

Further information on all issues around infertility can be obtained from:

Infertility Network UK (I N UK)
Charter House
43 St Leonards Road
Bexhill-on-Sea
East Sussex
TN40 1JA
Tel: 08701 188088
Website: www.infertilitynetworkuk.com

Get as much information and support as you can and make informed choices, remember it's your life and your body, you deserve the best.

Endometriosis SHE Trust (UK) has another leaflet on this subject – “Infertility and endometriosis” – please see our Leaflets Order Form for details.



© NUTRITIONAL SUPPORT/ INFERTILITY/ MAKING BABIES RECIPE

1 healthy sperm
1 healthy ova
1 healthy uterus
Lots of nutrients

Water
Fresh air
Natural daylight
Relaxation

Collect all these ingredients and gestate for nine months at 37°C in a non-toxic environment.

This should be easy, the most natural thing in the world, but one in fifteen couples find it very difficult. It can be heartbreaking. It makes no sense. Why do 15 year olds and women in famine situations get pregnant so easily?

Please don't despair, the body has many ways to heal itself – it is not as impossible as it seems – endometriosis or no endometriosis. We just need to apply our knowledge as to what the body needs to get this recipe to work. Infertility is defined as the failure to conceive after one year of unprotected intercourse. That is an average, as for many couples it happens quickly and for others it takes three years.

Physical physiological distortions of the reproductive organ or a biochemical immune system problem may hamper conception. It is suggested that around 10% to 15% of couples suffer from fertility problems during their reproductive time frame.

Infertility should not be considered as an illness, the body's health may well be out of kilter and need some adjusting. If the body needs adjustment, it may take three to six months to get an improvement and to notice any benefits. Our world today is full of pollution and foods with pesticides, antibiotics and additives inside them, which our grandparents never had to cope with. We have more stresses and these affect our hormone profile.

It is very important that you and your partner work together to take some exercise, have sufficient calm and peaceful relaxation time. You also need to assess your diet, reduce or avoid stimulants; and any food intolerance's, which may be present, should be checked. The food you choose needs to be nutrient-rich, in order to feed every body cell to ensure the reproductive system is enhanced.

Diet before you try to get pregnant if you are uncomfortably overweight. If you are under weight try to put more weight on. Pregnancy is achieved on a rising body weight NOT on a falling body weight.

If you are undergoing IVF, GIFT, ICSI or IUI you need to be healthy, well fed and although the drugs used may make you bloat, do not diet as that reduces vital nutrients which your body needs. It is worth ensuring that you eat good quality food. Basic supplements could be taken for a short time if you are unwell.

IT TAKES 12 MONTHS TO MAKE A BABY

The infant may take nine months to gestate within the female body BUT the health of the ova and sperm are crucial to the health of the child. It takes three months to mature a sperm and at least one month for the ova. Sperm and ova are nestled in granulosa cells, known as 'nurse' cells. These cells 'feed' nutrients to the sperm and ova as they mature. With the right amount of nutrients they will mature and be healthy when they meet in the Fallopian tubes.

Likewise the uterus (womb) lining into which the embryo has to nestle itself to form a sac and placenta, should also be nutrient-rich. This endometrium tissue is shed each month as a period if the pregnancy does not implant. The enzymes for implantation require foods rich in zinc and vitamin E. The uterus lining needs many nutrients.

The reasons for infertility can be many, for instance:

- abdominal adhesions (tissue that forms in-between organs)
- secretions from the endometrial implants
- too many prostaglandins (hormone like secretions from the uterus) which trigger internal inflammation
- inappropriate proteins being produced by the implants
- abnormal ovulation
- impaired fertilisation
- early miscarriage at one/two weeks before a pregnancy is recognised
- when the immune system is overactive (and may even be attacking the sperm regarding it as alien)

A woman is born with at least 400,000 ova in her ovaries. They develop in her ovaries whilst she is developing in her mothers' uterus. Therefore her health depends upon her mothers' health. If she smoked in pregnancy, it may have affected her daughter's ova. For a man it takes up to 120 days to correct sperm production, if they are harmed by chemicals. By avoiding caffeine, alcohol and cigarettes and by eating the freshest food that you can afford you are improving your chances.

- Eat three regular meals each day
- Eat five helpings of fruits and vegetables daily
- Eat something nutritious for breakfast each day
- Drink eight tumblers of clean fresh water daily
- Never skip meals
- Eat 75gms (3oz) of protein daily (poultry, fish, eggs, peas, beans lentils, nuts and seeds)
- Avoid stimulants, pesticides, and additives as far as possible

Suggested Supplements:

1. Multi Vit-Min (below 2000iu of vitamin A)
2. Vitamin C – 500gms
3. Evening primrose oil and fish oil (the best quality you can find)
4. Acidophilus
5. Zinc citrate 15mg
6. Kelp

All should be yeast, wheat, gluten, dairy free.

Tests

Ask your GP to test you for:

1. Gluten sensitivity IgG + IgE/ceeliac disease
2. Auto antibodies to the thyroid
3. Anti cardiolipin antibodies
4. Anti phospholipid antibodies

All of the above can lead to recurrent miscarriages. Above all, rest and relaxation are crucial to fertility so do the things that give you pleasure.