

## Infertility Battle Plan

### What is Infertility?

Infertility is the inability of a woman to carry a pregnancy full-term. Infertility is considered likely if a child is not conceived after six months of unprotected sex. In the United States, approximately 15 percent of all couples have difficulty conceiving a child. In about one-third of these cases, the man is infertile; in another one-third, both the woman and the man are infertile; and in the remaining one-third, the woman is infertile.

### Causes of Infertility:

- Infertility in women is usually caused by a hormonal imbalance. More women are waiting to bear children in later reproductive years. However, a women's fertility begins to decrease when she reaches her thirties. Other possible causes of female infertility include pelvic inflammatory disease and the development of antibodies to a woman's partner's sperm due to allergic reaction. Chlamydia is one of the leading causes of infertility, yet most women infected are unaware that they have the disease.
- Infertility in men is due to low sperm count in 90% of cases. Unfortunately, in about 90% of these cases, the reason for the low count cannot be identified, so the condition is labeled *idiopathic oligospermia* (low sperm count for unknown reasons). Substantial evidence shows that low sperm count is often the result of detrimental environmental, dietary, and lifestyle factors. Low sperm count can also be caused by overuse of prescription drugs, alcohol, tobacco, or marijuana or by exposure to solvents, radiation, pesticides, and other toxins.
- Because there are so many causes of infertility, in most cases a qualified doctor's opinion is needed.

### Facts you should know:

- 1) Approximately 6 percent of men between the ages of 15 and 50 are infertile.
- 2) Men now supply only about 40 percent of the number of sperm per ejaculation compared to levels in 1940. Evidence suggests this downward trend is due to environmental, dietary, and lifestyle changes in recent decades.

### Signs and Symptoms:

- Inability to conceive a child after 6 months of unprotected sex
- In men, the presence of more than 50 percent abnormal sperm or the inability of sperm to impregnate an egg as determined by the post-coital or hamster egg penetration test

### Treatment and Prevention:

- 1). Ovulation Timing Self-Test
  - Obtain a test to help you determine the best time to conceive. Tests like Ovu-stick or First Response, which can be purchased at your drugstore, predict the time of

- ovulation by measuring the corresponding rise in the level of luteinizing hormone (LH) present, which triggers the release of the egg. After a positive result, ovulation takes place within 12 – 36 hours.
- Remember, however, that no test is 100 percent accurate.

## 2). Diet

- Consume a nutrient-dense diet rich in organically grown foods.
- Emphasize dark-colored vegetables and fruits (good sources of protective antioxidant vitamins, carotenes and flavonoids), and nuts and seeds (good sources of essential fatty acids and zinc.)
- Avoid hormone-fed animal products, especially cow's milk and other dairy products.
- Avoid foods containing fats that have been cooked at high temperatures. When fats are exposed to high temperatures, large amounts of free radicals are present that deter proper sperm growth and function.
- Men should emphasize unsaturated fats in place of saturated fats, hydrogenated oils, and trans-fats. Sperm membranes are primarily composed of essential fatty acids, the most fluid of all fats. A traditional American diet emphasizing saturated fats and low in intake of essential fatty acids results in the production of abnormally stiff sperm membranes that significantly reduces their mobility.
- Drink only purified or bottled water.
- Limit consumption of fried foods, sugar, or junk foods.
- Women should incorporate pumpkin seeds, bee pollen, and royal jelly in their diet.
- Refrain from consuming caffeine. Recent studies indicate even minimal caffeine consumption can prevent women from becoming pregnant.

## 3). Nutritional Supplements

- Vitamin E – essential for balanced hormone production.
- **Rice Bran Solubles**<sup>™</sup> contain tocotrienols, a natural vitamin E type nutrient – studies show these fat-soluble antioxidants to be more potent than vitamin E in maintaining the body's healthy absorption of nutrients.
- Vitamin C – the body's primary antioxidant. Vitamin C plays an especially important role in protecting sperm's genetic material (DNA) from being damaged. *(We recommend our **C From Nature**<sup>™</sup> because it is rich in vitamin C and bioflavonoids – Take 3-9 capsules daily)*
- Vitamin A plus beta-carotene – important in reproductive gland function. Carrot juice contains beta-carotene, a powerful antioxidant that works synergistically with vitamins C and E to destroy free radicals. *(Use our **Carrot Juice Plus**<sup>™</sup> - Take 1 tbs. or 7.5 grams in 8oz of water daily)*
- Vitamin B complex – important in reproductive gland function. *(Use our **Organic Spirulina**, take 10 grams (1 tbs.) daily)*
- Flaxseed oil – richest vegetable source of Omega-3 essential fatty oils. *(Use our **Flax Advantage**<sup>™</sup> - take a ½ cup of fresh flaxseeds ground daily)*

- Zinc – important for prostate gland function and reproductive organ growth. *(Take 15mg daily, best on a full stomach or with meals)*
- **Master Amino Complex**<sup>™</sup> -- contains proteins needed to create lean connective tissue and build sperm count, endurance, and muscle. *(Take 5-10 capsules daily)*
- **Stress Ex – Formula 16**<sup>™</sup> -- helps ease feelings of intense stress or helplessness. Stress often plays a role in impotence and infertility. *(Take 3 tablets daily)*

#### 4). Herbs

- Women should use dong quai and gotu kola, traditional Asian woman's remedies used to promote pregnancy, as well as to treat menstrual difficulties.
- For men, Chinese and Korean ginseng has shown to promote the growth of the testes, increase sperm formation and testosterone levels, as well as increase sexual activity and mating behavior in animal studies. *(Use our **Super Male Formula**<sup>™</sup> which contains a composite of ginseng and other natural reproductive enhancing herbs including ginger, oat grass, velvet antler, long jax, and ginko biloba – Take 3 capsules daily)*

#### Recommendations:

- Women planning to become pregnant should undergo a preconception complete head-to-toe physical examination and screening for breast and cervical cancer, sexually transmitted diseases, drug, alcohol, or tobacco abuse, as well as any history of sexual, physical, or verbal abuse.
- Women should avoid vigorous exercise, hot tubs, and saunas, which lead to changes in ovulation.
- Remember to take sufficient time to relax in order to cleanse and tonify the body for conception.
- Do not smoke. Avoid areas where people are smoking.
- Investigate the possibility of heavy metal intoxication, which may affect ovulation. A hair analysis reveals possible heavy metal poisoning.

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.*

*If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on [www.phporder.com](http://www.phporder.com) (under Education section) titled "How to Talk to your Healthcare Provider".*

*PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!*