

THE NATURAL CONCEPTION HANDBOOK

***A new approach to natural fertility ***

Boost your fertility today!



The approach to the natural view of fertility has given through time high recognition, since it constitutes a multifactorial phenomenon. A Study accomplished from the University of Surrey showed that couples with inherited infertility, who changed radically their life style by making healthier adjustments into their dietary and taking nutrition supplements, had a pregnancy success rate of 80% since they enhanced their fertility levels. Considering that the pregnancy successful rates of IVF is about 25%, you should definitely take into consideration the aforementioned dietary parameters.

The nature itself is able to provide the appropriate care that is dependent on the individualized needs. Remember that the immature oocytes need three months to get matured and then ovulation occurs by the releasing of the egg from the ovaries. What is more, the sperm needs 3 months to grow. This means that during the time you are trying to improve your fertility, you should have a period of three months before conception. This procedure is called “pre-conception care” and it is equally important to provide this care to yourself during this period, as well as pregnancy. If it has to do with the option of IVF or other assisted reproductive progress, the following parameters are the key for boosting your fertility:

1. Healthy and balanced nutrition

Although a balanced nutrition is of vital importance in order for a successful pregnancy and a healthy baby, many people are unaware that diet can help balance the hormones and therefore the couple’s ability to conceive.

2. Alcohol

Alcohol affects both, you and your partner. In fact, drinking alcohol can reduce your fertility levels. The more alcohol the couple consume, the hardest for them it is to conceive. A study showed that women who drank less than 5 units of alcohol per week (equal to five glasses of wine), resulted in having twice the chance of becoming pregnant within six months compared to those who consumed more amount of alcohol. Research has, also, shown that drinking alcohol causes a reduction not only in the number of sperm cells but also in their mobility. Alcohol also inhibits the absorption of nutrients in the organism, such as zinc, which is one of the most important minerals for male fertility. Despite the fact that it may be harsh for you, you should eliminate alcohol from your diet for at least three months so as to provide to you and your partner higher chances for conceiving.

3. *Caffeine*

There is a lot of evidence that caffeine, especially in the form of coffee, reduces fertility. Drinking just one cup of coffee during the day can halve the chances of conceiving and just two cups a day even increase the risk of miscarriage. A study has shown that sperm problems in sperm count, mobility and abnormalities may increase due to great amount of coffee consumed on a daily basis.



Therefore, it is important to eliminate all caffeinated foods for at least three months before attempting to conceive, including Coca Cola, Chocolate, Black Tea and Coffee, among others.

4. *Xenoestrogens*

Xenoestrogens are a type of xenohormone that imitates estrogen. Xenoestrogens are essential environmental estrogens, derived from pesticides and the plastics industry. When you are trying to conceive, one of the most important thing to do is to balance your hormones. It is extremely important to avoid anything that could cause an imbalance, and one of the main “enemies” are the aforementioned xenoestrogens. One of the best ways to reduce xenoestrogens is to eat as many organic products as possible on a daily basis.

5. *Smoking*

Smoking has been significantly associated with infertility in women the last years, as well as it is accused for the reductive levels on male infertility. It is a causal factor for increasing the chances for premature menopause in women, but also to reduce the number of sperm in men, making sperm slower and increasing the number of abnormal sperm.

6. *Daily exercise*

Researches have shown that women who exercise daily increase their chances of conceiving. A light daily exercise makes the woman more affluent, healthy and fertile. Thus the chances for infertility are significantly reducing.

7. *Increase in fiber and iron intake*

According to researchers of Harvard University, a diet enriched with fiber and iron components, enhances good reproductive function and increases the fertility levels in the couple.



Acupuncture for fertility

Acupuncture is a traditional Chinese medicine practice that involves the placing of thin, stainless steel needles at certain spots on the body. The theory behind undergoing acupuncture during IVF is that it increases blood flow, which may help with embryo implantation. In other words, ultrasounds have shown that acupuncture can improve uterine blood flow, which may create a more hospitable environment for implantation. One thing most doctors and scientists seem to agree on is that acupuncture can show a

sedative effect on patients, reduce the levels of stress and bring to a synchronization the mind and soul.

IVF is a costly treatment option for women, their partners, and the public. Therefore new therapies that improve reproductive and health outcomes are highly desirable. There is a growing body of research evaluating the effect of acupuncture administered during IVF, and specifically on the day of embryo transfer (ET). There are a greater number of women now attempting pregnancy at an older age when they are less fertile; and consequently a growing number of couples accessing Assisted Reproductive Technologies (ART). The first systematic review was published in 2008 and this review found that acupuncture as an adjunct to ET was associated with statistically and clinically significant increases in the pregnancy, ongoing pregnancy, and live birth rates.

Assisted reproductive technologies are often inaccessible. Evidence points to acupuncture offering an opportunity to promote natural fertility. An individual could, definitely, benefit from acupuncture because of the potential effect of improved ovarian and follicular function. Additionally, acupuncture can increase blood flow to the endometrium, helping to facilitate a thick, rich lining.

Acupuncture can begin, anytime, during the fertility treatment. However, always ask your doctor for a referral to an acupuncturist who treats infertility. Acupuncture has been proved to be essentially beneficial in terms of a better embryo implantation and higher pregnancy success rates. Thus, it constitutes a complementary therapy during an assisted reproduction treatment.



Essential oils and fertility

Essential oils are the plants' natural medicine against bacteria, viruses and diseases that attack the cells. Our bodies and plants have very similar building blocks, so, when we take essential oils into our bodies they are in a familiar environment and they work on our behalf just as they would for the plants – killing bacteria, inhibiting virus reproduction, cleansing toxins, oxygenating our cells and boosting our immune systems. And they don't just treat symptoms, they work at the root of the problem, at a cellular level.

There are several essential oils that may have fertility boosting qualities like:

- **Geranium:** This oil is fantastic for balancing hormones and regulating your cycle. It also has the soothing effect of calming emotions and helping you to distress. For women with endometriosis, Geranium may be especially beneficial.
- **Calendula:** Great for topical application blended with a carrier oil such as almond oil, Calendula is an anti-inflammatory oil that may help to regulate your menstrual cycle.
- **German Chamomile:** With anti-inflammatory properties, this oil may help reduce pain caused by cysts or fibroids, while also improving your chances of conception.
- **Yarrow:** A detoxifying oil, Yarrow helps to relieve pelvic congestion and prevent inflammation. It is also beneficial for the digestive and urinary tracts.
- **Ginger:** This oil has antispasmodic, anti-inflammatory and antioxidant benefits. It also aids in the digestive system and supports healthy circulation.



- **Sweet Fennel:** A great herb for getting your hormonal system back on track, sweet fennel is best used during the first part of your cycle to regulate menstruation and improve hormonal functioning. This is another oil that is not safe to use during pregnancy.
- **Damiana:** This sweet smelling oil has aphrodisiac qualities and is beneficial for regulating your menstrual cycle by supporting endocrine system function.
- **Lavender:** it is generally a great oil since it constitutes a circulatory stimulant, an immune stimulant, balancing for all body systems and is very helpful for mood swings associated with hormonal imbalance. However, do not use this oil during pregnancy, especially if there is a history of miscarriage.



Supplements for fertility

It is of vital importance to improve your chances of conceiving naturally with fertility supplements for women and men. Research shows that certain vitamins, minerals, and herbs can improve fertility in both men and women. According to the American Society for Reproductive Medicine (ASRM) soft exercise and a balanced nutrition can definitely boost your fertility and at the same time help you release your stress and anxiety; factors so crucial for enhancing your reproductive health!

Some of the supplements that can improve your fertility levels are:

- **Co-Enzyme Q10**
 - Contributes in the energy production
 - Helps for a healthy, long lasting life
 - It reverses the problems appearing due to age and are associated to reproduction factors.
 - It enhances the quality and the fertilization dynamics of the eggs and the sperm

- **Vitamin B**
 - Boosts the woman's reproduction capability
 - Increases the levels of progesterone; an hormone that is responsible for the preparation of the endometrium in order for conception
 - Enhances the semen's mobility

- **Vitamin D**
 - Boosts fertility since it balances the hormones production
 - Contributes in the development of healthy, matured eggs
 - Contributes in the development of the uterus

- **Omega Fatty Acids**
 - Increase the blood flow in the uterus
 - Balance the hormones levels

- **Selenium**
 - Improves sperm's mobility
 - Boosts the egg's quality and fertilization dynamics

- **Zinc**
 - Improves sperm's mobility, quality in terms of fertilization dynamics
 - Increases the testosterone levels
 - Boosts the sperm's DNA

- **Arginine**
 - Boosts the sperm production and mobility
 - It constitutes an arterial dilator resulting in a better erection

- **Carnitine**
 - Supports the immune system
 - Increases the sperm count
 - Improves the sperm's dynamics
 - Results in a better erection



Nutrition supplements do increase your fertility levels. However, never forget to ask your doctor for advice when it comes to supplementary therapies before or during an assisted reproduction treatment.





Yoga for fertility

A diagnosis of infertility—the inability to get pregnant after a year or more of trying—can lead to depression, anxiety and other psychological problems, trigger feelings of shame and failure as well as emotionally isolate the couple, surrounding themselves with feelings of inadequacy and inability, say psychologists specializing in infertility. Individuals and couples can struggle with complex decisions about how far to take the quest for children. In vitro fertilization (IVF), frequently uninsured, is unaffordable for many, and other routes like donation, adoption or surrogacy programs can be just as, or more, expensive and pose their own challenges, with the most dominant ones... the ethical challenges!

Sustainable manipulation of personal emotions, choices and decisions can be a hard part for women who undergo a fertility treatment, for those who have faced a lot of unsuccessful infertility therapies or even have underwent a lot of miscarriages so far. Psychology, usually, tends to play with people's mind and feelings and women in such a case need special treatment, support and special means to help them express their inner substance, their emotions and clear their mind from concerns, bad feelings and stressful situations. However, what if this could happen in a more artistic way? Or even better... what if this could happen in a more productive and relaxing way?

Let's make it clearer!! There are many practice tools that can seriously help you, during stressful times, clear your mind and come in touch with your soul in order to provide with solutions and meaningful actions yourself! A way to go through this is *Yoga!* Yoga helps your mind communicate with your soul, helps the body relax and increases the power of the thought through a mental possession process! Everything is synchronized from the way we feel; feelings can generate thoughts and thoughts, most of the times, generate reality! Everything we experience used to be part of our thoughts and feelings! So Yoga, can definitely help women, who undergo a fertility treatment, relax, communicate with their inner self, feel free to express their emotions and undergo their treatment in a smoother and less painful way.

What is more, fertility yoga, as it is called, constitutes a state where the body, mind, and spirit learn the art of relaxation. A woman's desire to conceive can be overpowering and can drive her to the point of obsession. If this happens, sometimes logic is overlooked and stress becomes the foundation for coitus. Since it is the woman's body and mind that has to be healthy and free of stress, it is her responsibility—with the greatest support of her partner, of course—to create the most favorable conditions for conception.

Last but not least, it is of vital importance to point out that fertility yoga, apart from its psychological contribution, offers a lot to the body too! First of all, stretching helps the reduction of constriction in different parts of the back as well as it improves the flexibility of most parts of the body. Furthermore, it enhances the flow of blood in the pelvic region and relieves the body from headaches and migraine. In addition it improves the hormonal levels and by creating energy channel, it is making the mind, first, and the body, after, more fertile.

Concerning all the aforementioned, always keep in mind that Fertility Yoga connects us back to our source and helps us find a calm, centering place where we can slow down, breathe and be kind to ourselves. We start to respect our bodies and do the best we can for them while also learning that some things are just not in our control. We can't force our body to always do things biologically but we can work on how we react to certain life circumstances and upsetting processes and experiences. Boosting your psychology can help you, while experience infertility, respect your body and soul and generate mental powers that can achieve a better result on the way you experience and face your problem! So, give it a try... you deserve it!

