

# Natural Help 4...

# Fertility



## What is for Fertility?

Having a baby is a **pivotal and life-changing event** in one's life – for both women and men. While some couples seem to become pregnant at the 'drop of a hat', for others the quest to bring new life into the world can be less than easy (to say the least!).

Many factors can contribute to the **delicate issue of conception**, and while some couples prefer to leave creation up to fate, others may start on a long and arduous journey to conception, trying a multitude of **different fertility treatments**.

If you and your partner are struggling to conceive, there are certain fertility and pregnancy problems to consider. Fertility is the term used to describe the **natural ability of a man and woman to conceive** and bring forth new life. In order to be able to conceive, the **reproductive system** of each party must function effectively.

## Fertility in Women

**Fertility in women** refers to the ability to become pregnant and have a baby. A woman's monthly **menstrual cycle reflects her ability to conceive**. Menstrual cycles usually start during puberty, around the age of 13, and begin to taper off at about 45 years old. However, it is possible to still become pregnant before a woman's first period, right up until the end of menopause, around the age of 50 years old.

Women are born with about 400,000 immature eggs stored in the ovaries. When she reaches puberty and enters her **reproductive years**, her monthly menstrual cycle begins. The cycle begins on the first day of a woman's period and typically lasts about 28 days. The first day begins not when she is spotting, but when she experiences regular flow. By this time, only about 300 of these eggs will mature and be released.

During each cycle, **the ovary releases one egg** (or, less commonly, more than one), which may go on to be fertilized by a man's sperm cell, forming the embryo. The development and release of the egg each month depends on an **intricate balance of hormones**, or chemicals that signal the body's organs to do specific jobs. Some of these hormones are produced in the ovaries.

Others come from two glands in the brain, the hypothalamus and the pituitary. The hormones necessary for menstruation and to become pregnant are produced by the hypothalamus, pituitary, and ovaries. Because **every step in the monthly**

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**cycle is controlled by hormones**, the correct amounts of these hormones have to be produced at the right times to make it possible for a woman to conceive.

## Fertility in Men

In men, [fertility](#) refers to the **ability to impregnate a woman**. An important part of male [fertility](#) involves the creation of normal, mature sperm. **Sperm are produced in the testes** and travel through the epididymis, where they are stored and nourished. From there, they travel through the ejaculatory duct (known as the vas deferens) and further stored in the seminal vesicles.

When sexual arousal and stimulation reaches a climax, it causes contractions in the muscles within the penis, urethra and prostate gland. This results in semen being propelled through the urethra and out of the tip of penis. If the **sperm are healthy and travel through a woman's cervix** and uterus into her fallopian tubes, one sperm may fertilize the egg. Men continue to produce sperm irrespective of their age.

## Fertility Treatment Options

While there are various [fertility treatment options](#) available, they tend to be quite costly and are not always successful. Many of these treatments may also have severe side effects and therefore are not always safe to use. [Fertility drugs](#) such as clomiphene and gonadotropins may help to regulate a woman's [reproductive](#) hormones and also trigger the release of one or more eggs per ovulation cycle.

Side effects often include headaches, hot flashes, cramping, bloating, visual problems and vaginal dryness. In addition, the risk of having twins or multiple births greatly increases. Surgery may help to fix blocked fallopian tubes and certain other defects, such as endometriosis, fibroids or ovarian cysts.

**Artificial insemination** involves a concentrated dose of sperm from your partner or donor injected into the uterus by a doctor. One of the most common high-tech [fertility](#) treatments is in vitro fertilization (IVF). It may help you to conceive if you have blocked fallopian tubes, **ovulation problems** or if one's partner has a low sperm count.

Other [fertility](#) treatment options include gamete intrafallopian transfer (GIFT), zygote intrafallopian transfer (ZIFT), and intracytoplasmic sperm injection (ICSI), donor eggs and embryos, or gestational carriers (surrogate mothers).

Because so many **side effects have been associated with [fertility drugs](#)**, men and women are opting for a more natural approach. Natural treatments such as herbal and homeopathic remedies have been used to establish pregnancy with excellent results.

Herbs such as Vitex agnus-castus (Chasteberry) have been used as an effective treatment for thousands of years to **promote hormonal balance and health in women**. Cimicifuga racemosa (Black Cohosh) has a beneficial effect on hormone functioning because of its phyto-estrogenic properties.

It is also used by herbalists to prevent miscarriage. While Eleutherococcus



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

senticosis (Siberian Ginseng) has a variety of medicinal uses, it is also known to **support sexual functioning**, libido, **promote sex drive** and is often recommended as an aphrodisiac. In addition, Siberian Ginseng may also improve hormonal balance and tone the uterus, thereby increasing chances of conception.

Powerful [fertility](#)-enhancing herbs for men include Epimedium grandiflorum (Horny Goat Weed), Centella Asiatica (Gotu Cola) and Tribulus terrestris (Gokshura). Epimedium grandiflorum (Horny Goat Weed) is well known for its aphrodisiac properties and ability to **promote male potency while also increasing sperm production**. Centella Asiatica (Gotu Cola) improves the functioning and development of the male sexual organs, sperm motility and health.

## Help for Fertility

### Tips for enhancing [fertility](#):

- Eat healthily by adding lots of fresh fruit, vegetables, and protein to your diet.
- Women should watch their weight, as being too thin or overweight minimizes their chances of conceiving.
- Increase your supplement intake by taking folic acid, Vitamin B6 and B12 both before and during pregnancy.
- Exercise regularly to maintain general health and well-being.
- Keep a record of your basal body temperature to determine when you are ovulating.
- Work out your most fertile times and have sex regularly around those dates.
- Check your vaginal mucus-- if it has a stretchy consistency, then you are at your most fertile.
- Stop smoking naturally – smoking reduces [fertility](#) and also affects the baby before and after birth.
- Reduce alcohol, as heavy drinking affects sperm quality.
- Men should wear boxer shorts and take cool baths to improve circulation around their testicles.
- Reduce stress, as it causes hormonal changes in the body.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is

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encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior



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to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **'standardized' extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## Related Natural Remedies:

**Fertile XX:** Supports hormone balance, a healthy uterus, ovaries, fallopian tubes and reproductive functioning.

Herbal fertility tonics have been part of traditional medicine all over the world for many thousands of years. Fertile XX is a 100% safe, non-addictive, natural herbal tonic containing a selection of herbs to **promote and support fertile conditions**.

Fertile XX has been used for many years to safely maintain harmony, health, and systemic balance in the **female reproductive system**. Fertile XX also supports a healthy uterus, ovaries, fallopian tubes, and **reproductive functioning**.

Regular use of Fertile XX **supports normal hormone balance** in the female body, and encourages **healthy egg production** and regular ovulation-- while also supporting overall systemic health.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XX](#)

**Fertile XY:** Promotes healthy functioning of the male sexual organs, sperm and testosterone production.

Fertile XY is a 100% safe, non-addictive natural herbal remedy containing a selection of herbs that **support sperm production** and function.

Fertile XY has been formulated to the **highest therapeutic standards** and

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

manufactured under strict pharmaceutical conditions to encourage and **promote virility and seminal potency**.

Fertile XY has been used for many years to safely maintain health, and **systemic balance in the male reproductive system**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XY](#)

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