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HELPING FERTILITY, BY THE BOOK

*The Essential Fertility Plan For Healthy Pregnancy
And Clearing Blocked Fallopian Tubes*

By Robert Redfern

Edition
3.0

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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

ROBERT REDFERN – YOUR PERSONAL HEALTH COACH

Provides step-by-step guidance on:

Infertility:
Fertility Problems Affecting
Men & Women

Using the Science of a Non-Inflammatory Lifestyle
to Achieve Fertility and Conceive a Child



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About The Author



Robert Redfern – Your Personal Health Coach

Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews, and his nutritional discoveries. His new series of books brings this work together in an easy-to-read format that everyone can follow to help resolve their chronic health problem – once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments, and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupuncture, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago – before they started their Plan. At the time of printing, Robert, aged 74, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.

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YOUR ACTION PLAN TO COMMIT TO A NON-INFLAMMATORY LIFESTYLE TO ACHIEVE FERTILITY

ACTION		DATE
I Committed	To a non-inflammatory lifestyle to achieve fertility	
I Committed	To drinking 6-8 glasses of water a day	
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)	
I Read	Robert's <i>HELPING FERTILITY, BY THE BOOK</i> , Book	
I Ordered	The necessary supplements to facilitate my plan and my healing	
I Planned	My Daily Menu with ReallyHealthyFoods.com	
I Started	My breathing exercises	
I Started	Massaging the acupressure points	
I Reread	Robert's <i>HELPING FERTILITY, BY THE BOOK</i> , Book	
I Reviewed	The necessary supplements to facilitate my plan and my healing	
I Reviewed	My water intake	
I Reviewed	My menu	
I Reviewed	My breathing exercises	
I Reviewed	My life-giving sun exposure (except when contraindicated)	
I Reviewed	Massaging the acupressure points	
I Recommitted	To a non-inflammatory lifestyle to achieve fertility	
I Recommitted	Robert's <i>HELPING FERTILITY, BY THE BOOK</i> , Book	
I Recommitted	To taking the necessary supplements to facilitate a non-inflammatory lifestyle	
I Recommitted	To my water intake	
I Recommitted	To following my menu	
I Recommitted	To doing my breathing exercises	
I Recommitted	To life-giving sun exposure (except when contraindicated)	
I Recommitted	To massaging the acupressure points	

What Is Infertility?

According to the A.D.A.M. (Animated Dissection of Anatomy for Medicine) medical encyclopedia:

Infertility simply means the inability to conceive or get pregnant.

Even with this seemingly straightforward explanation, the definition of infertility can be expanded to cover two types of infertility:

1. **Primary Infertility** - A year of regular sex without protection produces no pregnancy. (For a woman 35 or over, the time frame is a minimum of six months.)
2. **Secondary Infertility** - At least one pregnancy in the past with no subsequent pregnancies.

Conception

It sounds easy enough to make a baby. Conception is simply the process of bringing a woman's egg together with a man's sperm. Yet according to recent evidence, this process is getting increasingly difficult.

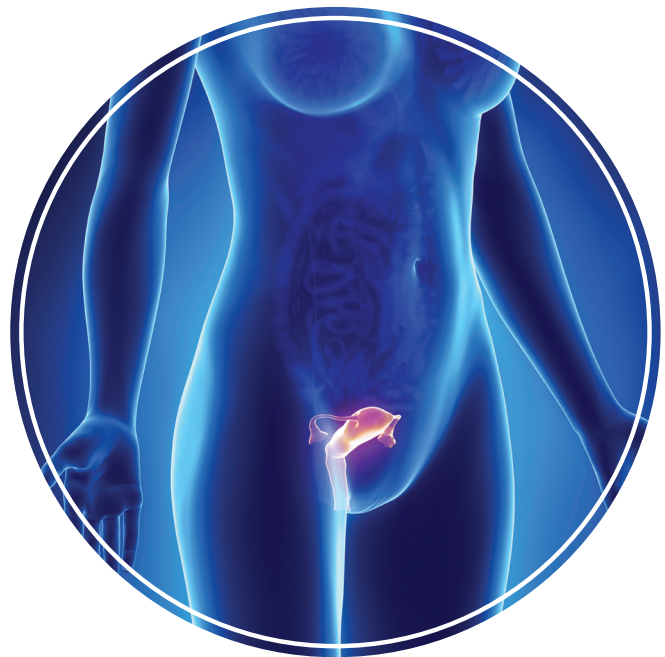
What Is Needed for Conception to Occur?

Other than sexual intercourse three times per week during the female fertile days (just before, during, and just after ovulation), you need:

The right hormones in the right amounts. Conception cannot occur without luteinizing hormone (LH) and follicle-stimulating hormone (FSH).

When conception doesn't take place, where does the problem of infertility lie? Of those who are infertile:

- One out of three men has a problem.
- One out of three women has a problem.
- The remaining one out of three may have a problem with both partners.



"For couples who've been trying to conceive for more than three years without success, the likelihood of getting pregnant naturally within the next year is 25 percent or less."

- NHS Choices

Stop Press!

In a rigorous data meta-analysis conducted from 1973 to 2011 by the Hebrew University of Jerusalem, researchers found that sperm concentration has declined by 52 percent among all men from Western countries. Total sperm count has declined 59 percent. Not only is this significant decline not expected to level off any time soon, but such poor semen quality among so many men can increase the risk of hospitalization and death. [1]

Just how widespread is our global sperm dysfunction? In the comprehensive study, researchers investigated more than 42,935 male patients who gave semen tests from 1973 and 2011. The study samples over the 40-year test period were taken from 50 different countries.

I will discuss some of the most common causes of male infertility, including lifestyle factors, on **page 11**.

The Modern-Day Epidemic

In Scotland, the sperm count has dropped 30 percent in 25 years. Even in France, the country famed for its cooking and healthy eating, it has dropped by 25 percent in just 17 years.

It is heartbreaking for couples who may have left it a little longer than they intended before starting a family (we are at our most fertile by age 20). When they go down the medical route, the money they saved to be able to afford children is spent on dramatically expensive fertility treatments. In most cases, it costs thousands with no guarantee of success.

Of course, doctors never discuss the science and research that shows how diet, sugary drinks, and a lack of nutrients are to blame in the majority of cases. They may then have to admit that it's also the cause of most other diseases. Some of the problems caused by wrong foods

and lack of nutrients include the epidemic of infertility, blocked fallopian tubes, cysts, preeclampsia, fibroids, endometriosis, and most gynecological problems.

The facts:

1. Infertility is an epidemic.
2. It is breaking many hearts.
3. It is bankrupting many couples.

Diet, sugary drinks, and lack of essential nutrients are the prime cause. There may be other reasons, but breeders of pedigree dogs and horses know that supplements and the very best diet are essential for healthy offspring.

Nutrition facts and studies show:

- **High levels of carbs and other high-sugar foods and drinks increase the risk of fetal damage by over 100 percent.** [2-7]
- **Taking iodine supplements (or having iodine-rich foods in the diet) eliminates the risk of children being born with learning difficulties by 100 percent.** [8, 9]
- **Zero level of carbs and high-sugar foods in the diet produces children who do not need glasses.** [10, 11]

It's almost unfathomable to think that a woman's diet before and during pregnancy could have an impact on her offspring for three generations, but it's true. In 2016, America's Washington University researchers were the first to discover that a woman's obesity – even before she's pregnant – can trigger genetic abnormalities that pass down the female bloodline for up to three generations. The negative effects of a mother who eats a high-fat, high-sugar diet may predispose a grandchild and great-grandchild to a number of obesity-related conditions, including heart disease and type 2 diabetes. Study authors emphasize the importance of these findings, considering that two thirds of women of reproductive age are obese or overweight. [7]

It is 99 percent certain that a junk diet and a lack of critical nutrients are to blame for the devastating drop in fertility in women and sperm count in men. Blocked fallopian tubes and scarring are also on the rise. Studies are clear that junk food diets and a lack of critical vitamins and minerals contribute in approximately 50 percent of all birth defects.

"Infertility is estimated to affect as many as 186 million people worldwide."

- Human Reproduction Update, Vol. 21, No. 4 pp. 411-426, 2015

Women and Infertility

A woman with fertility issues may have:

- **Irregular periods or amenorrhea** (complete absence of menstruation)
- **Painful periods**
- **Two or more miscarriages**

Female Fertility Problems

Female infertility can stem from one or a combination of factors:

- **Anovulation.** A condition marked by the inability to ovulate correctly, meaning the ovaries are unable to release eggs.
- **Damage to or blockage of the fallopian tube.** Blockage or damage is often due to inflammation of the fallopian tube.
- **Endometriosis.** When tissue from the uterus attaches and grows outside of the womb, endometriosis is diagnosed. This tissue growth can alter how the egg, ovaries, uterus, fallopian tubes, and even the sperm do their job.
- **Hyperprolactinemia or elevated levels of prolactin.** Prolactin is the hormone responsible for the production of breast milk and can affect ovulation.
- **Polycystic ovary syndrome (PCOS).** In spite of its name, PCOS does not just affect the ovaries; it affects the entire body. PCOS is an endocrine condition, systemic in nature. PCOS occurs when the body produces too much of the androgen hormone, causing issues with ovulation. PCOS may include a collection of reproductive disorders, like polycystic ovaries, anovulation, infertility, and pregnancy loss.

"In many cultures, women who do not have children suffer from stigmatization, discrimination, and ostracism, even if the underlying cause lies in their male partners or husbands."

*- Sarah Hodin, Project Coordinator II,
Women and Health Initiative,
Harvard T.H. Chan School of Public Health*

Female infertility is also associated with:

- **Cancer and cancer treatments.** Some types of cancer, especially those affecting the reproductive organs, radiation, and chemotherapy can increase risk of infertility. Chemotherapy specifically can stop ovaries from working, permanently or temporarily.
- **Diabetes and other medical conditions.** These may include extreme hyperthyroidism (Cushing's disease), sickle cell disease, and kidney disease, all with the potential to affect reproductive organs, hormones, and sexual function.
- **Early menopause (before 40).** Menopause is when menstruation stops, and the ovarian follicles are depleted.
- **Hormonal imbalance.** Too many hormones or not enough, leading to imbalance, is considered one of the primary causes of female infertility. Hormonal imbalance is most frequently caused by poor diet, lifestyle, and environmental factors.
- **Pelvic inflammatory disease (PID).** PID refers to sexually transmitted infections (STIs) of the uterine lining, fallopian tubes, or ovaries. Delayed treatment can cause scar tissue to form in the reproductive organs that leads to infertility.
- **Scar tissue that forms pelvic adhesions.** Adhesions can be a result of infection, appendicitis, or certain types of surgery.
- **Thyroid disorders.** Hyperthyroidism or hypothyroidism can interfere with the menstrual cycle.
- **Uterine fibroids.** Non-cancerous tumors found in the uterine wall, called fibroids, are not uncommon between the ages of 30 and 50. These benign tumors prevent the fertilized egg from embedding properly. A much less common scenario is the blockage of the fallopian tubes.

Eating a typical Western diet, a.k.a. a processed food diet, not only creates the inflammation that can lead to infertility-causing disorders like a blocked fallopian tube or PCOS, but it exposes women to harmful chemicals that can also cause infertility. George Washington University Milken Institute School of Public Health researchers in the U.S. discovered in 2016 that those who frequently ate fast food had as much as 40 percent higher levels of phthalates, harmful chemicals that may damage the reproductive system and lead to infertility. [12] Phthalate exposure may also cause miscarriage between weeks 5 to 13 of pregnancy. [13]

Men and Infertility

A man with fertility issues may have:

- **Inadequate sperm count.** Low sperm count may be due to a decrease, a blockage, or sperm dysfunction.
- **Medical complications.** Testicular, prostate, or sexual dysfunction are all problems that can affect fertility in men.

Male Fertility Problems

Male infertility can stem from one or a combination of factors:

- **Cancer and cancer treatment.** Some cancers can cause poor sperm quality in men, even before treatment, whereas cancer treatments like radiation and chemotherapy can hinder or even kill sperm production.
- **Exposure to high-heat situations.** Testicles remain slightly cooler than the abdomen because of their location below the torso. Elevated, high temperatures can destroy sperm – with the potential for damage from sauna, hot tub, and laptop use.
- **Hormonal imbalance.** Too many hormones or not enough can lead to imbalance. As seen in women, hormonal imbalance and subsequent low sperm count are most frequently caused by poor diet, lifestyle, and environmental factors in men. Hormonal imbalance in men may also be caused by soy foods, excess alcohol use, and stress.
- **Impotence.** The inability to have an erection, or erectile dysfunction, may be caused by injury or disease that damages the blood vessels or nerves signaling blood flow to the penis. Examples include atherosclerosis, diabetes, spinal cord injury, surgery, and some psychological factors.
- **Retrograde ejaculation.** Instead of semen discharging through the urethra, retrograde ejaculation occurs when semen discharges through the bladder. This condition can result in a “dry orgasm” and is linked to diabetes, surgery, and certain types of prescription drugs, including those used to treat hypertension.
- **Too many infections.** Infections of the male reproductive organs, often caused by sexually transmitted diseases, are considered a main cause of male infertility. Infections without symptoms can easily go untreated to cause blockages, scarring, and potential damage to reproductive organs.

Men also need to take care of their prostate gland as this organ is responsible for producing semen.

The prostate:

- Provides nourishment for and carries the sperm successfully through the female's reproductive tract.
- Pushes out the semen and the sperm, precisely when an ejaculation (usually thought of as the male orgasm) takes place.

Are Men Risking Their Health with Every Cell Phone Call?

Speaking to environmental factors, UK researchers uncovered a perfectly logical explanation for what may be contributing to a rise in male infertility. In 2014, University of Exeter scientists found that men who keep their cell phone in their pant pocket may be compromising their fertility. Sperm motility and viability in the study group of 1,492 samples fell by 8 percent on average following this mobile phone exposure. Researchers pointed out that most adults around the world own a mobile phone, and more high and middle-income couples are having trouble conceiving. [14]



Not only does keeping a cell phone in a pocket or on a belt lower sperm motility and viability, it can cause sperm to die three times faster and cause up to *three times the amount of mitochondrial damage* among the swimmers that make it. [15] As frightening as it sounds, there's a simple explanation. Multiple scientists who have examined the effects of cell phone radiation and Wi-Fi exposure on humans explain that the testicular barrier, which houses and protects sperm, is *the most sensitive tissue in the body*. It's also 100 times more absorbent.

Making matters worse, male sperm is considered more vulnerable to DNA mutations than female eggs found deeper inside the body. However, cell phone exposure can affect the fertility of both men and women. Regular and ongoing cell phone radiation and Wi-Fi exposure has also been associated with brain cancer risk, thyroid hormone imbalance, disrupted sleep patterns, and poor mental health.

Here lies the problem. Cell phones and electronic devices have taken over every area of our lives -- often making life more convenient. But what's a couple to do who has difficulty conceiving?

Technology may create these dangers, but it also presents us with a simple and preventative solution. [16]

How to Protect Vulnerable Sperm and Help Restore Damaged Fertility

Men at risk can neutralize any harmful or positively charged fields surrounding a portable Wi-Fi device with QuantoGram Technology:

- **QuantoGram Technology** uses quantum energy to neutralize and protect men and their sperm, as well as women and growing children, from the harmful effects of wireless radiation.
- I recommend and personally use a **QuantoGram HoloGuard** on my mobile phone, tablet, laptop, Wi-Fi routers, and Bluetooth devices. The QuantoGram HoloGuard resonates a healthy frequency to neutralize the dangerous wireless radiation emitted from hands-free and cordless phones too.

- With the protection of **QuantoGram Technology**, the safety plan is reversed since it only offers protection if it is about your person or in a handbag, if the bag is connected to you. In other words, when protected by a HoloGuard that is in a pocket, hand, or bag, you are practicing cell phone safety to support optimum fertility. Men and women can safely use any wired headset and even Bluetooth with their HoloGuarded-protected cell phone, safely.
- I also rely on the **Quantogram SafeHouse** device to keep my home and my family healthy; it neutralizes the Electrical Magnetic Frequencies (EMFs) emitted from all wiring, lighting, TVs, computers, and electrical equipment around the house. The SafeHouse offers safety for everyone while they are in the property from all devices, whether or not they have the HoloGuard-protected phone about their person.

When a healthy child is conceived, maintaining this electrical smog protection remains equally important. Scientists began investigating how electromagnetic fields could disturb our health by examining high-voltage power lines in the late 1960s. The first study on this topic was published by an American epidemiologist named Nancy Wertheimer in 1979. She discovered that children diagnosed with leukemia were more than twice as likely to live near high-current power lines, areas with increased EMF exposure. [17] A 2011 study, also conducted in the U.S., found that pregnant women who were exposed to high levels of EMFs had children with an increased risk of asthma. [18]

Quantum computing is on the horizon -- and currently in development by IBM. Today, we have the same opportunity to harness the benefits of quantum mechanics in our everyday lives. Something as simple as using quantum devices at home and on our wireless electronics can preserve our health and protect our fertility.

"When it comes to conceiving a baby, diet and lifestyle are just as important for men as for women."

*- Sharon Denny, MS, RDN,
The Academy of Nutrition and Dietetics*

10 Primary Lifestyle Choices That Affect Fertility

The vast majority of factors affecting fertility stem from lifestyle choices and the inflammation that follows!

The top 10 primary lifestyle choices that affect fertility include choosing to:

1. Have a child later in life
2. Smoke
3. Live under stress
4. Use prescription and/or recreational drugs
5. Have excess body weight
6. Exercise too much
7. Abuse alcohol
8. Use caffeine
9. Expose oneself to environmental toxins
10. Consume a poor diet without supplementing the missing nutrients



New research is regularly being introduced on how changing behaviors, diet, and vitamin supplementation can impact natural fertility. In 2015, *Fertility Research and Practice* scientists deemed it a doctor's job to help couples identify their modifiable risk factors that need improving, before considering the cost and time commitment of fertility treatments. Most patients are receptive, researchers said, to making simple lifestyle "tweaks" that could maintain fertility. In cases where a doctor may overlook lifestyle and recommend fertility drugs instead, it's up to the patient to take matters into their own hands -- researching and supporting their recovery through methods proven to boost fertility, like moderate exercise and nutritional therapy. "Making these lifestyle modifications may aid in achieving the ultimate goal of a healthy pregnancy," researchers say. [19]

"The growing interest and amount of research in this field have made it evident that lifestyle factors have a significant impact on fertility."

- Reproductive Biology and Endocrinology, 2013

1. Having a Child Later in Life

Choosing to have a child later in life can present a problem. Stage of life or age affects fertility primarily in women. As a woman ages, her chances of conceiving a child diminish after she turns 35.

2. Smoking

Study after study after study reveals the link between smoking and infertility for both men and women alike.

The more cigarettes smoked, the longer the wait to become pregnant.

Female smokers have over a 50 percent higher rate of delayed conception than females who don't partake in smoking. Secondhand smoke is also a factor.

Along with infertility, women smokers also experience higher rates of:

- Miscarriage
- Stillbirths
- Low birth babies

A woman's ovaries and hormones are compromised from smoking, making natural conception and in vitro fertilization (IVF) that much more difficult.

Men who smoke and/or are exposed to secondhand smoke see fragmentation of their sperm's DNA, leading to a negative outcome when utilizing in vitro fertilization.

Male smokers also see negative changes in their sperms':

- Density
- Motility
- Numbers (22 percent decrease on average)
- Structure

Impotence or erectile dysfunction may become a problem when blood vessels are damaged by smoking, and there is less blood flow to the testicles.

3. Stress

Stress, unfortunately, is one of the primary hindrances to good health, as well as fertility, in today's society. It may affect as many as 30 percent of couples who are infertile. When the body is compromised, several hormones are released, which can affect egg production and testosterone levels. Stress may also decrease blood flow to the uterus and diminish the proteins in the lining, which are necessary for the egg to attach. Stress-relieving techniques are indicated when this occurs and can range from practicing meditation and deep breathing exercises to receiving foot reflexology.

In what's now famously called the "German study," a German fertility clinic examined the effects of acupuncture on 160 women undergoing IVF treatment. For the women who received acupuncture treatment 25 minutes before and after their embryo transfer, pregnancy success rates were substantially improved. Thirty-four of the 80 patients in the acupuncture treatment group got pregnant, compared to 21 out of 80 in the control group. Providing all the same benefits as the ancient practice of medicinal acupuncture, but without needles, the **HealthPoint™** electro-acupressure device can be used to support reproductive recovery and healthy conception at home. [20] Read more on **page 49**.

Engaging in intimacy often is obviously the number one factor in making a baby, but it's not enough. Relaxation is key and a major component in overcoming infertility.

4. Prescription and/or Recreational Drugs

Infertility caused by taking certain prescription drugs or engaging in the use of recreational drugs may be temporary and cease to exist when the drugs are no longer taken. It is important to address the health concerns the prescription drugs are being prescribed for and to address any addiction problems.

Drug effects on fertility are manifested through:

- Compromised ovulation
- Decreased ability for sperm to travel
- Decreased ovarian reserve
- Diminished sex drive
- Erectile dysfunction/impotence
- Less seminal fluid
- Low sperm count
- Misshapen sperm
- Sporadic menses
- Testicle atrophy

5. Excess Body Weight

Body weight is a considerable factor in the ability to have a baby.

The effects of obesity have been studied and found to be responsible for an over 30 percent increased risk of:

- Irregular periods
- Miscarriage
- Cesarean sections

And infertility.

Other effects of being obese include an increased risk of breast cancer (28 percent), endometrial cancer (18.1 percent), birth defects (23.7 percent), and stillbirth (14.1 percent).

A very telling finding came out of a large study which looked at whether or not a young woman's body mass index (BMI) at the age of 18 would affect her fertility in the future. The National Heart, Lung, and Blood Institute in the U.S. tells us BMI is a measure of body fat based on height and weight that applies to adult men and women. The outcome of the 1994 *American Journal of Obstetrics & Gynecology* study conducted on 116,678 female registered nurses? [21] It's very likely an above-normal body mass index at age 18 -- that is, one that falls into the overweight or obese range -- is a risk factor for future infertility related to ovulation.

Hormones are also key when dealing with infertility and weight:

- Fat cells are responsible for taking in, and then at a slow rate unleashing, estrogen, the female hormone.
- The more overweight a woman is, the more estrogen she has stored in her fat cells, and the more she is unleashing into her body.

Why is this a concern? When a woman has her menstrual cycle, her pituitary gland increases her production of follicle stimulating hormone (FSH), a hormone which causes a woman to ovulate. The excess estrogen from the fat cells suppresses the pituitary gland; therefore, FSH production is affected and so is ovulation.

A 1984 *American Journal of Epidemiology* study composed

of 6,763 men found those who were above a normal, healthy weight had a substantially increased risk of dying from prostate cancer and that "obesity may be a risk factor for fatal prostate cancer." A healthy prostate, not to mention good health in general, is crucial to a man's fertility. [22]

Obesity for men and women also comes with:

- A constant state of low-grade inflammation.
- A diet too high in the wrong kinds of foods, resulting in excess fat storage and free radical formation.
- Higher levels of insulin.

6. Exercising Too Much

The benefits of exercising are well-known. Exercise helps to maintain a healthy body weight and BMI, strengthens the immune system, decreases stress, facilitates a good night's sleep, decreases the risk of chronic disease, and lowers blood pressure.

The usual components of a good exercise program hold true for those trying to have a baby:

- Aerobic/cardiovascular training
- Strength-training
- Stretching/flexibility

But you can have too much of a good thing.

Over-exercising can compromise fertility by:

- Decreasing amount of sperm
- Decreasing estrogen to inadequate levels

"The research indicates preconception weight loss and exercise improve women's reproductive and metabolic health. In contrast, using oral contraceptives alone may worsen the metabolic profile without improving ovulation. Lifestyle change is an important part of any fertility treatment approach for women with PCOS who are overweight or obese."

- Study authors, Dr. Richard S. Legro, Professor and Vice Chair of Research of Obstetrics and Gynecology and Public Health Sciences at Penn State College of Medicine; *The Journal of Clinical Endocrinology & Metabolism*, 2015

7. Abusing Alcohol

While an occasional cocktail, beer, or glass of wine is one of life's little pleasures for many of us, imbibing can lower the chances of having a child.

How does drinking manifest itself in the female body?

- Irregular menstrual cycles
- Negative impact on hormones necessary for reproduction

How does drinking manifest itself in the male body?

- Creates hormonal imbalance
- Leads to zinc malabsorption (zinc is necessary for sperm production)
- Lowers sperm count
- Raises the number of abnormal sperm



you drink matters. Organic is preferable, as is researching the brand you select. Fungal toxins found in coffee, which can cause fungal infection in the body that contributes to reproductive diseases as well as yeast infections, are often more thoroughly screened in Europe than in the U.S. Notably, decaf coffee is also often higher in mycotoxins because caffeine inhibits fungal growth.

Organic black coffee with a dash of coconut milk is the healthiest choice I can recommend.

If you're moderating caffeine to support a healthy conception, coffee is what usually comes to mind; however, caffeine is also present in soda, tea, and even some forms of prescription drugs. Chocolate, while inherently caffeine-free, may have some caffeine added in. Chocolate, or more specifically cacao, does contain a caffeine-like substance called theobromine -- making sugary sweets like chocolate off-limits too. Drinking up to two cups of coffee a day may be safe during conception and pregnancy, under the care of your healthcare provider. In 2016, a higher miscarriage risk was linked to both men and women drinking more than two caffeinated beverages a day in the weeks leading up to conception. Drinking more than two caffeinated beverages a day also increased miscarriage risk during the first seven weeks of pregnancy. [25]

"More than two alcoholic drinks per day in women is associated with an increase in infertility."

*- Dr. David Reichman, Cornell Fertility Specialist
interviewed by NY Chi Acupuncture, 2014*

8. Caffeine

Nutrients are crucial to achieving fertility, and excess caffeine can rob nutrients.

But the latest research shows us that coffee drinkers may not have to give up their daily pleasure altogether. When taken in excess, caffeine, due to its stimulating properties, increases levels of cortisol in the body. Cortisol is the stress hormone, and consistently high levels compromise the adrenal glands. Too much caffeine can create a hormonal imbalance.

And yet, in the last two decades, new studies have revealed that daily coffee drinking plays a role in health and longevity. A 2017 study conducted by the University of Southern California in the U.S. found that drinking a cup of coffee a day could reduce the risk of death related to heart disease, cancer, stroke, kidney disease, and diabetes by 12 percent. Drinking two to three cups of coffee a day was even better -- reducing the risk of death by 18 percent. [23, 24] Where fertility and health are concerned, the quality of coffee

9. Environmental Toxins

One example of the importance of avoiding environmental toxins, specifically pesticides, can be found in a 1977 Lancet study conducted on men who actually made their living working at a pesticide factory in California. [26]

More than half the workers were diagnosed with azoospermia or oligospermia. Azoospermia, when no detectable sperm can be found in the semen, and oligospermia, a low concentration of sperm in the semen, are both affiliated with very low fertility.

While precise causes weren't pinpointed in the most recent 2017 Hebrew University of Jerusalem study, revealing more than a 50-percent plummet in our Western male sperm count, triggers for the decline have been theorized. Drastically dropping sperm counts are most likely linked to environmental and lifestyle factors, including adult pesticide exposure, prenatal chemical exposure, stress, smoking, and obesity. Low sperm count, researchers say, may hint at an even greater risk to men's health created by our modern environment. [1]

Environmental toxins affect women too, before and during pregnancy, as well as our children after they're born. The plastics we use around the house and the fragranced products we pick up at the drugstore contain synthetic chemicals. These synthetic chemicals can mimic the body's hormones and interfere with its endocrine system, the same endocrine system that regulates development, behavior, and metabolism. Babies may be the most vulnerable.

For pregnant women hoping to carry a healthy and welldeveloped child, this means that hormone-disrupting chemicals from everyday household products can disrupt an unborn baby's development, causing irreversible changes to important organs like the brain and the liver.

Prenatal exposure to endocrine-disrupting chemicals -- like the man-made PCB chemicals found in our electrical equipment, motor oil, tapes and adhesives, floor finish, and plastics -- **may affect brain development for up to two generations.** [27]

Exposure to these endocrine-disrupting chemicals can be minimized and potentially eliminated during pregnancy by washing hands often with un-fragranced soap and water, dusting and vacuuming regularly, reading product labels to avoid fragranced and especially phthalate ingredients, switching to green cleaning products, and reducing plastic

food storage, plastic bag, plastic cling wrap, and canned food use. As recommended in this book, eating organic foods as much as possible and drinking pure, filtered water can also limit endocrine-disrupting chemical exposure in the home.

"Eating lots of carbs that digest quickly (fast carbs), white breads, bagels, rice, potatoes, and sugared sodas increases the risk of ovulatory infertility."

- Tracy Cherry, RD, CDN, University of Rochester, Women's Lifestyle Center

10. Western Un-Natural Food Diet

The “Balanced Western Diet” (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is far too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals.

For the best results:

- Stop all GMO foods or meats fed on GMO feed — studies show genetically modified foods are a cause of reproductive problems.
- Throw away your weapons of mass destruction — such as the microwave oven.
- Stop all starchy carbs, high-sugar foods, sugar, chemical drinks, and all junk foods.
- Follow the Really Healthy Foods plan in this book.

This typical Western diet is also lacking in high-fiber foods and foods that provide the essential nutrients necessary to prevent or control infertility, like:

- Any kind of vegetables - focusing on non-starchy vegetables, especially dark, leafy greens. (Yams/sweet potatoes are fine in moderation.)
- Legumes - beans, peas, and lentils of all kinds.
- Alternatives to grains and cereals - quinoa, millet, buckwheat, and other seeds. (Hemp seeds daily.)
- Low-sugar, dark-skinned fruits like avocados, blueberries, blackberries, black currants, etc.

Nothing affects us more than what we choose to eat at least three times a day, every day. Most of us lack the essential nutrients in our diet, perpetuating inflammation. The absence of nutrients combined with one or a combination of the other nine primary lifestyle choices that affect fertility can lead to an infertile lifestyle.

But eating these anti-inflammatory foods will lead to improved reproductive health in the majority of cases.

In October 2014, The Robinson Research Institute of the University of Adelaide conducted a workshop to assess clinical practices and government policies related to the lifestyle, societal, and biological factors that influenced reproductive health. Specifically, Australian researchers examined modifiable lifestyle factors that included nutrition and diet. Figuring out an “optimal preconception diet” and the best way to achieve this diet were matters of high priority. “There is increasing research examining the effect of preconception nutrition on outcomes, including fertility and pregnancy and child outcomes,” researchers wrote.

To support healthy conception, researchers recommended reducing dietary glycemic load, i.e., reducing starchy carbs and sugars; lowering animal protein intake; improving fatty acid profiles by decreasing trans fats found in processed foods and increasing omega-3s instead; and adhering to a Mediterranean-style diet. As described, a Mediterranean-style diet is free from Western, inflammatory foods and is rich in vegetables, dark-skinned fruits and avocados, healthy

“Eating lots of carbs that digest quickly (fast carbs), white breads, bagels, rice, potatoes, and sugared sodas increases the risk of ovulatory infertility.”

- Tracy Cherry, RD, CDN, University of Rochester, Women's Lifestyle Center

oils, oily fish, and healthy carbohydrate alternatives. Making these changes, researchers said, has been associated with an easier time getting pregnant, a reduced risk of ovulatory infertility, and possibly a better chance of conception using IVF. [29]

Pesticides in Produce Work Against IVF

Eating Really Healthy Foods -- mainly vegetables and some fruits -- is critically important for the men and women who want to conceive and bring a healthy baby into this world. But what if the healthy foods you're eating day in and day out have hidden chemicals in them that are working against you, reducing your chances of success when undergoing a costly treatment like IVF?

In 2017, Harvard scientists in the U.S. interviewed 325 women using assisted reproductive technologies within their Earth and Reproductive Health (EARTH) study. To best examine what the women ate, fruits and vegetables were categorized by their levels of pesticide residues, tracked through the U.S. Department of Agriculture's surveillance data. Diet was examined, and pregnancies and live births in each IVF cycle were tracked.

Sadly, you may know where this is heading. The well-meaning women who ate fruits and vegetables with the highest pesticide residues, like strawberries and spinach that made the top of the Environmental Working Group's 2017 "Dirty Dozen" list, had a lower chance of pregnancy and live birth using IVF treatment. The women who ate fruits and vegetables with low pesticide residues did not have the same link to low pregnancy and live birth rates. [28]

Overall:

- Women eating produce with the highest pesticide exposure were 18 percent less likely to conceive than women eating produce with the lowest exposure.
- Women eating the highest pesticide produce were also 26 percent less likely to have a live birth.

"In conclusion, intake of high-residue FVs [fruits and vegetables] was associated with lower probabilities of clinical pregnancy and live birth among women undergoing infertility treatment. Our findings are consistent with animal studies showing that low-dose pesticide ingestion may exert an adverse impact on sustaining pregnancy," Jorge E. Chavarro, M.D., Sc.D., senior investigator at the Harvard T. H. Chan School of Public Health, said. This study represented the first findings of how pesticides predicted fertility treatment outcomes in humans.

If you are a woman trying to conceive, and especially if you are a woman who plans to invest in IVF treatment, the simplicity of this study carries a powerful lesson. Eating organic, pesticide-free foods is no longer optional. It matters more than many of us realize.

Thankfully, making even a small transition from nonorganic to organic foods can reap great results.

When researchers asked women in the study to swap out one high-pesticide vegetable or fruit each day for a low-pesticide piece of produce, odds of conception increased by an astonishing 79 percent. Odds of live birth using IVF rose to 88 percent higher.

To counterbalance the contaminants that come from the modern diet, organic, green vegetables should take up most of your plate. Green vegetables are an essential source of antioxidants needed to fight off the free radical damage that can contribute to infertility. Green vegetables are also considered a number one health-boosting food because of their high vitamin, mineral, and fiber content. Nutrient-rich green foods encourage the body to cleanse, releasing harmful toxins that accumulate over time.

A recent animal study, published in the Journal of Genetic Engineering and Biotechnology in 2018, found that chlorella and spirulina, the green microalgae that naturally contain bioactive compounds, could alleviate the ovarian dysfunction caused by eating monosodium glutamate, or MSG. MSG is a controversial and, ultimately, harmful food additive used as a preservative or to improve taste. The female mice in the study given MSG for 28 days had lower egg quality and maturation, but consuming chlorella and spirulina had the opposite effect. Microalgae helped improve egg quality and maturation, with the potential to relieve the ovarian dysfunction and infertility caused by eating MSG. [30]

Organic chlorella and spirulina are two of the healthiest green foods you can find in nature. Our bodies are constantly inundated with outside pollutants, from fish to mercury fillings to smog to MSG, making chlorella's natural detoxification properties even more important for daily use. Spirulina, considered the cousin to chlorella, can also effectively remove toxins, and both superfoods can support the body's ability to self-heal. Internal repair may make all the difference in successfully conceiving and delivering a healthy baby.

Just imagine the changes that could take place when pesticides are eliminated completely by switching to all organic foods.

"Shopping at farmer's markets or big-box stores is a great way to get organic fruits and vegetables at a lower price... Start cooking again! Simply switching from processed foods to home-cooked foods will have a dramatic impact on your kids' diets. And get your children involved in cooking, because kids who become confident cooks won't be dependent on junk food for the rest of their lives."

*- Dr. Kellyann Petrucci, naturopathic physician;
Functional Foodie Nutrition interview, 2017*

Excess Sugar and Your Unborn Baby

Serious diseases caused by excess sugar can start in the womb:

University of California researchers assessed the diets of 454 mothers of babies born with neural tube defects, like spina bifida. Their diets were compared to the diets of 462 mothers of healthy babies.

The study was published in the *American Journal of Clinical Nutrition*. For expectant mothers, the results were shocking. The risk of birth defects doubled in pregnant women that ate high-sugar foods, including white rice, white bread, potatoes, and some soft drinks. The risk of birth defects quadrupled in obese women. [30]

Mothers eating high-sugar foods while pregnant has been tied to birth defects in children.

For close to a century, independent nutritionists have cataloged how high-sugar diets can burden our health; expectant mothers who consume foods with excess sugar are more likely to have babies with birth defects. As mentioned on **page 9**, one 2016 study in the U.S. found that pregnant women who eat a high-sugar, high (unhealthy) fat diet could pass on genetic abnormalities through the female bloodline, increasing the risk of obesity and related conditions for up to three generations. These metabolic problems in future generations may still be present even if the children start to eat a healthier diet. [7, 31] A UK study published in 2017 confirmed that a high maternal sugar intake in pregnancy can increase risk of allergies and asthma in children. [32] The mothers who ate the highest amount of sugar, when compared to the mothers who ate the lowest amount of sugar, saw a 101 percent increased risk of allergic asthma in their children.

More research may be needed, but these studies provide us with a powerful link between sugary foods and devastation to our bodies. I continue to insist, with this proof and more, that these high-sugar foods are unfit for our diets and really should be eliminated completely, particularly for pregnant women.

Scientists are urging mothers to remember that damage from high-sugar drinks and foods appears equal to alcohol and smoking, but governments still fail to protect our kids from all of these harmful foods and drinks.

"Our findings indicate that a mother's obesity can impair the health of later generations."

- Kelle H. Moley, MD, Washington University School of Medicine's James P. Crane Professor of Obstetrics and Gynecology, 2016

What Is Too Much Sugar?

Twelve teaspoons a day may seem generous, but it is very small compared to the 60-70 teaspoons consumed in the average Western diet. 60-70 teaspoons of sugar is UNFIT FOR HUMAN CONSUMPTION.

Sugar in the Western Diet can add up quickly:

- 1 cup of milk = 2 teaspoons of sugar
- 1 bowl of breakfast cereal with milk = 8 teaspoons of sugar
- 1 cup of rice (cooked) = 9 teaspoons of sugar
- 1 banana = 5 teaspoons of sugar
- 1 baked potato (not including skin) = 7 teaspoons of sugar
- 2 slices of bread = 4 teaspoons of sugar
- 1 average soda/soft drink = 8 teaspoons of sugar
- 1 large soda/soft drink = up to 32 teaspoons of sugar

Poison or Moderation?

The unfortunate truth is that the average sugar intake in the modern Western diet is 60 to 70 teaspoons each day. This is causing disease and birth defects — hidden in junk foods, such as breads, cookies, cakes, pasta, parsnips, sodas, fruit juices, breakfast cereals, corn products, white rice, white potatoes, and of course, all processed foods.

If you make it your goal to eat a maximum of 6-12 teaspoons of sugar or 30-60 grams of carbohydrates per day, you will be far ahead of the curve. This sugar must come from fresh, whole foods, outlined in this book.

"We already knew that women with diabetes were at significantly increased risk for having children with congenital heart disease. What we now know, thanks to this new research, is that women who have elevated glucose values during pregnancy that don't meet our diagnostic criteria for diabetes also face an increased risk."

- Dr. James Priest, postdoctoral scholar in pediatric cardiology; JAMA Pediatrics, 2015

Vaccine Dangers and Children

I talked about toxins and pollutants affecting your hormones and reproductive system, but what about your children after they're born? Recently, a reader wrote me a distressing email that immediately got my attention. She was alarmed by how different vaccines, often loaded with mercury, are affecting the health of our babies as soon as they are brought into the world. Many of you who are parents or who are hoping to conceive may share this same concern.

My reader went on to say that when she asked her doctor about vaccines, she was told that there was no mercury in them. But after she insisted, her doctor tried to prove her wrong and pulled up the vaccine information on the computer in front of her. Her doctor was shocked to discover that vaccine preservatives are full of mercury! It is this mercury that we are pumping into our children in the hopes of "improving their health" starting from birth.

Has your doctor recommended a flu shot to protect you during flu season?

Flu shots are frequently pushed on the vulnerable populations -- the children, the elderly, and pregnant women -- and the irony couldn't be more apparent. Even the common flu vaccine contains mercury as a preservative.

These vaccines have been banned in Canada, Australia, New Zealand, and other countries, yet many Western government agencies in countries where the vaccines are still used continue to insist that thimerosal, the mercury-containing vaccine preservative, is safe. But a 2014 analysis published in BioMed Research International confirmed that more than 165 studies conducted on thimerosal used as a children's vaccine preservative have determined it to be harmful. The CDC in the U.S. leans on six studies that claim to demonstrate the safety of mercury in vaccines, compared to a body of research conducted by independent scientists over the past 75 years that continues to prove the dangers of thimerosal. [34]

Even worse, 2015 *Clinica Chimica Acta* research shows thimerosal to have limited effectiveness when used as a vaccine preservative. The same study linked thimerosal, a.k.a. mercury, exposure in vaccines to birth defects and fetal and infant death. Children receiving mercury-laden vaccines may also suffer from poor performance testing and developmental disorders. Thimerosal most often results in neuronal damage/death. Researchers concluded that, "The effects of thimerosal in humans indicates that it is a poison at minute levels with a plethora of deleterious consequences, even at the levels currently administered in vaccines." [35]

Does the Dose Make the Poison?

In this case, I would insist that it's never worthwhile to put your fertility, your health, your unborn child's health, and your children's health at risk. You'll find that the Fertility Rehabilitation Plan outlined in this book can provide you with a practical way to naturally strengthen your immunity -- and can be used for the whole family. In our modern world, it is weak immune systems, made much worse by a processed food diet, that are linked to most disease.

A New Flu Shot Warning for Pregnant Women

Most doctors urge pregnant women to get the flu vaccine to protect both mother and baby -- without providing the necessary warning. A 2017 study published in the *Vaccine* journal discovered that women who received the pH1N1 flu vaccine for two years in a row had an increased risk of having a miscarriage within 28 days. Most post-flu vaccine miscarriages took place in the first trimester, with some in the second. The new research supported the many claims made by pregnant women who reported miscarrying hours or days after having their flu shot.

Getting the flu shot in the early stages of pregnancy was associated with almost eight times the risk of miscarriage. [36]

"The literature is pretty supportive of the fact that vaccines have much greater adverse outcomes on the genotype of the body, the immune system of the body, the brain of the body, and the intracellular functions of the body than we are willing to tell the public about."

- Dr. Lawrence Palevsky, board-certified pediatrician, lecturer, and published author

Saving Mothers' Lives and Protecting Babies Against Deadly Infection

The benefits of getting good bacteria into the gut are well-documented. Every one of us needs protective probiotic bacteria in our digestive tracts to maintain our health and reduce the risk of disease. But it's not often we hear about giving our babies this protection from birth. Expecting parents are schooled on safety and nutrition, with little information provided about enriching the thriving, living communities of microbes living in their newborn's gut.

Probiotics, particularly among infants, can be life-saving. A U.S. study from the University of Nebraska Medical Center released in 2017 found that good bacteria in a newborn's gut can reduce incidences of sepsis -- documented in India for the study -- by as much as 40 percent, while costing only a dollar per baby. [37] A highly dangerous complication of bacterial infection responsible for an estimated 1 million infant deaths each year around the world, sepsis causes the immune system to shut down and fight itself. In a defenseless baby, sepsis can result in tissue damage that leads to organ failure and death. Sepsis often occurs in developing countries, making the news of a potential probiotic treatment all the more important, but no infant is exempt.

Sepsis is one of the top killers of babies worldwide.

Symptoms of sepsis in a baby are easy to miss. A mother may notice that her new baby has grown lethargic, cries frequently, or stops breastfeeding. Even after being rushed to the hospital, a baby can still die. But, as researchers found, babies who ate good microbes for just a week saw a dramatic drop in their risk of sepsis and death. Along with the 40 percent decrease in sepsis attributed to probiotic bacteria, the probiotics helped ward off other types of newborn infection, reducing respiratory infection rates by 30 percent.

For new mothers who are also susceptible to infection after giving birth, both probiotics and vitamin C can help. A 2017 *Chest* study found intravenous vitamin C to nearly neutralize the fatal effects of sepsis, or blood poisoning, that leads to death in up to 60 percent of cases. Where sepsis responds poorly to conventional medicine -- causing roughly 11 million deaths a year -- taking vitamin C by IV can reduce the rate of death *five-fold*, or by 500 percent. [37] Like so many chronic illnesses, sepsis is not medical. It's a lifestyle condition, and it can be "cured" by improving gut health and by supplying missing nutrients to strengthen immunity.

Do we need any more proof that natural is better, especially when it comes to our most vulnerable populations? This is the same issue we see when examining the widespread and often life-threatening side effects of vaccines: We need to give our children the best chance at natural health as they enter the world.

Probiotics for mothers carrying babies and for the babies they birth are no longer optional. Inoculating the gut with probiotic bacteria from birth could save a baby's life.



"The beneficial bacteria that live in a baby's intestine are all-important to an infant's health, growth, and ability to fight off infections. A strong, robust population of microbes in the gut provides colonization resistance, and pathogens can't invade and infect an infant who has that resistance as easily."

- Kelly Tappenden, University of Illinois College of Agricultural, Consumer and Environmental Sciences professor of nutrition and gastrointestinal physiology

Diet and Endometriosis

This one's not as controversial as it is unfamiliar; this information is not well-known to the average consumer:

Millions of women suffer from endometriosis, a painful gynecological disorder.

The female reproductive hormones are implicated in this medical condition, and research has shown women who consume carbs, high-sugar foods, and animal products have a much better chance of fostering endometriosis and endometrial cancer than those who eat a healthier diet. [38-40] The Western Un-Natural Food Diet is also responsible for the hormonal imbalances that help create these problems. Similar findings have linked these diets to fibroids in the uterus and cysts in the ovaries. [42] All three of these conditions are associated with infertility.

Animals and animal products are now mainly fed on grains, cereals, and other un-natural foods and contaminated with growth hormones, antibiotics, and pesticides.

Cows are a prime example. Bovine growth hormone (rBGH), when injected into cows (which is very often) increases IGF-1, insulin-like growth factor, a natural hormone already present in cows. This is what takes a fairly small calf and grows it into a fairly large cow. This hormone causes cell growth, including the growth of pre-existing cancer cells (which we all have). Cows, their meat and their milk, are full of other hormones too, and these hormones increase even more when the cow is pregnant.

Cows are also:

- Capable of retaining pesticides in their fatty tissue.
- Fed or shot full of antibiotics.
- Full of natural hormones, which are still present even in organic milk labeled "no added hormones!"

Links have also been found between serious prostate diseases and a diet of dairy products, eggs, and meat fed on un-natural foods. [43] The conclusions of this and other research suggest that "animal product consumption may be risk factors for poor prostate health."

This confirms that the health of the prostate and thus male fertility are dependent upon eating really healthy foods.

Dietary Considerations At-a-Glance

- **Fiber.** Even though fiber is a carbohydrate, it's the part of fruits, vegetables, beans, whole grains, and legumes that is indigestible. It's essential for health and unavoidable when eating Really Healthy Foods as fiber is only available in plant-based foods. Fiber increases production of an anti-inflammatory protein and, because it doesn't raise blood sugar, helps keep insulin levels down too. It's imperative to drink plenty of water throughout the day when eating fiber. This is because fiber waits in the large intestine to exit the body, and while it waits, it takes toxic waste from the body in the form of liquids. This combination of fiber and liquids form what we know as feces. This waste can be: cholesterol, any number of carcinogens, or even hormones. Ridding the body of excess hormones, like estrogen, can relieve symptoms of endometriosis and benefit fertility.
- **Other fats.** Other fats in the form of trans fats, saturated fats, and cholesterol hinder the body's use of omega-3s. Trans fats are naturally occurring in small amounts in certain meats and dairy products; however, the majority of trans fats are a result of converting oils into solid fats (processed foods). These fats have a negative impact on a woman's ability to ovulate. Saturated fats increase prostaglandin production, leading to an inflammatory state, and these fats, along with cholesterol, are found primarily in animal foods. (The cholesterol in plant foods is negligible and not a factor in health one way or the other.)
- **Protein.** Protein is always a foremost concern whether trying to become pregnant or not. A 2008 *American Journal of Obstetrics and Gynecology* study involving over 18,000 married women with no fertility problems looked at which source of protein, animal or vegetable, affected ovulatory infertility. The findings: "Consuming 5 percent of total energy intake as vegetable protein rather than as animal protein was associated with a more than 50 percent lower risk of ovulatory infertility." The conclusion: "Replacing animal sources of protein with vegetable sources of protein may reduce ovulatory infertility risk." [44]

"Couples today face the added complications of a plethora of foods that are rancid, processed, prefabricated, and extruded, laden with additives, preservatives, and synthetic vitamins, full of refined sweeteners (or artificial sweeteners) and caffeine, and carrying GMOs, antibiotics, and chemical sprays."

- Vicki Braun, natural family planning (NFP) instructor; Wise Traditions in Food, Farming, and the Healing Arts, the quarterly journal of the Weston A. Price Foundation, Summer 2016

Fertility Drugs

So what is the usual course of treatment when ovulatory infertility is a problem? Fertility drugs!

These drugs, whether swallowed or injected, are supposedly the answer. Ovulation occurs when a mature egg is released from the ovary, pushed down the fallopian tube, and is available to be fertilized. When a woman experiences ovulatory infertility, the ovaries do not release an egg; therefore, ovulation does not occur.

Since men don't ovulate, do men need to take fertility drugs too? Well, yes and no. Both men and women obviously need to contribute physiologically when it comes to making a baby. However, fertility drugs are only a third as successful when used by men. These drugs, which by the way are the same for both genders, encourage ovulation as well as the production of sperm. There are very few fertility drugs that have the government go-ahead for use by men; however, a fertility doctor can recommend them when deemed necessary.

For women, anti-estrogen drugs like Clomid or Serophene work by stimulating the release of the hormones that are responsible for egg production in the ovaries. Live birth success rates are estimated at 23 percent. [45] Common side effects include bloating, headache, nausea, hot flashes, distorted vision, and increased risk of multiple births.

Injecting hormones is another popular alternative in women's fertility treatment, which can bring on severe anxiety. This anxiety can be due to the process of having to actually inject oneself with hormones on a regular basis or the emotional roller coaster brought on by the hormones themselves, not to mention the stress of trying to conceive. Live birth success rates are estimated at 32 percent and having twins or triplets is more likely. [45] Common side effects include infection, blood blisters, swelling, bruising, tenderness, ovarian hyperstimulation syndrome (OHSS), and increased risk of multiple births.

Artificial Insemination

There are several expensive approaches to artificial insemination, with in vitro fertilization (IVF) being the most used. These approaches usually require the use of fertility drugs as well and have a less than 30 percent success rate, which decreases after the age of 34.

Infertility and Debt

Maybe it's time for a different approach. Total spend for infertile couples is approaching many billions annually as they try to increase fertility; only a percentage of these couples (up to 35 percent) are approved for reimbursement.



New research on the side effects of taking fertility drugs, both for mothers and babies, is ever on the horizon. A 2017 Ben-Gurion University and Soroka University Medical Center study found that babies born to mothers who used fertility treatments had a greater risk of developing a number of pediatric cancers and tumors. "The research concludes that the association between IVF and total pediatric neoplasms [tumors] and malignancies is significant," said Professor Eyal Sheiner, M.D., Ph.D., Soroka physician and vice dean of the BGU Faculty of Health Sciences (FOHS). "With increasing numbers of offspring conceived after fertility treatments, it is important to follow up on their health." [46]

"Fertility clinics are free to set their own costs just like any other private healthcare provider. This means that the same treatment could be two or even three times more expensive depending on which clinic you choose."

- Human Fertilisation & Embryology Authority

Can I Reverse Infertility?

Since most cases of infertility are brought on by lifestyle choices, the answer is yes — except in a few rare cases.

Medicine does not offer any cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body {6-8 x 500ml (16oz) glasses a day} with pure, clean water and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

... regenerate with healthy lifestyle and nutrients ...



"We've all heard about the health benefits of antioxidants. But what most people don't know, is that they can play an important role in fertility. They help to neutralize the harmful effects of free radicals in our bodies. Free radicals can affect virtually every step in the reproductive process, from egg maturation to pregnancy."

- Martha McKittrick, RD, PCOS expert

Throwing Out the Baby with the Bathwater

For women in their reproductive years, it's a constant struggle to maintain their health. Bouncing between contraceptives and fertility treatment and back again, a woman may need to make important choices about her reproductive health for close to 30 years.

The birth control pill has been the most popular form of contraception since it was first approved, and originally intended to exclusively treat menstrual conditions, in 1960. Over the next half-century, evidence on the potential dangers and controversy surrounding the birth control pill would grow. The American Association for Cancer Research linked high-dose estrogen pills and some other forms of oral contraceptive with increased breast cancer risk in 2014. [47] The following year, in 2015, a *MedLink Neurology* report found the stroke risk associated with birth control pill use to be small but significant for the more than 100 million women who have or currently use the pills worldwide. [48] A 2016 *Epilepsy Research* study showed that hormonal birth control pills increased seizure risk in women with epilepsy. [49]

At the same time this troubling research was being released, a Swedish physicist, also a woman of reproductive age facing the same issues, was coming up with a natural solution.

In 2014, the nuclear physicist Elina Berglund Scherwitzl began to examine the accuracy of the age-old method used for natural conception: the rhythm method that tracks a woman's cycle for the purpose of abstaining from sex during her time of ovulation. For Scherwitzl, the rhythm method wasn't good enough. Its efficacy was only 76 percent.

Scherwitzl crunched the numbers, putting her skills in advanced mathematics and data analysis to use, and created her own method. Similar to the rhythm method but officially declared as effective as the oral birth control pill at 99 percent, Scherwitzl launched her Natural Cycles app in 2014 to help women better target their ovulation. Scherwitzl's all-natural and side effect-free form of birth control became the first ever tech-based device to be certified for contraceptive use in 2017. [50] Women can now use an accurate, natural method, like the Natural Cycles app, for two distinct purposes: to pinpoint the time of ovulation for the purpose of preventing pregnancy and to also identify the exact time of ovulation to aid in conception.



"Women over 30 years old are less likely to use contraception or condoms... And, in spite of the dozens of options now available to men and women, the birth control pill, condoms, and withdrawal are still the top three contraception methods."

- *The Society of Obstetricians and Gynaecologists of Canada survey, 2016*

Down to Basics

Pregnancy is (or should be) the result of sexual intercourse in a loving relationship. As unromantic as it sounds, it may take a little planning and timing.

Ovulation

There is just one time in the monthly cycle when a woman is fertile. This falls a few days before, during, and after ovulation. Ovulation occurs when the most mature of the eggs is released into one of the fallopian tubes. To conceive, sperm must reach the mature egg before it dies.

A typical egg can live 12 to 24 hours after ovulation, while sperm can survive up to five days in a healthy vaginal environment.

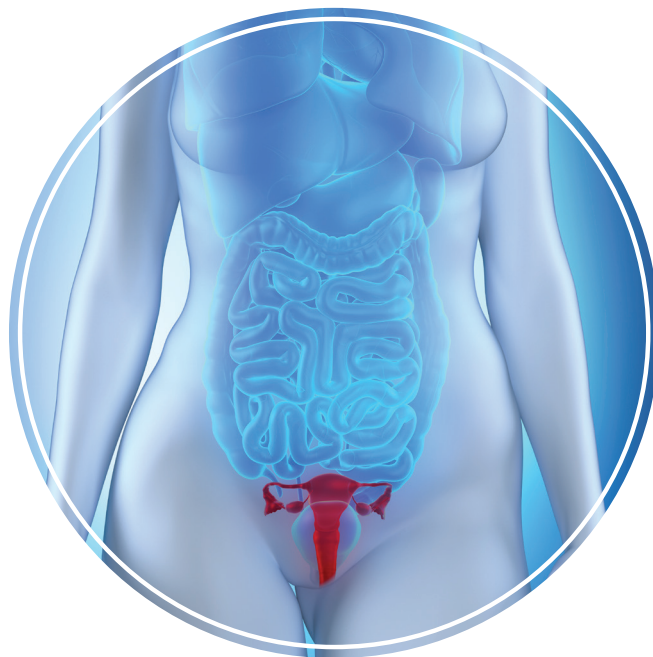
Therefore, fertile days are the five days preceding ovulation and up to two days after ovulation. This lasts about a week. Strange as it seems, this week can be easily missed, unless you time it just right. By having sexual intercourse three times just before ovulation, the chances of pregnancy dramatically increase in a healthy couple.

Ovulation Testing Kits

If you don't want to chance missing your fertile window, you can take advantage of inexpensive technology. Digital ovulation tests are now available, such as the Clearblue Digital Ovulation Test. A test like this is designed to measure the rise of LH ovulation hormones 24-36 hours before ovulation to determine the best two days to conceive within a cycle.

Timing sexual intercourse within these two days will provide the best odds of conception.

A digital ovulation test can be used to test a woman's urine once a day at the same time each day. When tested during the anticipated time of ovulation in a cycle, an ovulation test kit can provide up to 99 percent accuracy in detecting LH hormone surges. Manual ovulation tracking or a digital test can identify a woman's monthly fertile window prior to conception. I also recommend using the more than 99-percent accurate Natural Cycles app, mentioned on the previous page, to pinpoint the time of ovulation precisely.



For couples struggling to conceive and for women hoping to regulate their cycles, this is a critical time to practice self-care. Spanish and Austrian researchers discovered in 2012 that women are likely to be more vulnerable to infection, like those caused by sexually-transmitted diseases and pathogenic candida yeast, during ovulation. [51] As we already know, day-to-day stressors, including the stress of trying to get pregnant, can have a big impact on when and if a woman ovulates. Ohio State University researchers in the U.S. discovered in a 2014 study that women with the highest levels of stress took 29 percent longer to get pregnant. These women also had a doubled infertility risk compared to the women with lower stress levels. [52]

"You can begin looking for pregnancy symptoms as early as a week after fertilization. You can also begin testing for pregnancy as early as 7-10 days past your ovulation date with an Early Detection Pregnancy Test."

- American Pregnancy Association

The Nutrients You Need

Studies show the following nutrients will help prevent or control infertility in most people:

Serrapeptase SerraEnzyme with MSM and Trace Minerals - Clears any scarring and inflammation in the reproductive organs, such as the fallopian tubes or testicles. [53] Take 2 x 3 times a day, 30 minutes before eating. Drop to 1 x 3 after one month (plan on four months).

Curcumin - Can relieve any pain and inflammation in the body, in particular the sex organs. Curcumin may also halt breast cancer stem cell growth. [54] Take 1 capsule x 3 times per day.

Nascent Iodine - Supports the thyroid gland and the immune system. Iodine deficiency is thought to be the cause of ovarian cysts and polycystic ovaries. [55] Importantly, it is essential for proper brain formation to be in the diet of the mother BEFORE becoming pregnant. Take 1-3 drops in 1/2 ounce of water, 2-3 times per day.

Astaxanthin™ with DHA - Powerful antioxidant that can boost and enhance the immune system. Astaxanthin™ can also aid and improve male and female fertility. [56] Take 1 veg softgel, 3 times daily.

Maca Extract - Balances the endocrine and hormonal system. [57] Take 1 teaspoon daily.

130 Essential Vitamins and Minerals - Supports the whole body and immune system. Take 3 capsules, 2 times per day after eating.

Vitamin D3 - Supports healthy hormonal balance and the immune system. [62] Take 1 capsule, 1-2 times per day.



"Vitamin D supplementation might be a safe and affordable treatment option in PCOS or might support couples who want to have children."

- Dr Elisabeth Lerchbaum, Medical University of Graz; European Society of Endocrinology, 2017

Why Doesn't My Doctor Tell Me About This Plan?

The Non-Inflammatory Lifestyle Program can help you get better! Your doctor is obliged to conform to the medical model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK, and the AMA in the USA have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Non-Inflammatory Lifestyle Program will show results within 30 days.



"The two most common impediments to pregnancy are problems with ovulation and infertility for which no obvious cause can be found. For these, lifestyle changes that include an optimal diet, appropriate levels of exercise, reducing unnecessary stress, and eliminating exposure to nicotine can improve fertility."

- Dr. Jorge Chavarro, Dr. Walter C. Willett, and Patrick J. Skerrett, The Fertility Diet

The Infertility Rehabilitation Plan

Your 10 Steps to a Healthy Future

The following protocol works for any type of infertility, to some extent:



It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their infertility symptoms to some extent, and in many cases completely.

For details of the following suggested formulas, turn to **page 44**.

1. Clearing Inflammation and Promoting Healing. Helping Fertility Pack - Essential

SerraPlus™ 80,000IU - Clears any scarring and inflammation in the reproductive organs. Take 2 x 3 times a day, 30 minutes before eating. Drop to 1 x 3 after one month (plan on four months).

Active Life™ Capsules - Contains a full spectrum of 130 vitamins and minerals. Take 3 capsules, 2 times per day after eating.

CurcuminX4000™ - Contains Meriva® (root) Curcuma longa extract; relieves pain and inflammation in the body. Take 1 capsule x 3 times per day.

Nascent Iodine Drops - Contains iodine in its atomic form; regulates metabolism and supports the thyroid gland. Take 1-3 drops in 1/2 ounce of water, x 2-3 times daily on an empty stomach or as directed by your healthcare provider.



2. Immune Recovery and Strengthening.

Helping Fertility Pack - Ultimate

SerraPlus+™ 80,000IU - Clears any scarring and inflammation in the reproductive organs. Take 2 x 3 times a day, 30 minutes before eating. Drop to 1 x 3 after one month (plan on four months).

Active Life™ Capsules - Contains a full spectrum of 130 vitamins and minerals. Take 3 capsules, 2 times per day after eating.

CurcuminX4000™ - Contains Meriva® (root) Curcuma longa extract; relieves pain and inflammation in the body. Take 1 capsule x 3 times per day.

Nascent Iodine Drops - Contains iodine in its atomic form; regulates metabolism and supports the thyroid gland. Take 1-3 drops in 1/2 ounce of water, x 2-3 times daily on an empty stomach or as directed by your healthcare provider.

Astaxanthin™ with DHA - Enhances the immune system and supports fertility. Take 1 veg softgel, 3 times daily.

Vitamin D3 - Contributes to hormonal balance. Take 1 capsule, 1-2 times per day.

Ancient Magnesium Oil Ultra - Magnesium can reduce the risk of a baby developing cerebral palsy during pre-term birth, as well as the risk of fetal death



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for more
details

3. Supplement missing nutrients.

Recommended Nutrients - but Suggested for the First 1 to 2 Months At Least.



UB8Q10 Ubiquinol - Supports strong sperm in males. [62] Take 1 capsule, 2 times daily. If over 35 years old, take 2 softgel capsules x 2 times per day.

Click
for more
details



Rosavin - Reduces stress and balances emotions in both men and women. [63] Take 1 capsule, 2 times a day.

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While this book is designed to improve fertility in women, a sample male fertility plan can be found below:

MALE FERTILITY - STRONGER SPERM AND EJACULATION HEALTH PLAN

The health plan below is designed to improve sperm count and male fertility. By following the supplement regimen and choosing a naturally healthy lifestyle in the long term, it's possible to boost your fertility and overall health.

Your 4-8 Week Plan, From My eBook *Improving Men's Health in 30 Days*, by Robert Redfern

Supplements to support men's fertility - in order of priority:

UB8Q10 Ubiquinol - Essential for stronger sperm. [62] Eight times more effective at restoring cell energy than CoQ10. Take 2 capsules x 2 times a day with food.

Active Life™ - A full spectrum of 130 vitamins and minerals. Take 3 capsules, 2 times per day after eating.

Prostate Plus+™ - Aids in healthy sperm flow and may protect against prostate cancer. [65] Take 2-4 capsules per day.

Nascent Iodine Drops - Regulates the metabolism, supports the thyroid gland, and may reduce prostate cancer risk. [66] Take 1-3 drops in 1/2 ounce of water, x 2-3 times daily on an empty stomach or as directed by your healthcare provider. Note that iodine needs a supplement containing selenium to activate it such as Active Life™ Capsules or Daily Immune Protection.

Astaxanthin™ with DHA - A powerful antioxidant that boosts and enhances the reproductive system. [55] Take 1 veg softgel, 3 times daily.

B4 Health Spray - Contributes to hormonal balance. [67] Take 5 sprays a day.

Ancient Magnesium Oil Ultra - Magnesium can reduce the risk of a baby developing cerebral palsy during pre-term birth, as well as the risk of fetal death. Apply 1-4 sprays of magnesium to arms and legs 20 minutes before showering. Wash off after 20 minutes.

Pack 1 - Men's Fertility Essential



Click
for more
details

Pack 2 - Men's Fertility Ultimate



Click
for more
details

4. Drinking More Water.

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



5. Cutting Out Un-Natural Foods.

Until pregnant and a healthy baby is finished breastfeeding, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and cow's milk products.



6. Eating Really Healthy Foods.

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50 percent raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time superfood with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All fertility issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega-3, or Krill oil and other healthy oils like Olive oil and Coconut oil.



As healthy alternatives to carbs, consider Quinoa, Chia Seeds, Amaranth, Buckwheat, Millet Seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous Cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.

Recommended Vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian Vegetable Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (Various Types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (Aubergine)
- Fennel
- Garden Peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and Various Types)
- Mangetout Peas
- Mushrooms
- Okra
- Onions (Red and White)
- Petit Pois Peas
- Radishes
- Runner Beans
- Seaweed - All Types (Kelp, Wakame, Noni, etc.)
- Silver Beet
- Spinach
- Squash
- Sugar Snap Peas
- Zucchini (Courgettes)

Recommended Fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi Fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/Prune (Dried Plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal Berry
- Satsuma
- Strawberries
- Tangerine
- Western Raspberry (Blackcap)

The Garden of Eden Pyramid



Movement is a vital part of your recovery plan.



7. Staying Active Daily.

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve. If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and skin health will balance perfectly.

8. Learning Proper Breathing.

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. **Anxious Breathing: In the chest.**
2. **Relaxed Breathing: In the diaphragm or stomach area.**



The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. You can access more resources on breathing lessons at GoodHealthHelpDesk.com.



9. Stimulating Acupressure Points.

Another part of your fertility plan is to stimulate acupressure points connected to the reproductive system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 46**.



10. Getting Out into the Sun as Much as Possible.

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 45**, but it is still important to get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy, and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for six hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



Recommendations for sun exposure:

A: Expose as much skin as you can to the sun each day, such as on your morning walk.

B: Build up your sun exposure gradually from spring to summer seasons.

C: Try to stay out of the sun in midday without a cover-up; a cover-up is preferred to sunscreen.

D: If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.

E: It's important to remember that the sun is your friend and sunshine can be enjoyed in moderation!

More About Clearing Inflammation and Promoting Healing

SerraPlus+™ 80,000IU Capsules

SerraPlus+™ with pure MSM is the Serrapeptase enzyme that helps to prevent and remove dead tissue and unhealthy inflammation, allowing the body's naturally healthy processes to function. Taking Serrapeptase can clear scarring and inflammation in the reproductive organs.

Ingredients:

- Serrapeptase - 80,000 IU
- Trace Minerals - 50 mg
- MSM (Methylsulfonylmethane) - 350 mg

Dosage:

Take 2 x 3 times a day, 30 minutes before eating with water.
Drop to 1 x 3 after one month (plan on four months).



Click
for more
details

Active Life™ Capsules

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy, modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life-style, offering an all-natural source of 130 vitamins, minerals, and other nutrients.

Birth Defect Prevention in a Bottle?

The vitamin B3 found in Active Life™ Capsules may be especially beneficial to pregnant women to prevent miscarriages and birth defects. A new study released in 2017 showed that this information could change the way doctors treat pregnant women. Nutritional therapy has merit -- the latest research supports vitamin B3's ability to correct common molecular deficiencies that lead to miscarriage and birth defects. Australian researchers from Victor Chang Institute considered these to be "breakthrough, blockbuster" findings. This significant discovery may address the major cause of miscarriage, as well as the cause of the many heart, kidney, spinal, and cleft palate defects in newborns.

"The ramifications are likely to be huge. This has the potential to significantly reduce the number of miscarriages and birth defects around the world, and I do not use those words lightly," Professor Sally Dunwoodie of the Victor Chang Institute said.

A simple deficiency in a critical molecule, called nicotinamide adenine dinucleotide (NAD), is enough to keep a baby's organs from properly developing in utero. The body relies on vital NAD synthesis for energy production, DNA repair, and cellular communication. Genetics and environmental exposure can interrupt the production of NAD and cause deficiency. NAD deficiency can be particularly dangerous during pregnancy, as researchers discovered. Dunwoodie and her team stated that, following their 12 years of research, they learned that a

potentially crippling NAD deficiency may be cured and unneeded miscarriages and birth defects avoided by supplementing vitamin B3 (niacin). [68] Pregnant women can get their highly absorbable Vitamin B3 when taking daily Active Life™ Capsules.

Researchers made another exciting discovery in 2017, underscoring the importance of daily nutrition for all pregnant women. After studying 270,000 pairs of mothers and children in Sweden, a Drexel University research team found that taking a multivitamin during the early stages of pregnancy could reduce the risk of autism. [69]

A Critical Warning for All Pregnant Women: Are You Taking the Right Folate?

If you are pregnant or are trying to become pregnant, you've probably been advised by your doctor to take a multivitamin that contains folic acid. Taking folic acid daily, starting at least a month before conception and through early pregnancy, can prevent severe birth defects, called neural tube defects, in children. But many medical professionals make the mistake of making "folic acid" and "folate" sound like identical nutrients.

Folate comes in several different forms; folate and folic acid are both forms of the water-soluble B9 vitamin. Folate is the nutrient found in the food form, like legumes, leafy greens, nuts, and beans. Folic acid is the synthetic form added to many of our enriched foods, like cereals, breads, and flour. You'll also find synthetic folic acid in a number of commercial supplements, though it does little good. Due to a common genetic variation, only about 25 percent of people can fully absorb synthetic folic acid. Even worse, this folic acid is completely useless in the body if it is not in a form that can cross the blood-brain barrier.

5-MTHF is the new, activated, and patented form of folate in Active Life™ Capsules and is the only type of folate that can cross the blood-brain barrier. Active 5-MTHF folate can also be found in our sublingual B4 Health Spray. This means that 100 percent of people, including pregnant women, can use and absorb this folate compared to other synthetic forms found in over-the-counter supplements.

Though doctors have neglected to recommend only the biologically active form of vitamin B9, or folic acid, to pregnant women, I can now confidently say that 5-MTHF is the only usable and absorbable form of folate that can help to prevent neural tube defects during pregnancy.

Ingredients:

- Niacin - Vitamin B3 (from Niacinamide) - 80mg, 588%
- Folate (as(6S)-5-methyltetrahydrofolic acid) (equivalent to 1600 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt***) - 800mcg, 500%
- Plus other essential pregnancy nutrients, for a total of 130 vitamins, minerals, and nutrients

Dosage:

Adults and children over age 12 - take up to 3 capsules twice per day after meal. Children under age 12 - take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules

Curcumin

Curcumin (from Turmeric) has been used for thousands of years for its antibacterial, anti-viral, anti-inflammatory, and anti-fungal properties. Curcumin's disease fighting potential has been studied and demonstrated against several types of cancer, diseases of the vascular system, type II diabetes, atopic dermatitis, arthritis, psoriasis, and Crohn's disease, among others.

Due to its inherent poor absorbency, high doses of ordinary Curcumin 95 percent have been needed to achieve the dramatic effects show in worldwide studies. Now CurcuminX4000™ resolves this with its unique high utilization formulation.

Ingredients:

- Meriva® (root) Curcuma longa extract – 600mg

Dosage:

Take 1 capsule x 3 times per day.

Nascent Iodine Drops

Nascent iodine is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent iodine in its atomic form -- consumable and paramagnetic -- is highly preferable to its molecular form. This is the form of iodine that is well-recognized by the thyroid and easily used.

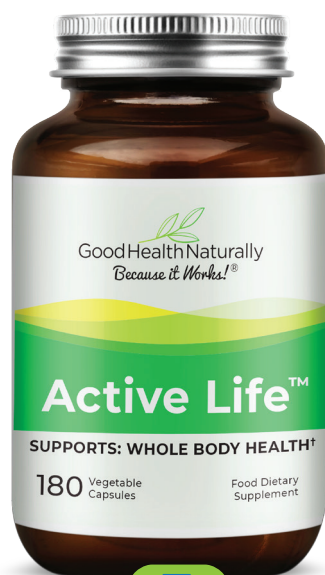
Health conditions like ADHD, autism, learning disabilities, autoimmune thyroid disorders, and cancers of the thyroid, breast, ovaries, and uterus can often be caused by iodine deficiency. All cells in the body utilize the critical mineral iodine and rely on it for daily function.

Ingredients:

- Iodine (in its atomic form) - 315 µg

Dosage:

Take 1-3 drops in 1/2 ounce of water, x 2-3 times daily on an empty stomach or as directed by your healthcare provider.



More about immune strengthening formulations

Astaxanthin™ with DHA

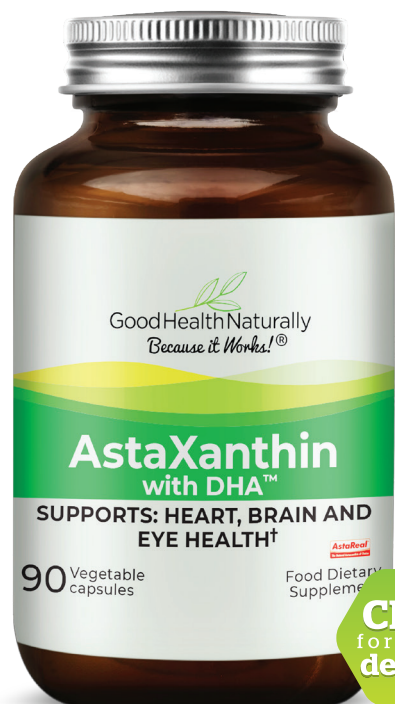
Astaxanthin™, combined with pure DHA, is a powerful antioxidant that boosts and enhances the immune system. Studies have shown that this new antioxidant exhibits strong free radical scavenging activities and protects against lipid peroxidation and oxidative damage of LDL-cholesterol, cell membranes, cells, and tissues. Astaxanthin™ may prevent damage to the retina caused by strong sunlight; DHA is a nourishing omega-3 fatty acid, and both nutrients can support fetal development.

Ingredients:

- DHA oil – 180mg
- AstaReal® Astaxanthin™ 10% – 12mg

Dosage:

Take 1 veg capsule, 3 times daily.



Vitamin D3

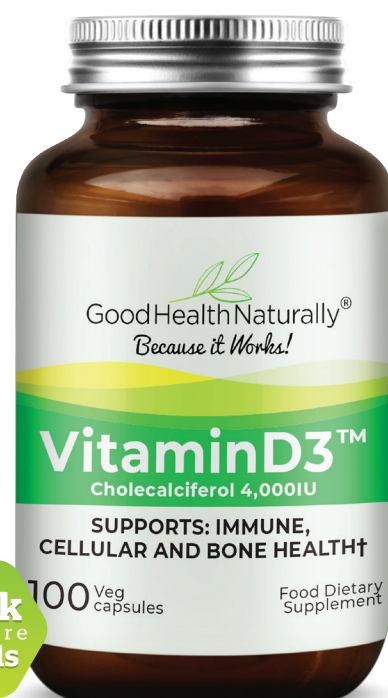
Vitamin D is a precursor hormone — the building block of a powerful steroid hormone in your body called calcitriol. As a hormone, calcitriol controls phosphorus, calcium, and bone metabolism and neuromuscular function in the body. For centuries, Vitamin D was considered to be only essential to maintaining bone health, but recently, more and more studies are linking Vitamin D to overall body wellness and hormonal balance.

Ingredients:

- Vitamin D3 (Natural Cholecalciferol) – 5000IU
- Calcium (Natural Calcium Carbonate) – 100mg

Dosage:

Take 1 capsule, once per day.



Magnesium Oil Ultra Spray

Magnesium oil applied as a topical spray can improve the uptake of magnesium ions, enhance cell membrane permeability, increase joint mobility, and even ease inflammation to aid in pain management. For pregnant women, and for all people, this recommended daily mineral is imperative. In 2017 and 2018, ground-breaking discoveries were made about the mineral's use during pregnancy. Not only is taking magnesium during pregnancy perfectly safe at the suggested dose (and required by the body for daily function), but when magnesium is taken before the 32nd week of pregnancy, it can reduce the risk of a baby developing cerebral palsy during pre-term birth, as well as the risk of fetal death. [65] UK and Canadian researchers say that, for mothers and unborn babies, magnesium is neuroprotective. Magnesium taken during pregnancy also helped to protect fetal heart rates, reducing the need for infant resuscitation by 10 percent.

When topical magnesium is combined with OptiMSM®, it improves the absorbability of the MSM dramatically. MSM is a critical source of organic sulfur, and sulfur is the third most abundant mineral in the body. (Magnesium is the fourth most abundant

Ingredients:

- Purified water
- Genuine Zechstein™ Magnesium Chloride
- Methylsulfonylmethane (OptiMSM® from Bergstrom)
- **Other ingredients:** Other naturally occurring trace minerals.
- **Caution:** Avoid direct contact with eyes and other sensitive areas.

Dosage:

Apply up to 20 sprays of magnesium to arms and legs daily. Can be left on or applied 20 minutes before showering, and then washed off.



More about missing/optional nutrients

Recommended nutrients - but suggested for the first 1 to 2 months at least

UB8Q10 Ubiquinol

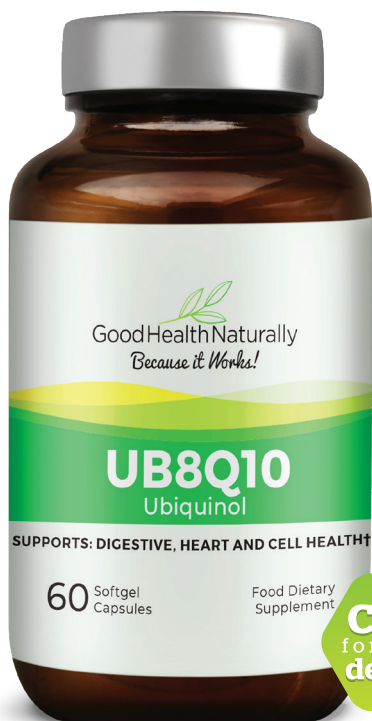
CoQ10 or coenzyme Q10 is a greatly beneficial vitamin-like enzyme that is present in almost all plant, animal, and human cells. Coenzyme Q10 is considered as your body's POWERHOUSE ENHANCER and ANTIOXIDANT. UB8Q10, also known as Ubiquinol, is a Coenzyme Q10 that is 8 times better absorbed compared to ordinary CoQ10! UB8Q10 supports strong sperm in males, according to studies.

Ingredients:

- Ubiquinol CoQH* - 100mg

Dosage:

Take 1 capsule, 2 times daily with food. If over 35 years old, take 2 softgel capsules x 2 times per day.



Rosavin

Siberian Rhodiola Rosea provides an adaptogenic response to a number of environmental stressors. It helps to fight mood swings, enhance memory and mental performance, assist in maintaining energy levels and stamina, increase circulation in the brain, and aid weight management.

Ingredients:

- Proprietary Blend – 100mg
- (Standardized 3% Siberian Rhodiola Rosea) bioactive Rosavin, Rosin, Rosarin, and Salidroside

Dosage:

Take 1 capsule, 2 times a day on an empty stomach.



More About Acupressure

Stimulating the points on page 8.26 of the book *Mastering Acupuncture* will help to balance the reproductive system. These points can be effectively and safely stimulated using the HealthPoint™ electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

In 2016, Evidence-Based Complementary and Alternative Medicine researchers examined how acupuncture can affect fertility in our modern-day world. Within a randomized, controlled trial, infertile women were given either acupuncture and lifestyle interventions or lifestyle interventions only. Those in the acupuncture group conceived at 5.5 weeks on average compared to 10.67 weeks in the lifestyle-only group. Women receiving acupuncture treatment felt that their fertility awareness and overall well-being increased, leading to a conception time that was halved. [71]

Stimulating targeted acupuncture points but without needles, the HealthPoint™ electro-acupressure device can be used to provide the same fertility-enhancing results at home. HealthPoint™ is safe and gentle enough to be used in pregnancy, by children, and even by those wearing a pacemaker, while still remaining effective.

HealthPoint™ is also painless and easy to use. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. HealthPoint™ breakthrough technology was developed with leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for infertility.

Target these acupressure points for fertility and the birthing process

Of all traditional healing methods, acupuncture is the most widely accepted in the West. Our culture might be skeptical about many of Eastern medicine's holistic techniques, but it's hard to argue with an ancient practice that has over 2,000 years of history and significant scientific evidence to prove it highly effective.

Working with the body's own natural healing system, acupuncture has been used for millennia in Traditional Chinese Medicine to improve reproductive health, fertility, and conception, without the need for invasive treatments or prescription drug side effects.

This extensive history reinforces acupuncture's safety, and it's supported by decades of research. The American Pregnancy Association also states that "acupuncture is generally safe regardless of a person's medical history" for cases of infertility. [72]

Early acupuncture texts from the Song dynasty, spanning 960 to 1279 A.D., identified conception as an act performed between two people, the yin and yang, to create a child. Seeing reproduction as a partnership, then, is key to regaining this harmony and balance. Ancient concepts and clinical research show that acupuncture can restore ovarian and uterine blood flow, helping to thicken the uterine wall and improve implantation. Men's infertility is also often diagnosed as deficient qi, or life force energy. [73]

Those who swear by acupuncture say it doesn't hurt, but electro-acupressure may feel even more soothing. Stimulating acupuncture points – either with needles, massage, or electronic pulses using a handheld device – is now a common treatment for hundreds of health conditions. **HealthPoint™** is easy to use, painless, and effective. It in

Infertility

A couple may use these points after being unable to conceive without protection for 12 months, when they meet the medical definition of infertility. But since electro-acupressure gently restores reproductive health and balance, these points can be used at any time, even early on, to aid in conception.

P O I N T S

For women:

Yintang - This lies directly between the eyebrows, just above the bridge of the nose.

Gv26 - This is at the junction of the upper third and lower two thirds of a line joining the nose and the middle of the upper lip.

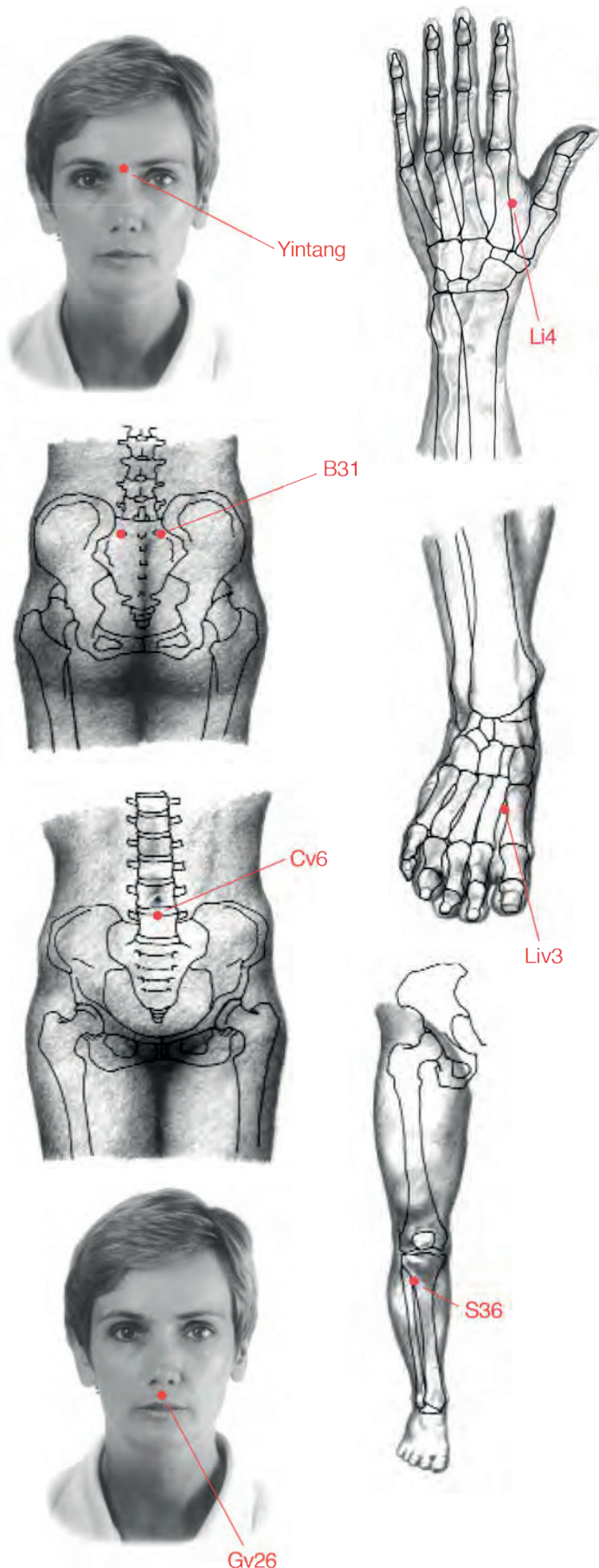
Li4 - This lies on the side of the bone that runs from the forefinger knuckle down towards the wrist.

Cv6 - This lies one and a half thumbs' width below the navel.

B31 - This lies at the top of the sacral bone one and a half thumbs' width away from the midline.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

Liv3 - This lies in between the tendons of the big toe and the first toe, two thumbs' width towards the top of the foot from the web.



POINTS

For men:

Cv4 - This lies two thumbs' width above the pubic bone.

Cv6 - This lies one and a half thumbs' width below the navel.

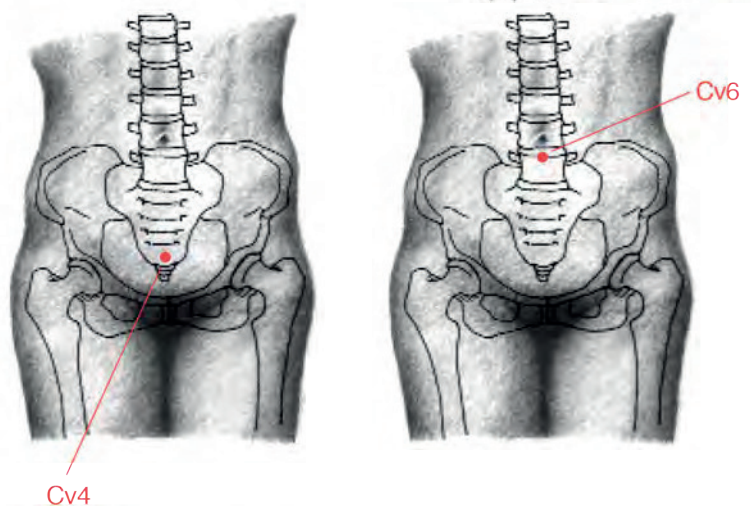
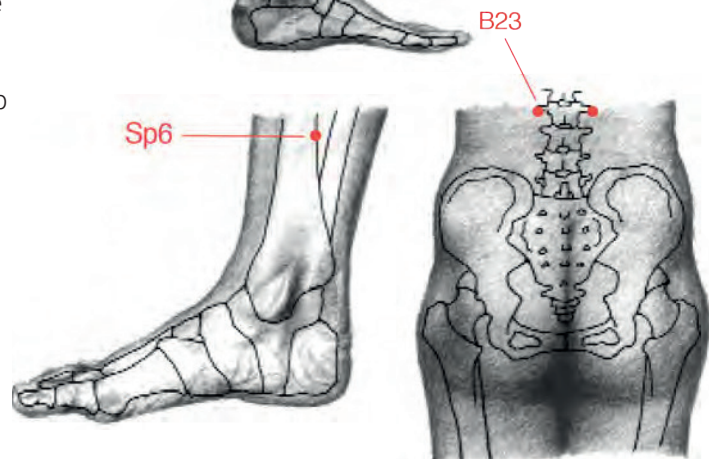
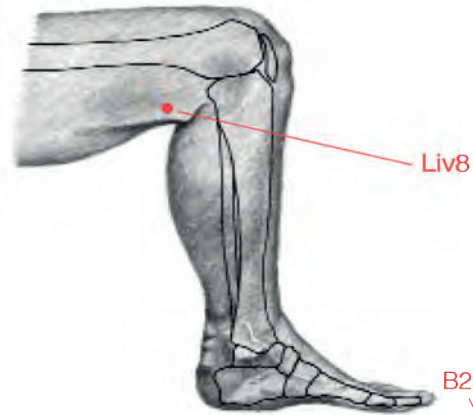
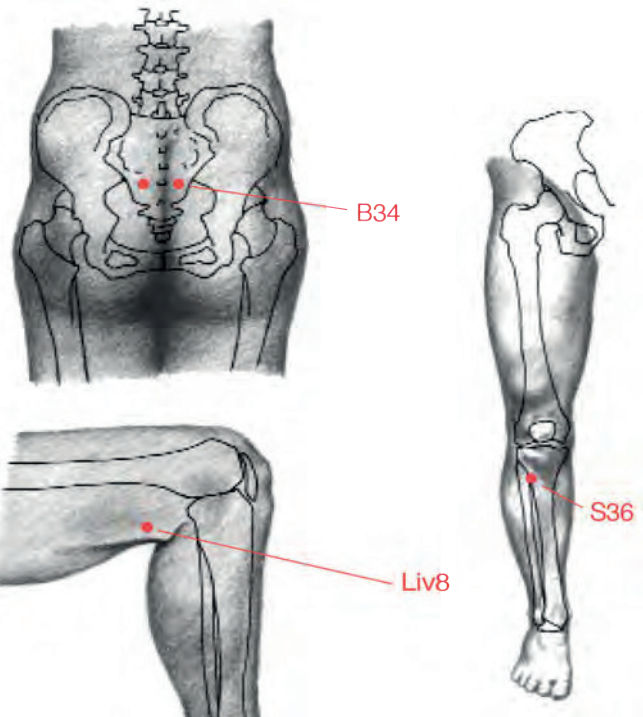
B23 - This is one and a half thumbs' width to each side of the second lumbar vertebra.

B34 - This lies at the top of the sacral bone, one and a half thumbs' width away from the midline and three fingers down.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

Liv8 - This lies on the inside of the knee in the hollow between the two tendons when the knee is bent.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.



Pregnancy

Morning sickness

While this can be treated effectively by electro-acupuncture, treatment before the end of the third month of pregnancy should be given under medical supervision only.

POINTS

P6 - This lies two thumbs' width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

S44 - This lies in the web between the second and third toes.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

Ear - Ear point.



S44



Sp6



S36



Morning sickness

****During the first three months of pregnancy, please call the Help Line for guidance on the use of electro-acupressure:**

UK Tel: 03337 777 333

International Tel: +44 203 746 3283

USA & Canada Tel: 1 800 455 9155

Fluid retention

This may arise for many reasons. In women, it is often due to hormonal imbalance. Electro-acupuncture can be useful in treating some cases of fluid retention. A balanced diet including appropriate vitamin and mineral supplements can also be of great value.

P O I N T S

B23 - This lies one and a half thumbs' width to each side of the second lumbar vertebra.

K3 - This lies midway between the tip of the inner ankle bone and the Achilles tendon (in the hollow).

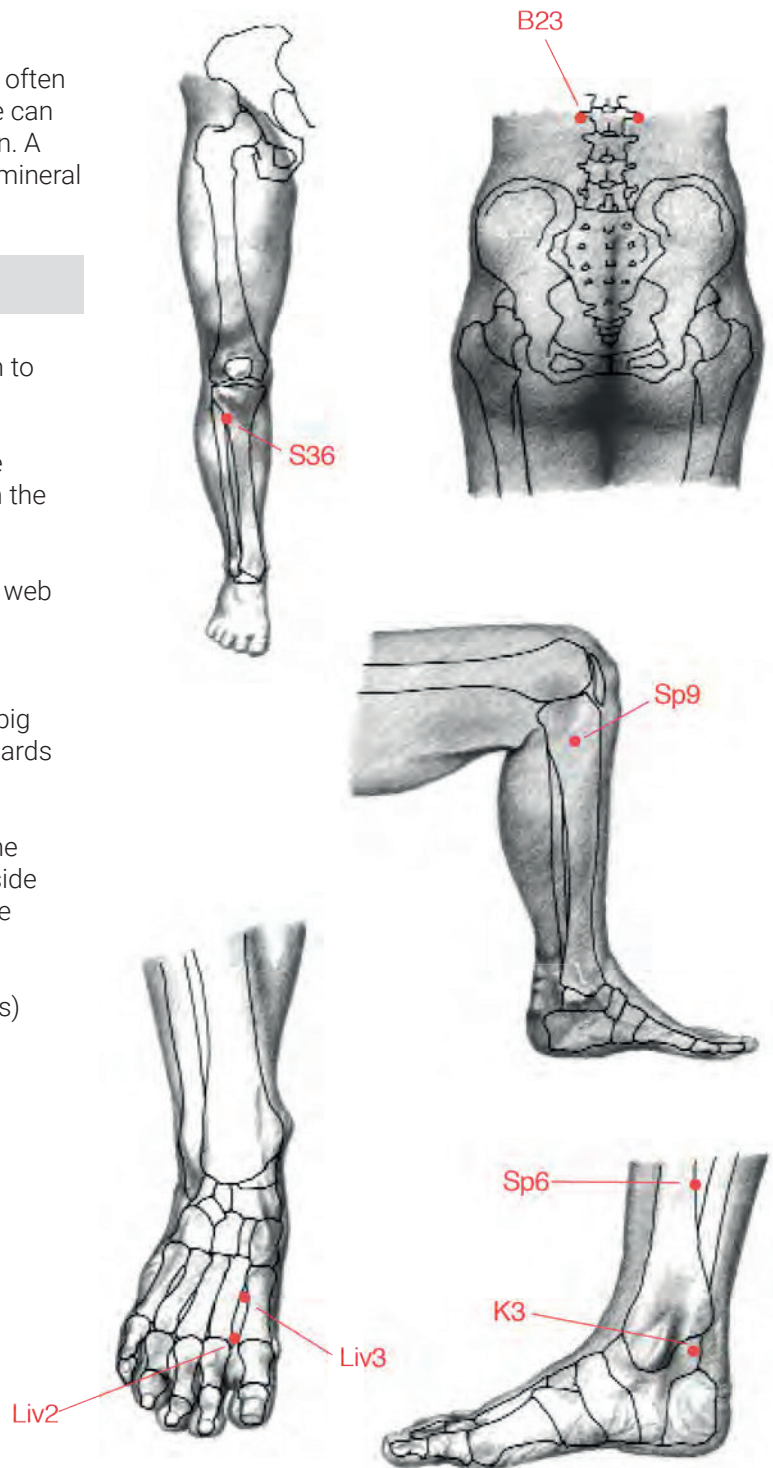
Liv2 - This is one finger's width up from the web between the big toe and the second toe tendons.

Liv3 - This lies between the tendons of the big toe and the first toe, two thumbs' width towards the top of the foot from the web.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

Sp9 - This lies just below the inside of the kneecap and below the top of the tibia. This point is usually tender when pressed with a fingertip.



Constipation

All people with constipation should pay particular attention to diet. A high-roughage routine of eating healthy carbohydrate alternatives like quinoa and lots of vegetables, particularly raw carrots, cauliflower, and cabbage, is recommended. Processed foods should be reduced as much as possible. It is also advisable to eat plenty of fresh fruit.

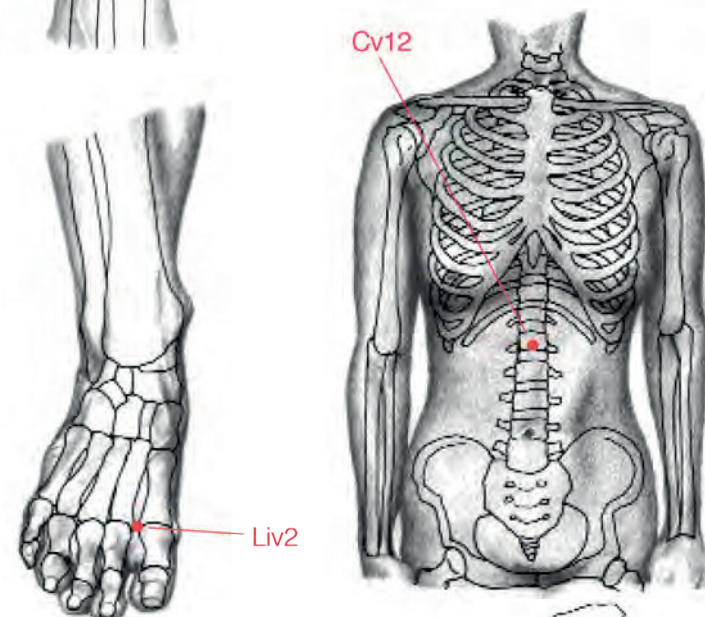
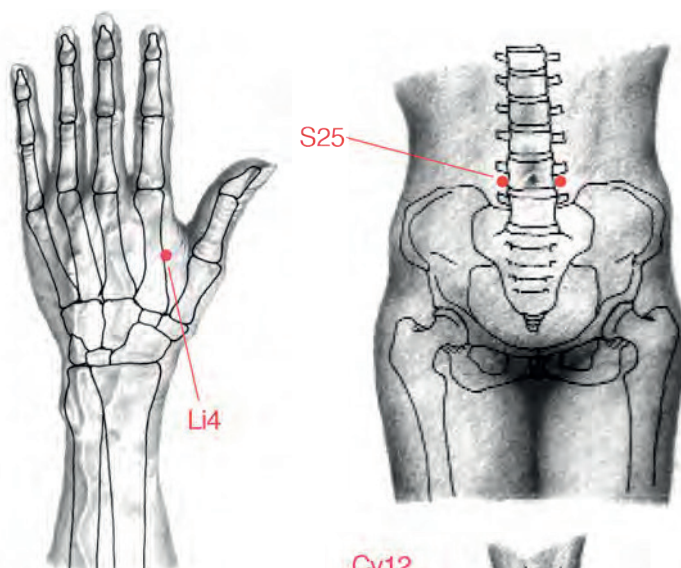
POINTS

Li4 - This lies on the side of the bone that runs from the forefinger knuckle down towards the wrist.

Liv2 - This is one finger's width up from the web between the big toe and the second toe tendons.

S25 - This is situated two thumbs' width to each side of the navel.

Ear - Ear point.



Heartburn

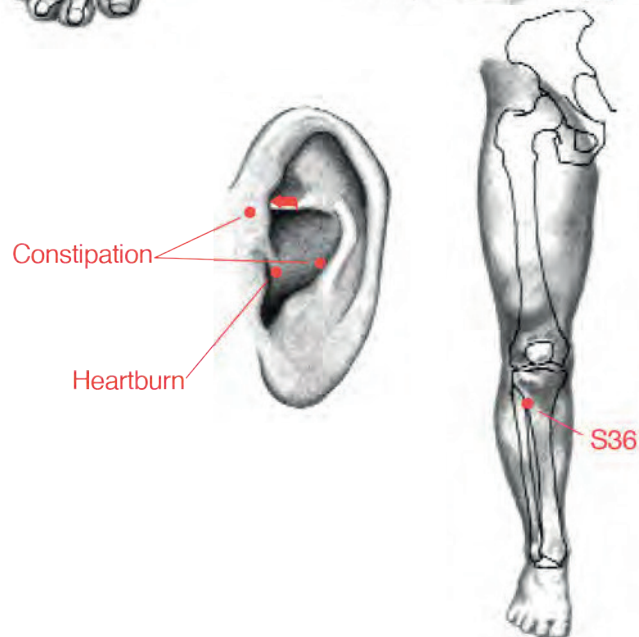
This is due to regurgitation of stomach acids up the esophagus. Heartburn affects most expecting mothers, especially in the third trimester when there's more pressure on the stomach. Heartburn happens because the progesterone hormone that keeps muscles relaxed during pregnancy can also relax the stomach valve. When the stomach valve can't keep acid from moving to the esophagus, heartburn can result with a burning in the chest. A balanced diet including appropriate vitamin and mineral supplements is also a great help.

POINTS

Cv12 - This lies halfway between the lower end of the breastbone and the navel, exactly in the midline.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

Ear - Ear point.



General leg pain, varicose veins & tired legs

Veins in the legs become swollen and twisted. The condition is increasingly common from the late teens onwards, and in women, it often begins at the time of pregnancy. Electro-acupuncture can help in providing comfort from the symptoms -- with potential for complete resolution, according to one *American Journal of Acupuncture* case report. [74]

POINTS

B40 - This lies directly behind the knee joint in the centre of the crease.

B57 - This lies in the centre of the back of the calf, just where the fleshy mass of muscle narrows down into tendon.

G34 - This is just below and in front of the knobby head of the fibula, which is the bone just below the outer side of the knee. This point is in a slight depression and is sometimes tender when pressed with a fingertip.

K3 - This lies midway between the tip of the inner ankle bone and the Achilles tendon.

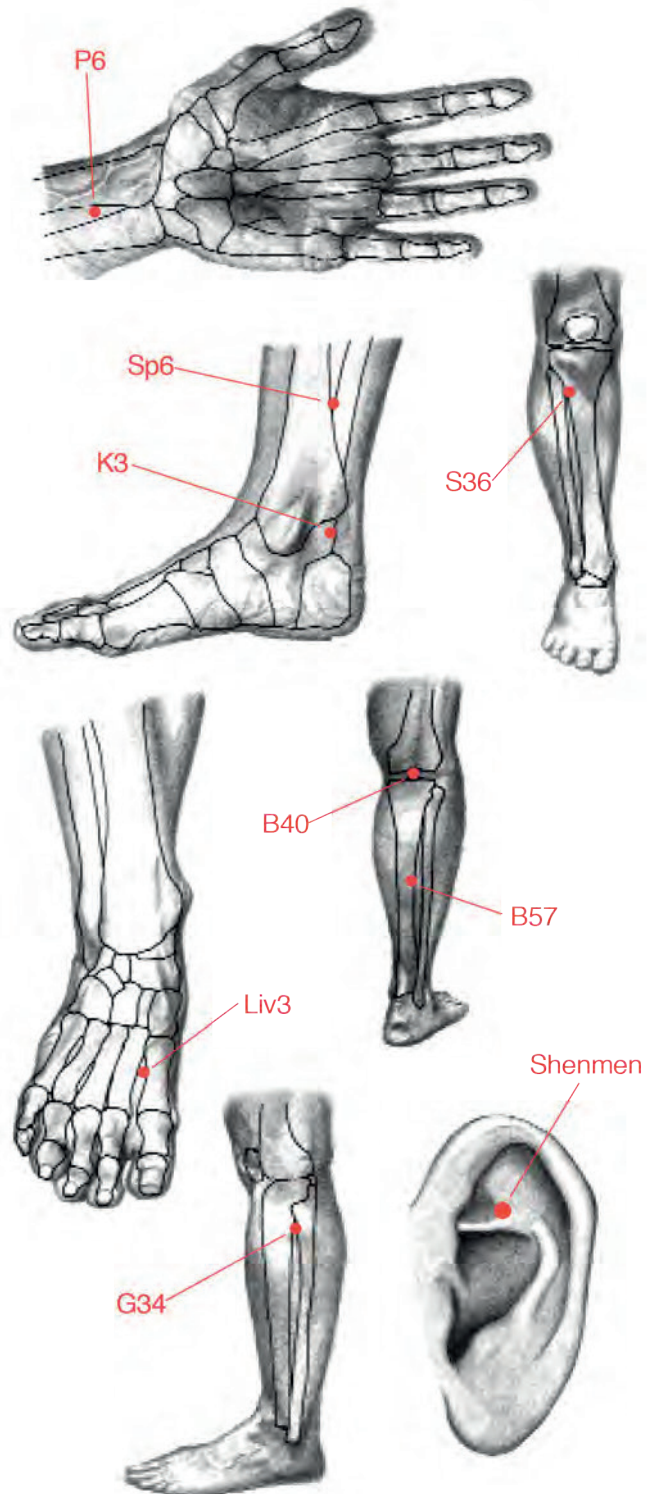
Liv3 - This lies in between the tendons of the big toe and the first toe, two thumbs' width towards the top of the foot from the web.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

P6 - This lies two thumbs' width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons.

Ear - Ear point.



Insomnia, snoring & sleep apnoea

This is lack of sleep, which most commonly occurs after the first trimester. Purely symptomatic approaches (sleeping tablets) therefore tend to have been the rule but may no longer be safe during pregnancy. Electro-acupuncture can help address pregnancy insomnia related to back pain, discomfort, heartburn, frequent urination, hormonal changes, and more. You should also abstain from food after 7pm.

POINTS

Gv20 - This point lies right at the top of the head where two imaginary lines cross - one drawn from the top of one ear to the top of the other ear, the other line drawn from the top of the nose right over the top of the skull to the back of the skull. Where these lines cross is Gv20.

H7 - This lies on the little finger side of the palm wrist crease just inside the small prominent bone.

K3 - This lies midway between the tip of the inner ankle bone and the Achilles tendon (in the hollow).

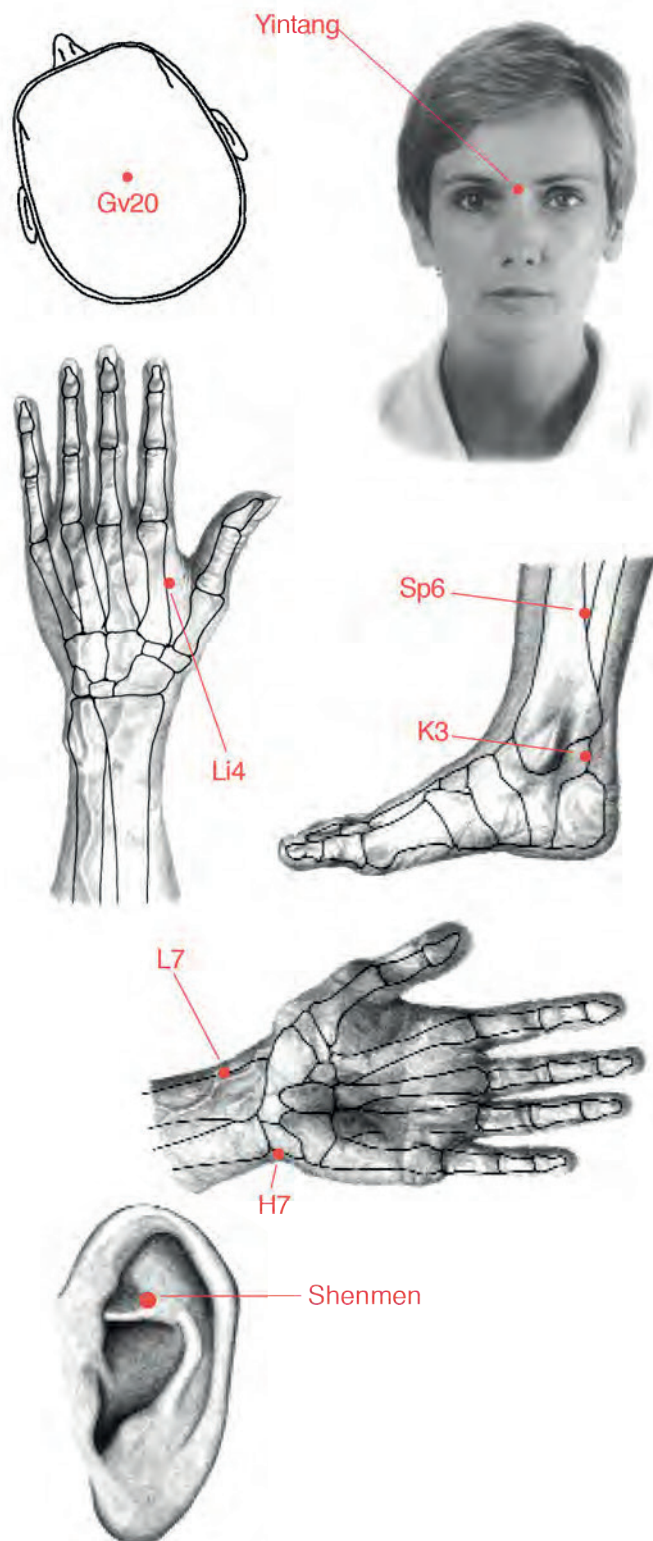
L7 - This lies one and a half thumbs' width up from the inside wrist crease, on the thumb side close to the radial pulse.

Li4 - This lies on the side of the bone that runs from the forefinger knuckle down towards the wrist.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

Yintang - This lies directly between the eyebrows, just above the bridge of the nose.

Ear - Ear point for snoring - Shenmen.



Labor

It's only recommended to use electro-acupressure to induce labor when you're past your due date, at least one week overdue. Please also consult your healthcare practitioner before trying to induce labor. Stimulating the right points can help encourage labor to start and can also speed the process along when active labor is stalled.

POINTS

Inducing labor:

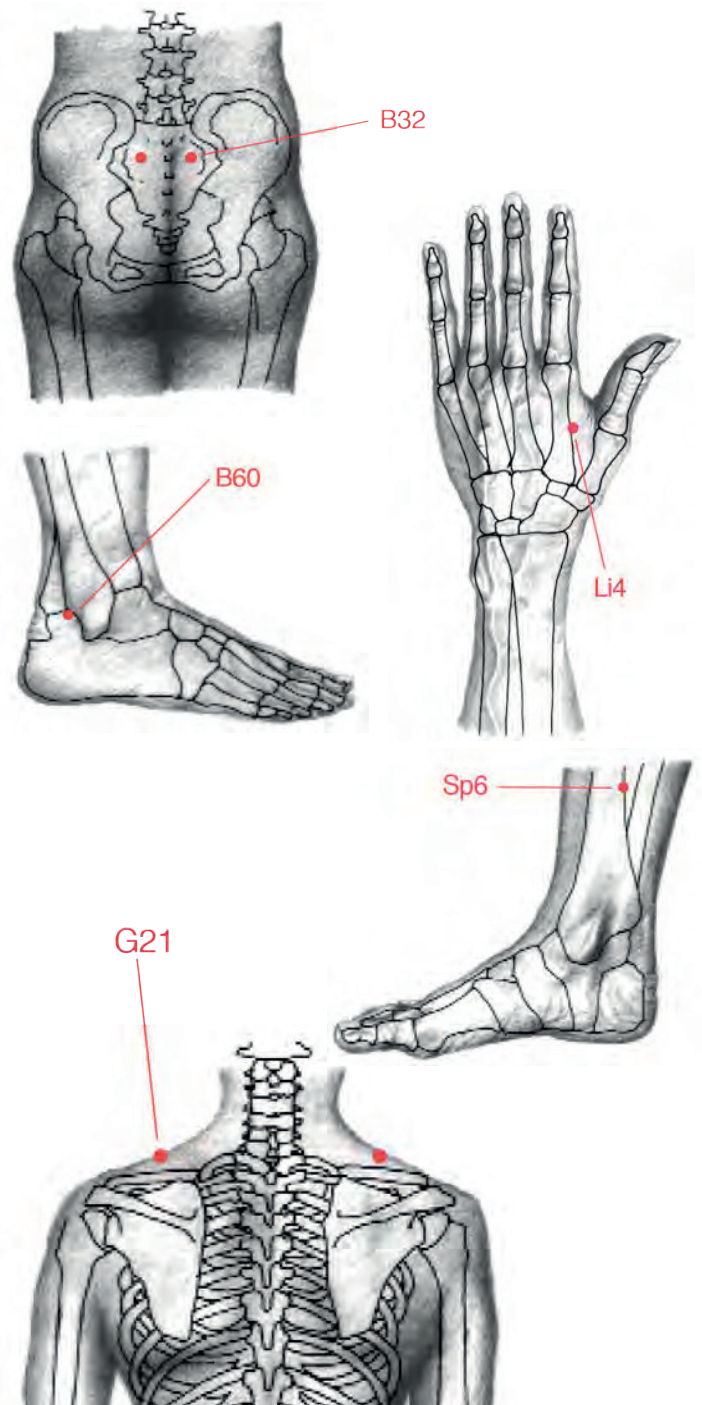
Li4 - This lies on the side of the bone that runs from the forefinger knuckle down towards the wrist.

G21 - This lies halfway between the knob of bone in the center at the bottom of the neck and the tip of the shoulder, in the fleshy mass of muscle passing over the shoulder.

B32 - This lies at the top of the sacral bone, one and a half thumbs' width away from the midline and one finger down.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

B60 - This lies midway between the tip of the outer ankle bone and the Achilles tendon (in the hollow).



POINTS

Pain management:

G21 - This lies halfway between the knob of bone in the center at the bottom of the neck and the tip of the shoulder, in the fleshy mass of muscle passing over the shoulder.

B28 - This lies one and a half thumbs' width to each side of the center of the top the sacrum.

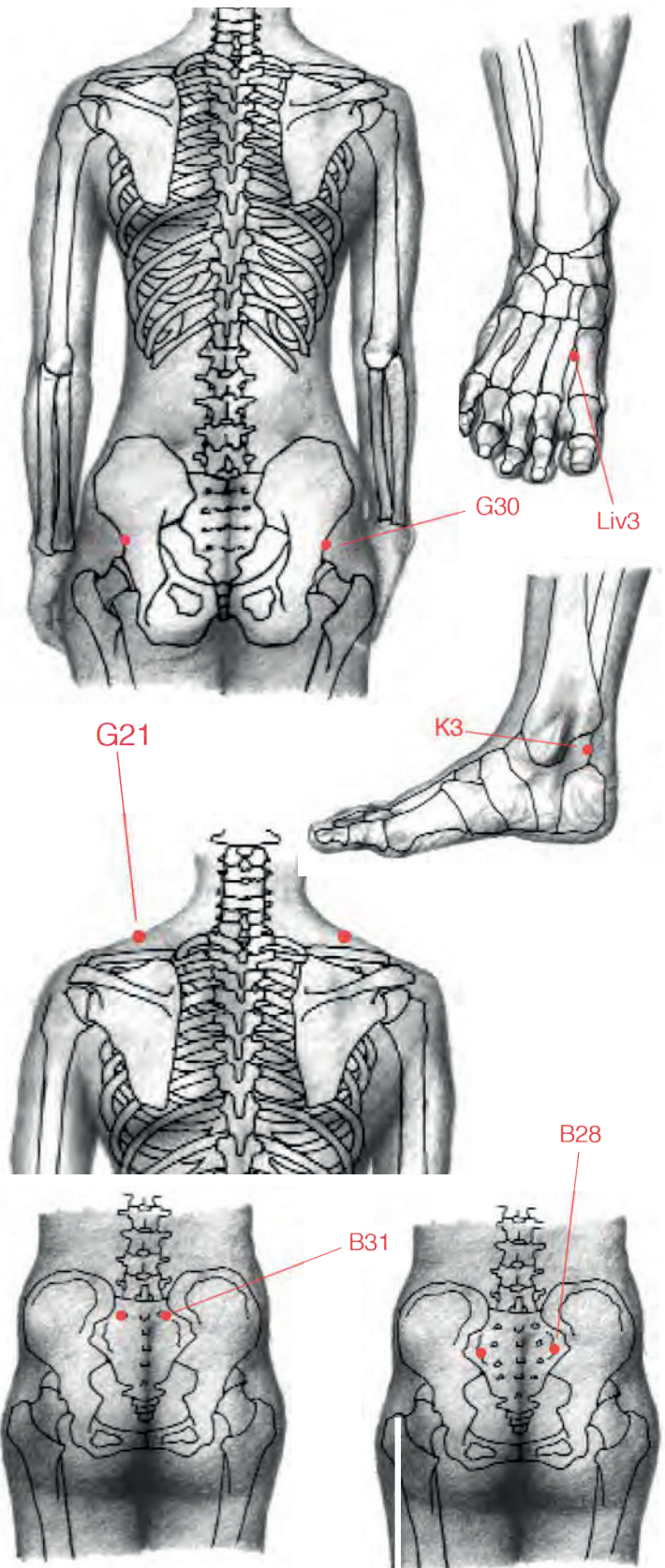
B31 - This lies at the top of the sacral bone one and a half thumbs' width away from the midline.

B60 - This lies midway between the tip of the outer ankle bone and the Achilles tendon (in the hollow).

K3 - This lies midway between the tip of the inner ankle bone and the Achilles tendon (in the hollow).

Liv3 - This lies in between the tendons of the big toe and the first toe, two thumbs' width towards the top of the foot from the web.

G30 - This lies in the upper, outer part of the buttock muscle. It is usually tender on deep fingertip pressure.



Postnatal recovery

Lactation - mastitis

Lactation means to start or increase the flow of breast milk. Mastitis, or nodular mastitis, is a harmless condition of tender lumps in the breast and is experienced by many women at some time in their life.

POINTS

B31 - This lies at the top of the sacral bone one and a half thumbs' width away from the midline.

B32 - This lies one finger's width below B31.

B33 - This lies one finger's width below B32.

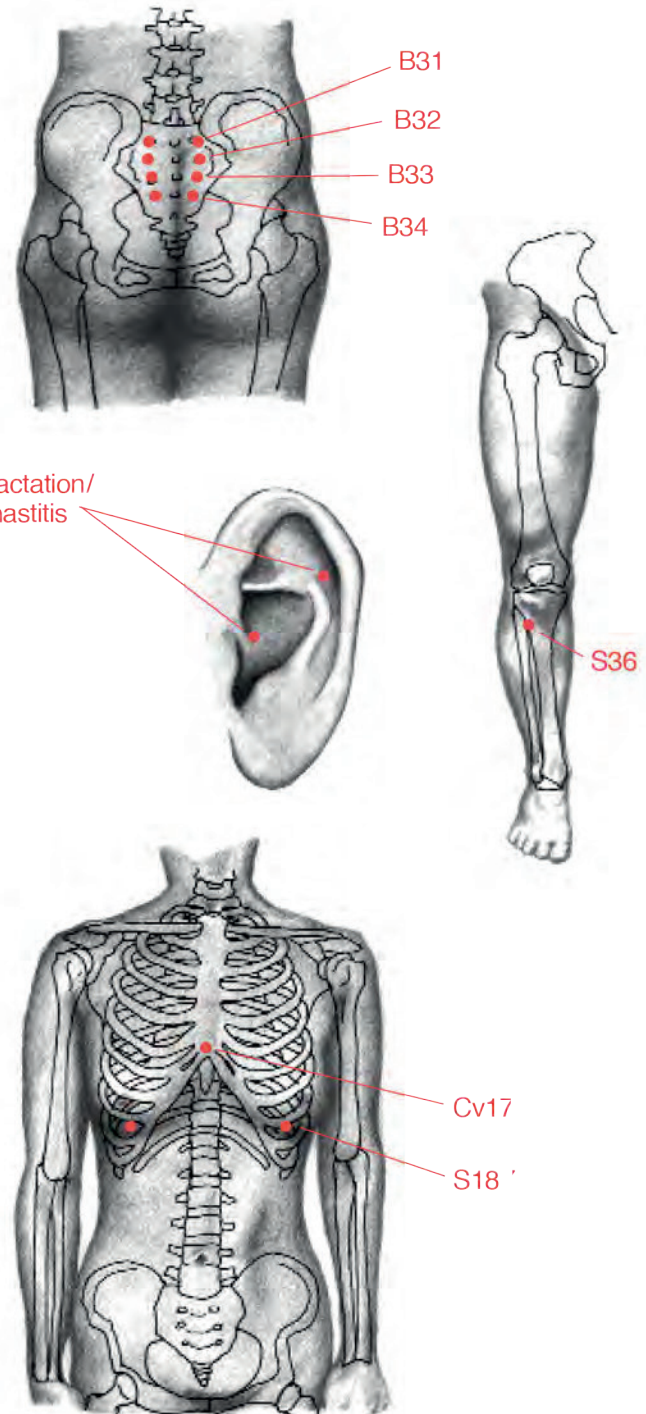
B34 - This lies one finger's width below B33.

Cv17 - This lies in a depression at the centre of the front of the chest on a line joining both nipples.

S18 - This lies directly beneath the breast on each side.

S36 - This lies three thumbs' width below the joint under the kneecap, lying on the outer side of the knee; one finger's width back from the sharp edge of the shinbone.

Ear - Ear point.



Haemorrhoids

Haemorrhoids are varicosities of the veins around the lower end of the rectum. A balanced diet including appropriate vitamin and mineral supplements can be of great value. Diet is particularly important in controlling /easing haemorrhoids, which can occur in the third trimester or during delivery.

POINTS

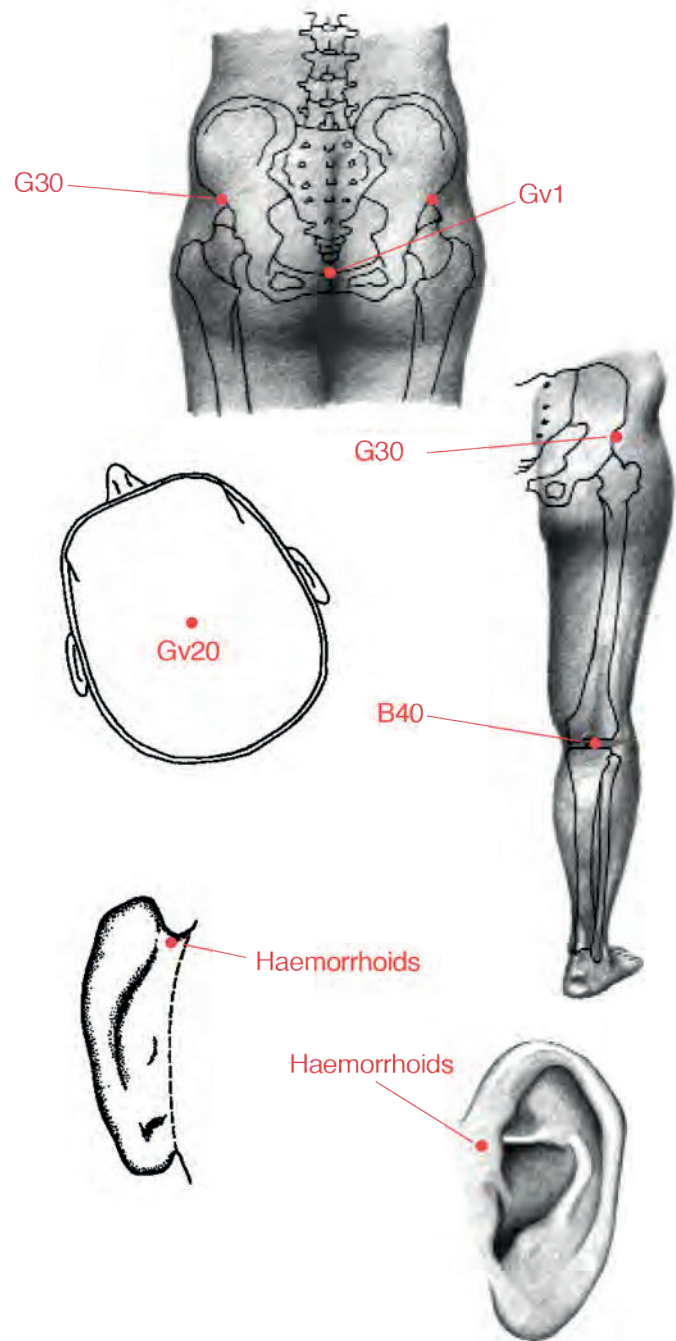
B40 - This lies directly behind the knee joint in the centre of the crease.

Gv1 - This lies right at the base of the spine below the tip of the coccyx, midway towards the anus.

Gv20 - This point lies right at the top of the head where two imaginary lines cross - one drawn from the top of one ear to the top of the other ear, the other line drawn from the top of the nose right over the top of the skull to the back of the skull. Where these lines cross is Gv20.

G30 - This lies in the upper, outer part of the buttock muscle. It is usually tender on deep fingertip pressure.

Ear - Ear point.



Urinary incontinence

In older people, urinary incontinence is common. Also in women who have had many children, there is sometimes difficulty in holding the urine, especially when coughing or straining.

POINTS

B23 - This lies one and a half thumbs' width to each side of the second lumbar vertebra.

B28 - This lies one and half thumbs' width to each side of the centre of the top the sacrum.

B40 - This lies directly behind the knee joint in the centre of the crease.

Cv2 - This lies just on the upper edge of the pubic bone in the midline.

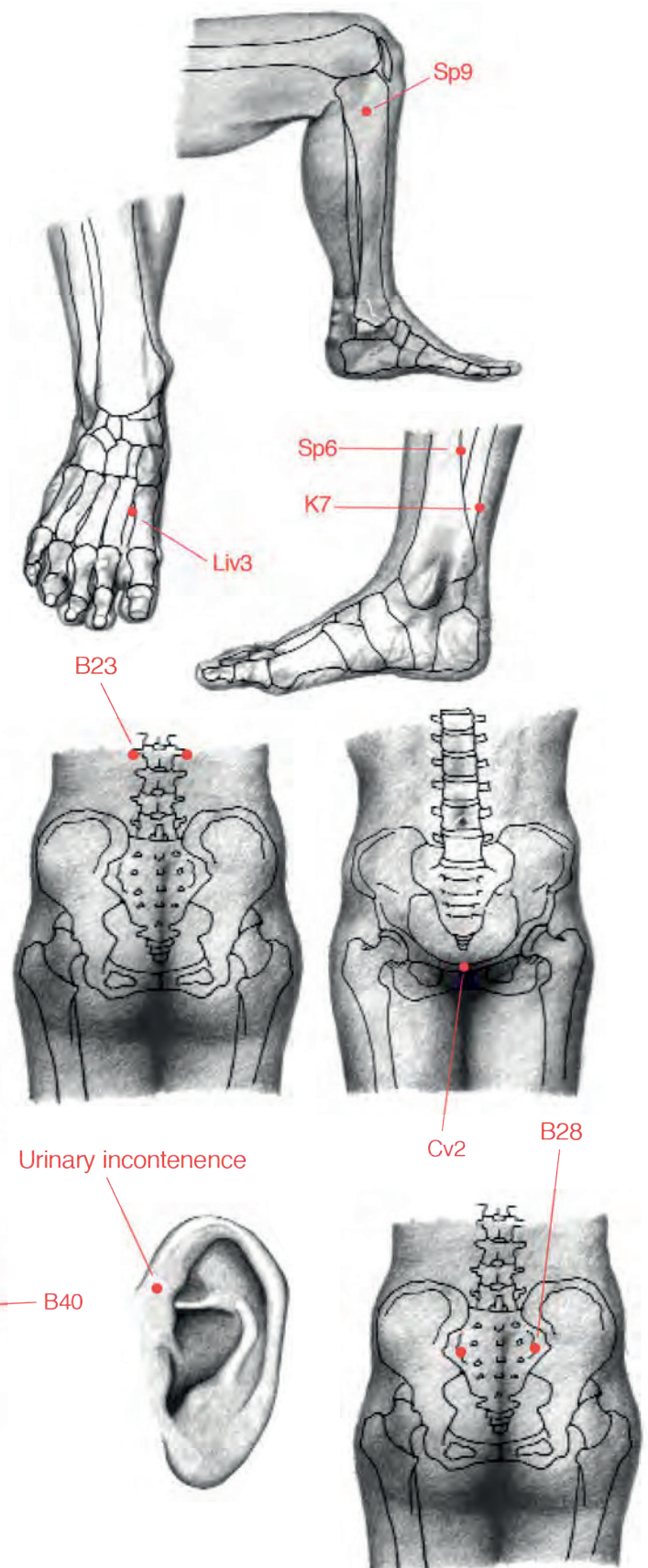
K7 - This lies two thumbs' width above the bone forming the inner ankle joint.

Liv3 - This lies in between the tendons of the big toe and the first toe, two thumbs' width towards the top of the foot from the web.

Sp6 - This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

Sp9 - This lies just below the inside of the kneecap and below the top of the tibia. This point is usually tender when pressed with a fingertip.

Ear - Ear point.



In Conclusion:

The Non-Inflammatory Lifestyle Program is a complete program, one designed to address all aspects of what is required to prevent or control your infertility.

Infertility is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs won't improve your health.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The Non-Inflammatory Lifestyle Program is structured for those patients struggling to prevent or control their infertility, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life through treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Non-Inflammatory Lifestyle Program is detailed within this book and, when carefully followed, will show results within weeks.

You will always end up healthier with this plan.

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake... Your life is worth it.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu
www.MyGoodHealthClub.com
for step by step coaching and support.

Sample Daily Fertility Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
30 minutes before eating	UB8Q10™ Ubiquinol	Take 1 capsule, 2 times per day. If over the age of 35, take 2 x 2 times per day.
Just before eating	Rosavin	Take 1 capsule, 2 times a day.
BREAKFAST		
30 minutes before breakfast	SerraPlus+™™ 80,000IU	2 capsules, with water.
Just before eating	Curcuminx4000™™	Take 1 capsule.
Just before eating	Nascent Iodine Drops	Take 1-3 drops in 15ml (1/2 ounce) of water.
Any time after breakfast	Astaxanthin™™ with DHA	Take 1 capsule.
Any time after breakfast	Active Life™ Capsules	Take 2 capsules.
LUNCH		
30 minutes before lunch	SerraPlus+™™ 80,000IU	Take 2 capsules, with water.
Just before eating	Curcuminx4000™™	Take 1 capsule.
Just before eating	Nascent Iodine Drops	Take 1-3 drops in 15ml (1/2 ounce) of water.
With lunch	Astaxanthin™™ with DHA	Take 1 capsule.
After lunch	Active Life™ Capsules	Take 2 capsules.
EVENING MEAL		
30 minutes before evening meal	SerraPlus+™™ 80,000IU	Take 2 capsules, with water.
Just before eating	Nascent Iodine Drops	Take 1-3 drops in 15ml (1/2 ounce) of water.
Just before eating	Curcuminx4000™™	Take 1 capsule.
With the evening meal	Astaxanthin™™ with DHA	Take 1 capsule.
With the evening meal	Vitamin D3™	Take 1 capsule.
After the evening meal	Active Life™ Capsules	Take 2 capsules.
ANYTIME OF THE DAY		
Anytime of the day	Ancient Minerals Magnesium Oil Ultra	Up to 20 sprays per day. Rub gently into the skin.

[illegible]

All of the products you see in this book
can be obtained from the following links:

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in
Tel: +91 9640428251
From 10am-6pm IST

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ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
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Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on

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"Dear Robert, I have been unable to conceive due to blocked fallopian tubes and was going crazy thinking I would have to undergo an expensive (and often not successful) surgery to unblock the tubes. I came across your webpage and read the testimonials and proceeded to buy the Serrapeptase 80,000 IU with MSM. I took two tablets twice daily for one month, then discontinued as I travelled home to Africa. Then last week I found out that I am 5 weeks pregnant! Both my husband and I are so overwhelmed by the news and I truly believe the Serrapeptase worked perfectly and fast too!! I still have 2 bottles of the original 4 that I purchased, I will use them after the baby is born in September. THANK YOU SO SO MUCH!! To us this is a MIRACLE!"

- Elizabeth M., Denmark



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