



## Fertility and Conception

*Natural Fertility Management addresses a range of fertility issues in both the male and female reproductive systems by using of safe naturopathic therapies.*



*Today our bodies are continually bombarded with pollutants, chemicals, in the food we eat, the air we breathe and the water we drink. Pesticide residues and heavy metals reside in many foods in our daily diet and over time affect our general health and vitality.*

*This is especially true for men. Sperm production from the germ state to the mature state that can fertilize a female egg, may take 72-100 days. Over this period sperm are vulnerable to damage from chemicals and pollutants.*

*We provide sound naturopathic advice on ways to reduce exposure to these damaging aspects of our modern environment, and how to best enhance the health of the reproductive systems for both the men and women.*

## About Natural Fertility Management

### Fertility

Fertility today has become an difficult issue for a number of couples wishing to conceive. In the past childbearing for couples began in their early twenties while today, more often than not, it begins in their thirties and even early forties.

- Couples are tending to put off childbearing until they are more financially secure or have established a successful career.
- In the women their ova (eggs) are older.
- In the men their sperm cells have been exposed to pollutants.
- Both male and female body systems are less vital.
- With the passage of time and failed attempts to conceive, anxiety increases.

### Conception

One of the greatest concerns about conception facing couples is the increased level of anxiety and stress associated with baby making. This occurs largely to the overwhelming volume of often conflicting information available from books and the internet. Unrealistic comparisons between what is considered "normal" in the literature and the individual that is reading the information can lead to feelings of anxiety and depression. Anxiety and disappointment may also occur with failed attempts at conception and become compounded with the increasing passage of time. Baby making becomes hard work!

Increased stress levels interfere with the normal release and flow of hormones. **SO STOP TRYING!!** Instead take a holiday from baby making and just relax. Forget about that biological clock and begin enriching your life with healthy foods and love, leisure and pleasure. When your mind and body are ready you **WILL** conceive.

If however, after all your medical tests show that everything is fine, **AND YOU HAVE GIVEN YOURSELF A BREAK**, we recommend having some relaxing hypnosis sessions. Sometimes a subconscious fear or belief may be simply undermining a successful conception and pregnancy. Many of these issues can be safely and successfully addressed with Hypnotherapy and Natural Therapies.

During your Naturopathic consultation, you will be provided with information and advice to enable an easy understanding of the bodily processes especially in relation to the reproductive system. You will be given strategies for optimising your reproductive health. All of these strategies are safe, comfortable, and will empower your own mind-body system.