

Fertility

Infertility is defined as the failure to conceive after a year or more of regular sexual activity during the times of ovulation or as the inability to carry a pregnancy to full term.

Infertility in females is most often caused by ovulatory failure or defect, blocked fallopian tubes, endometriosis, uterine fibroids, chlamydia or even the production of antibodies to their partner's sperm.

In males this is most often the result of a low sperm count or an anatomical abnormality. A low sperm count can be caused by alcohol consumption, endocrine disorders, exposures to toxins, radiation, excessive heat, testicular injury, mumps and varicoceles.

Infertility is an increasingly common problem affecting many couples in this modern age. It can be quite a stressful experience for both parties and many fall into a vicious circle of

Nutritional tips...

A balanced diet including lots of fruits, vegetables, whole-grains, nuts, seeds and legumes is essential. Healthy clean proteins like free range eggs and organic meats like chicken, turkey, lamb and a little beef provide essential iron and vitamin Bs. Drink plenty of water daily and engage in regular moderate exercise.

It is important to omit from the diet fried and fatty foods, animal products, especially fatty red and white meats, sugar and junk foods. These create an acidic condition and the body then has a tendency to disease and ultimately infertility. A lot of processed and sugary foods actually de-nurture the reproductive system and hormone and anti-biotic filled meats

Further treatment for men

For a poor sperm count supplement with zinc and selenium. For poor swimmers CQ10. If the sperm is incorrectly formed try tribulus.

Vitamin C ensures more mobile sperm and ensures they don't clump together.

Vitamin E is known as the 'sex' antioxidant carrying oxygen to the testicles and penis.

Herbs

Astragalus stimulates sperm motility. green

Further treatment for women

Selenium deficiency increases infertility so increasing this mineral along with the 'sex' vitamin, vitamin E, will improve the chances of egg implantation.

Sulphur containing aminos scavenge free radicals and protect glandular and hormone function. Manganese maintains sex hormone production and vitamin A supports the glands.

Herbs

It is important to be aware that the over