Fertility and Conception

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 tube pulls in and with peristaltic action starts to move the egg down the fallopian tube which eventually will reach the uterus where it implants
- Men produce millions of sperm – only one of which will fertilize the egg
- Sperm breaks thru the eggs 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 (8 days), it enters the uterus
- HCG – Human Chorionic Gonadotropin tells you whether or not the fetus is thriving

How common is infertility?

Infertility affects at least 20-25% of couples who are of reproductive age

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

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
Preparing for Pregnancy

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

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

• 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

Prepare Thyroid

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Signs of Ovulation

Basal Body Temperature (BBT)

• Billings Method – Cervical Fluid

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

Scarring From:
• Lack of Vitamin A&D
• STD
• Pelvic Infection
**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 can be checked with any 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
- hCSH 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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**Questions**

Contact: Mary Reed Gates
MarysHerbs@aol.com
http://www.NaturesHerbs.biz
717-898-2220

To be put on our emailing list go to: http://www.naturesherbs.biz/

http://www.herbalremedyexpert.com/PIC-WG-PP

Mary'sHerbs.com
Contact:
Tara Belderok
LetsGetHealthy123Go@gmail.com
816-903-3377
http://www.mysnp.com/LetsGetHealthy123Go

Mary Reed Gates
MarysHerbs@aol.com
http://www.herbalremedyexpert.com/PIC-WG-PP
717-898-2220

To be put on our emailing list go to: http://www.naturesherbs.biz/

Questions

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

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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 sup
plemental products, I receive no financial support from any health or herbs company for
their use of my name or their products.

I also believe it is a crime that we have to jump through the loopholes to get a law that
states that I cannot declare what changing your lifestyle and diet can do for your
health. I love this great country and will do my best to try to change this law, even if
I'm going to go up against it.

Herbal health works. 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 G U A N D A N C E OF A DOCTOR IS HAZARDOUS AND DANGEROUS.

If you would like to make herbal changes in my diet, I suggest you find a doctor
who values and respects his patient’s rights and fire the doctor who would not!