

Infertility/Miscarriage

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GUIDELINE BY SANJAY G.M.

There are many reasons but check mainly below first:-

CAUSES: -

- Irregular period
- Chlamydia – Bacterial infection
- Block or Damage fallopian tubes.
- Vitamin D deficiency, men's as well
- Vitamin B12 deficiency
- IRON Deficiency
- Poor sperm quality of men
- Weight should be moderated (under weight or Over weight)

SYMPTOMS: -

- Painful period & urine
- Abnormal yellow or smell discharge
- Painful intercourse
- Develop arthritis

SOLUTION to solve Chlamydia:-

- Eat Palsa Flower juice
- Eat Sesame leaves.



- Fenugreek (boil methi seeds in water & take that water)
- Rice starch
- Guava leaves boil water
- Take 3 raw garlic / per day.
- Tulsi
- Pomegranate
- Coriander seeds (Dhana) boil in water.

SOLUTIONS

- Do Aarogyam C Blood test in Thyrocare to find out deficiency & improve all of them by diet not by Medicine.
- In men's check 'sperm' test for verify sperm quality & count test – ANDROLOGY TEST.
- For men's to improve sperm quality eat 25grms soak almond & walnut every day. Also eat 1 bowl soak chickpeas (Chana) every day, Celery. Do Exercise. Reduce stress & take deep sleep at least 8 hours.
- Check PP/VIC & Uterine exam, Adequacy of the Uterine Lining test
- FSH blood test 3rd day of cycle to estimate quality of eggs.
- To increase B12 level Eat fish, Eggs, sprouts moongs OR lentils
- To increase D level Take 20 minutes light sun
- TO increase IRON, eat fruits, spinach & lemon juice
- Take both desi GIRI cow ghee 2 teaspoon before enter for bath every day.

(DIVYA KAMDHENU BRAND SUGGESTABLE)

- BOTH eat celery regularly
- Sweet potato can increase fertility.
- Keep relation between 13th day to 17th day only from the date of period. Gap in relationship will increase intense, so chances of fertility will increase also between 13th day to 17th days only. Eggs are in ovaries can fertilize in this period only. Use below link to find out exact dates for relationship.

<https://www.verywellfamily.com/ovulating-and-getting-pregnant-1960229>

BASIC NOTE: - Eggs travel from Ovaries to fallopian tube in way, but take around 14 days to reach fallopian tube from menstruation (period). Eggs need sperm in fallopian tube & fertilized then in travelling in 9 to 12 days towards uterus. Left ovaries eggs – Girls & Right ovaries eggs boys.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation