

## **Voice of the Cape:**

24 November 2014 Morning expresso show.

### **Topic: Infertility**

Compiled by Allison le Roux

Good day listeners, I have missed being on air over the last few weeks, I hope everyone has missed me too. Well as always things have been very busy.

New beginnings, new life it is also the new moon today/tomorrow so I thought we should look at INFERTILITY as that is a new beginning. My website was due to be launched today, but should be within the next week, so please be patient

**Let me start with a quote: "I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear."** — Steve Maraboli,

Stress over conceiving can be more problematic to the problem as the problem itself. Stress causes a toxin increase and as a result it disrupts our Vit B levels and even our hormone levels

### **Lets look at Infertility...**

Infertility is the inability to conceive. It may be a problem with the woman's fertility or the man's, or a combination of factors. In either partner, infertility- or subfertility- may be due to chronic illness disturbances in hormones (especially in women), poor diet, excess weight, physical or emotional stress, or exposure to radiation or heavy metals.

Among other causes, subfertility in women maybe due to blocked tubes, failure to ovulate, too little progesterone, problems with cervical mucus, abnormalities of the womb or endometriosis, fibroids, cysts etc. Previous forms of contraception such as the Pill or IUDs may have an impact. It may also be the result of Pelvic inflammatory disease.

Pelvic inflammatory disease(PID) this is due to an infection that affects the female reproductive system. Symptoms include:

1. Pelvic discomfort and/or lower back pain
2. Vaginal discharge
3. Bleeding after sex or between periods
4. there may be diarrhoea
5. bloating
6. pain during urination
7. fatigue

It can be caused by a number of organisms which can be the result of a sexually transmitted disease(STD), an abortion, miscarriage or even childbirth, surgery or appendicitis. Some treatment regime will require specific anti biotics. But what can happen is that even after the infection is cleared, there can be residual inflammation and congestion and this can cause scarring and reduce fertility. That is why a medical diagnosis is very important, as in some cases the condition may be so mild it can go undetected which can then cause it to become a chronic condition.

Candida or yeast infections are another gynaecological problem which can be very uncomfortable and cause itching and discharges which increase sensitivity in the vaginal area making intercourse uncomfortable and even painful.

For men it may be due to low production of sperm, weak or slow-moving sperm, and various other physical problems with the testes, Inadequate sperm production, it can also be a side effect of illness such as infection of the prostate or mumps.

Finding the exact cause of infertility( there is often a combination of factors) can be a long and complicated process, I do recommend that you seek medical advice as well as trying natural therapies. I usually also recommend that one can try the natural therapies as a first choice and then opt for fertility treatments as a last resort, especially if there is a time factor.

### **WHAT YOU CAN DO**

- If you have been trying to conceive for over 12 months without success, consult your doctor, if you are a woman over the age of 35, see a doctor after six months of trying.
- Both partners should endeavour to maintain a healthy, nutritious diet, exercise regularly and get plenty of rest and rejuvenating sleep as good general health aids conception. By exercise I mean a simple 30min walk at least 3-4 times a week, this is also beneficial as both partners can spend time quality time together and it is also a distressing activity.
- Be aware of the time of ovulation- for fertilisation to occur, sexual intercourse must take place shortly before or after ovulation. Kits that test urine samples to detect ovulation times are available from pharmacies or you can determine ovulation by taking your body temperature, your temperature will rise by about 0.5 degrees around ovulation and the can take place anywhere from day 10-15 of the cycle. Personally I do think it is better to get the ovulation kit.
- If you area woman having trouble conceiving and you have a heavy exercise regime, ease up on your training schedule. As a heavy exercise plan does disrupt hormones and can also lead to skipped periods and then decreased ovulation

- Stress and worrying about conceiving can cause problems with conceiving, so I learn
- how to relax, spend time with your partner and enjoy passionate sex rather than scheduled sex. To retain mature sperm and vital energies, it is advisable abstaining from sex in the week before ovulation, and in the week of ovulation have sex perhaps every second day.
- The "missionary" or other "male-superior" positions or intercourse that allow deep penetration can be helpful in that it delivers sperm high in the vagina (unless the uterus is severely tilted). If in addition, a woman remains lying down with her knees raised after intercourse there is less semen lost.
- Some women can conceive after having problems if they increase their body weight, as research has found that body fat can produce and store oestrogen which prepares the body for pregnancy.
- Bad colds and viruses accompanied by fever can have an effect on sperm production. It generally takes 78 days to produce a sperm and 12 days for it to mature. So give yourself sometime if you have been ill.
- Sperm production occurs at a lower temperature than body temperature so keep the testicles cool by
- Avoiding excessive physical activities hot baths and close-fitting underwear. The same applies to sports such as cycling there their may be constriction of the testicles due to the cycling seat, so be aware of this. Cold hip baths will assist circulation and may increase low sperm count.

### **BACH FLOWER REMEDIES**

**White chestnut** will help if you have recurring worrying thoughts concerning your infertility. Other remedies that can help boost your confidence so that you will feel likely to succeed is a blend called **Crab apple** -to help you feel positive about your body. And **willow** if you feel resentful- as many women can start to feel this as time goes on with "nothing happening"

### **NATURAL SUPPLMENTS**

**For women**, there are supplements to take that can boost fertility. Evening primrose oil, Vit B6 and high potency vitamin B complex, zinc is also very important for fertility(especially for men), Vitamin E, Selenium, calcium and magnesium.

**For men**, antioxidants are important as sperm damage can be caused by oxidation. Doses of vitamin C (3000 mg per day), vitamin E (500 iu per day), selenium, evening primrose oil, B complex, zinc can increase your sperm count and the quality of your sperm.

**Diet** is also a big factor –reduce junk foods, fried foods and sugar to start, increase your water intake. Add more fruit and vegetables to your diet and more wholesome foods.

Don't skip meals, especially breakfast.

I make up a range of hormonal supplements, My **Formula VAC** is specific for infertility and ovarian cysts, but I would advise a **health consultation** where I can take a medical history to ascertain the specific herbs or formulas you may need. A health consultation is different to the **Live blood analysis** I do. A blood analysis is more general to assess what vitamins you need and digestive and immune health, I cannot see hormonal imbalances with the blood analysis so it cannot help with a specific menstrual problem.

The cost of the consultation is R250 the same as the blood analysis.

For general infertility, I always recommend **Super Nutri greens**, a green formula which helps to flush toxins and clear acidity in the blood, as well as improving the health of the red blood cells, along with blends like Formula vac and then a good multi vitamin or prenatal supplement like **Solgars Prenatal nutrients**, it is a wonderful high potency prenatal supplement providing everything you need for pregnancy.

So, a reminder that I work from **To Your health in Kenilworth centre**, I am not employed by the shop so I am not available all day for questions and advice, **I work by appointment only**. Ashraf and the health shop staff can assist with any questions or advice you may have.

If you would like to be notified about my website launch, please Email:

[info@herbacure.co.za](mailto:info@herbacure.co.za) , my new newsletter will be issued along with the website launch.

And that's it for today, let me close with a quote:

**"You know what the great thing about babies is? They are like little bundles of hope. Like the future in a basket."**

— Lish McBride

**"The way to get started is to quit talking and begin doing. " Walt Disney**

Have a good day and week everyone, thank you for the response and interest.