

## Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner. I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



MarysHerbs.com

---

---

---

---

---

---

---

---

## Hang On!!!



MarysHerbs.com

---

---

---

---

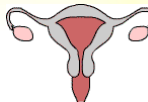
---

---

---

---

## How to Make a Baby



- Pituitary releases FSH (Follicle Stimulating Hormone)
- Estrogen increases until egg grows and then bursts out of the follicle
- The fallopian pulls in and with peristaltic action starts to move the egg down the fallopian tube which eventually will reach the uterus where it imbeds
- Man produce millions of sperm – only one of which will fertilize the egg
- Sperm breaks thru the egg's thick outer covering, known as the zona pellucida. Each sperm head releases a special enzyme, acrosin, which enables the sperm to penetrate the zona pellucida
- As soon as the sperm penetrates the egg, the egg gets real thick so that other sperm cannot penetrate it
- A fertilized egg (sperm and egg combined) is "conceptus"
- Basal body temperature increases slightly soon after ovulation and remains at that level until your next period.
- Progesterone starts to increase to maintain the pregnancy which then is helped by the placenta.
- By the time that the conceptus becomes a blastocyst (6 days), it enters the uterus
- Hcg – Human Chorionic Gonadotropin tells you whether or not the fetus is thriving

MarysHerbs.com

---

---

---

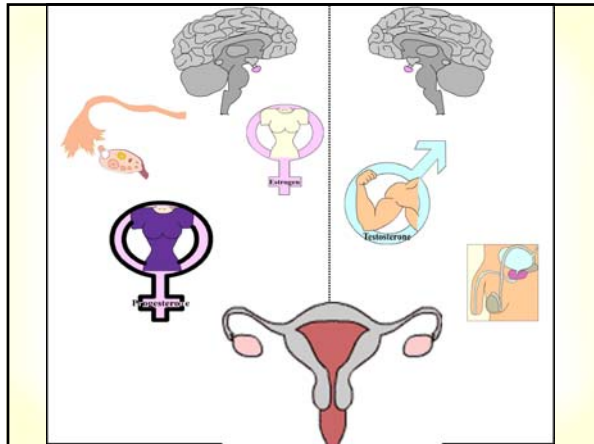
---

---

---

---

---




---

---

---

---

---

---

---

---

**How common is infertility?**

**Infertility affects at least 20-25% of couples who are of reproductive age** <http://www.med-direct.com/mens-fertility/stats.html>

And about 1 in 7 women go to see their doctors because of problems getting pregnant.

<http://www.consumerreports.org/health/treatment-centers/womens-health/fertility-problems/how-common.htm>

  
MarysHerbs.com

---

---

---

---

---

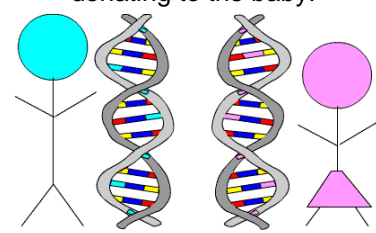
---


---

---

**Preparing for Pregnancy**

Mom and Dad can change DNA they will be donating to the baby.



  
MarysHerbs.com

---

---

---

---

---

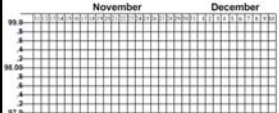
---

---


---

## Signs of Ovulation

### Basal Body Temperature (BBT)

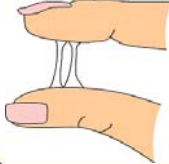


The temperature rise of .6 signals an egg has been released. The rise may be sudden or gradual climb over several days



The temperature rise of .6 signals an egg has been released. The rise may be sudden or gradual climb over several days

Billings Method –  
Cervical Fluid



[MarysHerbs.com](http://MarysHerbs.com)

---

---

---

---

---

---

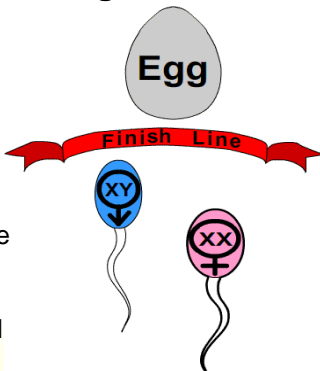
---

---

---

---

## Determining the Sex of the Baby



- Male Sperm are faster but are easily destroyed by acid

- Female Sperm are slower but can tolerate acid

---

---

---

---

---

---

---

---

---

---

Moms need to get a warehouse of nutrients to prevent deficiencies, birth defects or weaknesses



Example: Folic acid deficiency in the first few weeks of pregnancy can cause a cleft palate and spina bifida

[MarysHerbs.com](http://MarysHerbs.com)

---

---

---

---

---

---

---

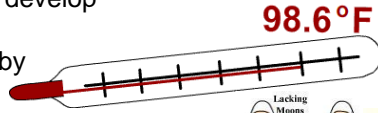
---

---

---

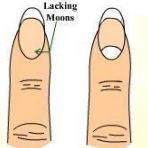
## Prepare Thyroid

- Prevent cretinism - physical stunting/ mental retardation
- Blighted Ovum – fertilized egg attaches but embryo doesn't develop
- Infertility
- Lower IQ in baby



Thyroid Activator  
Thyroid Support

MarysHerbs.com



---

---

---

---

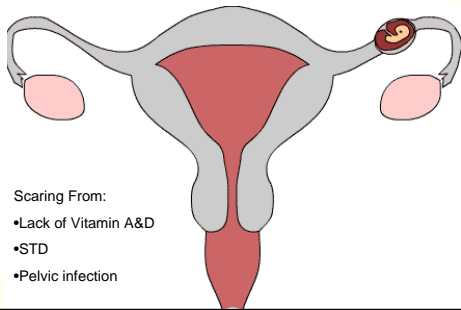
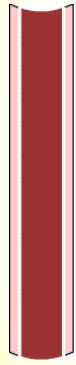
---

---

---

---

## Understanding and Preventing Ectopic Pregnancy



- Scarring From:
- Lack of Vitamin A&D
  - STD
  - Pelvic infection

---

---

---

---

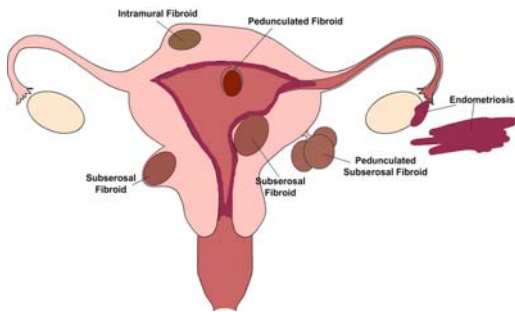
---

---

---

---

## Fibroids



---

---

---

---

---

---

---

---

## Male causes of Infertility

- Sperm mobility Sperm motility and volume c microscope (\$24.95 new on ebay).
- Sperm quantity
- Varicocele (varicose vein in scrotum)
- Testes need to be cool
- Male hypogonadism - Testosterone deficiency
- LH Luteinizing Hormone
- ICSH Interstitial Cell-Stimulating Hormone
- Fluid part of ejaculation comes from the prostate (lack volume)
- Every other day (24-48 hours build up enough sperm)

Zinc, L-glutamine, Damiania, Maca, Saw Palmetto, Neem Oil, Alfalfa, DHEA

MarysHerbs.com




---

---

---

---

---

---

---

---

## Female Causes of Infertility

- LH Luteinizing Hormone (B-6 to lengthen luteal phase)
- FSH
- Low estrogen (ovulate)
- Low progesterone (set up egg, mature lining and maintain pregnancy)
- Liver
- Thyroid
- Scarred fallopian tubes
- Vaginal and uterine environment

Maca, Wild Yam, Red Raspberry, NF-X, False Unicorn, Sabina

MarysHerbs.com




---

---

---

---

---

---

---

---

Woman's Monthly Hormone Cycle



MarysHerbs.com

---

---

---

---

---

---

---

---

## For More Information

Contact:

Tara Belderok

[FertilityHealthNaturally@gmail.com](mailto:FertilityHealthNaturally@gmail.com)

816-903-4884

<http://www.mynsp.com/LifeHerbs>



---

---

---

---

---

---

---

---

## Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them.

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---