Fertility

What is affecting fertility in a negative way?

There are a number of environmental factors affecting a woman’s ability to get pregnant in today’s world. **Men must be involved because half of the time, they are the reason a woman cannot get pregnant, yet we often assume it is the woman.**

1. **Birth Control and HRT.** For many unfortunate reasons, we are choosing synthetic chemical agents that alter the natural cycles of the body. Birth control is being used for acne, “hormone balancing,” or simply “convenience” of not having a menstrual cycle. This is traumatic on many levels to the woman and society as a whole. Birth control is one of the biggest reasons for infertility today. Even after stopping birth control, the dangerous negative effects of synthetic estrogens are long-lasting.

Many women are told that HRT (Hormone Replacement Therapy) is perfectly safe and necessary to re-balance hormones. **It is important to know that a hormonal imbalance is not a disease nor is Menopause.** Over time, we have learned that trying to fix imbalances through synthetic hormones is ineffective, and although many women experience short term relief, there are long-term consequences. Hormones are a delicate balance and it is difficult to know which hormones to replace and how much to administer. In addition, much of what is being used are synthetic replicas the body does not understand, making it almost impossible to balance hormones using modern pharmaceuticals. However, balances can be achieved if we put the right nutrition in the body and eliminate the items causing disruption.

Bioidentical is not natural. The term itself means biologically identical to either what is found in nature or biologically identical to the hormone itself. It is compounded in a pharmacy and although they may use a small amount of natural ingredients, it is still mostly, if not all, synthetic.

2. **Poor diet.** Francis Pottenger realized in the 1930’s that processed foods such as bleached white flour, white sugar, soda pop and other packaged items were void of nutrition and in fact, caused infertility. He predicted that within 3-4 generations of consuming these types of foods, our country would be battling infertility, and he was right. You can read the Pottenger Cat Study book. In order to reverse this process, one must eliminate all Standard American Diet foods and eat whole foods as close to the way God originally designed them as possible.

**The worst offenders:** **SOY.** Soy is estrogenic and any type of animal fed soy becomes infertile by the 3rd generation in almost all studies. The big problem with soy is that it has been effectively promoted as a “health” food by giant food corporations to increase profit (soy protein isolate for example is a byproduct of soybean oil which was normally to be discarded as waste). It may seem beneficial in the short-term, and no negative side effects may be noted, yet it is hugely impacting all future generations of your family which you may or may not be around to witness. Feeding soy to babies is the equivalent of giving them birth control which increases cancer rates, causes thyroid dysfunction and infertility.
- **Bad fats.** Again, soy plays a role here as many cooking oils are soy based. This is profit driven and destructive to human health and fertility. It is also the number one cause of heart disease (all “vegetable” oils). This includes corn, soy, canola, cottonseed, etc. Other fats causing infertility include margarine and all fake butter substitutes, all trans fats, hydrogenated and partially hydrogenated fats and fried foods. The worst thing you can put in your body for fertility would be a fried starchy sugar like donuts, French fries or other “food-like substances.” Please read food labels and avoid all of these negative fats which are hidden in almost all packaged foods. Eat whole foods!

As Jack Lalanne said, “If man made it, don’t eat it.”

- **Gluten.** The gluten molecule has just recently been linked to infertility and is a growing concern. A gluten free diet is a fantastic choice for overall health. The main grains containing gluten include Barley, Rye, Oats and Wheat. Oats usually cause the least problems because it is usually eaten in its whole, minimally processed form. Alternatives to gluten include rice, amaranth, millet, buckwheat, quinoa and nut flours.

- **Processed sugar and artificial sweeteners (aspartame, etc.).** Processed sugar completely shuts down the immune system and the glandular system. Almost every woman who has struggled with fibroids, cysts, PCOS, endometriosis, etc. almost universally has struggled with sugar addiction, with rare exception. Eliminate all candy, baked goods, soda and hidden sugars in condiments, breads, cereals, etc. Stick to what God gave us; fruit, honey and maple syrup.

Aspartame and artificial sweeteners form formaldehyde (a dangerous carcinogen) in the body that can lead to infertility. Diet soda is the most unhealthy drink one can possibly consume. Studies in drinkers of diet soda also find a 41% increase in obesity and risk for diabetes per daily soda. For example, an intake of three diet sodas per day increases your risk by over 120%!

- **Hormones in meat and dairy products.** It is critical to buy fresh dairy from a local farmer (best) or at least buy organic at the store to avoid artificial hormones in the meat and dairy products. We are told consuming raw milk is “dangerous” which is a complete lie of the American Dairy Association driven by greed and a dirty milk industry.

- **Anything Genetically Modified.** Genetically Modified foods cannot reproduce themselves. Why would we ever eat something so contrary to God and His design? There are numerous studies now showing the link between infertility and the consumption of these foods. Monsanto will also attempt to control ALL plants on this earth which is their greed driven goal. Be aware of what foods are GM (Genetically Modified) because there is still a battle raging to get food properly labeled in this area. Do not support this agenda buy buying these foods! Avoid the following foods: **Soy – 91%, Cotton – 88%, Canola – 88%, Corn – 85%, Papaya – 50%, Sugar Beets – 90%, Sweet corn is ok, for now. Beets and papaya, buy organic. Avoid soy and canola on every level, always and forever.**
When reading produce stickers, pay attention to the following:

Begins with 3,4,5 – Conventionally grown – Most likely contains chemicals
Begins with 8 – Genetically Modified
Begins with 9 – Organic

- Anything seedless. Avoid all seedless fruits and vegetables. Why would we eat something that cannot re-produce itself?

- Coffee, Smoking, Alcohol, all Pharmaceutical Drugs and all Recreational Drugs – This should be obvious except maybe coffee. Caffeine over-stimulates the glandular system and once pregnant, should be absolutely avoided at all costs.

3. Stress – Stress negatively affects the hormones and fertility in a number of ways. To de-stress begin magnesium oil foot baths or full baths in the evening. Take herbs like holy basil, lemon balm, chamomile, lavender, etc to promote relaxation. Turn your mind off at night and do not over-stimulate the mind before going to bed with flashing lights (tv, computers, etc.)

4. Plasctics – Get BPA free plastic containers. Use glass, clay or stainless steel when possible. Plastic contains synthetic “hormone mimickers” which disrupt your natural hormones. This is because most plastics are coal-tar based although there are other sources coming out now.

What promotes fertility?

Hopefully now we are working to eliminate all or most of the above, so let’s focus on healing the body to promote fertility.

1. Food. The body needs specific foods to have balanced hormones. If you look to the doctrine of signatures (food in nature looks like the body part for which it was designed) we would see that for women, avocados are important, and for men, grapes and figs would be good fertility foods. The following is a list of foods that are critical for a healthy endocrine (reproductive) system and applies to pre-pregnancy, during pregnancy, and breastfeeding after pregnancy.

- Fats. Fats are absolutely critical to the endocrine system because the body uses fat to build healthy hormones. The body also uses cholesterol to build healthy hormones (something else we are sadly afraid of without good reason). When a woman is breastfeeding she is feeding the baby about 50% saturated fat from breast milk. Saturated fat is critical for the brain, nervous system, hormones and overall growth of the baby. Saturated fat is still important into adulthood!

We saw above fats to avoid. Here are healthy fats that will promote the development of a healthy child and promote fertility:

Avocado, coconut, nuts, seeds, cod liver oil, olives, olive oil, butter, chicken broth soups
- **Proteins.** Plant proteins are great such as VEGA or other brands using pea proteins, spirulina, or brown rice. Nuts and seeds are a great protein source. Stick to lean quality meats like chicken and turkey. Fish is ok, but mercury in fish is a BIG problem, so please get a list of low mercury fish. FRESH WATER fish are the safest over ocean fish. Eggs are also fine. Best to avoid pork, and limit beef to an occasional treat.

* Note that it is not recommended to eat large amounts of animal fats or meat. This should be kept at a reasonable amount with top quality choices only (no pork, no sushi because of parasites, no hormone/antibiotic filled animals, no farm raised fish).

- **Fruits and vegetables.** We must eat whole, fresh foods to get the building blocks the body needs to promote healthy cell, tissue, organ and glandular growth. Many people are eating fast foods, processed, packaged, boxed foods and very limited, if any, fresh foods. This Standard American Diet will not be able to heal the body because the vitamins, minerals and other building blocks are absent in processed foods. Greens are the healthiest choice (kale, chard, spinach, parsley, arugula, romaine, watercress) because of the high amounts of protein, b-vitamins, magnesium, iron, calcium and other critical nutrients.

2. **Herbs.** Herbs have been used for centuries to promote fertility. Some of the best known herbs for this use are red clover blossoms, nettle leaves, red raspberry leaves, dong quai root and false unicorn root. Here are two wonderful formulas to keep in mind.

- **Fertility tea** - Daily tea with red clover blossoms, nettle leaves and red raspberry leaves. Bring one quart of quality water to a boil, remove from heat, and add one heaping tablespoon of each of these leaves/blossoms. Let steep until cool. Even better, put in a container and store in refrigerator overnight (leave the herbs in the water). Next morning, strain the herbs and drink. Adding a few drops of Stevia is safe, sugar free and helps bring out an amazing taste.

- **Miscarriage prevention formula (from Wise Woman herbal, Susan Weed)** - One ounce of wild yam, one ounce of squaw vine, one ounce of false unicorn root, one half ounce of cramp bark. Simmer for 20 minutes in one quart of water. Take one glass every 4 hours until symptoms of miscarriage cease, then discontinue.

Maca is a Peruvian root vegetable that has been used in South America for over 2,000 years to promote fertility. It is easy to buy the powder and add to smoothies, yogurt or other foods.

Deer Antler is a hormone generator that has been used in Asia and other areas out East for thousands of years. It helps the body to balance the endocrine system and turn on hormone production.
3. **Progesterone cream.** Progesterone means “pro-gestation.” Many women are synthetic estrogen dominant and deficient of progesterone. A saliva test hormone profile can determine this for you. You can try natural progesterone creams made from wild yam. Check with manufacturer, but a good rule of thumb is to use 3 weeks on, then take 1 week off. Once pregnant, discontinue use.

4. **Light and sleep.** The pituitary gland produces fertility hormones in the body. The pituitary is stimulated by light getting into the eyes (sunshine). Ovulation is controlled by light, so there are a couple things here to keep in mind. One, get lots of sunlight. Sunlight is needed to produce Vitamin D and also melatonin so you can get a good night’s rest. Without melatonin production, it can be difficult to sleep for many. Two, sleep in total, and I mean total darkness. You should not be able to see your hand in front of your face. Cover your windows, block off your alarm clock, etc.

However, during three days you are ovulating, leave a light on at night. The light enhances the ovulation cycle. Have intercourse during those three “light” nights to promote conception. This is called lunaception. Remember, on all other nights the room should be pitch black.

5. **Minerals.** Calcium and Magnesium are believed to be the single most important minerals related to conception. These should only be obtained from whole food sources and not “carbonate” forms. Green leafy vegetables are an excellent source and raw cacao (chocolate) is one of the highest known sources of magnesium. But NOT processed junk food candy chocolate. This will be damaging to fertility hopes. Best to take minerals right before bed which also promotes sleep and healing.

6. **Vitamin E.** Vitamin E has an absolute dramatic effect on the reproductive system for both men and women. Be careful! Most vitamin E supplements are from soy which is very dangerous. They are mostly cheap soy or something synthetic. Vitamin E comes from seeds primarily. Your best sources are sunflower seeds, pumpkin seeds, palm, wheat germ oil, etc.

7. **LIVER CLEANSING.** This is the main issue with imbalanced hormones, menopause symptoms, irregular cycles, symptoms around a hormonal cycle, estrogen dominance in the body, nausea, vomiting and morning sickness issues and much more. A liver cleanse is probably the most important cleanse a woman can do to prepare her body for pregnancy and to ensure a healthier pregnancy free of morning sickness and nausea. There is a huge increased demand on the liver during pregnancy, and a cleansing that takes place to protect both mom and baby. The result is often undesirable symptoms we think are normal.

Toxicity is one of the main issues plaguing people in our world today affecting fertility and the liver plays a most crucial role in this process.
**Recommended Supplements:**

_Nettle, Red Clover and Red Raspberry Leaf_ tea daily. Drink this hot or cold, add Stevia if desired. _Fertility Prep by Wish Garden_ is a great formula to promote fertility and prepare your body for a healthy pregnancy.

How about a good multi-vitamin to cover your vitamins, minerals and other nutrients. Our two favorites are _PureNatal by Synergy and the Garden of Life Prenatal Vitamins._

_Healthy Pituitary by Dr Morse_ will stimulate the production of fertility hormones from the pituitary gland.

_Progesterone Cream if needed. Proferia by Arthur Andrew Medical. Progesteronic by WishGarden_ to stimulate natural progesterone production. Talk to your practitioner on whether or not to discontinue once pregnant.

_MacaHarmony by NHI_ balances hormones and promotes fertility. This has been one of our most successful formulas for women to help with fertility, normalizing monthly cycles, jumpstarting a woman's cycle, sleep, mood, energy and more.

_Spirit of Health 30 day liver cleanse._ For a simple and more gentle cleanse try the _Renew Life Liver Detox._

_Purely – E by North American Herb and Spice_ – Liquid or capsules

_Magnesium Oil_ – First, I recommend _Magnesium Chloride (Health and Wisdom company)_ as a foot bath. Do the foot baths 6 days per week (7th day take off) for one month. This will regenerate the magnesium levels in any person and not only promote fertility, but also you will notice more calm, relaxed, less anxiety or panic attacks, no muscle aches or cramping, pain reduction, better sleeping and other potential benefits. After one month, take a foot bath or even a full bath using the bath crystals once or twice weekly. For additional support, take the _Calm by Peter Gillham_ for magnesium. Take _Spirulina_ for a high dose of both calcium and magnesium. Spirulina is also a complete protein and high in iron. Take 20 tablets daily or one tablespoon of the powder. _Ultimate Superfoods or Nutrex_ brands.

_Quintessential minerals (the Quinton minerals)_ are from sea water and have the same mineral composition as human blood. _This product has been studied for over 100 years in promoting fertility and helping women to have healthy children through proper mineral balance._ We also strongly encourage the _Inner Vitality Plant Minerals by Morningstar._

_Cod Liver Oil_ daily (2-4 capsules) or 1/2 to 1 teaspoon daily of _Green Pastures fermented Cod Liver Oil and/or Butter/Cod Liver_

_Macalibrium by NHI, Deer Antler by Royal Velvet, Tongkat Ali by Raw Forest Foods_ for the men; motility, testosterone and sperm count