



Fertility - The Natural Way



The incidence of infertility has increased in recent years, so to have health issues in infants. This is due to 21st century diets and lifestyles. Non-organic farming, processed foods, nutritional deficiencies (especially zinc), alcohol, cigarettes, caffeine, chemicals, heavy metals and the toxicity they produce, stress and emotional issues, allergies and existing health conditions all contribute to the makeup of modern day living conditions.

Approximated effects of this are:

- 1 in 6 couples are infertile
- 1 in 4 women will miscarry
- 1 in 10 babies are born prematurely
- 1 in 30 babies are born with a congenital abnormality
- 1 in 5 women have a caesarean
- 1 in 3 women suffers from some degree of Post Natal Depression
- 1 in 10 children have a learning or behavioural problem
- 1 in 5 children suffer from asthma

If you are having trouble conceiving, the first things you need to look at are your diet, your living and working environments, and the current level of your health. These few steps can make a huge difference:

1. **Adopt a healthy lifestyle** - quit smoking dramatically reduce your caffeine and alcohol intake and establish a regular exercise routine (30 minutes of exercise per day is

all you need. Ensure you're puffing though, or it doesn't count!)

2. **Improve your dietary habits** - eat organically grown produce (*head to your local weekend markets, they're cheaper and the produce is fresher*) and avoid refined and processed foods.
3. **Reduce stress and think positively** - by doing the above mentioned, you will find your stress levels will decrease and your general wellbeing will improve.
4. **Treat existing medical conditions** - have a general check up with your GP - this includes a pap smear (*if you haven't had one in the last 12 months*) STD tests and a general deficiency check-up. This way, you can treat any underlying health issues and rule them out.
5. **Clean up your living and working environments** - avoid chemicals and heavy metals and reduce your exposure to electromagnetic radiation.
6. **Consult a naturopath** - about a targeted nutritional supplement.

Nutritional Supplements:

The need for nutritional supplements have long been recognised by Obstetricians for their role during reproduction. Traditionally, extra calcium and iron were prescribed and more recently folic acid - but what needs to be recognised is that the other 40 or so nutrients available are no less important. By taking nutrients individually you can actually upset the balance of others as nutrients technically work in unison.

For example, individual supplements of iron can upset the body's balance of zinc - and as zinc is the most important trace element for women about to become pregnant, it's quite important that these levels are adequate.

Sufficient zinc levels promote:

- Fertility
- Strong connective tissue (no stretch marks)
- Adequate foetal growth and a baby born at full term
- The formation and function of baby's brain and immune system
- The formation of testes for boys
- Prevents many types of congenital defects
- Can prevent long labours, post natal depression, cracked nipples and inconsolable difficult babies

As important as supplements are, the essential thing to remember here is that they will never replace a healthy diet robust in organic fruits and vegetables and freshly prepared wholefoods. Nor will they prevent your body from needing a healthy lifestyle and a pollution free environment in which to thrive.

If you've done all you can to improve your lifestyle and you are still having trouble conceiving, acupuncture shows incredible results when it comes to fertility. See overleaf for more details.

Ref: Conscious Living Magazine, pg 42, Jan Roberts



Modern Eco Living

The need and desire to protect the environment has never been greater - though transforming your life into an eco-friendly one is the hardest part. Here are 10 easy start up ideas you can implement immediately.

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| 1. Say 'No' to plastic - use re-usable bags | 6. Use public transport |
| 2. Get a flow controller and timer for your shower | 7. Purchase a re-usable drink bottle |
| 3. Convert to non-toxic cleaning and personal care products | 8. Eat organic food |
| 4. Start a worm farm | 9. Convert to green power |
| 5. Use the library | 10. Become a conscientious consumer |



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Remedial Massage

Acupuncture

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Acupuncture for Fertility



Acupuncture has been used as a medical treatment for fertility, in both males and females, for thousands of years. The specialty in gynaecology alone was developed in China in the Shang dynasty (1500 - 1000 BC).

Approx 30% of infertility cases are male (e.g. sperm dysfunction), 60% female (e.g. ovulation failure, blocked or damaged fallopian tubes) and the remaining 10% are by causes unknown - from obscure or unknown diseases.

The main acupuncture treatment principles are:

MALES - To encourage optimal sperm production, mobility and function. To balance hormones by harmonising the pineal and hypothalamus glands that directly affect the testes and reproductive system. To treat sexual dysfunctions.

FEMALES - To regulate hormones and the menstrual cycle. To treat ovarian, uterine, and menstrual

disorders. To stimulate follicular development and improve egg health.

Acupuncture can be safely used to assist throughout IVF. A recent study in Germany found that using acupuncture while going through IVF increases the pregnancy rate by up to 60%.

Regular acupuncture treatments are used to:

- Ensure all organs are nourished and meridians are balanced.
- Ensure all aspects of health and wellbeing are addressed to make sure there is no external cause of disharmony –includes stress, diet and emotional issues
- Identify harmful risk factors (environmental and occupational)
- Dietetics and herbs to correct any underlying nutritional organ deficiencies
- To treat existing conditions such as Endometriosis, Habitual miscarriage, Amenorrhea (the absence of menstruation), Polycystic Ovarian Syndrome, Uterine fibroids and Ovarian Cysts

Acupuncture is used to increase blood flow, increase basal body temperature (body temperature first thing in the morning or after 3 hours uninterrupted sleep - when this is the highest, you are more likely to conceive), remove blockages and stasis (a state in which the normal flow of a body liquid stops, for example the flow of blood through vessels or of intestinal contents through the digestive tract), and create a free flow of qi, blood and body fluids.

Usually you will need at least 3 cycles (with acupuncture treatments in between) to normalise a cycle. But of course, every situation is different so it may take longer if fertility drugs have been taken, if there is a history of sexually transmitted disease, endometriosis, pelvic inflammatory disease, or polycystic ovaries. It usually takes males 70 days to generate new sperm. A history of drug and alcohol abuse or urological complications may mean it will take longer.

If you have any questions or queries about acupuncture and fertility, please do not hesitate to call. One of our qualified acupuncturists would be more than happy to answer any questions you have.

Ref: www.acupuncture.com.au/education/q&a/fertility.html



BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness month. In the past, our therapists have showed their support to The Australian Breast Cancer Foundation by donating their time and services to both the Mater Hospital Oncology Unit as well as 'A Girls Night In' for the Australian Cancer Council to support women's cancer.

This year, we are showing our support by hosting a fund raising morning tea here in the clinic from 10.30am - 2.30pm.

We will have cakes and all sorts of goodies so pop in and show your support for a great cause!

- DIY BREAST CHECK -

Knowing your cyclical changes, what is normal for you and what the regular monthly changes in the breast feel like is the best way to keep an eye on your breast health. Here's how:

1. Do a visual exam - stand in front of the mirror and see how both your breasts look with your hands on your hips and your hands above your head. Look at size, shape, contour, movement, skin colour and texture and note changes.
2. Do a manual check on nipples - Using index finger and thumb, pinch each nipple pull out to see if they spring back.
3. Stand & Stroke - Raise your left arm above your head using right hand stroke breast from top to bottom, from side to side, all around and under the armpits to check for any unusual or new lumps. Repeat with opposite breast.
4. Recline & Stroke - Lie on your bed so that you can put your head and shoulders on a pillow. Raise your left arm over your head and repeat 'Stand & Stroke' movements. Switch sides and repeat.

If you find something you're worried about or would like some more information, consult your local GP or visit www.breastcanceraustralia.org.



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