

A MARTHA STEWART PUBLICATION

**+ LOOK AT YOU GLOW! HEALTHY TRICKS FOR RADIANT SKIN**  
**NATURAL FERTILITY CURES FROM NEEDLES TO HERBS: WHAT SHOULD YOU TRUST?**

# whole living

body + soul in balance



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## Fertile Ground

Millions of women have trouble conceiving. Unsettled by traditional treatments, our writer went halfway around the world to explore a holistic approach. Her journey (and the latest research) may help separate fertility fact from fiction.

BY JENNY ROUGH Additional reporting by Michelle Herrera Mulligan



Spark new ideas  
anytime, anywhere  
(science says it  
really works!)

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Get the career  
you deserve—  
no job-quitting  
required

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“Imagine the blood vessels that go to the uterus as hoses - for many women, they’re a little kinked,” says Jill Blakeway, a licensed Acupuncturist with The YinOva Center in New York City. “By moving the position of the uterus, you can increase blood flow to it.” This can help optimize the thickness of the endometrial lining where an embryo implants

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THRU MAY 23

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