

WELLNESS review

Infertility

Falling pregnant is not always easy...

Having a baby is a precious gift and conceiving should be an easy, natural process. Sadly for many couples it is an extremely distressing experience as they struggle to conceive and/or maintain a pregnancy. The causes of infertility are many and varied, and affect both females and males. Sometimes the man's sperm count is too low; sometimes there is a hormonal imbalance in one or both partners; sometimes lifestyle factors such as diet, alcohol or smoking are at fault; and sometimes there may be no obvious reason at all.

From a holistic, natural perspective, difficulty conceiving can be due to issues such as stress, toxicity, nutritional deficiencies and/or hormonal imbalances.

Are you too stressed to conceive?

Is stress making it difficult for you to conceive? Have you ever noticed that it is often when a couple stops trying to conceive, and they start to relax, that they fall pregnant? The impact of stress on infertility cannot be underestimated, both as a cause and as a consequence of not conceiving, in both partners. Stress impacts the reproductive system on all levels. In fact, stress actually inhibits the reproductive system; so if you are stressed, this may affect your ability to have a baby.

A detox can help!

Toxicity may also affect your ability to conceive. When your body is too toxic, it can be very difficult to conceive and maintain a pregnancy. A comprehensive integrated detoxification program involving both digestive repair and liver regeneration is an important step in both addressing infertility issues and pre-conception care. A well designed detoxification program can improve liver clearance of hormones and toxins that may impair fertility.

Excess fat affects fertility

Being overweight impairs fertility and is a common cause of miscarriage, gestational diabetes, toxemia, low birth weight and premature birth.

If you are overweight and struggling to conceive, you can be helped.

Be assessed and get the dietary advice to assist you in losing weight, making better dietary choices and increasing nutrients critical for fertility and a healthy pregnancy.

Healthy parents make healthy babies

Nutritional deficiencies can also be a contributing factor in infertility. In order for you to give your little baby the best start in life, it is important that both the mother and father are in optimal health. Ensure you both have optimal body stores of vitamins and minerals that will support energy production, healthy metabolism, healthy foetal development and reduce stress. The correct advice and recommendations on nutritional supplements to support both male and female fertility can make a world of difference.

Are your hormones out of balance?

Hormonal imbalances can be a significant factor in infertility. Basically, without the right balance of hormones, it is extremely difficult to conceive. Fortunately, there are some great combinations of herbs and nutrients that can balance your hormones and improve fertility.

- **For men:** A combination of tribulus, horny goat weed and damiana can support the male reproductive system. These herbs assist in the increased production of testosterone and other male hormones. They increase virility, fertility and sperm production. They work together to rejuvenate the reproductive system, and increase libido. Combined with other herbs and nutrients, they can provide powerful, effective natural support for the male reproductive system.
- **For women:** A combination of shatavari, dong quai and rehmannia can support ovarian function, healthy fertility and libido in women. This combination of herbs improves hormonal balance, regulates the menstrual cycle and nourishes the reproductive system as a whole. A combination of these herbs with key nutrients such as iron and vitamin E may help to boost your fertility.

The subject of infertility is often stressful and can be overwhelming for couples who are struggling to have a baby. If you are experiencing difficulties with fertility, please come in today for information on pre-conception care and natural support of your reproductive health.

