



Kate Freemantle

# CHINESE HERBAL MEDICINE





# KATE

# FREEMANTLE

MSc Chinese Herbal Medicine, BSc Acupuncture  
Dip Advanced Fertility Support



I have specialist training and clinical experience in INTEGRATED MEDICINE which brings together up-to-date conventional diagnostic techniques and Traditional Chinese Medicine to support fertility.

Fertility issues can be complex whether you have been given a specific diagnosis or labelled as 'unexplained infertility'. I believe if we look a little harder and dig a little deeper we can often find the root causes of the problem.

I then use Chinese herbal medicine to prime your body and fertility health by working on those underlying conditions.

Over 15 years experience treating fertility issues with acupuncture and herbal medicine

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Member of the Register of Chinese Herbal Medicine

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Member of the British Acupuncture Council

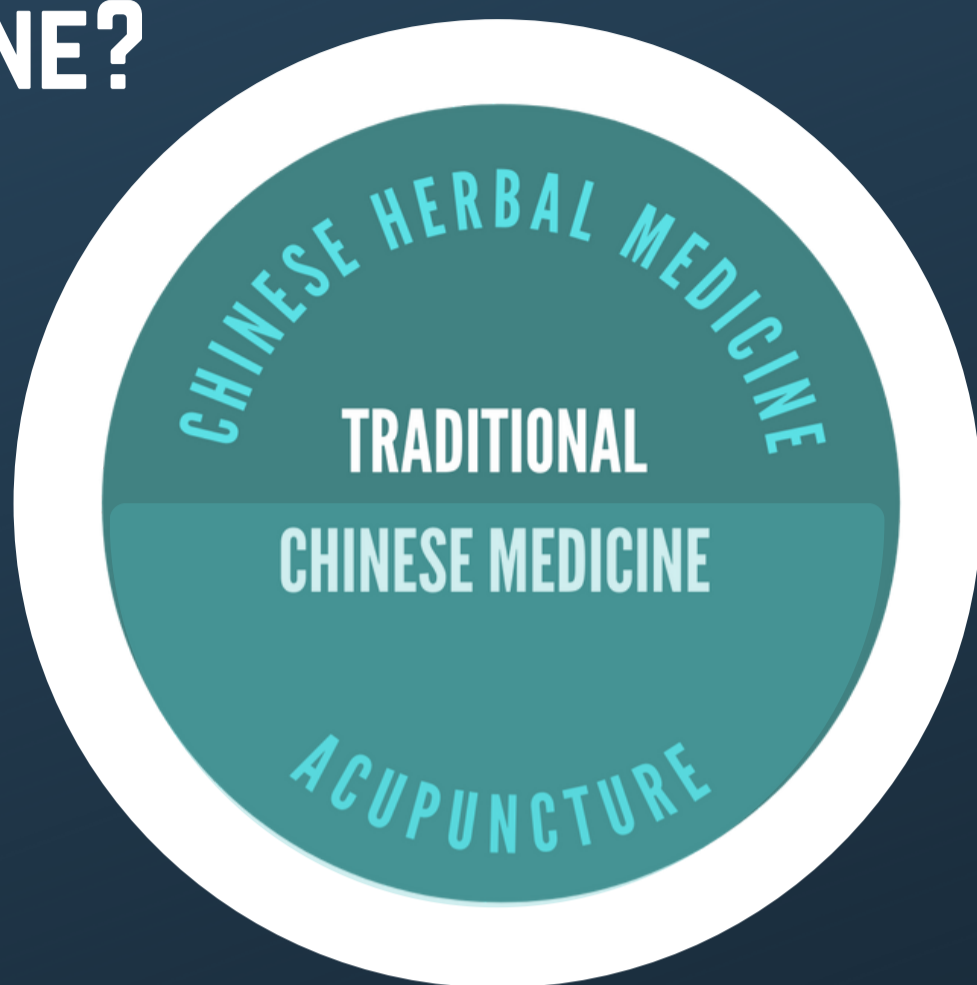


Register  
of Chinese  
Herbal Medicine



British  
Acupuncture  
Council **Member**

# WHAT IS CHINESE HERBAL MEDICINE?



Chinese Herbal Medicine (CHM) and acupuncture are two of the key practices that make up the holistic system of Traditional Chinese Medicine (TCM).

TCM is every bit as logical and systematic as conventional Western medicine and is based on a different perspective of health and wellness.

Whilst conventional medicine views the body through the lense of separate organs and systems, in TCM your body/mind is treated as a 'whole'. This means the health of any particular body part (including the reproductive system) is treated in relation to the whole and the body must also be seen as intimately connected with our mind, our emotions and the external environment.

Acupuncture and CHM have evolved together and work harmoniously to support your fertility health. A simplistic explanation for this is that acupuncture works from the outside inwards to support fertility and CHM works from the inside outwards! CHM can be considered similar to good nutrition but with higher potency and a more medicinal focus.

**KEY PRINCIPLE:**  
**GOOD HEALTH DEPENDS ON ACHIEVING OPTIMUM  
VITALITY AND BALANCE IN THE BODY**





# CHINESE HERBAL MEDICINE

## HAS A PROVEN TRACK RECORD

### Increasing recognition

Although the practice of CHM only began to expand in the UK in the 1980s, it is one of the great herbal traditions of the world, with an unbroken history going back to the 3rd century BC. It has been used for thousands of years by over a quarter of the world's population for ailments, infections and other health problems.

### Supporting fertility

During this time, CHM has developed treatments that have been empirically tried, tested and proven effective for a range of medical conditions including gynaecology and supporting fertility in both men and women. These treatments are often used alongside, and to support, conventional treatments.

### Improving pregnancy rates

A meta analysis in 2015 involving 4247 women found that the management of female infertility with Chinese herbal medicine can improve pregnancy rates **2-FOLD** within a 3-6 month period compared with Western medical fertility drug therapy. In addition, fertility indicators such as ovulation rates, cervical mucus score, biphasic basal body temperature, and appropriate thickness of the endometrial lining were positively influenced by CHM therapy, indicating an ameliorating physiological effect conducive for a viable pregnancy.  
<https://doi.org/10.1016/j.ctim.2014.12.004>

**EMPIRICALLY TESTED OVER  
THOUSANDS OF YEARS**



## CHINESE HERBAL MEDICINE AND FERTILITY

# WAYS HERBS CAN HELP



Different herbs have different medicinal properties which are far reaching in action and in their ability to prime the body ready for natural conception or IVF. The key to getting the right herbal formula is based on clear and correct TCM diagnosis.

Here are some examples of what herbs are capable of:- they can be high in anti-oxidants, anti-inflammatory, blood nourishing and moving, hormone supportive, anti-biotic, anti-viral, hepatic protective, stress reducing and emotionally calming, and much more besides.

Many are adaptogenic, encouraging the body back into homeostasis, and they have even been proven to support your immune function. Specific medicinals can counteract an overly 'triggered' immune system vital for fertility health. In addition, they can promote blood flow to the ovaries and uterus as well as support semen health, preparing the ground for improved egg quality and DNA.

With such far reaching actions PLUS a different way of viewing the body, Chinese herbal medicine can help your individual health and fertility situation. Whether you have a diagnosed condition such as reproductive immunology issues, polycystic ovaries, endometriosis, luteal phase defect, irregular cycles, amenorrhea, poor egg quality OR if you have been given an 'unexplained infertility' diagnosis.

**NATURALLY SUPPORTING  
FERTILITY**



# **BESPOKE PRESCRIPTIONS**

Formulas that treat you as an individual. Supporting your particular health and fertility situation.

## **+ Fertility formulas tailored to you**

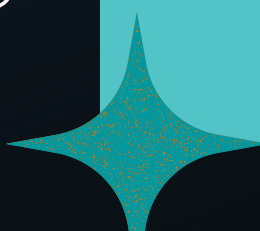
There is no 'one size' fits all when it comes to Chinese herbal medicine as each prescription, whilst based on an empirically tested formula, will be tailored to your specific fertility needs. Usually a formula is comprised of 10-16 different herbs that work synergistically to target your particular health requirements.

## **+ High quality plant medicinals**

All herbs can be traced directly to source and for added peace of mind, all suppliers used are recommended by The Register of Chinese Herbal Medicine. Rich in plants, twigs, barks, grasses, flowers and bulbs, my herbal preparations are guaranteed to be free of pesticides, sulphides, xeno-oestrogens and steroids.

## **+ Easy to drink preparations**

Modern advancements in herbal medicine allows me to formulate and send out my bespoke prescriptions in powdered form. Easily mixed with hot water and drunk when cooled a little.







FREE 15 MINUTE ONLINE CALL

# BOOK A

# DISCOVERY CALL

## Free online consultation

Find out more about my herbal medicine approach and whether you feel it is suitable for you.

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