

## **Category**

Manual/osteopathic/chiropractic techniques

## **MERCIÉR THERAPY IMPROVES IVF OUTCOMES**

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## **Introduction**

Among women ages 15–44, 12.1% have impaired fecundity, 6.7% of those who are married are infertile, and 12% (7.3 million) have used infertility services in their lifetime ([www.cdc.gov/nchs/fastats/infertility.htm](http://www.cdc.gov/nchs/fastats/infertility.htm)). In 2016, clinics in the United States performed 263,577 Assisted Reproductive Technologies (ART) cycles. Of the 197,737 ART cycles intended to achieve pregnancy (as opposed to freezing the resulting eggs or embryos for future cycles), 65,996 live births resulted; of those live births, 76,930 infants were born. “Although the use of ART is still relatively rare as compared to the potential demand, its use has doubled over the past decade,” reports the Centers for Disease Control and Prevention ([www.cdc.gov/art/artdata/index.html](http://www.cdc.gov/art/artdata/index.html)). According to preliminary data provided by the Society for Assisted Reproductive Technologies, an average of 30.7% of women up through age 42 achieved pregnancy in 2016 after their first IVF attempt using their own fresh eggs ([www.sartcorsonline.com/rptCSR\\_PublicMultYear.aspx?reportingYear=2016](http://www.sartcorsonline.com/rptCSR_PublicMultYear.aspx?reportingYear=2016)).

## **Purpose/Aim**

The purpose of this five-year study is to confirm that the use of Merciér Therapy’s site-specific deep pelvic organ visceral manipulation sequence is valid in helping to prepare women for cycle optimization prior to IVF stimulation.

## **Materials and Methods**

From 2013 to 2018, 171 women ages 27–42 were interviewed, underwent six hours of Merciér Therapy, and were supplied with organic food-based prenatal vitamins containing a methylated folate. Merciér Therapy’s research setting is a relaxing holistic clinical environment in Illinois. The women selected for the study all complained of primary and secondary fertility challenges regardless of age, current or past pathological condition, prior surgical intervention, and treatment history (including no prior treatment).

## **Results**

In all, 150 women (87.7%) who underwent Merciér Therapy prior to IVF stimulation achieved pregnancy: 142 women (83%) through IVF, and 8 women (4.7%) through natural means. With the first IVF cycle, 87 women (50.9%) achieved pregnancy. With the second IVF cycle, 44 women (25.7%) achieved pregnancy. With the third IVF cycle, 11 (6.4%) achieved pregnancy. In addition, 21 (12.3%) did not become pregnant.