

Fertility and Conception
Hang On!!!

The Lecture Will Start Soon

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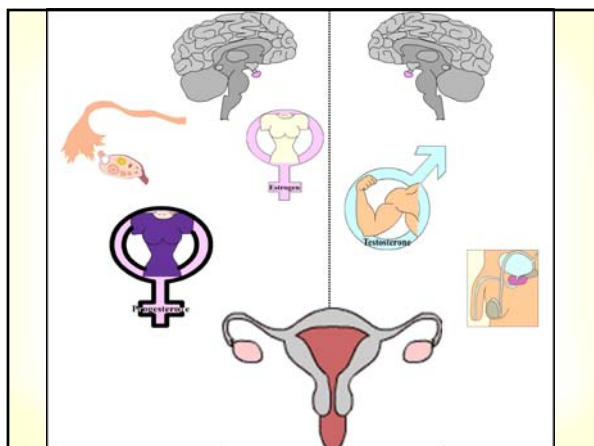
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How to Make a Baby

- 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

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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>

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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

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Preparing for Pregnancy

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



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Science is Starting to Look at Importance of the Father's Health



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Prepare Thyroid

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

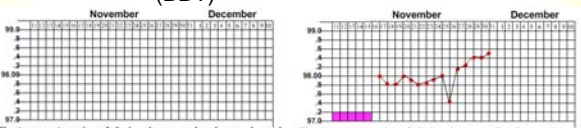


Thyroid Activator
Thyroid Support

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Signs of Ovulation

Basal Body Temperature (BBT)



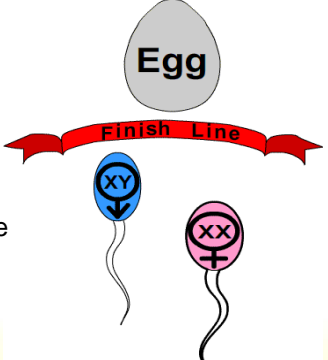
The temperature rise of .6 signals an egg has been released. The rise maybe sudden or grandual climb over several days

Billings Method – Cervical Fluid



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Determining the Sex of the Baby



- Male Sperm are faster but are easily destroyed by acid
- Female Sperm are slower but can tolerate acid

Understanding and Preventing Ectopic Pregnancy

Scaring From:

- Lack of Vitamin A&D
- STD
- Pelvic infection

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Fibroids

Work with:

- Liver
- Vitamin E
- Castor Oil Packs

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Glutathione on Governing Vessel

On women we patch just below the thyroid and for men just above the pubic bone...glutathione.

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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, Daminia, Maca, Saw Palmetto, Neem Oil, Alfalfa, DHEA

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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

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Progesterone and Estrogen

Woman's Monthly Hormone Cycle

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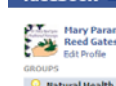
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