

# 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 balance 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 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 preconception care. At our centre we specialise in detoxification programs that improve liver clearance of hormones and toxins.

### **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, we can help. Our centre can help with dietary advice to assist you in losing weight, making better dietary choices and increasing nutrients critical for fertility and a healthy pregnancy.



## **Are your hormones out of balance ?**

Hormonal imbalances can be significant factor in fertility. Basically, without the right balance of hormones, it is extremely difficult to conceive. Fortunately, there are many techniques to determine the offending hormones and effective medicines and nutrients that can balance your hormones and improve fertility.

## **Healthy parents make healthy babies !!**

Nutritional deficiencies can also be a contributing factor in infertility. In order for you to give your 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. At our clinic, we can recommend nutritional supplements to support both male and female fertility and nutritional status.

***This centre has many years of experience in assisting parents to conceive and attain optimal health for their children. For more information please refer to our website or contact the centre directly.***