates

Herbs: Pills or Raw?

- Never take herbal medicine in a 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 is nationally Board Certified in clinical herbal medicine

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 and a half hours before ET and...
- Up to 24 hrs after ET
- German Study: Acupuncture was performed in 80 patients 25 mins 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 and 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

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 receive 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 who 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 hrs. 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 can also recommend reproductive endocrinologists if you want a second opinion

National and International Telephone Consultations Available

- Anywhere in the world. Mike can prescribe customized herbal medicine for you and work closely with your acupuncturist, managing your case from the Berkley Center for Reproductive Wellness
- If necessary, we can also help you locate an acupuncturist if you live outside of New York metropolitan area who specializes in the treatment of infertility

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

Our Pledge to You

- You will be treated from the time of your initial consultation to the time of your pregnancy by ONE practitioner. That means that Mike Berkley and only Mike Berkley will manage your complementary medical care. **We believe in creating a 'partnership of care'.**
- We know that the patient-practitioner relationship is almost as important as the actual treatment itself.
- You will never be 'shuffled' from one practitioner to another

Why is This Important

- 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

Communication – The Impossible Dream

- Mike constantly checks his email and we guarantee that your emails will be responded to the same day he receives them
- Send him your questions acumike@nyct.net
- You will never again experience the frustration of not having your email or phone calls returned by your health-care provider
- All calls are returned the same day too

Office Hours

- Daily from 7:30am until 7:30pm
- Weekends and holidays for pre & post embryo transfer acupuncture treatments, any time of day!
- The Berkley Center, here for you 24/7/365
- Mike makes clinic and house calls too

100% Money Back Guarantee

- The Berkley Center for Reproductive Wellness is the only clinic anywhere that offers a 100% money back guarantee!
- How does it work?
- Schedule your consultation: it costs \$150.00
- **At the end of the consultation if you are unsatisfied for any reason you will be issued a refund on the spot.**

Acupuncture for \$65.00 per visit

- Ask our scheduling coordinators about our cost savings plans
- Expertise for less
- And remember to ask about your 100% Money Back No Questions Asked Guarantee

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 16 years
- From acupuncture to herbs, from treatment to pregnancy, we make it happen.
- Join our family today and let us help you start yours now!
- Call and schedule your no risk consultation

Mike Berkley... 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. Tanmoy Mukherjee, 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. Pak Chung, New York Cornell Medical Center
- Dr. Randine Lewis, Author of “The Infertility Cure”

Find us at...

- berkeleycenter.com
- Or call us at 212-685-0985