

infertility

The decision to start a family can be one of the most exciting journeys in a woman's life. Contrarily, if she is of the one in six women who will have difficulty conceiving, it can be one of the most frustrating journeys she will face.



With the field of Artificial Reproductive Technologies (ART) growing exponentially, many women are wondering how they got there. While some women with clear diagnosis require and greatly benefit from ART, there are also a staggering number of women who are classified as 'unexplained infertility'. Why in 2015 are the numbers so high? Is it the barrage of stress invoked from modern life? Perhaps it is the result of environmental toxin load? Or is it that we are waiting longer than ever to start down the path to conception? The answer is yes to all of these. Traditional Chinese Medicine (TCM) encompasses individualized therapeutics of acupuncture, herbal medicines and nutritional guidance to provide avenues to manage this stress and guide you toward toxin clearance. This Whole Medicine approach nourishes your life giving essence to provide not just enhanced fertility, but enhanced life as well. **By taking care of and mothering ourselves long before conception, we begin the incredible journey of motherhood.**

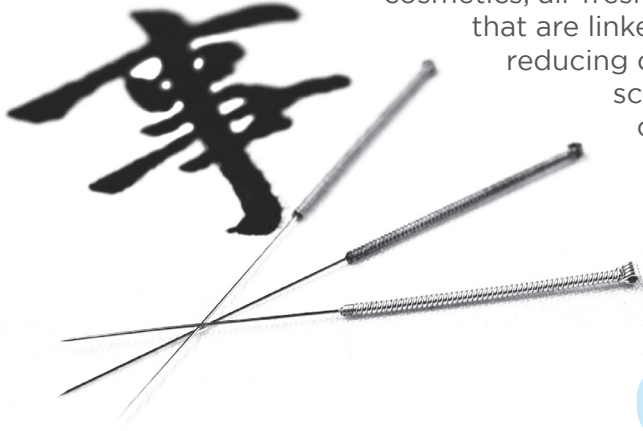
▪ stress ▪

This word could be synonymous with modern day life. The body is an incredibly intelligent system that sets up protection methods to guard your body from the affronts of stimuli that are often self-created. Whether it is the work- the money or the too "plugged in" times something isn't right - the body so busy calming the senses that it pulls energy away from many of the reproductive resources. The most detrimental barriers we often have to our own health and well-being are the life's tensions of which we have control over. Do not underestimate the power of these choices. If you have gotten to a place that stress management is too difficult consider Acupuncture. This Traditional Chinese Needle Therapy alleviates stress by releasing natural pain-killing chemicals in the brain, called endorphins, while relaxing muscles to allow natural processes to occur. Any mindful activity or bodywork will help to ground you and eliminate an obstacle of stress in your journey.

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▪ environmental toxins ▪

In preparation for pregnancy, let's assume you have already eliminated drinking alcohol and smoking and reduced caffeine from your lifestyle. You are well on your way to a harmonious body that can work towards growth and not consistent clean-up. In 2015, we are taking this thought a step further- have you looked at your toxin load from head to toe? Have you reviewed your hair products, perfumes, cosmetics, air fresheners and home cleaners? We are awash with these chemicals that are linked to reproductive difficulties. Specifically we all need to be reducing our exposure to Phthalates that are found in most commercially scented products and cosmetics. A guided diet that is full of organic Whole foods and low in processed, prepackaged mystery foods can go a long way to clear the body of toxins. In addition, Acupuncture can improve circulation of blood throughout the body, which oxygenates the tissues and cycles out other waste chemicals. Many Chinese herbal formulations can clear the liver and help normalize the body's cycles.



▪ preserving your reproductive age ▪

The fertility window is between puberty to age 46, with optimal quality of life and body around ages 20-35. The past 20 years have seen women waiting longer and longer to start families. This is the known number one reason for the increase in fertility challenges. These are also some of the most stressful years of an individual's life and the window with the highest rates of STD's. Discuss the benefits of waiting with your partner and your Physician. When considering fertility challenges as a result of waiting to start a family, perhaps it will feel to high a price to pay for the ability to focus on career longer. With Traditional Chinese Herbal Medicines and an whole foods diet we can preserve the essence and youth of the body while promoting healthy egg and uterine quality. Protect yourselves, prepare for your future and consider an earlier conception than the previous generation. All mothers can attest that you will likely never feel fully prepared. However many if not all the tools you need are gifted upon arrival.

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While these are not the only reasons for fertility challenges- they are, however, the things that you have control over. They can help over 50% of the time, making it easier to uncover bio-mechanical issues and setting a beautiful stage for all that life has to offer going forth. With the help of an Acupuncture Physician that has been studied in fertility enhancement methods and women's medicine you can approach your future from various angles and provide the highest confidence to encourage your natural fertility and enhance the outcomes for any advanced fertility procedures. All the best to you and your family journey.

We appreciate Jennifer Carey-Prescott for sharing this valuable information in this months Performance for Life Topic.

Jennifer Carey-Prescott is a nationally board-certified acupuncturist and graduate of the respected Florida Institute of Traditional Chinese Medicine. As a primary care physician she has a strong interest in women's health, long-term wellness and balance for each and every on of her patients. To learn more Thank You Mama: Wellness Center and Organic Prenatal and Baby Boutique visit www.thankyou-mama.com