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ON PINS AND NEEDLES A 2008 British Medical Journal study found that women who underwent IVF and acupuncture together were 65 percent more likely to conceive than women who only underwent IVF. According to acupuncturist-herbalist and Making Babies co-author Jill Blakeway, L.Ac., acupuncture works by promoting uterine blood flow. It can also quiet post-IVF uterine contractions, encouraging implantation, and decrease levels of cortisol (a “stress hormone”) and prolactin; both are known to disrupt reproductive function.

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33. Switch positions According to traditional Chinese medicine, specific areas of the genitals are linked to your internal organs. “This is one way Chinese medicine believes having regular sex affects overall health,” says Jill Blakeway, L.Ac., an herbalist and co-director of Yin Ova Center in New York City. “To achieve inner balance, you must stimulate all of the genital organs and not just one bit of them, which might overstimulate one particular organ at the expense of others.” Vary positions during sex to make sure all your parts get the attention they need.