



Needles or Light? Acupuncture to Enhance Your Fertility

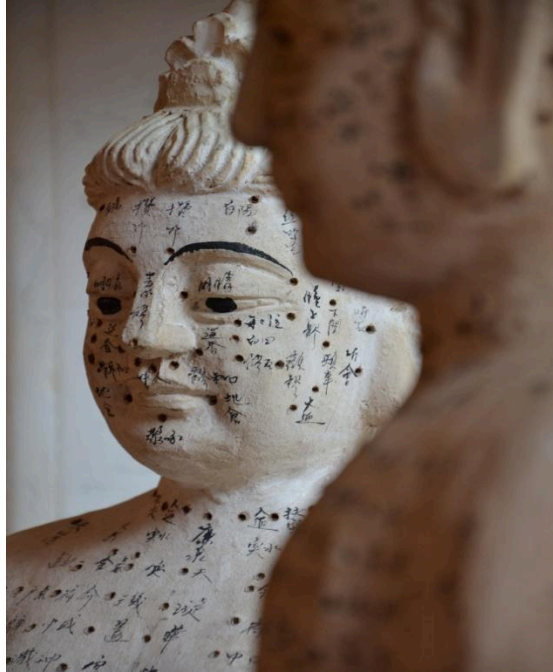
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History of Acupuncture



The ancient practice of acupuncture is believed to have started in China approximately 3,000 years ago. It's honestly as old as the history of China itself. Acupuncture is one of the four branches of Traditional Chinese Medicine (TCM). The distinct and completely interconnected healing are herbology, acupuncture, manipulative therapy (tui-na), and food cures. The scope of acupuncture includes cupping and moxibustion, but for our purposes, I'm focusing on acupuncture and its benefits.

Chinese medicine has evolved, always adapting to modern-day health challenges. Although many individuals influenced the evolution of TCM, no one person founded TCM. Instead, it migrated throughout the world and adapted to the local flavor of different cultures.



For example, in S. Korea, they utilize the practice of moxibustion (heat therapy using mugwort directly on or near the skin). This reflects the local culture where eating hot, spicy foods like Kimchi is daily cuisine. Japanese acupuncture has multiple approaches, including the respected branch called Toyohari. Toyohari is done by highly skilled blind acupuncturists who simply hold the needles above the point without insertion.

Compared to the history of TCM, North American acupuncture is a very recent import, and we're still adapting the practice of acupuncture to the culture here. When anyone asks what style of acupuncture I practice, I say "American style". What I mean by that is that I adapt my style and approach to the person in front of me.



Some people love strong stimulation and want to “get the job done” as quickly as possible. Others have a deeply rooted fear of needles and want nothing to do with feeling electricity along their nerves. No worries! Acupuncturists can adapt to your desires and all approaches are beneficial.

The oldest text known in TCM is called **Yellow Emperor's Classic of Internal Medicine**, which dates back to 300 BCE. All TCM schools continue to rely on this text in their curriculum. It's an unbroken lineage of learning and teaching. In acknowledging the historical lineage of TCM, we also must acknowledge Tibetan medicine. It most likely predates most of the Chinese medical texts we read, which were primarily published post-Mao era.



There are many differences between Tibetan and Chinese medicine, but the main one is the spiritual component infused within Tibetan medicine. They acknowledge a spiritual aspect primarily related to karma, which could be contributing to the physical obstacles one is trying to overcome.

Lastly, many of you heard about the discoveries in Egypt that revealed mummies with acupuncture points on their surfaces. It was discovered that in approximately 1550 BCE, there were hieroglyphs showing the use of needles, cups, and moxibustion. Interestingly, in the history of light therapy, we also look to Egypt for their practice of channeling different colors of light into the body for strength and healing. *For as long as we know, acupuncture has been used throughout the world to regulate the nervous system, regain balance in the endocrine system, and relieve pain in every culture that integrates the practice.*

Theory of Channels/Meridians and Fascia



Acupuncture is based on a theory of channels in the body called meridians. These meridians can also be called channels. I think of the meridian system as the highway system within the depths and surface of your body. This highway system connects with your nervous system, which essentially controls all the other systems. When you work with the meridian system, you send messages directly to your brain.

Our body is both biochemical and bioelectric. Most of you have mastered the biochemical part – how to affect our chemistry with food, supplements, and/or drugs. But what about the bioelectrical aspect? You know that if you don't use a dryer sheet, you're going to feel a shock! This shock is indicative of the electrical aspect within us.



How does the meridian theory fit in overall?

Hardware: The physical, visible, tangible part of us

- i.e. you hit yourself with a hammer, and it hurts – that's the hardware.

Software: The organizational, invisible part of us

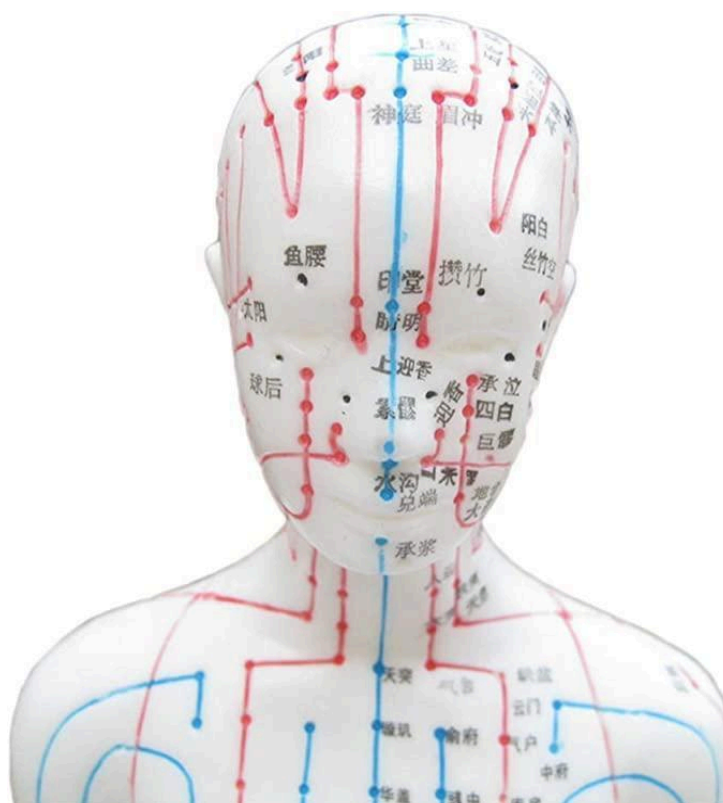
- i.e. you hit yourself with a hammer, and it sends a pain signal to your brain – that's the software.

Circuits: The meridian/channels within your body connected to the nerves and superficial fascia

- i.e. how the pain signal gets delivered to your brain

Polarity: The negative/positive aspect of your cells and how they spin. It can also be defined as yin/yang.

- i.e. like a magnet that has a positive or negative side, only one side will stick to the refrigerator. We use this to move stuck energy through the channels.



The theory is that the channels govern the function of the organs. What if you don't have a gallbladder? How can there be a diagnosis of excess in your gallbladder channel if you don't have a gallbladder? Easily! The channel itself, the meridian, is still functioning as a conduit for energy, photons, and electrons.

So we can have problems in the channel with or without the organ. We can use the channel to affect how the organ is functioning. And sometimes the channel gets affected by scar tissue surgery. Things will block the energetic flow on the channel that we need to unblock so that the energetic highway on that channel is open, free, and moving.

Needles vs. Light



We are biochemical and bio-electric beings.

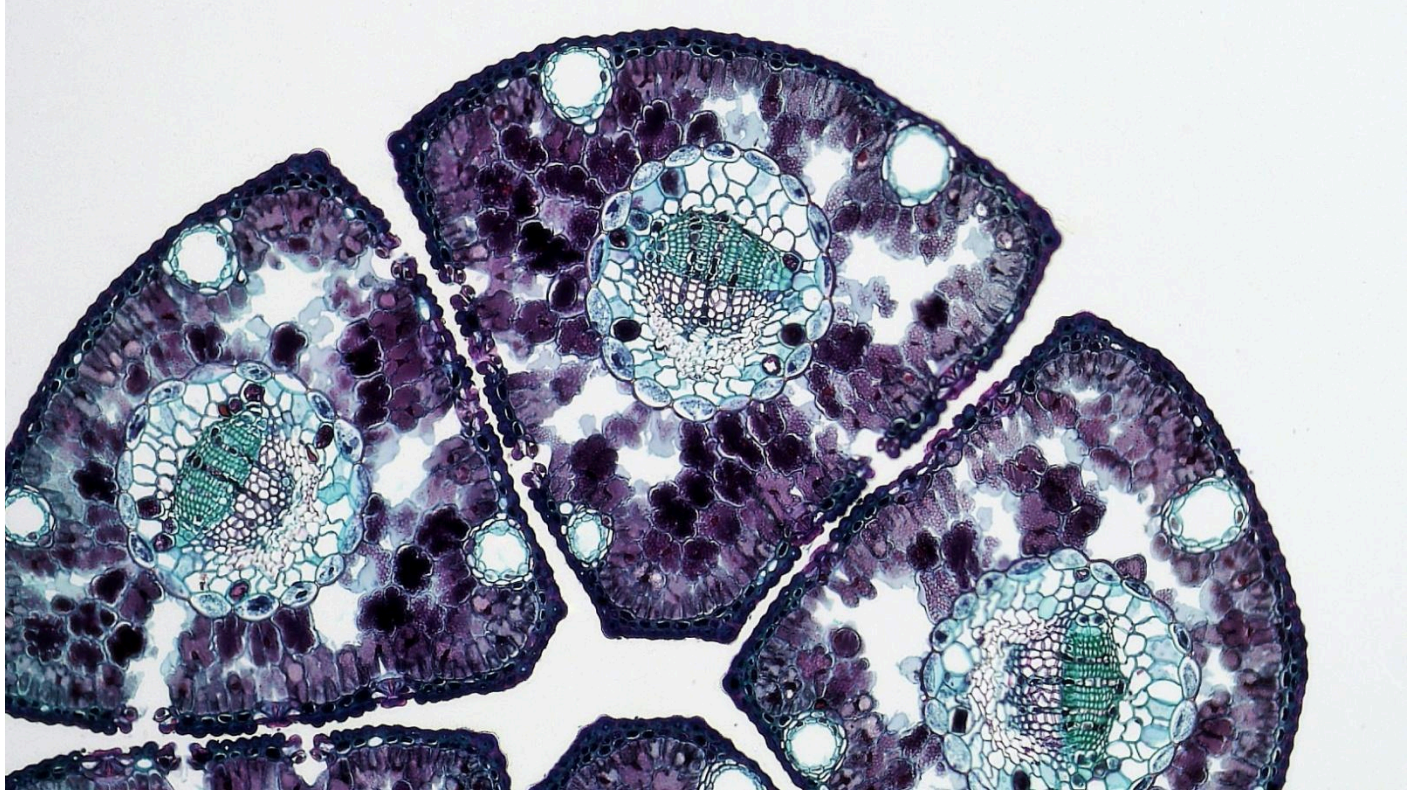
We all know on some level that we are both biochemical and bioelectrical beings. Knowing this electrical part of ourselves may be as basic as getting static electricity from hot clothes right out of the dryer, or touching someone after walking with socks on the carpet. But how often do you think about how that same electricity is part of what keeps our heart pumping?

The spark of life that keeps us alive begins even before the moment of conception. Refer to my blog post about what scientists call the “zinc spark” when an egg receives the sperm to form an embryo.



This moment has been captured on camera to show us that spark of light. According to scientists, what we see is actually a [spark of zinc](#). What we could say is that trace minerals are essential to the electrical aspect of our bodies and provide the vehicle for qi or prana to course freely throughout. Zinc may be the vehicle for us to see the spark of light that leads to fertilization or conception.

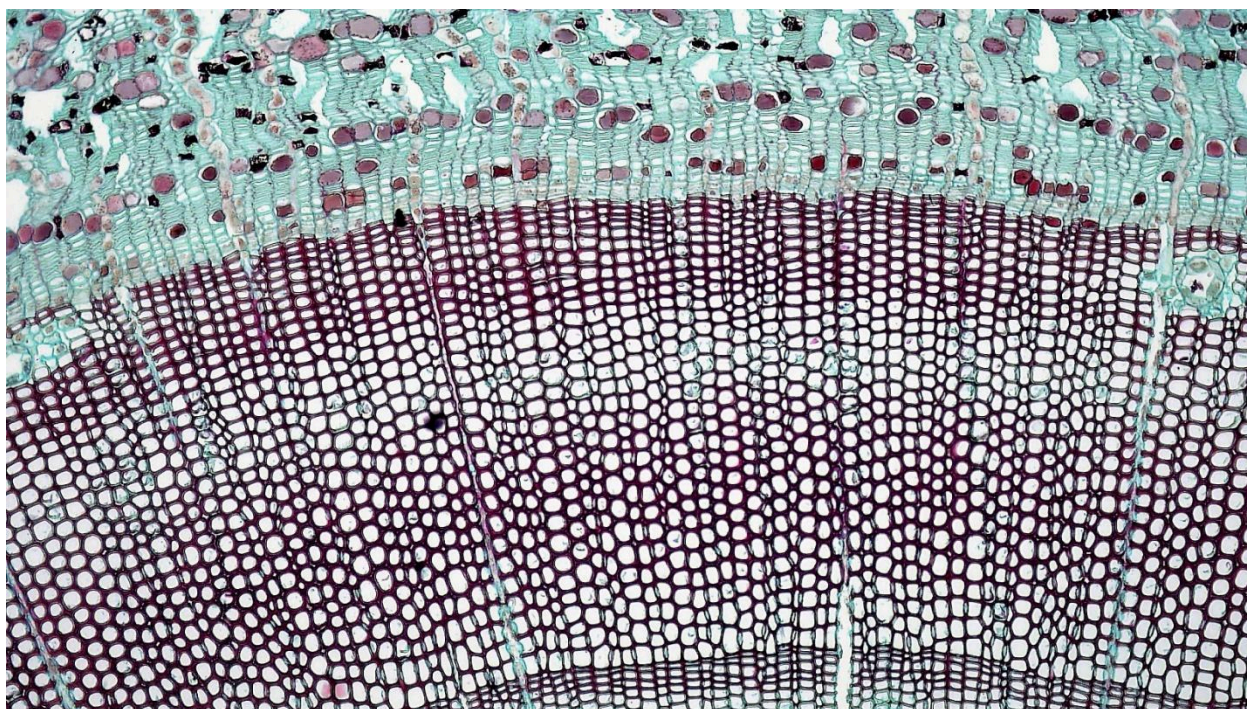
If we were only biochemical, then proper nutrition would be enough. If we were only bioelectrical, then nutrition wouldn't matter. We know for certain that both are essential for good, sustainable, and resilient health. For literally thousands of years, acupuncture has been performed with miraculous results. Why? Because energy moving throughout our electrical system, known as meridians, is essential to our healing. Wherever there's pain, there's a blockage. We rely on our electrical system to unblock.



We are made of 70 trillion cells. How these cells function is the key to our health. Thanks to Fritz Albert-Popp, we know that our DNA emits and receives light. And so the question becomes; what light? How do we conduct this light so that our cells and DNA function optimally?

There are different ways to stimulate or motivate the energy in the channel through this point. You can use a needle (filiform) or you can use light, which is my favorite way to stimulate channels and acupuncture points in the body using light in the form of a patch. I wear patches every day. I love it.

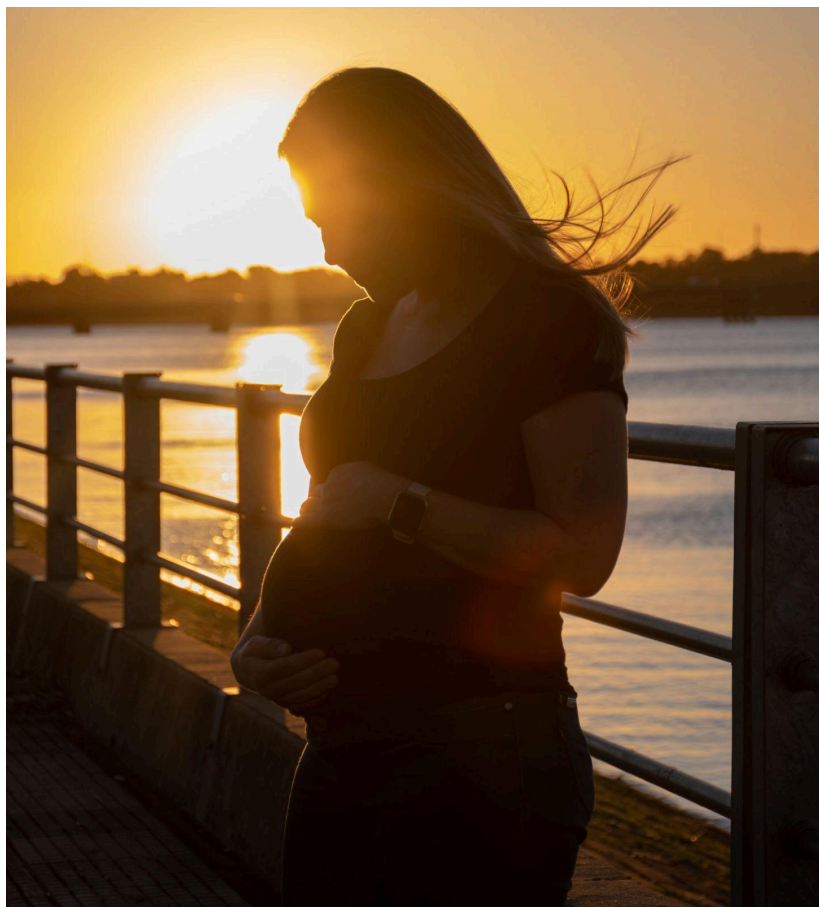
You can use a laser, you can use a laser pen, and you can use light. You can use a magnet – you can even use your thumb, alright? There's nothing really that's out of the ballpark that you cannot use over the points to help facilitate the energy, the bioelectrical part of your body, right?



As a culture, we don't necessarily believe in bioenergetics because it's the least tangible part of ourselves. Yet, on some level, we know it's true. It's sort of like static clinging. We don't think about it because we don't have it in our world all the time. But once you get zapped by the sock that just came out of the dryer, you know – wow, I do have electricity in my body, right? So we know that it's real. It's what's keeping us alive.

As I mentioned before, the zinc spark is really where it begins. When an embryo is created with the sperm and the egg, it's the first time that we see light. There's visible light that's created through the zinc spark. Personally, I feel it's because of zinc that there's a spark. Because we need the minerals, the trace minerals, and the macro minerals in our body to have life, right? So the next spark of light, which is life, is when the embryo is transferred into your uterus. And you see that spark of light. That's the second spark of light. That's how it all begins, right? With light – this is our vitality.

Enhancing Fertility



If you're wondering if you should embrace acupuncture or light to enhance your fertility, the answer to that question is yes! **Yes, choose acupuncture to support your fertility.** And yes, use light to enhance your fertility. Here's a clarification and simplification.

Acupuncture is going to do a few things for you:

1. Provide a chance weekly, bi-weekly, or monthly for a very productive nap. I call this the *needle nap*. This is your chance to let go, unplug, and let your energy flow through your channels. This resets and restores your nervous system. Remember, it's your nervous system that governs your endocrine system.



A skilled acupuncturist is going to give you a differential diagnosis and base your treatment on that. Most couples struggling with fertility have a deficiency pattern related to their kidneys and under-functioning in the liver and spleen. These are the channels that support your thyroid and ovaries. These are the main glands involved with fertility.

2. Improve the resiliency of your nervous system. Acupuncture restores your nerves, allows you to handle stress better, and makes you more resilient overall. Instead of thinking, “these needles are hurting me”, I want you to think, “the stronger the sensation of activating my nerves, the stronger and more resilient I become.”

3. Develop a relationship that can assist you in diagnosing the underlying condition and help you to monitor your progress. So often people forget how they used to feel.



I encourage everyone to use a tracker so they can jot down how they feel every day. Once your symptoms start disappearing, your ability to remember them also disappears!

Light therapy will do the following for you:

1. I will say this again and again, *it's what you do every day that matters most.* Referring to light therapy here, I mean phototherapy patches, my preferred modality, or LED Light Therapy if you own your own system. Both of these modalities have comparable effects on your channels, photoelectric effect, and mitochondrial function. So now you are donating cellular energy every day, all day!

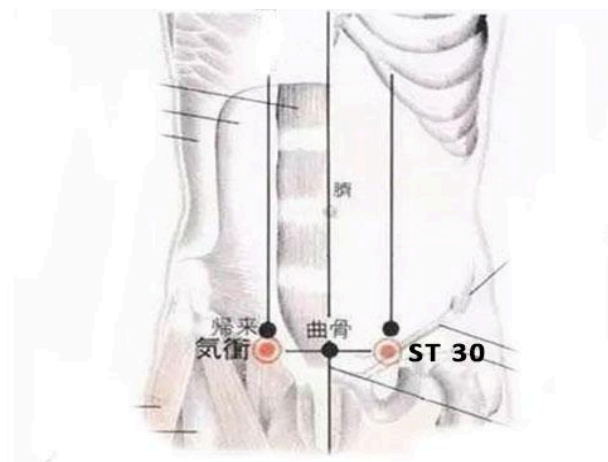


2. Light donates energy to your cells in a way that needles don't.

Think of it like activation (needles) vs. photon-donation (light). So if you are very deficient (tired), light is a better option. And since you will be using it daily, you will restore your channel/organ function more quickly.

3. When using LifeWave patches, we can customize the peptides that will benefit your overall fertility. For example, if you have a lot of oxidative stress, then increasing your glutathione levels will be more important than the copper peptide. Once we have a differential diagnosis for you, then we will customize a treatment plan. And, most importantly, we can place patches on the very powerful fertility-enhancing points named Stomach 30 or *Qi Chong*, the highway of energy points, every day.

Conclusion



Acupuncture has been practiced for thousands of years, all over the globe. There's a reason that traditional approaches are still practiced today, even as acupuncture makes its way into the mainstream. Why? Because most people are sick and tired of taking pills and not getting answers to their problems that make sense. They want true relief of symptoms instead of temporary solutions with more side effects. Whether you choose to go with classic acupuncture or light therapy depends on where you live, how much time you have, and your budget. I always tell patients to do both if they can.

No matter what modality you choose to benefit your nervous and endocrine system, the focus should be on regaining your overall health and how you feel. What you think and how you feel matters most. And cultivating positive feelings and thoughts is something that you should do every day.

May we benefit all beings together, one thought at a time.

Shine your light so bright that it lifts up all those around you.

You are miraculously designed to heal, may all obstacles be removed so that can occur.

About the Author



Jennifer Waters L.Ac., Dipl. Ac.

Jennifer Waters is a Diplomat and Licensed Acupuncturist, Certified Arvigo Therapist, and Master Light Therapist, as well as a practitioner of Zen meditation. She has had the privilege of working in private practice with countless women, men, and children for over 20 years. With a passion for discovering the root cause of disease, Jennifer strives to help clients lead a life free from suffering.

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Resources

Jennifer Waters, L.Ac., Dipl.Ac: <https://jenniferwaters.net/>

LifeWave International: <https://lifewave.com/>

What is TCM? from Traditional Chinese Medicine World Foundation: <https://www.tcmworld.org/what-is-tcm/>

Acupuncture: What You Need To Know from National Institutes of Health:

<https://www.nccih.nih.gov/health/acupuncture-what-you-need-to-know>