

A SELF HELP GUIDE

The Definitive Holistic Fertility Guide



Sukh Padda
@bodisync



Table of Contents

Introduction	3
How To Use This Guide	5
Common Causes of Unexplained Infertility	7
Sperm Count	15
The 3 Biggest Obstacles Impacting Your Fertility	18
Getting Started	20
Testing To Discover What Is Going On	23
Types Of Testing	25
Male & Female Testing	27
Level 1: Variety Of Blood Tests	28
Level 2: Genetic & Immunology Testing	32
Holistic Medicine Assessment	34
Creating Your Fertility Plan	38
The 5 Fertility Pillars	40
10 Nutrients To Boost Fertility	45
7 Toxins In Foods That Can Interfere With Fertility	51
Holistic Fertility Therapy	55
Fertility Nutrition	57
The Natural Fertility Diet	58
The Top 10 Foods For Fertility	59
Preconception Health Supplementation	60
Fertility Cleansing	62

Table of Contents

Nourish Pregnancy & Post Birth Holistic Service	63
Sukh Padda Holistic Specialist Profile	65
Next Steps	66
Appendix	67

INTRODUCTION

You Are Not Alone

Over 3 million people in the UK alone are struggling to conceive, and many don't know that there are ways to enhance fertility naturally to get pregnant. With just a few clear, targeted, steps you can quickly start to take charge of your fertility, and begin the transformation of your fertility health and journey.

Whilst the majority of people on a fertility journey are in a panic about what they should be doing for the best, our clients are in a more relaxed and supported frame of mind whilst receiving support on their personalised Holistic Treatment Programme.

When people come to us for the first time, the majority of them have reached a point on their journey where they feel deflated, overwhelmed and confused about their next steps. Having professional support on your journey is the best possible action that you can take, but of course there is a lot that you can do yourself too.

In this guide I will share with you how you can transform your fertility health and get closer to your goal of having your baby. I will reveal the most important principles of enhancing your fertility; first crucial steps for getting started; and the biggest problems on a fertility journey that cause even more of a delay in conceiving!

Once that's done I'll tie it all together with an overview of how I work with my health partners, so you can see how our Holistic Fertility Therapy can help you. All you need to do is follow the advice in this guide as much as you can. Now sit back, relax for 45 minutes or so, and read through this guide to discover exactly how you can start the transformation of your fertility health and journey.

I wish you lots of success in conceiving your baby!



Sukh
Padha
BODISYNC NATURAL HEALTH SOLUTIONS

Holistic Health Specialist

How To Use This Guide

Used effectively this guide has the potential to help you to change your fertility journey, and your life.

For it to work you will need to absorb the information and I suggest that you print off this guide; make yourself a nice healthy drink; find a comfortable place to sit; grab a highlighter or pencil; and immerse yourself in reading and make notes as you go along. Keep an open mind and be ready to take a few small steps to begin your transformation. You and your partner should undertake this together.

You're in the right place if:

- You're unsure about what's causing your delay and want answers
- You feel like having your baby may never happen
- You feel confused, anxious or overwhelmed at times about what to do
- You're trying to conceive with IUI, IVF or Egg Donation
- You've experienced failed IUI, IVF or Egg Donation cycles
- You've experienced one or more miscarriages
- You just want some guidance and support to make it a little easier
- You're trying to conceive naturally



Common Causes of Unexplained Infertility

If you are facing unexplained infertility, you are not alone: approximately 30% of couples with infertility worldwide struggle with unexplained infertility. In other words, doctors haven't been able to identify a clear reason why the couple cannot conceive.

1. Egg Quality

Surprise, surprise—successful fertility depends on successful egg quality! Typically, you have about 6–9 months to nurture your eggs. The better the quality of your eggs, the greater the chances one will implant inside the uterus. What affects and improves egg quality:

- Egg quality declines after the age of 35. It's typically unavoidable.
- [A pre-pregnancy diet](#) goes a long way in building healthy eggs! Go for healthy fats like avocado, nuts, coconut, and olive oils. You'll also need antioxidants like berries, leafy veggies, and fish oil for energy and DNA damage repair. Plus, did you know that mercury is a [possible toxic metal](#) for fertility? It's best to avoid eating large-ocean fish for the time being!
- Higher-than-normal [FSH levels](#) can lead to lower-than-usual egg quantity.
- Egg quality thrives on oxygen-rich blood flow into the ovaries! You can help increase this with lifestyle changes like exercise, smoking cessation, and decreasing stress.
- Drinking 6 to 8 glasses of water daily increases fertility hormone and egg production.
- Avoid as much as possible beauty products with BPA, parabens, and phthalates. Tip: choose [paraben-free lubricants](#) and check out which product brands do not contain these chemicals.
- Avoiding alcohol and drug usage can make a big difference because they are both cytotoxic (meaning they can damage/kill egg cells).
- The inflammation from [endometriosis](#) can be an egg "cell-killer." It can be lowered with an anti-inflammatory diet and supplements like vitamins V, C, D, and E.

Did you know that almost **50% of women** whose vitamin D levels measure below 20ng/ml cannot get pregnant?

2. Adequate Nutrition

You might not be giving your reproductive system crucial nutrients for fertility. A good TTC diet and prenatal supplements in your plan can help prepare your body for a healthy pregnancy! Here are some essential nutrients:

- Vitamin D: A fundamental TTC vitamin. It helps nurture the follicle and promotes ovulation, implantation, and increasing progesterone levels.
- Iron: Crucial for healthy blood flow in the uterus. Studies also show that women who are anemic are at risk of having anovulatory cycles, in which the egg isn't released from the ovary during your period. Iron helps to counter this!
- Omega3: An anti-inflammatory component that is essential for cervical mucus. Omega3s help to thin out your blood so that there is better blood flow to the ovaries.
- Col O: A mitochondria I enzyme, It gives the cell structures of the reproductive system a "pep in their step" by converting energy from any provided nutrients.
- Zinc: It's all for the immune system's health, as egg implantation coincidentally depends on the immune system.

3. The Role Of Insulin

Insulin tremendously influences reproductive health!

Keeping insulin under control with supplements and medications like zinc, metformin, and myoinositol is essential—but only if insulin and blood glucose levels are higher than normal. When your blood glucose is steady, it can lead to easier ovulation/implantation.

What to check for:

- Your fasting insulin and fasting glucose: high levels could indicate pre-diabetes or onset diabetes. These factors make inefficient cell division and negatively affect the placenta.
- If your fasting insulin is high, it could indicate insulin resistance (a condition where the body produces more insulin to maintain normal blood sugar levels). This hormonal snag can cause follicular issues and hormonal imbalances, such as PCOS.

Did you know that 30–50% of women who struggle with Infertility have endometriosis?

4. Endometriosis

Endometriosis occurs when tissue similar to the lining of the uterus grows outside of the uterus, causing potential fertility problems. This reproductive condition is much more common than one may think! Besides the painful cramps and heavy periods, people with endometriosis may experience pain during sex and gastrointestinal symptoms.

5. Immunological Issues

Immunological Infertility describes an autoimmune response to sperm that may be present in one or both partners.

What goes on with immunological Infertility?

- The body produces more anti-sperm antibodies (ASA) than the average person—and can attack sperm. Loosely speaking, the body may mistake sperm for an “allergen” or a “germ”.

6. PCOS

Did you know that about 10% of people experience PCOS?

Polycystic Ovarian Syndrome (PCOS) is a hormone imbalance that occurs when the ovaries have many tiny and painless cysts.

What this means for fertility:

- Irregular hormone production and distribution throughout the body can disrupt menstrual periods, making it difficult to track ovulation cycles. Egg development can also suffer, with insulin resistance being one of the root causes.
- PCOS does not necessarily prevent pregnancy. A Fertility plan for individuals with PCOS may include lifestyle changes, dietary adjustments, medication, and using an optimal fertility tracker to monitor actual cycle LH levels.

Did you know that 1 in 70 people at some point experience issues with their ovulation?

7. Ovulation Issues

Ovulation issues and anovulation can be significant factors in infertility, whether caused by PCOS, endometriosis, or other reasons.

What are some causes:

- The hypothalamus (the hormone influencer that controls several body systems) may not be secreting enough GnRH, which stimulates the ovaries and ovulation.
- The ovaries may not be producing enough estrogen.
- Factors such as weight loss, exercise, diabetes, obesity, and stress can significantly affect fertility. However, making lifestyle changes, such as practicing fertility meditations, can help overcome these obstacles.

8. Uterine Cavity Issues

The uterine cavity plays a pivotal role in fertility health—from taking part in fertilization (and our periods) to housing the fetus during pregnancy.

Causes of issues:

- Scarring on the lining—possibly developed from previous surgery.
- Organic pathologies include polyps (cells that line the uterus) and fibromas (non-cancerous tumors).
- Chronic inflammation.
- Intrauterine adhesions (a band of fibrous tissue), uterine fibroids (non-cancerous growths of uterus muscle tissue), or adenomyosis (where the uterine lining grows into the muscle walls of the uterus).

Did you know that it takes about 2–3 months for sperm to mature and regenerate?

9. Sperm Quality

Over 40% of infertility cases are linked to sperm. Conditions like Azoospermia (unmeasurable sperm in semen) or DNA-damaged sperm can also be the culprit.

Ways to prevent or counter harm to the sperm:

- Ensuring no nutritional deficiencies (zinc, selenium, coq 10, vitamin D) are present. If so, fertility supplements are key!
- Avoiding exposure to heat for long periods.
- Being careful with being around toxins.
- Being careful with electromagnetic radiation (EMF). Phones in jeans and laptops for extended periods may cause sperm immobility.
- Reducing alcohol consumption. Excessive drinking can affect the volume of sperm, motility (and overall life).
- Avoiding and reducing cannabis usage. Excess cannabis use can lessen testosterone.

10. Cervical Mucous Quality

Did you know that Hydration is crucial to keep a healthy cervical mucus consistency?

Cervical mucus helps keep the vagina PH in tip-top shape! It also nurtures sperm to enter the vagina (and uterus) easier. On the other hand, hostile cervical mucus can prevent sperm from reaching its goal by thickening and hindering successful passage.

Ways it can cause harm:

- If cervical mucus does not change as it typically does during ovulation, it can make pregnancy less likely due to its texture, consistency, and thickness.
- Bacteria causing cervix infection (cervicitis) in the vagina can enter the uterus, potentially leading to the destruction of sperm.
- Cervical mucus may contain antibodies to sperm, a rare issue where it causes sperm to be killed before they can reach the egg.
- Allergy medicines may thicken the mucus: mucolytics–containing medications can reduce cervical mucus lubrication. Try to avoid them during ovulation, when estrogen rises the most!

9. Endometrium Issues

An imbalance between progesterone and estrogen can cause problems in the endometrium, the innermost lining of the uterus, like:

- Abnormal endometrium growth (which can thicken the uterus and lessen receptive opportunities for sperm to enter in).
- Chronic endometritis (a uterine infection that can cause further issues if left untreated).

10. Thyroid Dysfunction

The thyroid is the master gland that affects organs such as the brain, heart, GI system—and, yes, ovaries!

Good thyroid management can help with unexplained infertility cases! So it's best to check with your doctor to see if your levels are within a normal or optimal range—and also check for your Thyroperoxidase (TPO) antibodies (enzymes found in the thyroid gland that plays a key role in the production of thyroid hormones), and its subcomponent levels.

What to look out for:

- The Normal range/ optimal range for TSH: Should be around 4.5–5. However, when you are TTC, it should be approximately 2–3.
- Subcomponents T3 and T4: Levels between 80–220 ng/dl are normal for T3, while 5.0 to 12.0µg/dl levels are considered normal for T4.
- TPO antibodies: Can be considered too high if above 9.0 IU/ml.

11. Blocked Fallopian Tubes

Pelvic inflammatory disease, endometriosis, and surgery can all cause fallopian tube blockage.

You can find out if you have blocked fallopian tubes by doing a Hysterosalpingogram (HSG)—an x-ray procedure to examine the uterus and fallopian tubes. Check with your doctor in case there are other procedures available on a deeper level.

Blockage and testing types:

- There are 3 types of blockages: mechanical (stemming from any previous surgeries), functional (due to internal lashes or minor injuries), and thick mucus (remember—hydration is essential!).
- If the HSG test reveals that your tubes are not blocked, your doctor may need to perform a diagnostic laparoscopy for a deeper examination. This procedure can visualize adhesions that may have been missed, including Tubal Factor Infertility (TFI).
- TFI is caused by the blockage, adhesion, and patency (openness) of the fallopian tubes.

12. The Role Of Prolactin

High prolactin levels (hyperprolactinemia) have been linked to infertility.

Cause and levels of this:

- The pituitary gland may produce too much prolactin, a hormone that stimulates breast milk production. High prolactin levels can block egg development and estrogen levels. Hyperprolactinemia can come from depression, PCOS, or hyperthyroidism medication.
- Prolactin levels over 100 ng/ml are considered to be hyperprolactinemia.

13. Defect In Luteal Phase / Low Progesterone

Progesterone and luteal phase deficiencies can significantly impact fertility. What causes these deficiencies:

- Stress. The stress hormone can stop progesterone production.

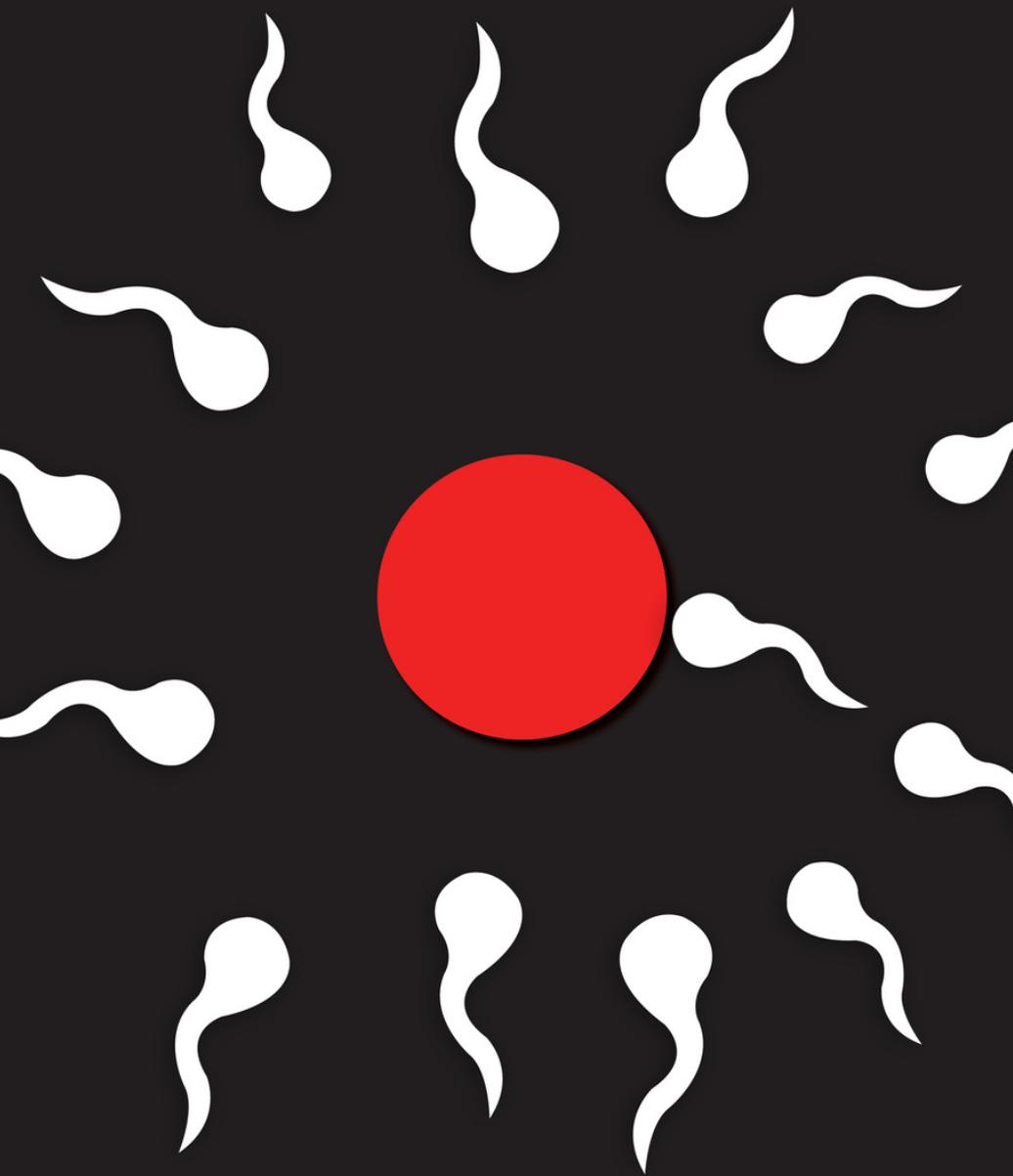
Dietary changes. Lack of fat+ lack of cholesterol= lack of progesterone.

As you can see, we can take the "un" from unexplained infertility. Many factors, such as ovulation, fallopian tubes, and sperm issues, may only be presented to you at surface levels.

Don't be afraid to become your own advocate.

Ask your medical team more questions, take more tests, and do more digging!

And don't be discouraged if you are diagnosed with unexplained infertility! A National Institute of Health study discovered that 92% of people with unexplained infertility eventually could conceive.



Sperm Count

All too often, infertility is thought of as a challenge that only women face – but this couldn't be further from the truth! In fact, research suggests that among those struggling to conceive, "male factor" infertility plays a role in an estimated 40–50% of cases. Another study published in 2022 reported that total sperm counts have dropped by 62.3% over the past 50 years.

What Is Sperm Count?

Sperm count is the total number of sperm cells that are present in ejaculate (semen). According to the University of Rochester, a "normal" sperm count is at least 39 million sperm cells per ejaculate.

There are a number of different factors that can affect sperm count. This includes age, health history, certain medications, and lifestyle.

Understanding Sperm Count and Male Fertility

When it comes to fertility, the simple fact is that it takes both a sperm and an egg to get pregnant. And if sperm counts are low, the chances of conception are low too. This can be extremely frustrating for couples who are actively trying to plan a pregnancy.

Normal sperm count range

Sperm counts can be as low as 15 million per mL of semen to over 200+ million per mL of semen. Although thresholds may vary depending on the laboratory, it is widely accepted that if a sample has less than 15 million sperm per mL, this is considered to be "low".

Sperm Motility and Morphology

It's not just the number of sperm cells that matters. Sperm motility and morphology matter, too. Sperm motility is how well a sperm can move or "swim" through the vagina and cervix. Sperm morphology on the other hand relates to the shape and size of sperm. Both factors can interfere with a sperm's ability to reach and fertilize an egg, and both factors are influenced by age, lifestyle, and medical history.

The do's and don'ts for a healthy sperm count

In terms of maintaining a healthy sperm count, there are some things that you can control in your day-to-day life. Here is a look at the do's and don'ts along with strategies for boosting your sperm count naturally.

Do: Maintain A Balanced Lifestyle

Lifestyle factors can have a huge impact on fertility, including sperm count. Leading a healthy lifestyle by eating plenty of nutrients, keeping stress levels under control, and maintaining a healthy weight can all boost male fertility.



Maintain a balanced lifestyle



Ignore any symptoms



Get tested

Do not: Ignore Any Symptoms

Nobody knows your body better than you do. If you experience any problems with ejaculation, or if you and your partner have been struggling to conceive for more than a year (or six months if over the age of 35), it's recommended to speak with your doctor for further support.

Do: Get Tested

If you are actively trying to conceive (TTC), there is no shame in having your sperm tested either at your doctor's office or with a modern at-home test kit. These tests can give insight into the quality and concentration levels of your sperm so that you and your partner can make informed decisions about your fertility.

10+ ways to increase sperm count



Embrace healthy eating habits



Stay active



Prioritize sleep



Minimize stress



Avoid alcohol



Avoid drugs



Quit smoking



Maintain good sexual hygiene



Stay cool (literally)



Review your medications



Try vitamins and supplements



Avoid soy products

The 3 Biggest Obstacles Impacting Your Fertility

Following is what I found to be the 3 biggest obstacles on a fertility journey:

1. Not knowing WHAT is wrong and WHY it's wrong. Not knowing what is wrong and why it's causing your delay, means that it makes it almost impossible to find a solution and know what to do to change it for the better. The end result of having your baby can seem far out of reach at times. So you are constantly worrying and feeling stressed about the possible causes of not getting pregnant, or carrying to full term.

2. Not having a clear strategy of WHICH steps to take next, WHEN to take them, and HOW long to take them for - You know where you want to get to, but you're not really sure WHICH way to go, WHEN to go that way, and HOW long to go that way for. All this uncertainty is stressful, confusing and overwhelming, as decision making is really unclear, leaving you feeling that you might never get there at all.

Your fertility journey can end up taking a lot longer than anticipated, with extra physical, financial and emotional costs and obstacles along the way.

3. As if all of the above wasn't enough, you still have to decide on what type of treatment to have, and where to go to get it! This in itself can be really difficult as there are so many options available. It's easy to feel unsure to know which methods are the very best for you.

Everywhere you look, you can find someone offering fertility support, telling you that it's the best thing for you.

But which one do you choose for your journey?

Choices need to be made to be able to move forwards, but how do you work out whether you should use: herbal medicine; reflexology; nutrition; fertility massage; acupuncture, or emotional support; or should you skip all of the natural options and just do IVF?

The good news is that together with this guide and the holistic service we offer you will find the answers.



Follow a simple principle that Chinese medicine has understood for thousands of years:

Excellent Health

=

Excellent Fertility

Your body won't let you create and sustain a pregnancy and it's doing this for a good reason to protect you.

Getting Started

For conception to occur, nature requires that you have good health with high reserves of stored energy, nutrients, and other vital substances that can support your reproductive system, and a pregnancy.

If any of these levels are decreased then your fertility will be temporarily 'bypassed', and will reduce, until your body builds these levels back up again.

But I'm pretty sure I'm healthy, I hear you say!

Well, you may feel okay day-to-day, and you might seem okay on the surface.

But if you're experiencing a delay in conceiving or carrying to full term then it indicates that something within either you, or your partners, body isn't working, as it should be.

Once you return to your optimum health level again, your body will be able to work efficiently and you will have the ability to conceive and carry a healthy pregnancy as nature intend sit.

Most people, and very likely you too, are born fertile.

The disturbance in your fertility health is purely a natural sign that's telling you there is an underlying imbalance that needs to be addressed.

Once you discover what this is, and make the right changes to regain your natural health balance, your ability to get pregnant will return.

All fertility problems are a manifestation of a deeper underlying health issue, according to Chinese medicine.

This is something that western medicine doesn't focus on, due to having a different philosophy. However, both forms of medicine have their place in supporting you on your journey and I'll share with you how to get the most out of each of them.

My advice allows you to properly assess your health and find the underlying issues that are causing your delay, and then treat them accordingly, to re-establish balance.

There are just three key steps to overcoming the 3 biggest obstacles that I shared with you:

Step 1. Discover

Get tested with western medicine and find out WHAT is physically presenting itself, and see if there's a physical issue present;

AND

Assess your health with a detailed Chinese Medicine Fertility Health Assessment to find out WHY (the root cause) you're experiencing your delay.

Step 2. Design

Create a plan to follow to know WHICH treatments to do; WHEN to do them; and HOW long to do them for.

Step 3. Do

Use the 5 Fertility Pillars within in this guide to help you to restore your health.



STEP 1
DISCOVER



Testing To Discover What Is Going On

This is the first step you should take on your journey, whether you're trying naturally or with Assisted Treatment, and whether you're just starting out or you've been trying for many years.

The tests that I recommend are the foundational tests that you should carry out to properly investigate your current health balance.

In general I suggest checking your fertility health in this way every 6-8 months, whilst you are trying to conceive.

Each time you do so, you get clearer about what's going on with your health, and you are able track the changes that your body is experiencing over the course of your journey.

It also allows you to pick up anything that may have developed, that you aren't aware of.

The more you know about your health and how it's presenting itself, the more control you have over your fertility.

This first step allows you to see WHAT is going on from a physical and medical testing perspective.

It's all about getting clear on your current fertility health status before trying to treat the 'unknown' situation.

To go a little deeper with this we can see that your fertility health is made up of 2 aspects:

1. Physical aspects that make up the physical parts of your body such as the eggs, sperm, fluids, hormones, cells, glands, bones, organs etc

2. Functional aspects that make up the energy and function of your body such as the energy, activity, metabolism, heat etc. The functional aspects make the physical parts work.

For example: your eggs are a physical aspect of your body. Without the energy and function of your body, they cannot stay physically active and healthy, to be fertilised and then grow and develop into a healthy embryo. Every physical part of your body has a functional aspect that makes it work.

To get to the root of what's going on you need a system that can look at both of these aspects of your fertility health.

The best way to do this is to combine the worlds two leading health systems: Western medicine, and Chinese medicine.

Each of these systems individually looks at one aspect of your health.

Using them together gives you the best insight available, and provides a completely holistic view of what is happening.

This is what they do:

1. Western medicine – provides an assessment of the Physical presentation of your health i.e. what your hormone levels are like; your ovarian reserve (number of eggs); thyroid gland health; sperm health and many more physically measurable factors.
2. Chinese medicine – provides an assessment of the Function of the physical aspects that western medicine will test, to get to the root cause of your situation. It provides you with the answers of why things are the way they are, and how this is causing your delay.

For example: you may have a high FSH level (hormone issue).Western medicine will tell you that this is your problem, but it can't tell you why the FSH is elevated. Chinese medicine on the other hand can tell you why it's so high, what's causing it, and how to resolve it.

I'm sure you can see that combining them is the best way forward to know what is going on, and why it is happening.

This integrated approach should be carried out for both you and your partner, to ensure that the picture is clear on both sides.

Types Of Testing

Western medicine assesses your health through a series of different tests. There are many different types of tests available to use, and I've picked out the most important ones we recommend and provide.

This makes it easier to understand them and to be able to pick out the ones that you can do regularly, and the ones that are only carried out once or twice.

There are many more tests available, but most people will not need them.

I would suggest completing level 1 every 6 months whilst on your fertility journey and level 2 once. If anything changes, then you will pick it up in good time, without it becoming something more detrimental to your fertility health.

The ones we recommend for both partners are as follows:

LEVEL 1

- **Blood Tests** – There are a variety of tests available for both men and women and we will look at these individually in the next sections.
- **Liver Scanning** – In Eastern medicine the Liver is known as the master of all the organs. Even in Western medicine the Liver is recognized for its importance in over a 1,000 functions it carries out daily. Its the largest internal organ and the only one that can rejuvenate itself. In fertility its importance is in hormone metabolism, detoxification, blood sugar regulation, nutrient metabolism, cholesterol metabolism, and immune function. So a healthy Liver is crucial. A fibroscan measures the amount of fat in the liver and its overall thickness which impacts its ability to function effectively.
- **Bio-Resonance Screening** – To identify energetic imbalances in your body related to fertility issues, such as hormonal imbalances, blockages in energy flow, or disturbances in the body's electromagnetic field that may affect reproductive health.

LEVEL 2

- **DNA Testing** – This is a much deeper level of testing and only needs to be carried out if everything else looks okay, but still no pregnancy is happening. There is a selection of genetic tests that you can carry out to help clarify whether there is a genetic component that's causing you problems.

Refer to the appendix at the end of the guide for QR links to these tests.

Lets now look at the individual blood tests for men and women.



Male & Female Testing

There are 3 levels of common tests available for both men and women.

Level 1: A variety of blood tests (and sometimes saliva)

Make sure you test for: Sexually Transmitted Infections, Hormones, Thyroid health, Nutrient levels and Adrenal Health.

Level 2: Genetic testing

There are a variety of tests available for men and women to ensure that you don't have any genetic issues that could cause embryo fertilisation or development problems.

Level 3: Immunological screening

This is a broad category of tests that look at how your immune system is functioning. The basic tests are quite affordable and easy to complete, but the bigger tests are more expensive and are usually only completed by sending samples to labs.

Lets look at each of these in more detail.

Level 1: Variety Of Blood Tests

This level is divided into a further 5 different types of tests. Your GP or Consultant should be happy to refer you for the majority of these.

If you're working with us we provide these blood tests privately.

Number 1

Sexually Transmitted Infections

This series of tests will show whether you have come into contact with any infection in the past and whether anything is residual or still present.

If there is a positive response you may want to consider Level 3 testing, to assess the health of your Fallopian Tubes, as they can at times be affected by sexually transmitted infections. You'll need to be guided on this by your Doctor.

Number 2 Hormone Panel

This panel will show you the most important profile of your hormones, in relation to your fertility health.

The hormone tests are divided into the 2 phases of your menstrual cycle. You will therefore need 2 blood tests for a complete hormone profile.

The first blood test needs to be completed on days 1-3 of your menstruation. Day 1 is the first day of proper bleeding. You should test for the following:

FSH -is Follicle Stimulating Hormone - and helps to stimulate the growth of your follicles before ovulation occurs.

Estradiol (E2) - is a type of Estrogen, and the follicles produce it as they grow. It counteracts the FSH and this counteraction helps to reduce the FSH as the E2 increases, and as the cycle evolves.

E2 is involved in nourishing a variety of tissues within the body, including helping to thicken the endometrium ready for later implantation of an embryo. It is also involved in thinning and production of cervical mucus before ovulation.

LH - is Luteinising hormone and this is primarily involved in triggering ovulation, and also the development of the corpus luteum, which is responsible for releasing the majority of progesterone once ovulation has occurred.

Prolactin - A hormone that can show over activity of the Pituitary Gland the gland that controls most hormone production, release and activity. I suggest measuring this, as high levels of it may interfere with ovulation and conception in general.

Testosterone – this is tested for a variety of reasons and is a good indicator of possible adrenal deficiency or fatigue. It is also linked to sexual arousal and libido levels.

AMH –this is Anti Müllerian Hormone, and the presenting levels of it can give some indication as to the activity and reserves within your ovaries. It may be strongly connected to Vitamin D levels, and should be tested a few times a year as it fluctuates.

The second blood test in your cycle needs to be completed 7 days AFTER ovulation. This is to test for:

Progesterone (P4)– Progesterone is a very important hormone with a big role in your fertility health. It's one that is often overlooked by western medicine, due to the increase in the use of synthetic Progesterone supplementation.

The varying levels of this natural hormone in your cycle, tell us a variety of things. As I mentioned you need to have this tested halfway through your luteal phase – the second half of your cycle.

For most women this will be around 7 days after ovulation. It's often called a 21-day test, but the day of testing will and should vary with each woman's menstrual cycle.

The result of this test will tell you:

1. Whether you have ovulated

2. Whether there is enough progesterone for implantation of an embryo to take place

3. Whether the levels are high enough to support early pregnancy to around week 12

Progesterone is responsible for: warming up your body and particularly your womb; sealing off the cervix by thickening the cervical mucus, which forms a plug that blocks the entrance to the cervix to protect the womb from outside elements. By the time this happens in your cycle the sperm will already be in your womb, if intercourse has happened at the right time around ovulation.

Progesterone also enhances blood flow through your womb and helps to create an 'incubator' type of environment for your possible embryo.

With the right levels it optimises the chances of implantation occurring.

Number 3

Full Thyroid Panel

The thyroid is well known for its importance with fertility health, conception and pregnancy.

Western medicine often overlooks aspects of thyroid health and so I would encourage you to make sure that you test the full profile.

This test will reveal how balanced your thyroid is, and how your body is producing energy, which is vital to pregnancy. It will also tell you whether there is any immune disturbance, which might also be impacting a pregnancy.

A blood test should be carried out at any time of your cycle to test for the following 7 aspects: TSH –this can be an initial indicator that shows that the thyroid is struggling. Most GP's only check this and don't do many of the others.

Basing your decisions only on this test is risky, and I would encourage you to have the immune aspects tested too. The TSH can be completely healthy, but there can still be an immune presentation.

T4 – is the inactive form of the thyroid hormone that must be converted to T3 for your body to use it

T3 – is the active form of thyroid hormone

Free T4 – this is not bound in the body and can show under-activity of the thyroid if it's low

Thyroid Globulin – tells you whether there's an immune issue

Thyroid Peroxidase – also tells you whether there's an immune issue

Note: Looking only at TSH does not give a sufficient picture to know whether your thyroid is healthy or not, and this is the common medical practice.

This panel should be repeated once a year, if the result is normal, and more often if the result is abnormal.

Number 4 Nutrient Profile

This is a very basic panel that will reveal the levels of the most important nutrients needed for conception and pregnancy. We provide vitamin injections where levels are low.

There are many more that can be tested, but this panel will give a good starting point and it will also reveal whether there may be some other issues present.

It's tested with a blood test and the following should be measured:

Vitamin B12 – is a vital nutrient for brain and nerve function, as well as being involved in the production of red blood cells. A red meat free diet will often create a deficiency of B12, as there aren't many plant sources of it.

Folate – is a B vitamin and is involved in blood production and neural tube development during pregnancy, as well as having a selection of other involvements in the body. Folate is often referred to as Folic Acid, which is the synthetic form of Folate. Folic acid should be avoided in supplements and the natural form of folate should be taken instead.

Vitamin D – is a fat-soluble steroid and is responsible for increasing absorption of calcium, iron, magnesium, phosphate and zinc.

Produced in the skin by exposure to sunlight Vitamin D3 is produced from existing cholesterol. There are many other functions of Vitamin D and levels should be maintained throughout the year.

Zinc – is very important for development and the immune system, and should be taking before, during and after pregnancy.

Ferritin – is a special protein that stores iron and tells you about the level of stored iron in your body. If this is low it indicates that there is an iron deficiency and further investigation can be carried out.

Selenium – belongs in the antioxidant category and is involved in a variety of functions. It is involved in the transformation of thyroid hormones and can decrease Hashimotos (Thyroid Auto-Immune Disease) in some cases.

If any of these areas are out of balance then dietary changes should be made to adjust these levels, and supplementation may need to be considered depending on your individual presentation.

This panel should be repeated every 6 months.

Number 5 Adrenal Health Profile

This is ideally carried out with a saliva test, and should be used to test for Cortisol and DHEA. Both of these results will show how efficiently your adrenal glands are working. It will also reveal whether your body is presenting as being stressed, that may need to be addressed.

The adrenals are small glands that sit on top of your kidneys. They are involved in the production of a variety of hormones and also have a connection to the thyroid gland. If the adrenal glands are tired and under-active, due to stress or long-term physical or emotional exhaustion, then it could make conceiving difficult until treatment has addressed the issue.

This test should be repeated once a year if it is healthy, or more often if it shows some disturbance in adrenal health.

Level 2: Genetic Testing

This is a much deeper level of testing and only needs to be carried out if everything else looks okay, but still no pregnancy is happening.

There is a selection of genetic tests that we provide to help clarify whether there is a genetic component that's causing you problems.

Level 3: Immunology Testing

As with genetic testing, immunology is a large and complex area.

There are many different tests that you can carry out for your immune system. Due to the usual high cost, many couples avoid these tests until later down the line.

If you have not conceived after 2+ yrs of trying or you have had repeated miscarriage, then it's worth considering this area. There could be an immune disturbance that is causing problems for conception or pregnancy.



Holistic Medicine Assessment

Once you have completed at least levels 1+2 tests above, the next stage would be a Holistic Medicine assessment to review your results and build them into their diagnosis of you.

Holistic medicine is all about finding out WHY you are experiencing any physical imbalances such as: hormone, thyroid, nutrient, adrenal, blood clotting, immune or sperm health issues, as well as revealing the overall balance of your fertility health.

It's all about discovering the root balance of your health and what's causing your delay in conceiving or carrying to full term.

Our Holistic Assessment Involves:

- A review of your medical test results to see what is presenting itself physically. Together we work through each test result, and evaluate whether it's within a normal fertility reference range or not.

This allows me to spend time with you clarifying exactly what each test is for, what the results are, and how that connects with your fertility health and situation. This way you're clear on what is happening in your body physically, and from a western medicine perspective. The findings are integrated at a later stage, with the other results from this session to create a complete diagnosis

- Assess your health from a Holistic medicine viewpoint to find the root presentation and balance of your health. This is where we look for the root cause as to why you're experiencing your delay in conceiving, and giving birth to your medicine viewpoint to find the root presentation and balance of your health.

This is achieved through several diagnostic skills, including:

- 1. Observation** – of how you look, move, hold your posture and whether there are any specific facial colourations or markings that are present.

- 2. Questioning** – about your day-to-day, menstrual and fertility health, I can learn about your subjective experience of your body. For example: it's impossible for me to know what your energy level feels like every day, without questioning you. And the same goes for pretty much everything that you experience in your body each day. You feel it, and we have to question it.

Over the past 5,000 yrs. the Chinese have worked out how the body presents itself when it's healthy. Every body experience that we have such as, energy, bowel movements, sleep, thirst, appetite, menstrual flow, blood quality, colour and much more, can be measured on a scale of 'healthy' to 'unhealthy', depending on how it presents itself.

By questioning your body experience, a pattern starts to become clear as to what is and isn't working well.

From this pattern we can start to build a picture of which systems are causing an issue with your fertility.

The great thing is that even though it's an ancient system, it's still totally relevant today.

Interestingly, the Chinese make reference to the same fertility issues that my clients experience now. But they were writing about them over a thousand years ago!

1. Tongue Diagnosis – by observing the colour, shape, texture, coating and markings on your tongue, it's possible to observe the internal balance of your body.

So, now that the information has been collected in each of these three areas, it's time to convert it into a diagnosis of how your body is working.

This tells us what the root pattern of imbalance is.

Once this is achieved we have a clear foundational picture of what is and isn't working well in your body, and how it's causing your fertility struggle.

This Holistic medicine fertility diagnosis is then integrated with your western medicine test results, to create a complete diagnosis that shows the physical and functional aspects that are currently present.

What we then end up with is a diagnosis that presents you with a clear picture of WHAT is happening, and WHY it's presenting itself.

Now that's in place you have overcome potentially the biggest of the 3 obstacles, and you now have a foundation from which to make the right choices for your journey and fertility health.



The integrated Holistic and Western medicine diagnosis becomes the foundation of every decision that needs to be made about:

- Which treatments to do next (natural or assisted)
- When to use them
- How long to use them for
- Your Herbal Medicine Treatment
- Dietary advice on the right foods to eat and avoid
- Supplement advice the right and the wrong
- Exercise, sleep and relaxation advice
- Advice on dealing with stress
- Sexual intercourse and timing
- Emotional wellbeing
- Extra types of treatment that may be required
- And every other aspect that will help you

it's the best foundation you can have to help you take the right next steps!



STEP 2 – DESIGN

Creating Your Fertility Plan

Now that you have your Western and Holistic medicine integrated diagnosis and you know exactly what's going on in your body, it's time to make a plan of your next steps.

The key areas to map out are:

WHICH treatments to do

An important consideration is to prepare for conception and pregnancy for 3-6 months, whether you're trying to conceive naturally or with assisted treatments.

Preparation in advance will greatly increase your chance of success.

You can rebalance your health and prepare for conception and pregnancy with natural treatments such as: Herbal Medicine, Nutrition, Supplement Support, Emotional Support, Body & Organ alignment, Acupuncture, and more.

If you're considering assisted treatments such as IUI, IVF or Egg Donation, this is the stage where you build them into your plan.

Preparing for them by using one or several of the above natural methods, will help you to make sure you're in the best health possible.

WHEN to do the treatments

Deciding on when to bring each one of your chosen treatments into plan is really important. This allows you to create a time line of your journey, and know when to carry out each one.

HOW LONG to do them for

This is really important!

Doing treatment for too short a time is a common issue and often a waste of time, energy and emotion. Knowing how long to do each treatment for, how to combine several treatments, and when to move onto the next new treatment is key on your journey.

When you're working with us this guidance is offered as part of your overall time plan, and treatment.



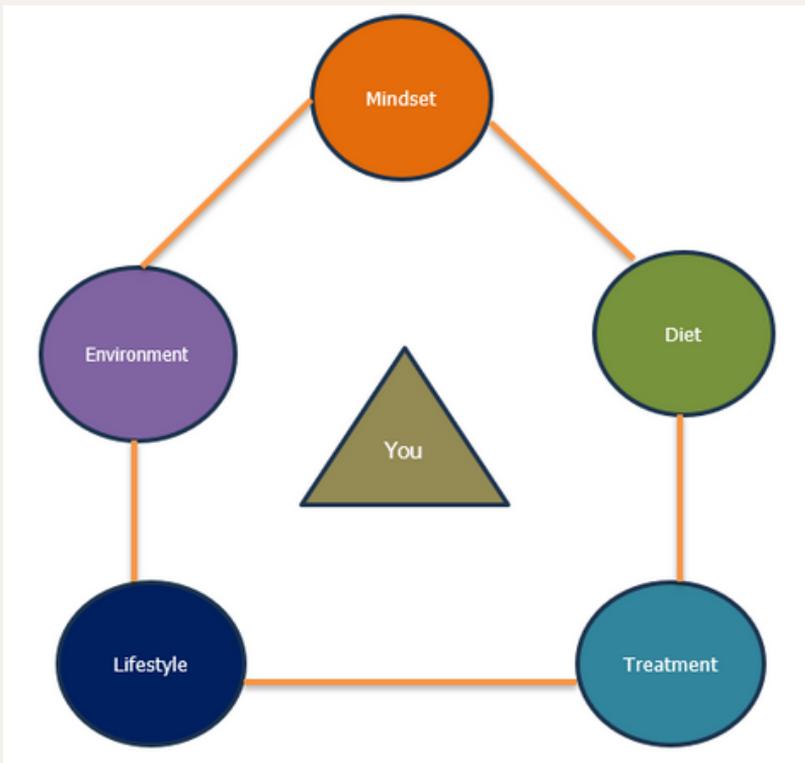
STEP 3 – DO

The 5 Fertility Pillars

Over the past 20 years or so since I began as Holistic Therapist I have for fertility related issues discovered that there are 5 Foundations that you need to focus on to optimise your general and fertility health.

These are:

Mindset
Diet
Treatment
Lifestyle
Environment



It All Starts With You

As you can see from the diagram, YOU are in the center and the 5 Pillars surround you.

YOU refers to every physical aspect of your body including your:

- Eggs, or sperm
- Hormones
- Blood cells
- Body fluids (including cervical mucus)
- Genetic material including DNA and chromosomes
- Glands – the Hypothalamus and Pituitary, which control hormone production and release. The Thyroid, which controls energy conversion and production. The Adrenals, which control stress responses and hormone release
- Reproductive organs/areas – such as the ovaries, fallopian tubes, uterus, vagina, penis and testes
- Bacteria, Bones, Teeth, Hair, Nails, and more!

YOU are all of these physical parts and more.

The 5 Pillars surround YOU in the diagram because they all have a positive or negative effect on every aspect of your physical health.

The result of their effect depends on how you use them, and whether you need that particular approach or not.

For example:

Your diet, if chosen and applied incorrectly can cause big issues with your general health, which in time will cause imbalance in your fertility health. However, if applied and chosen correctly for what your body needs, it will support, nourish and help you to enhance your fertility.

This is the same for each of the 5 Pillars, and it's the reason why it's important to know what your body needs at every stage of your journey.

Each Pillar is as important as the other.

Pillar 1 Mindset

What you Think - This Pillar relates to: your mind, emotional wellbeing and stress levels.

It's been known for thousands of years, and now proven scientifically, that what and how we think, has the ability to change our physical internal balance. Thought has the ability to heal or hinder your health, depending on how and what you think.

This can in itself seem a little overwhelming, and just to be clear, you don't have to control every single thought.

But, what we want everyone on this journey to experience is a calm, relaxed and happy state of mind that creates a reduced level of stress.

I'm sure you've already heard that stress is one of the big antifertility factors, which is true, and it all starts in how you think. This is why you'll often hear me referring to a need for a calm and focused mind that generates confidence in your natural ability to conceive, which in turn produces a decrease in stress.

Stress starts with thought and emotion, which in turn triggers off a response in your Adrenal glands (glands that sit on top of the kidneys).

The Adrenals cause an increase of adrenaline, which helps you to think and act more clearly in a stressful situation.

The increased Adrenaline, if not kept in check will cause inflammation and other issues. To reduce the Adrenalin your body releases a natural steroid called Cortisol. Cortisol calms down the Adrenaline, and restores balance.

BUT – to make the Cortisol your body uses the building blocks from other vital hormones such as Progesterone, which is essential for helping encourage implantation of an embryo and for supporting pregnancy.

If this action is repeated too frequently, it reduces your ability to produce Progesterone, and you start to experience cycle changes with short luteal phases, and a reduced chance of implantation and pregnancy.

Stress can only exist when we feel overwhelmed, anxious, worried, or fearful. It can't exist easily if we feel happy, calm, relaxed, confident, clear, focused and strong.

They key with the Mindset foundation is to work at keeping yourself in a good place emotionally, to keep stress and adrenalin levels low.

There are lots of home use methods that can help keep your mind calm. Some examples are: meditation, relaxing types of exercise (Yoga and Qi Gong or Tai Chi), breathing exercises, mindfulness, and some good old fashioned time out for yourself each day.

The key with the Mindset Pillar is to work at keeping yourself in a good place emotionally, to keep stress and adrenalin levels low.

There are lots of home use methods that can help keep your mind calm. Some examples are: meditation, relaxing types of exercise (Yoga and Qi Gong or Tai Chi), breathing exercises, mindfulness, and some good old fashioned time out for yourself each day.

Structure and planning can also help you stay focused, which can calm stress levels down. Sleep and relaxation are also vital for stress reduction.

In terms of treatments that help calm the mind and transform your emotions and stress level, we offer specific Emotional Release Therapies which include :

- 1. Emotional Freedom Technique**
- 2. Somato Emotional Release Therapy**
- 3. Avenue of Expression Release Therapy**
- 4. LED Light Therapy**

For absolute best results, start either one of these with us as soon as you can.

For more details on each therapy refer top the QR links in the appendix section.

Pillar 2 Diet

What you Eat and Drink – This Pillar relates to: everything that you eat and drink, and the good and bad practices of a healthy diet

Diet has the ability to heal or hinder your fertility health, depending on how and what you're eating. I'll include a few thoughts here on what to do and what to avoid.

Some things to avoid:

- Dairy – milk, yoghurt and cheese
- Sugar – white, brown, raw, 'natural' syrups such as maple or agave
- Refined starches – bread, pasta, noodles, breakfast cereal, baked goods
- Alcohol – all types
- Caffeine – all types – tea, coffee and sweet drinks (cola)
- Raw foods – salads, vegetable or fruit smoothies or juices
- Cold foods and drinks – all things from the fridge or freezer – cold or iced drinks, cold foods from the fridge, ice-cream
- Eating infrequently and skipping meals
- Too little protein, fiber, healthy fats and starches in your diet

Some things to include:

- Eat warm and cooked foods, even in warm weather or climates
- Eat regularly – space meals out equally throughout the day and don't allow yourself to get overly hungry
- Eat Protein – eggs, fish and meat (including red meat 3-4 times per week). If vegetarian this is an area that you will likely be deficient in. You can support with starches with protein such as beans and pulses, but the levels of protein are still quite low.
- Eat Fats – animal fats, oily fish (2-3 x per week), vegetable oils such as Rapeseed, Sunflower or Olive oils
- Eat Starches – healthy types – nuts, seeds, beans, pulses, grains, all root vegetables (carrot, beetroot, celeriac, parsnips, swede, turnips) and pumpkin and squash
- Eat Fiber – green leafy vegetables – spinach (not too often – 2-3x per week max as it increases chances of kidney/urinary stones), kale, dark green and red cabbages, spring greens and all other leafy green vegetables. Broccoli is also good and can help decrease high Estrogen levels. Always cook greens really well, and more so if you have or suspect a thyroid issue as these vegetables cause an increase in the chances of developing a goiter (related to thyroid disease).
- Drink herbal tea and room temperature or warm water throughout the day
- Take your time when eating and find a quiet relaxed place to eat slowly and really taste and enjoy your food
- Eat what your ancestors ate – stick to a healthy cuisine that relates to what your culture traditionally eats

10 Nutrients To Boost Fertility

1. Folate:

Folate, also known as folic acid, is a B vitamin that's essential for healthy foetal development. It also plays a role in ovulation and implantation. Good sources of folate include leafy greens, beans, and fortified cereals.

2. Zinc:

Zinc is crucial for both male and female fertility. It's involved in the production of healthy sperm and eggs, and also helps regulate hormone levels. You can find zinc in oysters, beef, and pumpkin seeds.

3. Vitamin D:

Low levels of vitamin D have been linked to infertility in both men and women. Vitamin D helps regulate ovulation and may also improve sperm count and motility. The best source of vitamin D is sunlight, but you can also get it from fatty fish, eggs, and fortified milk.

4. Magnesium:

Magnesium is an important mineral that is involved in many bodily functions, including muscle and nerve function, blood sugar regulation, and energy production. Magnesium has also been linked to fertility. Studies have shown that magnesium supplements can improve sperm quality and motility. Magnesium can be found in foods such as leafy greens, nuts, and whole grains, but it can also be taken in supplement form.

5. N-Acetyl Cysteine (NAC):

N-Acetyl Cysteine (NAC) is a powerful antioxidant and amino acid that plays an essential role in supporting reproductive health. Studies have shown that NAC supplementation can improve fertility in both men and women. In women, it helps regulate the menstrual cycle, improves ovulation, and enhances the quality of cervical mucus, making it easier for sperm to reach the egg. In men, it improves sperm motility, count, and morphology. NAC works by increasing the levels of glutathione in the body, a potent antioxidant that helps protect the reproductive cells from oxidative damage.

6. Vitamin E:

Vitamin E is an antioxidant that may improve fertility by protecting eggs and sperm from damage. Good sources of vitamin E include almonds, sunflower seeds, and spinach.

7. Selenium:

Selenium is important for healthy sperm production. It also helps protect eggs and sperm from damage. You can find selenium in Brazil nuts, tuna, and whole wheat bread.

8. Coenzyme Q10:

CoQ10 is an antioxidant that's important for energy production. It may also improve egg and sperm quality. Good sources of CoQ10 include fatty fish, organ meats, and whole grains.

9. Vitamin C:

Vitamin C is another antioxidant that may improve fertility by protecting eggs and sperm from damage. It also helps with hormone production. You can get vitamin C from citrus fruits, kiwi, and bell peppers.

10. B vitamins:

B vitamins are important for overall health and may also improve fertility. They help regulate hormone levels and improve egg and sperm quality. Good sources of B vitamins include whole grains, leafy greens, and eggs.

Remember, getting these nutrients from food is always the best option. However, if you're having trouble getting enough of these nutrients from your diet, supplements or vitamin infusions are helpful.

Overall, incorporating these 10 key nutrients into your diet can be an excellent way to support your reproductive health and boost your chances of conception. While no one nutrient is a magic bullet for fertility, research has shown that these vitamins, minerals, and antioxidants can play an important role in promoting healthy ovulation, sperm production, and foetal development.

Natural Supplements

Certain natural supplements have been linked to increased fertility.

Examples include:

- **Maca:** Maca comes from a plant grown in central Peru and improvements to sperm quality.
- **Bee Pollen:** Bee pollen has been linked to improved immunity, fertility, and overall nutrition. One study found that consuming bee pollen was linked to improved sperm quality and male fertility.
- **Bee Propolis:** A study of women with endometriosis found that taking bee propolis twice a day resulted in a 40 percent greater chance of becoming pregnant after 9 months.
- **Royal Jelly:** Royal jelly, which is also made by bees, is packed with amino acids, lipids, sugars, vitamins, fatty acids, iron, and calcium.

Pillar 3 Treatment

What To Use To Treat your Body – This Pillar relates to: treatments that can support your fertility health and journey, such as Herbal Medicine, Supplements, IVF, Fertility Massage, Acupuncture, Body Balance and Emotional Release Therapy to name a few.

IVF is the main option in western medicine, and this involves using either your own eggs or those from a donor.

Something to consider with IVF is that it does not improve your fertility health, but bypasses your reproductive system to produce an embryo.

As long as there are no implantation or egg or sperm quality issues, IVF should be successful. If however there are one or more of these issues, then natural medicine can be used in advance of IVF to prepare for the cycle and increase your chances of success.

Natural medicine has many options to offer.

Herbal Medicine

Improving egg and sperm quality; increasing egg and sperm viability for IVF; regulating menstrual cycles; balancing hormones; building up nutrient levels; increasing energy levels; treating PCOS, Endometriosis, Cysts, Fibroids and Blocked Fallopian tubes as well as Unexplained Infertility, are the key physical areas that Chinese Herbal Medicine can address and also where it often outshines any other type of natural medicine.

The Chinese have a multitude of natural treatments that they've developed over the many thousands of years of Chinese medicine, but when it comes to fertility they still choose this one main approach and that's because it works.

Chinese medicine finds the root cause of your situation, and then creates a treatment strategy that gets to work on restoring the root balance of your health. Once your health is restored your ability to conceive returns and increases. This is the case for natural or assisted conception.

Holistic Therapies

Your body is a complex system which and imbalances are seldomly as a result of a single issue its normally a combination of issues which in turn impact your Physical, Internal and Emotional wellbeing. This is the same in cases of infertility its normal a combination of factors that we need to address.

As such we offer a range of core and supplementary natural therapies designed to aid your fertility journey.

Holistic Therapies Range

Our range of holistic therapies include:

Core:

- Acupuncture – we use scalp, body auricular and abdominal Acupuncture as required to aid fertility
- Holistic Orientated Therapy – to balance the whole body Internally, Physically and Emotionally using Organ Realignment, Cranial Sacral balance and Body Realignment.
- Red Light Therapy – the primary targets are the uterus, ovaries & fallopian tubes to aid in production and quality of eggs in women and for men to increase sperm quality and motility
- Thermotherapy – revitalizes the function of the autonomic nervous system (internal organs) by balancing the sympathetic and parasympathetic nerves. It involves a thermal massage method that promotes the circulation of blood, hormones, and other body fluids.
- Cupping – to reduce stress, improve blood flow, increase detoxification and balance energy flow.

Supplementary Therapies Include:

- Oxygen Therapy – Increases your ability to use oxygen effectively. This in turn promotes healing and regeneration it assists the body by increasing its use of oxygen in a natural way, restoring health.
- Vitamin Infusions – Based upon your requirements and blood tests we also provide vitamin infusions to ensure your body has the right levels of nutrients to aid in fertility.
- Herbal Remedies – Specific herbal remedies to support the menstrual cycle and sperm health are available to support fertility.
- Emotional Release Therapy – Our emotions are held in the cells and tissues of your body and not just your head. Where couples have been trying for a period of time to conceive unsuccessfully or have experienced the trauma of a miscarriage these negative emotions become locked in your body. Therefore its important to release these traumas to aid in fertility with a positive perspective.

Pillar 4 Lifestyle

Everything You Do – This Pillar relates to: sleep patterns, work, exercise, work life balance, energy creation and input vs. energy expenditure.

Most people quickly admit that their sleep habits could greatly improve by going to bed earlier. A lack of sleep is the quickest way to deplete your energy levels and stores, and increase your stress level and cause hormonal imbalance.

A work life balance is also important for maintaining health, both of your mind and your body. I'd encourage you to make sure you have sufficient down time each day, along with work free evenings.

Exercise is another one of the big areas to talk about so I'll just mention that it's as easy to over exercise as it is to under exercise. Both cause issues for your fertility health.

Your body needs to have good circulation, and movement every day, every few hours is important. That being said, going for a 5km, or more, run every day or two or doing a spinning or exercise class, is equally detrimental.

Above I talked about stress and the Adrenal glands, and this applies here too.

Exercise, if a constant movement such as running, will raise Adrenalin and Cortisol levels and decrease Progesterone production over time.

Look into interval training that allows you to run, but so that you do it in stop start segments, that don't cause such a stress to your Adrenal glands.

Pillar 5 Environment

Everything Around You – This Pillar relates to: air quality, home quality, relationships, toxins (chemical exposure – through cleaning products, cosmetics you use) and more.

The environment is not always something we can control, when we're outside. However, the internal home or work environment and what we're exposed to is more controllable.

Chemicals, mainly in the form of cleaning products and cosmetic products can cause us serious harm when inhaled or absorbed through our skin.

Try to spend some time looking for organic natural products that you can use.

Air quality is something that is very important to health, and I highly recommend that you choose to live somewhere with clean air.

It's not always possible and so the air in your home should be controlled, in terms of reduced chemicals from cleaning fluids. Try to find natural alternatives to harsh chemicals.

Relationships are an important part of our lives and can cause us to feel relaxed and supported, or lonely and stressed. If there are issues in family or close relationships, try to work to find a solution for them.

Talking is the most powerful way of resolving many issues, and particularly with relationships. Support is also available if it's a situation that needs a lot of work.

This area has the ability to increase your stress level, if not resolved, so it's important to put some energy into this area if it's necessary.

7 Toxins That Can Interfere With Fertility

1. Genetically Modified Foods:

GMO are foods that have had their DNA changed by adding genes from another organism. The downside is that GMOs have been hypothesized to impact endocrine metabolism. Checking the labels and researching brands that are not genetically engineered can be a great preventative measure to avoid possible negative consequences of these foods.

2. Metals

While most people generally know to stay away from metals regardless of pregnancy status, these toxins should become a greater concern when trying to conceive:

- Lead
- Cadmium
- Mercury
- Chromium
- Arsenic

Even in low concentrations, these metals can be very dangerous, as they become stored in the bones and organs, rather than excreted through urine. In addition, they are very potent endocrine disruptors.

3. Perchlorate

Perchlorate is an industrial chemical used mostly in rocket fuel, but can also be found in fireworks, explosives, matches, flare, vehicle airbags, chlorine cleaners, pool chlorination chemicals, and chewing tobacco. It has adverse effects on the uptake of iodine in the thyroid, sometimes leading to hypothyroidism.

In women, it can lead to many issues such as alteration of estrogen metabolism, menstrual irregularities, and disruption in ovulation. It also can impact males through the disruption of sperm and semen production, fluctuations in testosterone levels, and potentially lead to erectile dysfunction. Testing your drinking water is a good way to make sure you are not being exposed to perchlorate.

4. Bisphenol A

Bisphenol A is a chemical mostly produced for production of polycarbonate plastics and epoxy resins. The majority of BPA in our diets comes from food storage containers and plastics.

BPA has been shown to be a strong endocrine disruptor. Specifically, in women, it has been shown to disrupt endocrine function. Also, in men it can have an effect on the efficiency of sperm cells. In order to avoid this exposure, using non-plastic containers and trying not to heat up plastic can help limit the amount of BPA exposure.

5. PFAs

PFAs (perfluoroalkyl and polyfluoroalkyl substances) are a widespread group of chemicals used to make a lot of different everyday products. You can find them in nonstick cookware, stain-resistant clothes and carpets, and in the foam of fire extinguishers.

PFAs can negatively affect a woman's ability to get pregnant as well as birth weight of a newborn child, fetal growth, and cognitive development. Also, it is unknown how long they may stay in your system but it is possible that they remain for years.

Fast-food containers, microwave popcorn bags, stain-resistant or water-repellant clothing, nonstick cookware, and many other products for personal and commercial use fall into these categories and should be avoided.

6. Pesticides and Herbicides

These chemicals are found in various crops and can lead to adverse effects on the reproductive system. For example, it can increase the time it takes for people to get pregnant, as well as increasing the levels of oxidative stress on the body.

Creating a diet that has less pesticides has been shown to increase the likelihood of getting pregnant. Fresh organic foods or organic frozen alternatives are the best option when buying groceries. Additionally, try reading about brands to understand where the product is coming from in hopes to understand farming practices of that specific factory.

7. Parabens

Parabens are a chemical substance that is added to many cosmetic products as preservatives. Parabens can be endocrine disruptors, affecting hormone metabolism and glucose levels. Fortunately, these chemicals are much easier to spot because companies must note on the label if they are in their products. In order to prevent exposure to parabens, read product labels for cosmetics and avoid eating foods high in paraben-content. These foods are things like beer, processed foods, sodas, and some frozen dairy products.

Applying The 5 Fertility Pillars

Each one of the 5 Pillars is equally important, and can be applied to create and maintain your health balance.

Deciding which ones to use to support you should be carried out after you have a clear picture of your health, as described above.

Remember:

Excellent Health = Excellent Fertility!

Once you've worked out what's causing your delay and why it's presenting itself like that, and you have your plan of action prepared, you can start working with one or several of the 5 Fertility Pillars to start to transform the physical aspects of your health.

This is the stage where treatment and your health transformation begin!!



Holistic Fertility Therapy

Having found the solutions to the 3 biggest obstacles described at the start of this guide, we offer a unique Holistic Fertility based programme.

Our Approach

Around half of the couples we see in clinic are looking to conceive naturally. Some have started trying relatively recently and others may have already explored other options. Some patients are looking to conceive their first child, while others may be having difficulties having subsequent children.

We first conduct a detailed consultation where we discuss in detail the issues you're facing and have experienced in terms of your fertility journey thus far. We will look at any recent scans, tests etc. you may have had as well as family history and any medications you may be taking.

We will also look to understand your current lifestyle, diet and emotional status as we build up a holistic picture of your well-being. Emotional well-being we have found to be particularly significant where couples have been trying to conceive for a while without success either naturally or via IVF or have experienced miscarriages.

We will also look at your menstrual cycle in an attempt to regulate it. This may involve changing the length or regularity of the cycle, the heaviness and nature of the period, or premenstrual symptoms. Making these improvements can improve mature egg quality, fertile mucus and the endometrium which in turn increase the likelihood of fertilization and implantation.

We pay close attention to every detail of your menstrual cycle and by studying the subtle changes in symptoms and temperature we can provide a very targeted treatment. Our aim with each treatment depends on where you are in your cycle and what your body needs to be doing at that time.

Similarly for men, the overall health is looked at to see what impact it is having on the quality of the sperm production.

Our therapies support and enhance both natural conception and in all stages of IVF treatment.



Fertility Nutrition

Nutrition Tips

- Go shopping and prepare yourself and your kitchen to start creating the health and life you want. Plan meals and snacks. Chop and store vegetables in the fridge so you can prepare meals quicker.
- Keep it simple. Just do what you can do. As long as you're working toward eating healthier and making healthier lifestyle choices, that's what matters the most.
- Just because you're embarking on a new, healthier lifestyle doesn't mean you can't enjoy a treat every now and then. Remember, it's what you do every day that makes the difference.
- It's not necessary to eat raw foods 100% of the time to gain benefits. In fact, 80% raw foods should give you amazing benefits and you'll be able to have some cooked food as well. Just make sure your cooked food is healthy and prepared in such a way that doesn't add unnecessary fat and sugar.
- Eat foods that are high in water content, such as raw fruits and vegetables. Their water is highly nutritious and has the ability to help hydrate you in a way that drinking water cannot.
- Always look for and buy organic whenever you can. Shop at local farmers markets to get good quality local food. While some of these may not be certified organic, they may indeed grow their food using organic methods.
- Eat foods in the Fats group sparingly. Though healthy, they are also very high in calorie per serving.
- Try to avoid eating when stressed or upset, as this interferes with digestion and nutrient absorption.
- Upon waking, drink a large glass of hot lemon water to boost your energy, aid in digestion, and promote weight loss. Add 1 tsp lemon juice to very hot, filtered water.
- Drink 20 oz of room temperature spring water between meals. This will aid in digestion, weight loss, and will help you get the hydration your body needs.
- Keep breakfast light and easily digestible. The body is still in fasting mode from the night before and digestion will be weaker. After hot lemon water, have a piece of fruit or a smoothie. Since your body won't have to work hard digesting a heavy meal, you'll have more energy for your busy day ahead.
- Make lunch the largest meal of the day, as digestion is strongest between the hours of 10am – 2pm. Sit down and relax. Eat mindfully; notice the taste, smell and texture of your food. Take your time, and enjoy this meal.
- Keep dinner light and easily digestible such as soup and/or a salad. Don't eat after 7pm, as the body has cleansing and healing work to do at night without the added job of digesting a heavy meal.
- Sip on room temperature water only as needed during meals, as drinking too much will hinder digestion.

The Natural Fertility Diet

What Is a Fertility Diet?

So what exactly is a fertility diet? A natural fertility diet supports your body in its reproductive efforts. It includes foods which are dense in specific nutrients needed for hormonal function, production and balance, fetal development, egg health, sperm health, blood health, and much more. It is a diet that is designed to help your body balance fertility issues that may exist, build up nutrient stores and provide all of the building blocks for a healthy child.

Natural Nutritional Practices for Healing

Nature has created foods to help nourish and feed the body. When the body is optimally nourished and unhealthy foods are avoided, the body is then able to repair and rebuild itself. This is very helpful for fertility, especially if there is an underlying imbalance or fertility issue. The cells in the body are constantly dying off and new cells are being created to replace the old cells. This is occurring in every organ, muscle, tissue, etc... of the body constantly. The building blocks of these new cells are provided from the foods that you are consuming. So the Natural Fertility Diet is also designed to help support a healthy body which in turn can heal itself and create healthier cells.

The Fertility Diet Checklist - Daily

- Serving Dark Leafy Green Vegetable
- Fresh Vegetable Juice (12+ oz) or 2 Servings of Vegetables (think colorful)
- Serving essential fatty acid (EFA) Rich Food 1-2 Eggs daily
- Serving of Nuts
- 1-3 Servings of Fruits
- Serving of a Fertility Superfood Use Coconut Oil or Butter (grass-fed cows) daily
- Whole Grains Water

The Fertility Diet Checklist - Weekly

- Lentils or Beans 2x a week
- Grass-Fed Red Meat 3x a week
- High Omega 3 Wild Caught Fish 2-3x a week

The Top 10 Foods For Fertility

The foods in this list were chosen because they are dense with the particular nutrients that bring about natural fertility.

1. Eggs – Vitamin D, B12, Protein
2. Nuts and Seeds– Omega 3, Zinc, Vitamin E, Protein

The best seeds and nuts for omega 3 are:

- Walnuts – 1/4cup = 2,270mg
- Flax seeds – 2 Tbs = 3,510mg
- Hemp seeds – 3Tbs = 3,000mg
- Chia seeds – 1Tbs = 2,300mg

The best seeds and nuts for zinc are:

- Pumpkin – 1/4cup = 2.7mg
- Sesame – 1/4cup = 2.8mg

The best seeds and nuts for vitamin E are:

- Sunflower Seeds – 1/4cup = 18.10mg
- Almonds – 1/4cup = 8.97mg

The best seeds and nuts for iron are:

- Pumpkin seeds– 1/4cup = 5.16mg
- Sesame seeds – 1/4cup = 5.24mg

3. Organic meats – Omega 3, Iron, B12, Protein
4. Dark leafy Vegetables– Iron, Folic acid, B6, Vitamin E
5. Fruit – Vitamin C, Flavanoids, Variety of antioxidants
6. Colorful veggies – B6, Vitamin C
7. Fish and Shell Fish – Vitamin D, Omega 3, Zinc, Selenium, B12, CoQ10
8. Liver – Vitamin D, Zinc, Selenium, Iron, Folic acid, B12, CoQ10
9. Lentils and other beans – Iron, Folic acid
10. Raw (unpasteurized) or cultured dairy – Vitamin D, B12, Zinc

Preconception Health Supplementation

Essential Fatty Acids

Omega-3 fatty acids have been shown to help regulate hormones in the body, increase cervical mucus, promote ovulation and improve the overall quality of the uterus by increasing the blood flow to the reproductive organs. Omega-3 fats also contain two acids that are crucial to good health: DHA and EPA. These two acids have been shown to help prevent many forms of disease. Low levels of DHA have been linked to depression and other mental health issues. During pregnancy, a lack of DHA may be associated with premature birth, low birth weight and hyperactivity in children. Food sources: Flax seeds, walnuts, salmon, sardines, halibut, shrimp, snapper, scallops, and chia seed.

Antioxidant Complex

Free radicals roam about our entire system destroying cells. They are caused from pollution, smoking and poisons like cleaners or herbicides but most troubling is that one free radical can create more free radicals every time it destroys a cell. You must wage a constant battle against free radical damage because everything in your body is made of cells and therefore vulnerable to free radical damage. That means the ovum and the sperm are vulnerable as are the reproductive organs and glands that produce reproductive hormones. Antioxidants protect the body from free radicals. Therefore, they are one of the most important components to achieving natural fertility both for men and women.

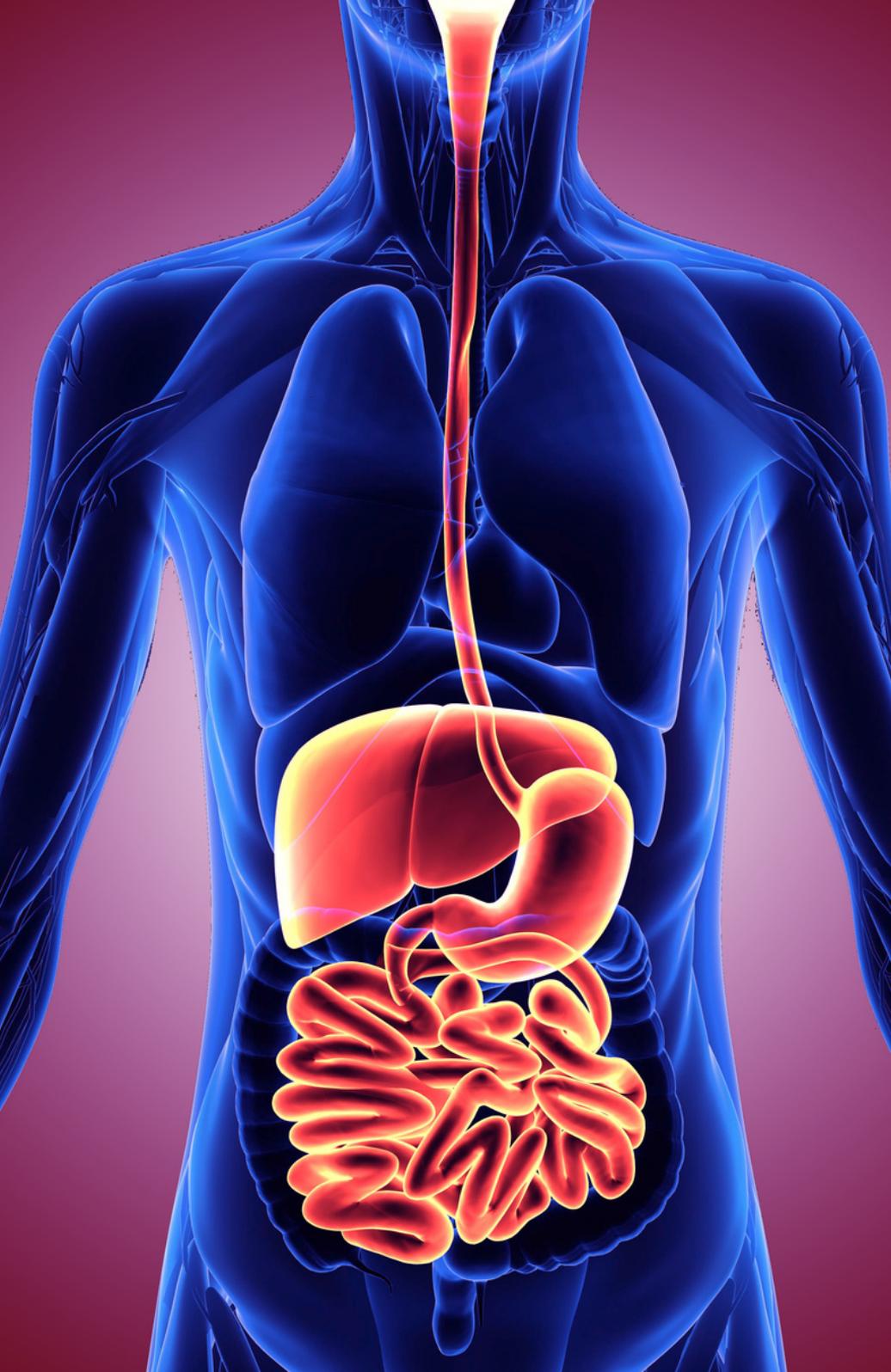
Free radicals can also alter DNA. The DNA of both partners is the future blueprint for a child. Damaged DNA is known to cause miscarriages or birth defects/developmental problems for the future child. Studies have also shown a connection between oxidative stress caused from free radicals and male infertility. So, it is very important for both parents to be taking an antioxidant complex in the correct amounts leading up to conception.

We offer Glutathione injections which is a powerful antioxidant along with Vitamin C.

Supplement Quality Matters (A lot!)

When you are purchasing supplements it is important to make sure they are of the highest quality. There are many companies in the supplement industry that are simply there to make money, and are not highly concerned whether they are selling a high quality product. We offer the highest quality herbs and supplements made with the highest standards attainable - no compromises. Wherever possible, the herbs and supplements offered are made from organic whole food ingredients making them the most effective choice for natural fertility and healthy pre-conception.

When you begin your Holistic Fertility journey with us we guide and advise you on which herbs and supplements to take.



Fertility Cleansing

Why Cleanse

When you are preparing for conception, it is usually a good idea to start out with a cleanse to renew your body, blood, and uterus. Cleansing before conception may be one of the last opportunities you have to rid your body of toxins that could be passed onto your baby in utero.

Caution: Once pregnant you should not cleanse. Cleansing during pregnancy releases toxins that could harm the baby. Also, it is not recommended to cleanse while breastfeeding.

There are many toxins that can accumulate in the liver, uterus, intestines and fat tissues over the years. Some of these toxins are: mercury, medications, birth control, smoke, pesticides, old menstrual blood, excess hormones, old fecal matter (in the intestines), alcohol, etc...

If you have been experiencing heavy periods, cramping, dark blood or blood clots during your period, then a fertility cleanse is a must for you.

What is the Fertility Cleanse?

Our Fertility Cleanse is a special cleanse that uses specific herbs, bitters, supplements and techniques to help detoxify the body and uterus prior to becoming pregnant. and techniques to help detoxify the body and uterus prior to becoming pregnant.

Detoxifying the Liver

The liver helps to filter toxins from the body including excess hormones. If there is an over-abundance of estrogen, the liver will be overloaded.

Cleansing the Uterus

In some instances the uterus is not able to empty its entire contents every menstrual cycle. Some imbalances that may show up when this is happening are PMS, cramps during your period, brown blood/dark blood/purple blood during menstruation, blood clotting during menstruation, endometriosis, PCOS, absence of menstruation, long cycles (longer than normal), or bleeding less than 4 days per cycle.

If the uterus is not completely cleansed every cycle, old stagnant blood remains. As you can imagine, this is not the best environment to house a new embryo.

What causes the uterus to not fully release its contents every month?

Some factors may be...low circulation, excess hormones, unhealthy diet, misplaced uterus.

Increasing circulation to the Uterus

In order for the uterus to function at its best, it requires proper circulation. With proper circulation the communication loop between the uterus and ovaries with the endocrine system is able to function smoothly. This is necessary for proper hormonal balance. For many of our clients, the Fertility Cleanse is their starting point and has been a part of almost every successful pregnancy using these resources. It is a great jump start for every fertility program.

Refer to the Appendix section for more details on our internal cleanse protocol.

Nourish Pregnancy & Post Birth Holistic Service

Our Complete Fertility Service



We also offer a complete Pre, Through & Post Pregnancy Holistic Therapy service which includes body & cranial alignment and massage during pregnancy to ensure you and the baby are prepared for the birth & to help minimise any complications.

Post birth we also provide body and cranial balance treatments for babies from a few days old and then at key stages of their development. We also offer mum and dad body balance therapies where we balance Emotionally, Internally & Physically.

Balance for the child is extremely important in cases where the birth is traumatic or its via a caesarean section.





Sukh Padda

Holistic Therapy Specialist – BSc Hons, Dip Jap Med, MAcS CA, MCMA, FEA, MBRCP. As featured on Talk TV, GB News, BBC Radio, UK Health Radio, Platinum, Sheerlux & Workplace Wellbeing Professional Magazine

I'm a Holistic Therapy Specialist and the founder of Bodisync.

With over 20 years of clinical experience in private practice, I specialise in treatments for a wide variety of issues ranging from physical conditions such as back, neck, shoulder pain and sciatica to internal conditions which include allergies, digestive disorders, hormonal imbalances and deep rooted emotional blockages. I also specialise in Holistic Fertility Therapy.

The philosophy I adopt is to offer a holistic approach to natural health care through the fusion of traditional Eastern and contemporary Western techniques; a holistic-medical hybrid model. My treatment protocol distinguishes itself as a complete system of prevention, diagnosis and treatment based upon a "whole person" approach, recognising that though a specific organ or area may become the primary focus of illness, the effects will be impacted to some degree throughout the body.

My speciality is to address any dysfunctional elements through providing a hands on holistic treatment protocol to bring about fast and effective long term health benefits by targeting the cause and not merely addressing the symptoms.

My ethos is to naturally improve the quality of life for my clients by understanding their requirements, lifestyle and expectations to provide a fully bespoke treatment protocol. One which promotes wellness in mind, body and spirit by bringing balance to all four factors which influence a persons state of health: physical, emotional, energetical and spiritual.

I am a member of the Complementary & Natural Healthcare Council, The Acupuncture Society, The British Register of Complementary Practitioners, Facial Enhance Acupuncture as well as the Chestnut centre for Japanese Integrated Medicine.

I look forward to welcoming you to experience my alternative holistic approach.



Sukh Padda
BODISYNC NATURAL HEALTH SOLUTIONS

Next Steps

By now hopefully you would have read the guide and discovered what are the main obstacles for fertility and learnt what steps you can do to mitigate these obstacles.

You may have already done so or will be implementing some if not all of the recommendations in this guide.

In the following appendix you will find QR codes for the Holistic therapies that we provide to support your fertility journey so that you can read about them a bit more.

If you are ready to begin your Holistic Fertility Journey with us simply contact us using one of the methods below.

Whatever you decide to do I wish you all the success in your journey.

“Do Not Loose Hope For After The Storm There Is Sunshine”

Clinics In Berkshire & London Marylebone

info@bodisync.com

www.bodisync.com

0800 2343535



@bodisync

Appendix

Scan the QR codes below for more information on our Holistic Therapies

Holistic Orientated Therapy



Emotional Release Therapy



Internal Cleanse Protocol



Vitamin Infusion Therapy



Oxygen Therapy



Holistic Fertility Therapy



Appendix

Scan the QR codes below for more information on our Diagnostic Services

[Blood Testing](#)



[Liver Scanning](#)



[Bio-Resonance Screening](#)



BODISYNC

20



A 20 Year Journey Of Providing Holistic Healing