I'm often cheering if one of my patients gets pregnant, and crying with them when they do not.

What is old is new again for Leslie Ring-Adams. As an acupuncturist with primarily female patients, Ring-Adams has found that the ancient techniques also benefit women and couples dealing with fertility issues.

"In China there are textbooks that date treating fertility with acupuncture as early as 11 A.D.," she says, adding that the buzz around the treatment in North America is a result of acupuncture's recent integration with conventional western medicine here.

Currently, Ring-Adams is investigating the use of acupuncture in increasing the efficacy of in vitro fertilization in conjunction with the Foothills Regional Fertility Program. Although her study has passed ethics approval, she is still waiting on funding.

The native Calgarian admits that the line between her profession and emotion is a blurry one. "I'm often cheering if one of my patients gets pregnant, and crying with them when they do not."

Ring-Adams is also a trained Doula. Providing emotional and physical support for women in labour, she volunteers her Doula services to pregnant teens at the Elizabeth House, sometimes spending 20 hours straight with these girls in labour.

Guided by her empathetic nature to help people, Ring-Adams is a strong believer in an old piece of advice: "If you have any interest in anything, pursue it."

— Robert Pound

Leslie Ring-Adams, 29
Acupuncturist and Partner, Acupuncture and Health Centre

Photographs by: B.M