

How Acupuncture Improves Fertility & Hormone Health

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<https://silosolo.com/885442>

Summary

There is significant data supporting the idea that acupuncture can improve fertility and pregnancy outcomes. It is no longer considered fringe science and has been supported by clinical trials. Acupuncture can impact hormones, improve blood flow, and affect the health of reproductive tissues. In females, acupuncture can help balance hormones, regulate FSH levels, improve blood flow, and enhance the health of the ovary. In males, acupuncture can improve semen volume, sperm quality, sperm motility, and increase levels of testosterone and other hormones necessary for healthy sperm production.

Silo sample questions

- Can acupuncture improve fertility and pregnancy?
- Is acupuncture considered fringe science?
- What is the mechanism behind acupuncture's effect on fertility?
- What are some of the specific effects of acupuncture on female fertility?
- What are some of the specific effects of acupuncture on male fertility?

Topics

Acupuncture

Fertility

Pregnancy

Mechanisms

Clinical Trials

Key Takeaways

- Yes, there is a lot of data supporting the idea that acupuncture can be beneficial for improving fertility and pregnancy outcomes.
- No, acupuncture is no longer considered fringe science and has been supported by clinical trials funded by government agencies.
- Acupuncture can impact hormones, improve blood flow, and affect the health of reproductive tissues, both in females and males.
- Acupuncture can help balance hormones, regulate FSH levels, improve blood flow, and enhance the health of the ovary.
- Acupuncture can improve semen volume, sperm quality, sperm motility, and increase levels of testosterone and other hormones necessary for healthy sperm production.

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