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HELPING MOTHER NATURE A FERTILITY GUIDE



Over my clinical life, I have seen many people, especially those suffering the panic of present and projected future childlessness, apparently wasting their lives and their resources in a battle with their bodies. I believe a more likely way to become a parent is to be working WITH nature, rather than against or IN SPITE of it.

What difference will it make to the rest of your life whether you conceive the one that will be with you for the rest of your life this month, next month or next YEAR? Surely you would prefer to know that you did everything you could to make this one perfect, and that preparations for the best start began well before his/her conception?

DISCLAIMER

All information in this book is tempered by the opinion of the author.

If you wish to make health and lifestyle change, I recommend you do so under professional care. I will not be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein. Second and third opinions are often necessary, and even then, it is YOU who is bearing the consequences of your decisions and actions.

It is not intended that you substitute the information contained within for appropriate medical advice. Helpful hints and self responsibility must be tempered with common sense and a respect for the highest good of all the participants.

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INTRODUCTION

ABOUT HEATHER

I have been involved in the teaching and delivery of health care through acupuncture for thirty years. Throughout this time, I have specialised in women's health and pregnancy. In this book, I share an explanation of life that is not normally available, as a contribution to the mysteries of becoming pregnant and what happens next.

As a woman who always became pregnant without intending to, I come from a position of 'of course you will get pregnant.' As it has always been, in all other times of human history, - sex equals babies.



As an acupuncture course designer and educator I have been able to ground the very different focus of Chinese medicine in our own culture. I have fused the natural healing within both modalities to the point where the interested person has a chance of taking full responsibility for themselves, rather than merely hoping everything will work out. For this reason, I suggest you use this book to get a feel for how the well body is so perfectly designed for self repair if given the proper raw ingredients and the opportunity to do it.

As a naturopath (before the recent 'health comes from buying bottles of tablets' school), I prefer to elicit a lifestyle change for those trying to conceive, rather than allowing faulty life habits to co-exist with paid-for solutions. Staying where you were when you created your problem does not allow the solution to emerge or to settle in as permanent.

Babies ideally happen when you are both well enough to make a perfect replica. If a well pregnancy has so far eluded you, it is likely there is a perfectly logical explanation - it is just a matter of finding it and then altering what you are doing, to create the change needed. You BOTH need to be well enough to give your future child a perfect foundation /start to life.

ABOUT THE CONTENT

I have simplified the content as much as possible. Even so, you may need to reread it, simply because it is likely to be far-removed from your previous knowledge and understanding. Because it is new to you does not mean this information is wrong. You are actually probably being exposed to what you may already intuitively know. The Western medical approach considers the end result - like what is on the computer screen - while I show you the process/programmes behind this. My approach reveals the operating system and the various folders that allow the result to appear on-screen.

Because what I am saying may not have been presented to you anywhere else, you may be surprised and even question my views. You may wonder why, if it is so incredibly obvious, everyone else doesn't seem to know about it, or does not think to look to nature-based solutions first. This is because the Western medical model sees the body only in terms of its physical attributes. Western medicine has its roots in the activities of the barbers of old who practised primitive surgery and treatments. Until the development of lenses to view beyond what the naked eye could see, practitioners were unaware (and, in fact, argued strenuously against it, initially) of the connection between disease/infection and basic cleanliness.

The more the physical/mechanical elements of the body are the focus, the more the focus on the heart-felt, emotional and more human responses to life are often ignored, and thus the more the real causes of the barren womb/empty arms, are misunderstood and mistreated. Thus, there is an essential difference to everything you see in this book. Not only is it not commonly available, it is also very straight forward. If you are not having normal periods - how can you expect a pregnancy to progress normally? The lining women shed monthly is the foundation of the baby nest. Our body gives us clues and warnings - if only we could recognise them.

Without this recognition, we encounter problems we consider to be just bad luck. Things sometimes happen and we don't know why. We may miscarry because we lack the strong internal foundation for the fetus to grow well. The quality of our living can be seen in our body's report card - our health and vitality and for women, our monthly menstrual cycle.

If these deviate in any way from the healthy, trouble-free event life and periods should be, then ignoring the warning signs our body is sending is not likely to make us parents. How do we expect to become a happy healthy mother if we have premenstrual and bleeding problems before even getting pregnant? What is the connection? The 'raw ingredients' for the period are the very same ones that ensure perfect conception, through to breastfeeding, after an easy pregnancy by a happy and sane mother. Will he be a dad without a hot penis that leaps up to work/play whenever needed? What is the connection? Look to the discussions on Kidney Yang further on. feeding, after an easy pregnancy by a happy and sane mother.

DIFFERENT HEALING FRAMEWORKS

Western medicine has come a long way in a few hundred years, but, relative to the acupuncture model, it still has a long way to go. Because our own culturally accepted /orthodox system grew from the study of cadavers, death and illness, it has no traditions in either health maintenance or in assisting the body to heal itself. This is partially due to the historical desire to distance it from longer-established herbal medical traditions, and the wisdom of the ages (commonly and disparagingly referred to as 'old wives tales'). Any system that addresses respect for life is dismissed as 'old fashioned'. Alongside amazing discoveries via the microscopic exploration of disease and the seemingly magical treatment that followed, perhaps this is not surprising.

All forms of natural medicine (labelled 'alternative' to the Western model, or unscientific and 'complementary' to the orthodox model) are steeped in centuries of common usage. They all stem from written or oral traditions that pre-date current accepted medical approaches. Chinese medicine, for example, has a written history stretching back thousands of years. It has stood the test of time within a myriad of family traditions based around a few key concepts.

The simple framework it arises from is respectful of the living human organism, working with it to restore its own equilibrium, rather than trying to force change upon it.

Thus, the benefits of using natural medicine can take time to fully show; to halt a disorder, one must first identify how it is happening. Often, this is a matter of doing what an 'owner's manual' would have you follow - had you been supplied with one when you were wondering why your body was deviating from what it should and used to do!

The Energy Framework

Throughout this work I will sometime have a line (usually with turquoise writing) representing the different positions that can be taken. In our culture at this time, everything is seen through the eyes of science - that which is 'real' and validated through solid data. The five senses tell us what is 'real'. That which has no solid basis - that which is more tied into spirit/energy or anything that is intangible and not able to be cut up and physically played with, is considered to be suspect at the least.

This is very unfortunate as our feelings, and our lives are based on perceptions, and on the inner world that we shape the outer through and with. Looking only at the physical and mechanical body as though that is ALL that we are can be a problem - as often we feel very odd and yet no physical test of our mechanical performance can detect a problem: because we FEEL it - it is not so bad as to percolate into the physical (YET).

Thus looking at the duality of a physical versus more energy/resonance model, we can see that they are actually poles apart. The mechanical focus deals with flesh and bones and everything connected with science and evidence and data, but not so much with being a person or life. What is validated through our five senses only is considered 'real'. In this book I have represented these concepts on a line - which is found throughout my writings.

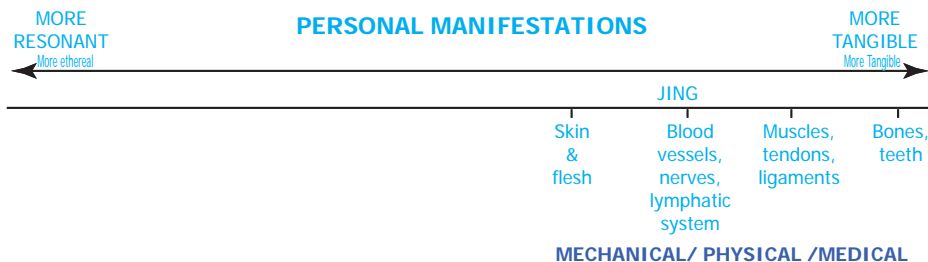
This helps you understand that there is often no result regardless of how much effort you expend. Also why we in our culture are only looking to one side of any equation, and sometimes this is why answers are not being found - we are looking where they are not.

WE MAY NEED TO ASK WHERE IS THE FOCUS?

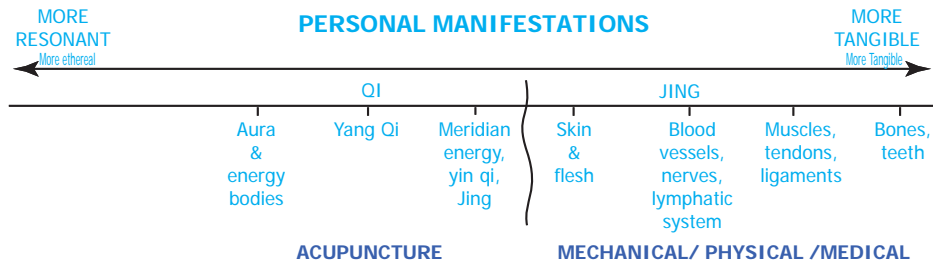
The dominant medical model looks to the physical body, as though this dictates who and what we are.

I have written this book more inclusively, so all will be touched upon - although my main focus is the energy/acupuncture model.

Sometimes it helps to add the ones we may feel more distressed about investigating, as often the actual 'life instructions' are being played out, and without uncovering these, any attempts to manoeuvre life in the physical is destined to constant failure.



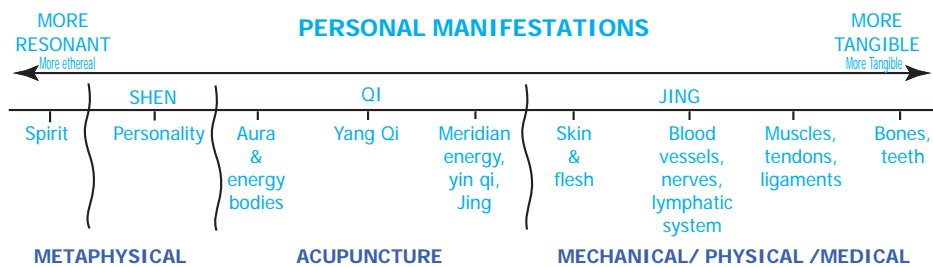
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Sometimes, it is even necessary to look where we really are not comfortable - and go into what is actually the point of our own personal existence - this puts this book and my questions well past where any other fertility or medical work goes. I do this as often this is where the healing happens - where the solutions are to be found.

I have covered this extensively in "Getting Out of Your Own Way" (LINK)



Two other important points to bear in mind as you read this book:

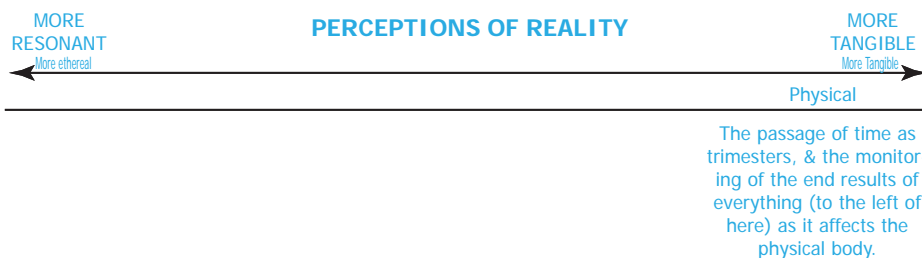
- I often mention key words or sites to explore online, as these are readily available and cost nothing to browse. Granted, a degree of sophistication needs to be employed in any Google searching, but as this is your journey, your presumed infertility and your future that I suggest you start getting more consciously aware of.

- In acupuncture, we use a lot of common words to denote concepts that are very different from their usual English meaning. I have used capitalisation where needed (Liver, Spleen, Blood, etc) to remind the reader it is MORE than common usage implies. To differentiate further, they are in red; definitions can be found in the glossary at the back of the book, for quick reference. There are other capitalised words which you may not have encountered before (Qi, Shen, Yin, Yang, Jing, etc), which will be explained as we go through the information.

If we look at the passage of a pregnancy - is usually divided into three month divisions, or 'trimesters'. The medical model has us obsessing about the physical body, the growth of the fetus and how it is relative to a norm - but the baby is a soul, and is regardless of the length of time it has been within, our baby. This then interfaces poorly with the mechanical ideas of just having a termination, if there is apparently 'something wrong' with the developing lump of flesh. To us, the parents - especially the mother - this shadow on the scanning devices is already as real to us as if we were cradling him/her in our arms.

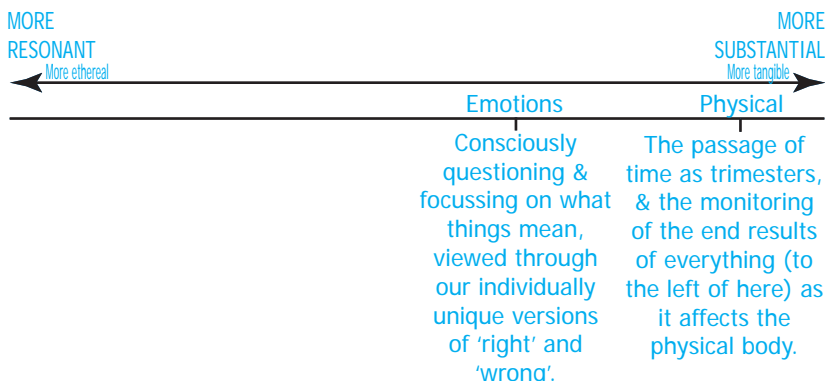
Using this breaking down of what is our focus, and where does it lead us to - this is where we as a culture expect the issue to be covered - with little emotion or feeling- as though the body and growing baby were like lumps of flesh - rather much like a car's insides.

MEDICAL 'TAKE' ON THE PREGNANCY/LIFE in GENERAL



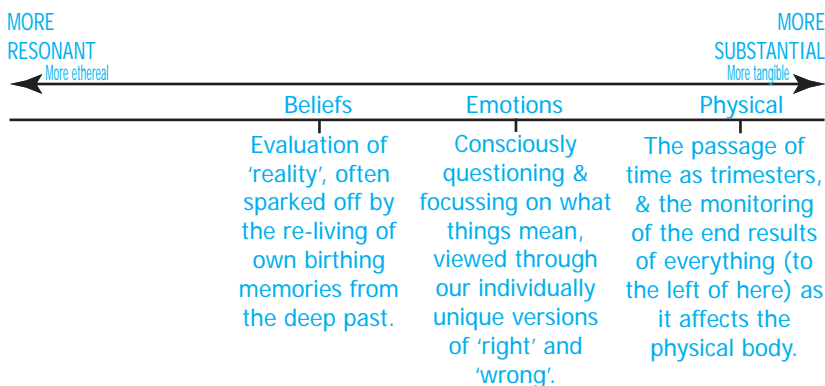
Those who have grown babies within them - that life takes a whole new twist - we are never the same again - we are often subsumed in emotion, washed over through and through with feeling -not governed by logic or data but surges of primal being.

HOW WE AS MOTHERS/WOMEN VIEW WHAT IS HAPPENING WITHIN US



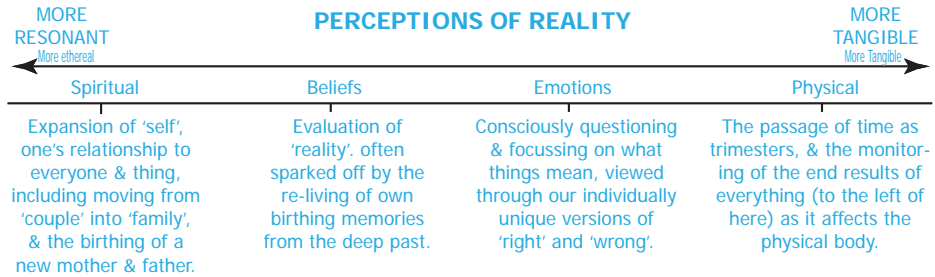
We also know that how others perceive us and our condition, what they choose to tell us and what we have picked up passively in the culture, leads us into places where Nature never intended - fear of the process and hence a ready market for interference.

WHAT MAY OCCUR/DEVELOP AS WE PROCEED IN PREGNANCY/LIFE



How we may get the very best out of the initiation into motherhood and maturity that birthing entails. The inner journey of self discovery can only enhance our maternal quality of life post baby.

THE JOURNEY WE MAY REALLY BE GOING THROUGH



By the time the baby is ready to appear, we may have done a lot of inner work, and may not be the one who conceived baby - and that is usually a good thing, as the maturation needed to allow the initiation of a maiden to a mother is not so obvious whilst we are choosing to have our babies cut out of us, rather than birthing them ourselves. The process of waiting expectantly, allowing whatever to happen and working through and with what then it all feels like is and used to be a natural part of the process of becoming a mother.

When we miss this, through either our fear, or our inability to voice what our bodies need - to be treated as mammals and left in peace to come to a communion with the baby as to when and how it appears - we are often irreparably damaged and our entire mothering adventure can become something we would never have scripted for ourselves.

This particularly is arising to epidemic proportions, as medical interventions set the tone for 'normal' as the natural normal is displaced in hospital settings by procedures governed by 'best practices' and 'crisis management'. Why mention this now? Because being informed and more conscious of what is ahead once the apparent miracle of conception occurs. As this baby is so precious - how will you finally meet birth him/her? The safest way is as with conception - as Nature intended.

BABIES ARE ONLY MADE THE ONCE.

**WHAT AND WHO YOU ARE IS WHAT AND WHO
YOUR BABY BECOMES.**

**WHAT ARE YOU DOING ABOUT LAYING DOWN
PERFECT FOUNDATIONS?**

CHAPTER ONE

HELPING MOTHER NATURE

If baby-making has eluded you till now, I invite you, please, to stop and take stock of your situation. Why is such an essential, natural process missing in your life?

It is possible that, just as you have developed your life and its consequences so far, you can affect the course of your future by changing a few things. Quite often, we hope that by just continuing what we have been doing we will get what we want - waiting for it magically to fall into our laps. That doesn't always happen. Altering where you are now could change the rest of your life.

If we have been involved in any individual project - for example, creating a stunning garden from a piece of land, embarking on marathon running, or doing any form of award-winning effort, such as earning a degree - we know we need to push ourselves beyond our comfort zones.

So it is with pregnancy. We may choose merely to wait things out and hope for the best, possibly believing that good behaviour will somehow automatically grant us what we want. Alternatively, we could become proactive, taking more responsibility- if we knew what to do. This can lead to a far better outcome, going way beyond the usual positive pregnancy test that you may currently be praying for.

NATURAL MEDICINE VERSUS STANDARD FARE

If you seek help from any natural medicine therapist, they are likely to want you to wait a period of time to help your body heal before active baby-making begins.

Whilst this may be considered time-wasting from your current conventional-medical perspective, and whilst you may have bought the idea of eggs becoming 'old', it makes sense to consider why natural pregnancy has not happened so far. In the past, women were obsessed with trying to limit the size of their families; so, what has happened to change this around? What if we tilt the scales back to vibrant health first?

Even if age is a consideration, you need not be in a hurry. **CHRONOLOGICAL DOES NOT NEED TO EQUAL BIOLOGICAL AGEING.**

And becoming happier, healthy and calm surely REDUCES the ageing process - and may even REVERSE it! Thus I suggest a moratorium on conception until you have sorted out why it hasn't naturally and automatically happened. I also suggest that waiting will probably produce a far better quality baby, a healthy pregnancy and mother after birth, and hence a better life from then on.

WHAT NATURE EXPECTS (OPTIMAL)

A clear field to reproduce when the signs all line up.

WHAT ARE THESE SIGNS?

A fertile couple enjoying each other.

THE WOMAN:

She should be full of blood and ripe for fertilisation.

A key question - where is the fullness/readiness to conceive - the space to grow a new life? What does a woman's shape conjure up?

Answer: Curves, softness and lusciousness.

What do we need to grow babies within?

Answer: A warm, plump and safe haven.

But how can this be, if we have or are striving for a low BMI or if we are vastly larger than optimal?

What spare goodies are there to nourish mother and new baby if she is watching her weight or figure, being vigilant about what she puts in her mouth and how often she eats? Think of all the chemicals being released from her fat cells.

What about flow?

What about joy?

What about spontaneity?

All of these are also ingredients.

What sort of life would you wish to be nurtured and born into yourself - are you preparing the field for planting?

THE MAN

He should be a healthy, robust individual, sending out rapid-swimming, stunning-quality sperm, all bursting forth to plumb her depths and explore wherever the egg is waiting - vigorous and able to do the jobs required on all levels.

THE RELATIONSHIP

Ideally, he is there for her and the family, to begin as the protector and the rock. Maternity is not the time for women to have to do everything themselves. My sincere wish is that the couple who embark upon making a baby stay harmoniously together to welcome the grandchildren.

He should be connected sufficiently to himself and his own truth, so that he can stand firm on what is best for both of them and the baby, and who intuitively knows that good foundations allow all things to flourish. He is a man who knows he may need to do the unseen and apparently unrewarding yards first - ensuring his contribution is strong - that the baby is half his gift of life. Then, growing through her body is where he contributes - offering support, shelter and steadfastness.

She recognises that pregnancy is a time of inner discovery and of clearing out old patterns to begin anew. She is able to be like a Jersey cow, to have the space and the strength and courage to bring forth for all the maternal treasures that she alone can access.

A loving heart and courage go wherever the journey takes them both.

In contrast, other images are not so empowering in bringing forth babies. The evidence-obsessed medical pitch overlooks a lot of what all farmers and peoples have known throughout the ages about following nature and what happens if you do. In this case, babies follow sex as a consequence of both parents being well and vital.

If babies are not happening for you, then not FORCING your bodies but encouraging them to dislodge what blocks this will create a better and happier outcome than you will get from wanting it all **NOW**. Nature is slowing you down for a reason. Listening and making the changes may be the gentlest and safest way to become parents.

Wanting a baby and being conscious enough to know to wait for perfect, is far safer for all concerned than doing nothing beyond hoping everything will turn out all right.

BOTH COULD REALISE IT IS NOT 'ABOUT ME'. YOU ARE CREATING A BRAND NEW BEING WHO, IN ESSENCE, IS ONLY MADE ONCE.

A woman has an inner nest that, when ready for maternity, is full of blood - the endometrium where the fertilised egg implants and starts growing into a new person. The eggs produced are dependent on quality ingredients being available and a calm person who does not interfere with nature, but goes about her business in a clean and respectful manner.

Among mammals, men are not particularly fertile. They are also losing their defining masculinity, as are all beings in the toxic soup that is our planet. They often assume they are perfect but have no benchmarks to measure against. It is not just my personal view; Google the subject and discover yourself what is happening. Your future is in your hands - and paying someone to 'fix' the consequences will not always give you what you expected.

This can be overlooked in the mechanical search for what is stopping fertilisation /implantation. Did we forget that there is a BEING with a SOUL to come through? Is there a place for some personal soul searching - for bringing in the new one?

Did we lose our heart song?

Stress especially hampers all aspects of fertility - and modern life is full of it. When stressed, all aspects of your being are disrupted. Maybe even being on anti-depressants is unhelpful. The doctor tells you it is OK, but what does that mean? What is OK about not being whole and happy?

How does one do as a mother like that, let alone being a lover and a wife, possibly returning to work and leaving baby with strangers all day - then fitting in being a mum/person outside work hours? How can THIS make the heart sing?

Having chemicals in the bloodstream does interfere with your own internal 'signature' and perfection. Whatever has upset you is liable

to be magnified in pregnancy and in raising the child. Even if the fertility issues are magically resolved and you are 'with child' - will this just become another project?

If we are not in a stable and happy state, as healthy and vibrant as we have ever been, why are we surprised when babies don't happen? Believing yourself to be well may not be enough - refer to the Jing markers in a following chapter and see for yourself.

BABY MAKING OF OLD

From what used to be an all-too-common female panic cry of "Oh no! I think I'm pregnant AGAIN " and the various methods of trying to restore menstrual regularity as a consequence, consider the myriad children who have resulted from women trying NOT to conceive, being careful and sexually active only OUTSIDE their supposedly fertile time? Were they all unlucky or stupid, not knowing when fertility strikes? Or could there be another explanation?

What was so special about these super-fertile women? You may think of them as lucky. But they may well have their own side of the story - about life turned on its head forever; one false move and it's happened again. They are to be mothers again. And what will that mean for their life beyond? This is what it was like in the past. It was a very risky business having unprotected sex at any time of the month. So what has changed?

Until a few decades ago, sex created babies - usually far too many of them.

It's Nature's mathematics - sex equals babies.

Sex before marriage invariably ended in tears, ESPECIALLY as our forebears used to die from the complications of botched abortions.

So what happened to make it so hard, for some, to conceive today? Perhaps we got too smart and thought that 'improving' on Nature - our foods, our lives, and our ability to block babies (contraception) till we think we want them - was consequence-free. Perhaps we thought there would be no consequences from using chemical measures to stop our bleeding, so we could forget women's business until we wanted to use our baby-making bits.

SEX IS FOR BABY MAKING and we need to have a lot more of it – the steamy kind. Think of adolescence, when we are most fertile – 'stolen' sex with someone you shouldn't be with. Think of the Angela's Ashes type of life: centuries of excess babies, most dying of dread diseases, wars, depressions and malnutrition and all degrees of poverty.

Perhaps we need to adopt a lot more interesting positions – for actual sex to be fruitful, **AND** in life where we are out of comfort, where nature, as with a tree flowering madly (to produce seed in a stressed drought situation) does a last gasp. Maybe we are too fat, lazy and complacent. Perhaps this is the issue – we may need more **PHYSICAL** stress, to tip the physiological balance in our favour, and less mental/psychological stress.

BABY-MAKING THESE DAYS

In trying to adjust our fertility until we deem ourselves ready to have babies, we seem to have given ourselves many extra problems. Looking at the Jing chart following we can see the evolution of our biological blueprint and identify when Nature has us ready for offspring. By altering what Nature would have us do – we now discover that having recreational sex, without the 'sex equals babies' consequences, has created other problems.

RETHINKING THIS BABY-MAKING BUSINESS

THE POSSIBILITY OF POSTPONING AND GOING FOR THE PERFECT BABY, RATHER THAN JUST BEING PREGNANT

Naturally-inclined therapists usually want you to postpone making babies. They may consider something is blocking new ones from arriving naturally and it is a better idea to sort this out. Nature is wise. As you have put off being well and at one with Nature for so long, this approach may really influence the quality of baby and the quality of life you have whilst seeking and resolving the issue, to say nothing of the quality life you have after producing one or a few babies. You probably have a long time to live in that body and this life.

"BUT" you say, "I AM GETTING OLDER"

I say: "So what?"

You are possibly not the healthiest/most vital you have ever been and you may have **below par** eggs (or sperm). But if you can shape up, why not assume the eggs can go through a resurrection too? They are not **OLD** - just neglected. After all, a lot of older women are in a much better state of grace than their younger counterparts.

Conventional medical thinking, of course, does not include the possibility that by correcting your state of being you can produce far healthier sperm, eggs, endometrial linings as well as improving general health. The real issue is that Western medicine has no drugs or surgical corrections that can replace your working with Nature. Hence there is a tendency for those in that camp to say **NOTHING** can be done, rather than admitting they have nothing in their particular tool box themselves to offer. And really the body is not healed through medical intervention, so much as commanded to act in a certain way - so why would you expect help there?

OK, surgery and anti-disease drugs have their place. But pregnancy and conception are natural life events and as such need very subtle fine-tuning. Without working with Mother Nature, the process may become almost random.

It is often not so much the older woman but the less virile husband (we tend to select men older than ourselves), who may not be as interested in sex (at least with us) as he was. Frequency may be well down, as possibly is his penile splendour and his sperm count. Comfy older person habits are as contrary to good health as binge drinking and party pill popping are to teenagers.

Older men have a tendency to father children with a higher likelihood of autism-related disorders, Down syndrome and cleft palate. (Could it be due to their lengthier exposure to toxicity, especially dental amalgams?) It is **NOT** just 'old eggs' that are the issue I usually find in clinic, but also a lifetime of being too busy that ends in self-neglect of both parties.

I often wonder why it is that we see the body and its wisdom as being so separate from our life habits, beliefs, and thus our ways of living in it. As with all orthodox medicine, the idea that control is something that an outsider inflicts upon the wayward system holds true in fertility and in birthing.

WHY ARE WE UNWELL - IS IT JUST BAD LUCK - OR IS THERE A REASON FOR THE WARNING LIGHTS TO LIGHT UP?

What are bad periods saying to us? That we have less than perfect Blood and Qi flow and production to support pregnancy surely? What is a low sperm count saying? That there are not enough goodies left over whilst living the very stressful, busy life to make stunning sperm. Nature prefers no duds and hence no false starts - so sometimes yes there may be a pregnancy but one way or another it fails - often at great emotional cost to the prospective parents.

What is poor health telling us - that we are in the best state to parent children? Why do we try to force this issue instead of fixing all the issues mentioned FIRST so at least we are in a great state to roll with whatever life throws up at us.

We need to stop and ask some questions of ourselves.

An example: If we were going to build a house, would we just build over the top of what we didn't like (think PMT, endometriosis, clumps of head hair falling out and being on sleeping tablets and anti-depressants, ravaged by stress and bad digestion), or would we level the ground and remove all the rubbish BEFORE we started construction (i.e., straightening out all the health problems that led to the menstrual disorders in the first place, so the whole area is clear to start pregnancy and maternity in perfection)?

VACANT LAND



DERELICT HOUSE



Which patch of ground would you expect the builder to start building your new house on - the empty one (just clear the grass away and get on with it) or would you be OK with him just going over the top of what is a wreck of a house instead of clearing it away first?

A DIFFERENT VIEW



Think about this: Without the basic groundwork and preparation - especially if you have period and other health problems - this is what medicine is trying to do with you. It ignores the obvious, starting as though there was a vacant womb - which there can't be if there are the menstrual, sexual or emotional issues that most people carry. They are NOT irrelevant; they explain exactly why sex has not equalled babies yet.

WHAT ARE PERIOD PAIN/NAMED GYNE PROBLEMS and POOR MALE SEXUAL RESPONSE/SPERM MOTIL- ITY/QUANTITY really saying to you?

They tell you there is work to do - that the years of binge drinking, eating whatever you wanted whenever you wanted, using drugs, or overworking to get where you want to be has created a problem, and Nature is not interested in making babies with the resulting mess.

**CLEAN YOURSELVES OUT/UP FIRST - and then it will be
as Nature intended - sex equals babies . .**

**Think about the new project (baby) with a new
set of eggs/sperm and nest (endometrium) -
what about BOTH starting pre-conceptual care
so you can skip the anxiety and hassles and
miscarriage and other pregnancy glitches/blues?**

Sail through all fetal testing?

Have a perfect pregnancy, birth and baby?

CHAPTER TWO

MODERN BABY MAKING ISSUES

PROBLEM ONE (most obvious)

- SEX NO LONGER EQUALS BABIES

Freeing up women through the use of contraception has led to many changes in our lives, one of which is the new generation of women without children. Instead of having to fit in a life around the babies, life without just happens because, left to self rather than nature/chance, reproductive procrastination (when IS the right time?) appears to be an easy option. Far too many men encountered and enjoyed the now possible baby-free sex or baby postponement. Play-time seemingly lasted forever. 'Mr Right' may melt away when the issue of commitment is mentioned, or when a baby unexpectedly pops into the picture and she is left eventually with the heart-wrenching "Do I abort?" / "Where are my babies?" scenarios.

CATHY'S STORY

After three years of trying to fall naturally pregnant, she came to see me and I strongly suggested she wait three normal cycles whilst we dealt with the underlying health issues. Symptoms such as hair loss, little red menstrual blood and not a strong flow, feeling forever weary and lethargic and having poor fingernails, all told me rebuilding would be very beneficial.

She started doing a temperature chart. A little while into this, she came in and apologised saying she could not explain what had now happened: her last sexual contact prior to ovulation had been on Day 8 and here she was pregnant - only six weeks into treatment!!! That helps explain why three years of Day 13/14 sex ONLY had not resulted in pregnancy. Some of us do conceive whenever the mood takes us and the chart is only EVER going to be a rough guide.

She was genuinely perplexed - as she expected things to be the way the chart said in her world. So, beware!!! Nature has it happen when you are improved. In her case she just needed a strong herbal blood tonic, some vitamins and some life direction, all of which she followed.

Besides the lack of very regular and stunning sex - there can also be a boredom/low stud-quality issue. This is quickly shifted onto blaming her 'plumbing' problems as they are easy to spot now we have mechanical scanning devices. But is this all? LISA had spent years also trying to conceive - and had been diagnosed as having endometriosis. She had it burnt off and but her specialist had said it would all grow back if she did not quickly get pregnant. Having heard what her husband was doing with his life and how he was refusing to stop his habits, I thought having a baby was not so much the issue as the need to find another man!!!

LISA'S TALE

After years of trying and not conceiving she started taking Chinese herbs, vitamins and having treatment to sort out the bad periods/ erratic cycles. She was also a shift worker (which makes charting difficult) and was a smoker when stressed. She eventually left her husband, as he just was not going to stop all the activities which were contributing to their lack of babies.

She started leading a very irregular life - after her first-ever and only normal period, (She had PCOS) she kept her chart and brought it in every visit becoming very upset that there was no follow-up cycle. I thought it was understandable given the amount of stress she had put herself under.

I had warned her of the likelihood of increased fertility now ONE period was normal, but she obviously did not heed this advice. Distraught, she saw the lack of a period as her going backwards in treatment, and brought the chart in yet AGAIN to show me how there was no dipping to show either ovulation or when a period was due. On the other hand, I thought she just needed a pregnancy test - which turned out to be positive!!

What had happened?

A different man - and nature had done the rest.

Variations of this story could be repeated many times. These women are not alone in being surprised at their maternity, thinking they were safely infertile - when all along it was the man. Generally, women tend to stray sexually less, and hence this little known fact seems to work against her having the babies she so desperately wants. Invariably the men are told their fertility is "OK" whereas something slightly amiss can always be found with her body. He may just be at

the bottom of the stud league and if we do not explore outside the marriage we are never going to know.

I am not including these stories to worry the guys - just to point out that complacency is no way to become a dad. Lifting the game helps, as changing partners often does the trick.

Please read [“Supercharge Your Sperm”](#) (LINK)

PROBLEM TWO

(an offshoot from delaying baby-making)

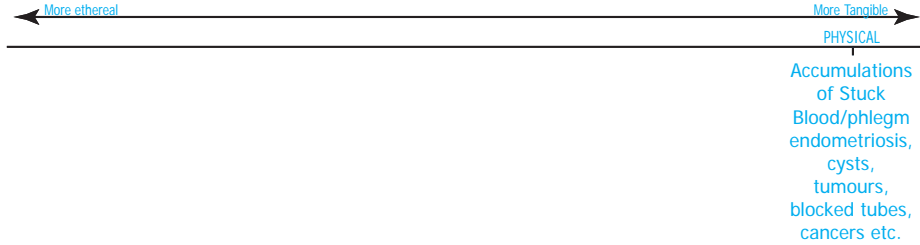
PERIOD PROBLEMS

Medical 'solutions' often create more symptoms. These will not be immediately obvious and, in the short term, the lack of gushing, clots and pain may seem everything you wanted, with a bonus that babies are not as likely whilst you're being artificially menstrually managed. But modern medicine often only masks the problem, rather than correcting the real issue. Period problems that MAY have receded whilst using contraception are not usually resolved and often return with a vengeance when the pill (or whatever chemical castration you use) is withdrawn and you start actively trying to conceive.

The obvious solution BEFORE starting baby - making is to move yourself into a state of perfect functioning symptomless periods - a situation you may never have experienced. But this is outside the realm of orthodox western medicine. Health issues are not just a matter of luck. If there is pain/discomfort/over-bleeding/emotionality cyclically, it is because something is broken, and needs fixing. These issues are not to be endured just because your maternal line has been this way or because you believe being a woman entails.

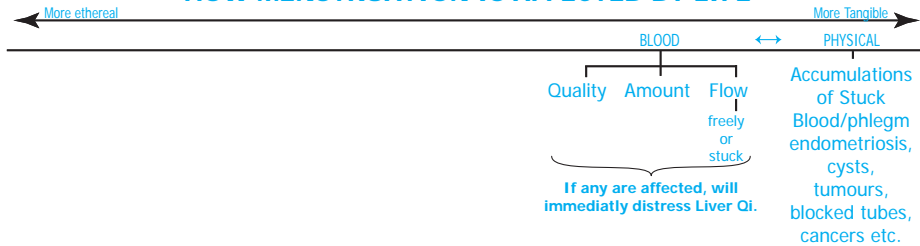
We generally just think of the body as the physical bits - and we generally think of menstruation only in terms of hormones. Starting from the right hand side, we can see a different model emerging - one based on LIFE and what happens to us impacting later on.

HOW MENSTRUATION IS AFFECTED BY LIFE



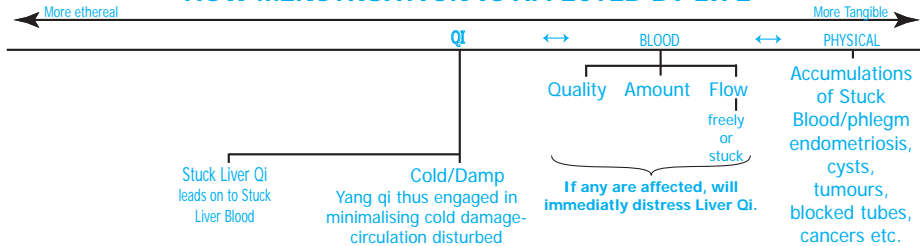
We may think these named conditions are independent of the rest of our being ...

HOW MENSTRUATION IS AFFECTED BY LIFE



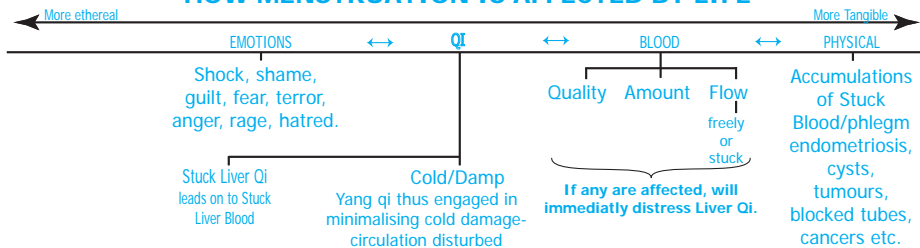
The acupuncture model brings in the energy that runs the availability of Blood - actual red liquid and the Blood energy, and the Qi - that allows flow to happen.

HOW MENSTRUATION IS AFFECTED BY LIFE

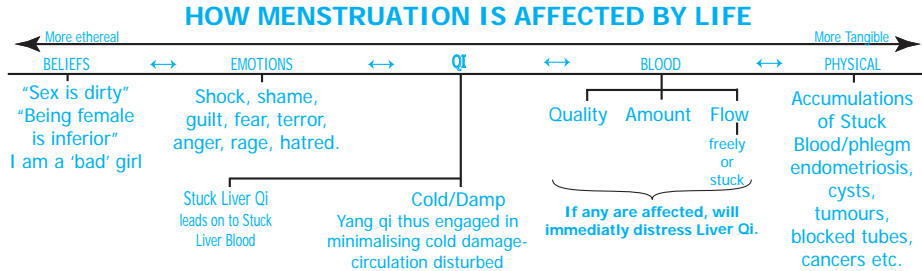


Our emotional state vastly impacts on whether we digest food well, thus whether we make good quality Blood and blood and thus whether there are enough raw ingredients to run the menstrual show at all.

HOW MENSTRUATION IS AFFECTED BY LIFE



Then we have the interesting issue of what was passed on to us via the family we were birthed into and what beliefs were around women, sexuality and being woman at all.



This said, you may find the notion of a 'normal' period quite bizarre if all your friends or family are crippled with the process. It is not healthy to have any symptoms at all other than bleeding, just as being pregnant really should just be an absence of periods and a gradual thickening and widening of your body as it accommodates another.

A natural therapist may help you discover that the state of wellness you thought you had (with no apparent illness) is actually masking many minor issues, and possibly some major ones. Bodies are very good at trying to carry on regardless.

EVERYTHING needs 'fixing' before embarking on pregnancy. This is especially true in the eyes of an acupuncturist, as you can only have a normal/healthy period if Qi and Blood production and circulation are perfect. Anything that upsets any aspect of this will have other health repercussions too; it is just that modern medical frameworks only look at overall PHYSICAL /mechanical disorders once they are a past certain point and can be measured objectively. But women's lives are emotive, intuitive and FELT, so there is a huge gap between what is PHYSICALLY wrong in someone and what is discernable through basic observation.

Loosely, if you have any health concern, it impinges on your ability to have normal periods and thus easy conception and growing and birthing well babies. You would do well to have these corrected long before beginning the life of another person - who would otherwise also potentially carry these issues. Surely, you would prefer a perfect child with the best start possible?

Acupuncture treatment for anything, is likely to change everything. We cannot work on anything, even apparently unrelated, without

enhancing what Nature is trying to have happen. So, period normalisation will always lead to a more fertile woman. Put another way, I always warn women coming in for treatment of any complaint to be cautious; the natural contraception that they thought of as foolproof was only most effective when they were less fertile than optimum. This is very easily overridden when having ANYTHING adjusted back to normal. Remember, Nature expects babies to arrive if sex is happening.

ROSIE came to see me to review her skin and period disorders. She wanted to get pregnant naturally in a few years' time. After a few months of sorting out various concerns, I discussed with her the helpfulness of going off the pill, as her skin issue was being difficult, and I wanted to give her liver a chance to work without all the chemical additives. She had been previously medically assured that, with the degree of endometriosis she had, IVF would be the only way to conceive.

I told her however that, as I had been giving her herbs to clear out all the stagnant Qi and Blood for the past few months, it was likely that condoms or another form of barrier method would be needed; otherwise, I said, I was quite sure Nature would win out.

Neither she nor her husband liked the idea of barrier methods, so they continued to rely on the thought that she was 'riddled' with endometriosis and, in their eyes, was unlikely to become pregnant. So, they were very shocked when no period arrived after she stopped taking the pill! Happily, the ensuing baby is much wanted and loved, even if it arrived years before they had planned.

HOW DID THIS HAPPEN?

If you look at the **Blood** reflections below, it is easy to spot that any improvement in an apparently diverse symptom, using the energy model, will enhance all other aspects of whatever else is happening. You want the skin and hair and nails stronger and more lustrous, and periods to be more regular and juicy and fertility to be assured. So, the healthier you look, generally, the more fertile you are. It is impossible to be seen for an apparently unrelated health issue and not become more fertile using Chinese medicine, as it restores EVERYTHING to normal.

Sparkling clear eyes with perfect vision.	Eyes	Shen	Easily fall asleep as required, awakening refreshed.	Sleeping	Lustrous, full of colour & vitality, growing well & well anchored.
Healthy resilient & quickly repairing	Skin	SIGNS OF STRONG BLOOD ENERGY		Hair	Clear & glowing.
When breast feeding good quality abundant milk	Lactation		Complexion	Muscles & tendons	Supple & strong
Clean, clear, liquid healthy flow - bright red - starting & finishing cleanly maximum 5 day flow. No mood or cyclic disturbances.	Menstruation		Pregnancy	Finger & toe nails	Grow well, healthy & strong
		Ease of conception, gestation & birthing. Mum glowing healthily throughout pregnancy & beyond.			

LOOKING JUST AT 'FERTILITY' OR THE WHOLE BEING. WHY NOT SEEK NATURAL CONCEPTION, LIKE PREVIOUS GENERATIONS?

Why take a pill to 'control' high blood pressure, rather than adjusting the lifestyle that is causing this stress reaction? In the same, why stop the sensations of pain anywhere rather than correcting WHY it is there and what it is trying to tell you, or postponing periods because they are messy and 'unnecessary'? These are all examples of us trying to best Nature. The doctor may well have told you it was not a 'real' period you were having in the no active pill part of the cycle, but as women, we are all designed to bleed monthly. Whilst it may be very convenient (you do not have to delve into sorting yourself out, resolving why it is 'broken'), this may leave you with a bottleneck of issues, when all you want to do is have a baby.

PROBLEM THREE SEXUAL INCOMPATIBILITY/LIBIDO

Can she FEEL it? Where has her/your libido gone? Women often have a lower one, and being stressed at work or elsewhere, turns a woman off, especially if you are having a dispute about one of you wanting to 'do' vitamins or something else and the other being in a different camp. This can set up a nasty (often subconscious) retributive game going, disputing whose 'fault' it is. This is hardly inspires

intimacy.

What if sex actually hurts, or has done in the past? What if there has been so much medical investigation whilst the 'cause' of all the bleeding horrors is apparently corrected, that the whole business of being a woman is a big turn off to her?

SEXUALITY, from a natural point of view, is the culmination of two people being attracted and bonded to each other. An issue we talk little about in our culture at this time, related to the fact that we are all essentially mammals, is the pheromone issue. When a woman is on the pill, or otherwise chemically altered to avoid conception (especially when she is on the lookout for a suitable mate in courting times) she is not really being 'herself'; her attractiveness and her attraction antennae are very different from when she is in the 'raw', natural state. So, it may be that she/you are no longer 'the one', once she returns to her 'natural' state and is off chemicals. You may have all the requisite social and husband qualities, but what about the rougher animal desires - were they ever even there?

Look again at the periods. If being a woman is at all a trouble to her, then this is going to reflect in the sexuality she expresses and also the reproductive ease and birthing and mothering futures you might share. **For either of you - is the pelvic area stuck /blocked?**

How can you tell? In my manual for pregnant couples (What Dads Can Do) available from www.easybabies.com.au, I outline a simple and very effective massage strategy using moxa (available from all acupuncturists as a cigar - like stick) and some basic principles.

This ensures that the energy and structures around the pelvis are pliant and leads to easier sexuality and menstrual expression. It also provides musculo-skeletal and migraine /neck/shoulder tension release PLUS has the effect of loosening babies in birthing. It is great as a foreplay technique for getting you both loosened up - and has the added advantage of reducing the need for paid work to be done on either of your bodies. All the tools are available if we choose to use them!

When asking couples about sexual frequency, there is usually a pause in the conversation. **She** often has become so obsessed about it being a baby-making event that that is all it is now. **He** is now beyond simple monogamy - it/she is all too much trouble - and has resorted to getting what he wants online, or has become so tied up in career/

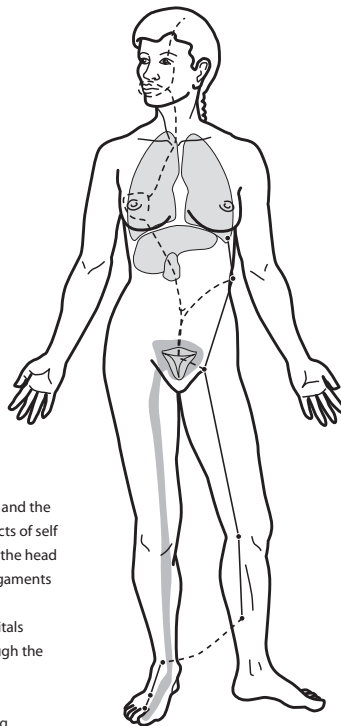
sport/alcohol binges that sexual intimacy is no longer a burning issue. Couple bonding suffers - they may be filling their lives up with other things and activities and thinking of the baby hassles.

Would it not just be better to 'go at it like rabbits'? Oh, he/you say, you are bored/tired /don't feel like it? Why do we even have sexual encounters?

Nature is trying to get us to make babies. So why is it not happening? Often, after months of non-productive sex, sperm seems to be 'saved up' and spent around the apparent time an egg is to be released. Maybe the saved up ones are too old, needing to move on. Perhaps there's a higher than usual incidence of damaged/elderly sperm in the saved up sample?

LIVER

Liver Muscle and Main Meridians run on both sides equally



- Liver organ complex:
- controls all movement, and the free flowing of all aspects of self
 - All blood circulation to the head
 - Nourishes tendons & ligaments
 - Eyes & visual abilities
 - Internal & external genitals
 - Blood movement through the reproductive areas
 - Finger & toe nails
 - responsible for planning

**NOT FEELING IT
NOT FEELING LIKE IT
NOT ORGASMING**

(ALL KIDNEY YANG ISSUES)

**SOLUTION _ moxa
with massage and
maybe Chinese
herbs**

**NOT COMFORTABLE/
TOO PAINFUL
(LIVER QI NOT FLOWING)**

**SOLUTION
-acupuncture and
Chinese herbs will
hasten healing - also
massage and lots of
orgasmic sex**

NATURAL EASY CONCEPTION

If we want the egg to come down the tubes - even pop out of the ovarian sacs - even HAVE a normal period - and get the blood flowing freely - we need to have the energy about the pelvis, NOT having it stuck and obstructed. What can cause this?

Please play with the massage info coming later. It really does make a huge difference. RELATE more to each other - place a curfew on modern living and retire early to the bedroom together.

FEELING LIKE IT/NOT FEELING IT AT ALL

(also see Chapter 8)

The sexual response is also a Kidney Yang one - check if she has a lowered luteal phase- (see the BBT final chapter). If so, then it is quite likely that there is also diminished sensation. Here the moxa and massage will help a lot. Also get plenty of warmth and no cold anywhere near her - even only eating warm food will assist the digestion and hence the metabolism indirectly (See my Helping Yourself to Health and Vitality eBook). (LINK) A lowered thyroid function is going to lower all responses - digestive strength, immunity, brain speed and efficiency, blood pressure, blood sugars, libido.

Kidney Yang is increased through going early to bed and getting plenty of sleep. The push to get qualification and career often cause an amazing sleep deficit.

Perhaps switching to a part-time job, a part-time external life and really thinking about Elsie's' story (see Page xxx) could be your salvation.

DISCHARGES/DAMP WITHIN



There is a big difference between normal vaginal mucus (ovulation mucus showed to the left) and extra Damp (acupuncture term - see Spleen and Damp later). The ovulation mucus looks clear and odourless and stretches out between the fingers as egg white would. At the fertile time, women are usually wetter so there is an abundance of fluids to help transport the sperm to the egg.

The entire vaginal area needs freshness and no chemicals to work well. It may be that the clearing of **Damp** (which creates discharges and smells, and often underlies herpes/low grade infections, all the way up to STDs) is the first priority.

GEORGIA'S STORY - I just don't believe that after years of having to wash all the time, especially straight after sex because of the really bad odour - I no longer feel embarrassed or have to take evasive action. That has freed up our sex life, as I no longer have to be conscious of washing and that whole area just feels clean all the time now."

Women need to have the semen inside after sex to allow the sperm time to get into the uterus and then up to the egg waiting in the tubes. Having to immediately clean the area due to odour, or feeling 'dirty' suggests this may have been interfering with the semen and the likelihood of conception. Most things can be resolved if you try a natural healthy approach, without recourse to chemicals.

SEXUAL RESPONSE - MALE

What if the penis had to go up and down - coming breathtakingly close to climax THREE times before ejaculation did? Forget about sex aids; this is about raising the Kidney Yang naturally. Reading more alternative sexual literature on self technique - even pleasuring for one - would help tremendously here.

In the acupuncture model, the man's penis, being a yang expression, must be both **very hard and very hot when erect**. If not, there is a possible fertility issue, regardless of sperm test results and their interpretation. This is because the strength of the erection is a marker of **Kidney Yang**.

Another marker of **Kidney Yang** is the **motility and strength of the sperm** produced. If you find that your sexual response is weaker than it was ten or twenty years ago, then the sperm quality is likely to be lessened also. This is especially so if maintaining an erection and strong sexual response is difficult and feeling immense pleasure has decreased. It is a sure sign **Kidney Yang** is down. In that case, getting much more sleep before midnight and taking Chinese herbs and acupuncture/moxibustion can improve all aspects of your marriage.

Taoist ideas of sexuality are a possible route to improving your sexual understanding of yourselves and each other and to increase your fertility naturally.

Anything that improves blood flow to your generative organs is going to enhance their functioning.

What could be better than making time to discover what your bodies can really do together and getting rid of the plasma TV /electronic screens? How best to correct menstrual irregularities and restore natural fertility? Please make use of the moxa/massage area in Chapter 8. Enjoy amazing sex - often and orgasmic. How best to rediscover yourselves in bliss? The same!

Besides finding sexual textbooks to tantalise both of you (not manuals for positions, but the actual theory and ecstasy behind love making) - look at sites such as..... (www.nourishingarts.com), some books as *The Multi-orgasmic Man* by Mantek Chia and *Cultivating Female Sexual Energy* by Mantek and Manuween Chia.

Once you start being more realistic and natural with yourselves, get more rest and get involved in a better diet, minus the chemical stimulations, and start exercising - especially daily - there will be a natural and immediate improvement in your sexual abilities and, with this, your sperm will perk up.

No electronic devices or screens used once home after work.

Small nourishing meal, a walk afterwards, massage/ moxa and lovemaking.

More, restful sleep before midnight - ideally lights out at 9pm.

AGAIN, DISCOVERING ECSTASTIC SEXUAL UNION IMPROVES FERTILITY.

Next, you may need to look at the possibility of enhancement with Chinese medicines and acupuncture /moxibustion. Finding someone to re-establish 'normal' for you will ensure a healthier baby when it actually arrives.

JASON'S STORY

According to the IVF specialists, 'she' was the problem - as his sperm were 'good enough to bottle'. I took one look at him, and could see that his extra flab and general demeanour would translate as a low thyroid function. Sure enough, his BBT was only 35.8 - so to my mind he also was a reproductive worry. Plenty of sperm, but what use were they really?

Using Chinese herbs to clear toxic wastes (including old infections and residues), and then to build up the Kidney Yang were part of the programme. Herbal capsules to restore metabolism, a diet rich in fat, protein and vegetables, without gluten, sugar or other additives (caffeine and alcohol were already banned before they consulted me) were also used. They were in bed sleeping every night by 8.30!!!! He visited the gym five days a week, with vigorous exercise the order of every day. Four months later, not only was he thinner, thinking vastly better and feeling stunning, she reported that he was a lot harder and lasted a lot longer than she had seen him in years.

His sperm results were now in the super sperm department - with 220 million in the sample and 95% perfect. How could she not conceive - even with the apparent fertility problems she had suffered beforehand? He was raring to be a dad!!!!

It is NOT hard to do - just go back to nature.

WE SEEM TO HAVE FORGOTTEN SOME KEYS

- 1) - BE WELL TO MAKE WELL CHILDREN OR EVEN BABIES AT ALL**
- 2) - IT TAKES TWO - BABY IS HALF FROM EACH**
- 3) - THE END RESULT IS NOT JUST ANY BABY BUT A PERFECT ONE - AND THAT DEPENDS ON POINTS '1' AND '2'**

CHAPTER THREE -

WHAT WE ARE MADE FROM

WHY WE ARE SETTING A FIRM FOUNDATION

Although the present focus of the anxious couple may well be on achieving a positive pregnancy test, the consulted healer usually looks well beyond this, into how well a (baby) person they are being asked to help make. **The strength of both parties** initially goes into the seed that is planted within her belly, and then it is the strength of **her metabolism** (see Chapter 16 on 'Thyroid' and BBT) and her constitutional vigour that allows this seed to take root and grow vigorously - or not.

The next section underpins the solutions awaiting your discovery. It may appear technical, if you have not heard these terms before. But it is easy to grasp - just very different from what you usually hear on the subject of bodies and how they work. Please remember that I am introducing you to a new framework which then exposes what you can do to create the life you want.

JING - OUR INHERITED WEALTH

This is a crucial part of this work, as understanding this concept sets the scene for the conscious and joyful postponement of baby making until BOTH of you are in astonishingly good health.

Remember, you can only make this baby once.

This is the biggest project you will ever undertake, yet often it is overshadowed by feelings of frustration because you just want to get your pregnancy started and get on with your life (the one you prefer to envisage). Nature could be stopping you though because the **QUALITY** of what you may make may be improved through making simple and usually free changes - that come at a **HUGE** lifestyle price - that then allow baby to have a great start to its own life. A happy and content Mum and Dad cannot be bought, but are made. Having both of you cemented together for all of its life, ending up as happy grandparents, still in love - what price this legacy for your child and grandchildren?

Therefore, I suggest stopping and re-evaluating why such a simple thing as a baby is NOT happening in your life - when the sex is. (Remember Nature's equation: **sex equals babies**). Something is obviously out of step and needs investigating and correcting or adjusting.

IVF CAN'T ADJUST QUALITY

This is where Western medicine tends to fall down - and why so many couples seek extra help when considering IVF and other assisted reproductive technologies. They realise something is stopping what should be happening and maybe even that it's a lifestyle thing. Without considering what drives the conception process, conventional medicine's focus is on the mechanics. This is why styles of medicine that are respectful of the body, that work WITH the body - that are called 'alternative', and are more natural and gentle in approach - can work so very well with more orthodox interventions.

Often, the solution is just a matter of getting natural vitality back, and there is NO need for all the chemicals and surgical assistance. And sometimes there is a structural barrier between egg and sperm, and IVF is totally appropriate. Unfortunately, often enough though, it is the lack of a healthy life that holds the real answer. Have we really ensured that all the Jing markers (see next chapter) are in place BEFORE we get desperate? Sometimes it is just a matter of making sure all the boxes are ticked - and then moving on to the next screen.

Are we all really happy and do we have enough time to do what we would like in our lives? Are we all really doing what we would if we had unlimited money? Is there enough downtime for the processes of abundance to be nurtured? Then, why are we all on this treadmill, yet wanting to add to the stressors by placing another being in it with us? These questions are unlikely to be asked when you are desperate for baby number 1, 2 or 3, who are not appearing on schedule.

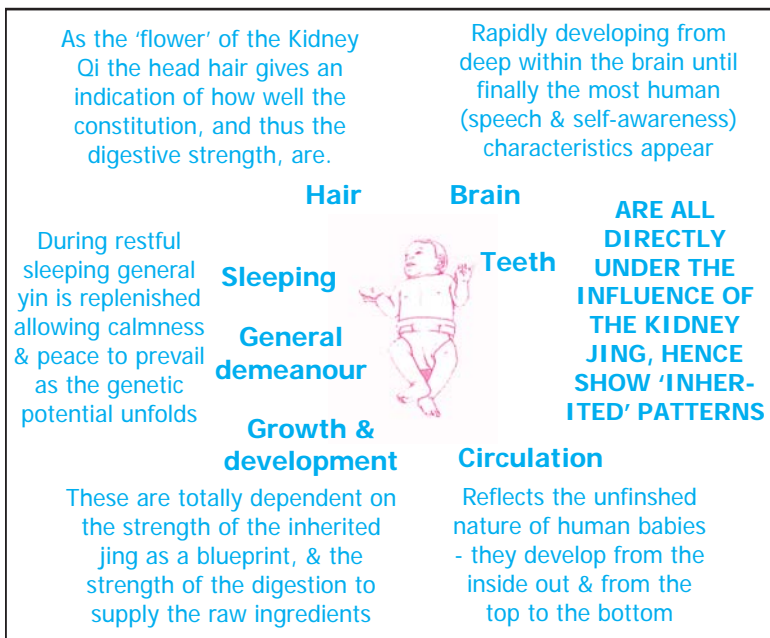
Sometimes, we may need to think ahead: Is this really about you and what you want? It is literally a matter of life or death - should you start a baby who is destined to be different because all the quality issues have not been considered? Someone has the babies that don't make it - someone has the babies that don't make the grade and have to be decided to be discarded or not when the routine screening shows them up. Instead of focusing on all the pregnancy testing now available, perhaps a more mature and responsible approach would be to ensure that the baby you make this time around is perfect. It is not a matter of luck, but of good breeding practices.

When you are told to go through IVF, or if a specialist says that you - or your eggs - are too old, or that you are a non-responder, or that the sperm is hopeless and ICSI or donors are required, stop and think: What can I do to improve the quality of the baby I want so much? Would doing some of these things also lift the game of my gametes?

Don't think - "I want a baby at any cost" but - "Why is Nature blocking my attempts to be a parent?"

THE QUALITY ISSUES

The term 'Jing' is a general one for a group of overlying concepts, all of which are directly related to our ability to be, and function within our human bodies. **Jing** is what drives us on the physical plane. Without it, we could not be here in physical form. Once our **Jing** has worn out, we wear out, become decrepit, and can no longer live within our bodies. It is like our life's capital/bank account. We can't be here without a body. How well it lasts, and what quality of life we have within it, is dictated to a large extent by our Jing and how we look after ourselves. Look at what **Jing** does in babies. . .



A premature baby, or one who is slow to grow hair, teeth, or reach apparent developmental milestones, or who is sickly, may well have had a less than perfect Jing instalment.

What determines this? Partly, it is the age and health of the parents - how well they looked after themselves all their lives. Were there substance and malnourishment issues? Did they clean their lives out and really look to supplementing their food to ensure toxic residues to which we are all exposed were mitigated? Was the child consciously prepared for? This is not to make you feel guilty, but to become more responsible - the fate of your children is totally in your hands well before they arrive.

WHAT INFLUENCES GROWING BABIES?

The fetal period is the most critical in a being's life, as any influence on the growth and development (the unfolding of the **Jing** in the womb) phenomenally alters the individual's future ability to be, and thus to experience living. **Kidney energy** is responsible for this task. So, when considering pregnancy, both prospective parents need to think of the strength of their own **Kidney complex**, as this determines the child's future.

A highly-stressed, ill, biologically old, wasted or otherwise non-vibrant parent or set of parents will have **Jing** that is not likely to produce high quality offspring. This could be why a baby is not happening for you and why you think forcing the issue is such a good idea - because it IS too hard to drastically alter your lifestyle.

The modern world, with its focus not on living well, but on living fast, engenders the current situation where so many couples have major difficulties reproducing and where the resulting children may be chronically ill and unhappy. Hence, choosing to ignore the very real damage that has often been done to one's inner wealth (**Jing**), through one's own past years of enjoying the high life, and pushing oneself to achieve materially, may not pay dividends when seen through the **Jing** filter.

For women, through dieting and/or over-bleeding, and reliance on artificial hormonal intervention, the damage is more serious, as her depleted body is to house and nurture the new being. During pregnancy, pushing self, usually to help family finances, is of very limited long term benefit as it is done at the expense of her and her child's future **Jing**.

You can see on the chart below that men and women have different preset blueprints. Females mature faster and age faster. You will also see that beyond the blueprint, which is there, whether we like it or not, there are many things we can do to ENHANCE our future children's lives - BEFORE they are even conceived.

Please take the time to study the right hand side of the columns. Think of what may have been happening in your own parents' lives before your birth or conception, and how that may have shaped you. Was one of them older, sick or very stressed? What was happening for them in your early, formative years? What happened to stress your family, especially when you were very young? Was there domestic disharmony and disruption?

We can see that by becoming more conscious, staying relaxed about the passage of time, and really enhancing the quality of our life choices, we can make a real difference to the future health and well-being of the babies we are desperate to start making.

Studying the information below helps also in understanding why it appears girls develop and mature before boys of the same age; they are biologically programmed to do so. This is also a factor in child spacing and decisions to start formal schooling; boys do lag behind and are greatly helped if we take this into consideration. They take longer to be ready socially and linguistically, as well as biologically.

Pre-conception	BLUEPRINT The more undifferentiated we are, the greater the effect everything has upon us. At our very beginnings even minute doses of contaminants, in whatever form, alter forever what and who we were to be. Changes made to our blueprint at this point are indelible.
	HOW TO MAXIMISE Strength of future person's constitution, thus experience of this dimension is cast through the pre-conceptual life-style choices and personal decisions made equally by both future parents. Both chronological and biological age determine the calibre/quality of parental acquired Jing to the offspring.
Gestation	BLUEPRINT The closer we as beings are to the time/source of our physical conception, the more profound the incidents' effects on us. The less formed we are, the more vulnerable we are to any influence.
	HOW TO MAXIMISE Calm, regular, respectful self-care in a peaceful environment, free from health imbalances to ensure full blossoming of the DNA and Jing potential into an independent, brand new perfectly functioning baby person.

Birth		<p>BLUEPRINT The birth process is one which terminates our dependence and throws us into separation. The manner of the severance of our lifeline to our mother creates our lifelong personality/behaviour traits. At this time any deviation from 'natural' throws us into a distorted energy pattern, independent of the Jing template. We then get to work through this as our 'windscreen' on the world.</p> <p>HOW TO MAXIMISE Relaxed, happy healthy mother full of abundant qi and blood energy to allow an easy delivery free from fear-based consequences. Labour to commence and progress smoothly, baby to be delivered with minimum fuss, or trauma, ensuring a safe transfer from dependent fetal circulation to independent existence. This initiation into 'the world' being a crucial developmental pivot upon which all future energy cycles rely.</p>
1st cycle	F 1x7 age 7	<p>BLUEPRINT Digestive system immature, taking time to learn to operate at peak efficiency. Baby systems are brand new, needing respectful, deliberate and loving handling. Deep sleeping MUST occur for the replenishment of Jing. Towards the end of this cycle the body is working properly. The baby teeth fall and are replaced by adult ones. Head hair (a "sprouting" of the Kidney Qi/Jing) becomes plentiful.</p>
	M 1x8 age 8	<p>HOW TO MAXIMISE Regular stable environment allowing gradual biochemical and energetic mastery of the self, appropriate nourishment and respect on all levels for inner discipline and growth requirements. Moderate exercise, rest, food and sensory input to allow appropriate maturation at the pre-set intervals.</p>
2nd cycle	F 2x7 age 14	<p>BLUEPRINT The Jing becomes lustrous. There is now sufficient Jing storage and the "dew of heaven" - sperm and ova - announce their presence. The fertility meridians are full and overflow. Periods begin creating easy fertility and rampant hormonal swings.</p>
	M 2x8 age 16	<p>HOW TO MAXIMISE Natural correction of any blockages to qi and blood flow that are indicating their presence as menstrual irregularities (wellness, mood and happiness swings). Excessive blood loss, malnutrition or inadequate deep, sleep AT ANY STAGE- all act as robbers, depleting the Jing reserve held in trust, impacting on our passage through time.</p>

This is a circular process. Strong Jing allows those so graced, with no other impediments, to forge ahead, whereas those with a weak constitutional inheritance may flounder. This is a cautionary tale. The strength of our inherited component is usually inversely related to our parents' BIOLOGICAL not their actual CALENDAR age. This is where your efforts or small rebellions against what you feel like doing - like quitting coffee ENTIRELY, or just looking like you are in total agreement with the crackdown on purity - pay off.

One of you - usually the male - passively resisting this reality, by just going along with changes without real commitment, is putting the as-yet unconceived person at risk of weaknesses that could be corrected before the event. Sound scary? Doing nothing is.

Back to the discussion on Jing. One aspect of it could be considered set in concrete, in that we seem unlikely to alter the immutable. If genetically we might be tall, curly haired, blue eyed and very intelligent, that is the BEST we can be. It's our potential. Our life experiences can mould this.

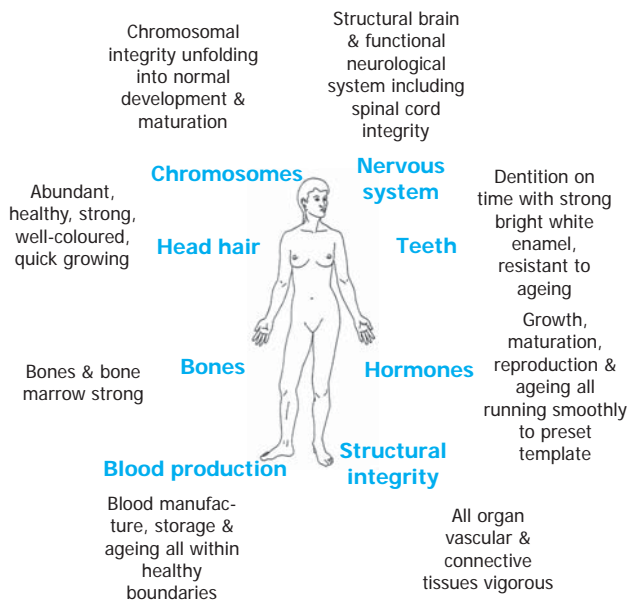
3rd cycle	F 3x7 age 21	BLUEPRINT The Kidney Jing peaks - the ideal time for baby making. Physical growth has finished. The wisdom teeth arrive.
	M 3x8 age 28	HOW TO MAXIMISE Release from social/familial dependency on all levels to attain a sense of self within a wider community, preparing for true creative contribution and inter-relating. Preparation of self, partnerships and nest for procreation/productive/creative life.
4th cycle	F 4x7 age 28	BLUEPRINT The physical body is in peak condition. The head hair at its strongest and longest.
	M 4x8 age 32	HOW TO MAXIMISE Orderly habits, self-nurturing and adequate rest/selfing to allow quality replenishment between children - ideally 3-4 years to ensure maternal stores are refilled for the highest level of functioning for subsequent offspring. Definite breaks between lactation and pregnancy with the return to maternal pre-pregnancy vigour and healthy menstrual periods between each child.
5th cycle	F 5x7 age 35	BLUEPRINT The nourishing meridians start to falter. The complexion shows this first and facial wrinkles appear as the quality of inner nourishment weakens. The teeth may begin deteriorating and the hair falls/lose condition or colour. (All being markers of Kidney Jing strength), which dwindles with age.
	M 5x8 age 40	HOW TO MAXIMISE Space for self to revitalise itself, allowing for own regeneration and place in the world, whilst creating the foundation for others. Adequate level of rest, good nutrition, attention to undoing that which is restraining true expression of life spark/force, to allow full progression into who Self intended to be.
6th cycle	F 6x7 age 42	BLUEPRINT The digestive system weakens. Hair begins to lose colour & go grey. The eyes, and possibly memory, start failing. Fertility is vastly weakened as quality issues (chromosomal damage - Jing indicators - and pregnancy ease) become apparent.
	M 6x8 age 48	HOW TO MAXIMISE Maturation into self-acceptance, tolerance and compassion as the raw power of youth is tempered by wisdom gained from the journey through time.
7th cycle	F 7x7 age 49	BLUEPRINT Depletion of Jing - the rate of which is dependent upon both the inherited constitutional vigour and the pace at which life was led. The "dew of heaven" dries up and sexual/reproductive weakness may occur.
	M 7x8 age 56	HOW TO MAXIMISE Release from monthly bleeding/breeding cycles into zestful blossoming of independent self. Natural and resourceful correction of any life imbalances or emotional and belief blockages that show up in the menopausal report card.

8th cycle	F 8x7 age 56	BLUEPRINT The tendons stiffen, bones, teeth, mental faculties & visual acuity diminish & neurological impediments all accelerate. "Ageing" becomes obvious , the severity & speed depends on Jing quality.
	M 8x8 age 64	AGEING=LESSENING OF OUR JING QUALITY HOW TO MAXIMISE Maintenance of healthy qi and blood circulation through attention to self-growth as the priority in one's own story. Ageing may be accelerated through neglect & misuse, or retarded by careful self-management. LOOK AFTER YOUR JING AND IT WILL LOOK AFTER YOU.

Jing is like our own personal stamp, akin to the karmic factor, influencing the blueprint, altering it to fit the life we, on another level; choose to have, to learn whatever we are here for, this time around. Thus, during OUR own in utero experience as an example, a series of life experiences could culminate in our mother being exceptionally ill, traumatized, or wondrously happy. All of these vastly influence how our maximum potential is realised in gestation.

ORIGIN OF 'JING'

We inherit Jing from our parents. The amount and quality is supposedly preordained at the moment of conception. At this point, it is helpful to remember we are speaking of energy, and are not limiting discussion to what our Western-based culture perceives as 'real' through scientific rationalization. What does Jing cover?



The dense form of Jing is the DNA component encoded in the sperm and egg that unite to become the new individual. The more resonant/energy form is what acupuncturists speak of and have many different terms for. It may be thought of more as the blueprint /template instructions.

What we as parents do BEFORE conception impacts on our children for all of their and their children's lives. From our own parents, we have the contents of the egg and sperm, on the physical plane, the family structure, the 'hereditary' component. On the other, are the energy patterns and obligations special to this dynastic line. The physical DNA may cover the more structural, and possibly also the inherited family patterns. The specific socialization within our own particular families' version of reality creates the social template against which we all consider humanity and life to be measured.

We are encoded physically with the genetic, socially with the behavioural regulations, (found within the psychological 'programmes' we inherit and grow into — the expectations, assumptions and belief systems we run our lives by), and spiritually through our personal attributes that arrived within us (**Soul level**).

NATURE OR NURTURE?

Following on from this, the debate about whether a child becomes what it was born to be, or what it was brought up to be, blurs around the edges. We have a genetic inheritance that is IN PART, within our encoded DNA, the energy patterns and inheritance of our forebears. Part of this may be passed on as 'miasms', in homeopathic terms.

It is the strength of this **Jing** that allows us to become who we are after birth. It influences our own special path. People undergoing what appears to be exactly the same set of circumstances, will all cope differently depending on a set of myriad co-factors, the most crucial of these being the strength of the person's constitution. This is the basic structure, the family 'lucky dip', the miasmatic mix, and the individual's personal soul agenda whilst here, superimposed on the constitution - the **Jing** unfolding.

Identical twins may have identical genes. What will be different is how their **Shen** (see next page) expresses through these. This individualization starts in the womb, with one possibly being more favourably placed to receive better nutrition. It may be that in utero,

one receives a disproportionate amount of influences from the mother, deriving from her interaction with the outside world, the process of labour, the birthing. After all, one twin is first out, clearing the way, and, in so doing, supposedly having the rougher ride.

One may have the cord around its neck, or may have been squashed by the other. There are numerous possibilities for the beginning of existence in this plane to be different, even for those apparently with the same raw materials. Also, and more importantly, they have different soul journeys. They will have travelled different paths to emerge together supposedly genetically the same. IDENTICAL twins also have very different soul paths and lessons, so there is no way they are really replicating each other; they just have the similar DNA starting point.

Once born, our growth is determined by how our **Jing** is allowed to develop. Our ability to sustain ourselves independently of our mother's body is the first hurdle. What use we make of the milk offered, whether we fit easily into the sleeping/waking cycle our parent's desire, and whether we gradually unfold at the usual baby milestones, are all functions of our Jing's strength. After birth, that is what allows us to be here.

MORE TECHNICAL INFO

Acupuncture texts describe the Three Treasures. **Jing** roots us in the physical; it provides us with the foundation we live through. **Shen** vitalizes our consciousness, motivates our personality, allow us to be individual, and provides us with a sense of purpose. **Qi** gives us the animation, the energy to do anything and maintain ourselves; it allows us to get 'from here to there.' **Shen** grants us our humanity; it is a connection to more than we perceive. But without the best quality **Jing**, the strongest **Shen** is compromised, without access to the inner energy source.

Acupuncture texts look at the concept of **Jing** as only that which runs our physical existence.

We can only exist within human life with a set of programmes that loosely fit the culture we were born into, and more specifically, branded within our birth-family's version of appropriate conduct.

What we are taught through our family lineage allows us to interpret the world.

How well we can live within this is a preconditioned **Jing** issue.

The generalized energy system that governs all life processes is the **Kidney energy** complex. All **yin and yang** energy functions are only as strong as their source - the **Kidney energy**, which itself depends on the quality and quantity of **Jing** available. There is a very close interrelationship between **Jing** and the other two of the three treasures: our **Shen** fuels our strength of spirit, identity, courage, motivation, and drive against all apparent obstacles; our **Qi** makes it possible for us to act upon this.

The concepts of **yin and yang** are crucial to discussion of **Jing**, leading to the role of the **Kidney energy** in the body. **Jing** is stored in the Kidney complex. Neither of these is found in physical areas; they are both energy concepts. In understanding all of this work, the underlying principle is that each of us is more than our body that an aspect of self existed before the form we presently inhabit. This spark continues, minus the ego-driven personality, after death. We are thus part of a continuum. To lose sight of the vastness of our potential, our very being, and focus only on the 'reality' we construct from what we see whilst in this form, is to limit every discussion on cause and effect.

Growing up is a natural part of life. Healthy babies are those who sail through life transformations well and happy. They have a new template, are brand new, and should be the healthiest they will ever be. If this is not the case - for example if the child is fearful, timid, digesting and growing poorly - there has been something that disturbed the blueprint. It may have been an in utero or after birth shock, or the distortion of the **Jing's** expression before birth, maybe even before conception through parental **Jing**.

Biological programming, when understood, casts a very different 'take' on the concept of "old eggs" and how the biological clock actually does tick along.

CHAPTER FOUR

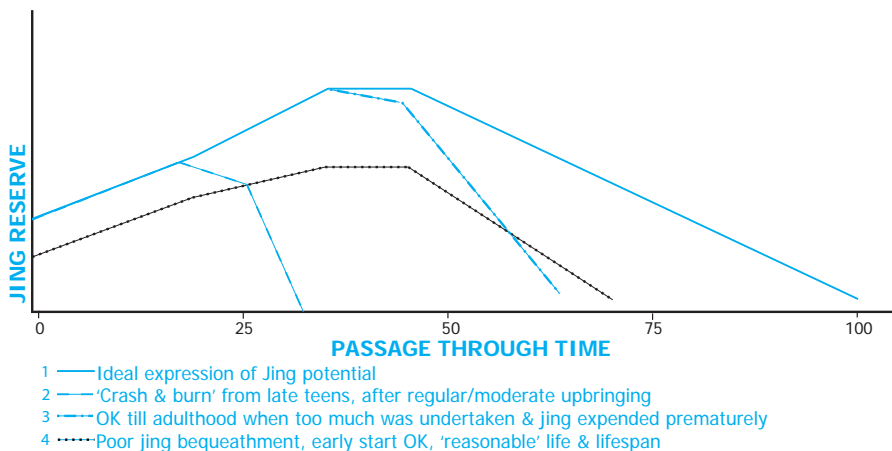
LIFE AND HOW IT MOULDS US

(AN EXPLANATION OF HOW WE CAN BE YOUNG YET OLD AT THE SAME TIME - OR OLD, YET IN STUNNING FORM)

CONSEQUENCES OF LIFE CHOICES

If we begin life with poor quality **Jing**, but are nourished and raised in a very ordered, calm and peaceful family that manages life experiences in a stable manner this may give us a better start than someone who was graced with a wonderful **Jing** inheritance, but poor follow-through in early life. We would all benefit by realizing early in life that we endure (age) better with regular care and attention.

POSSIBLE CONSEQUENCES OF IMMODERATE LIVING



If we live moderately, conserving ourselves, we are like someone who saves money rather than spending it all as soon as it is earned. All the traditional, 'old fashioned' ideals apply here.

Eating a good breakfast, drinking enough water and exercising regularly are a great start. Bowels need to be regular, sleep taken before midnight, and more in winter than in summer. Being moderate in all endeavours, keeping warm, not spreading yourself too thinly, having plenty of time off to enjoy actually being here, being connected to others, and having a passion to be here are also very important. .

... we need to feel included, and have enough time and inclination to actually be there for our children. Our Kidney energy, hence Jing, may be greatly compromised by a severe trauma, or illness, especially a difficult and/or premature delivery.

HOW DOES OUR JING MANIFEST?

We can all measure constitutional inheritance (**Jing**) by the rate and quality of growth and transformation from one phase to another, the record of our passage through time as maturation. Eventually, the strength of our own reproductive vigour, and our rate of ageing, are recordings of how we spent our own inherited potential.

Jing shows as normal and healthy maturation. It manifests as strong, healthy hair, bones and teeth, complete brain and nervous system development, well and sturdy children, and adults who look and are very healthy and vibrant, who easily bounce back from life's ups and downs, and who, if they become ill, quickly recover.

EXPRESSIONS OF INHERITANCE/JING

1 - The earliest marker of the inherent strength of the **Jing/Kidney energy** is its expression through **head hair**. Was the baby bald at birth, or did it have a shock of thick, dark hair? Did it then all fall out, as the baby's own digestion, respiration, temperature regulation and excretion had to contend with self sufficiency, and found it all too difficult? Is the hair still wispy, light coloured, and very slow growing?

This is why I always ask questions about hair growth/loss/colour and health - it gives a short cut to understanding what the hormones are up to; without strong **Jing** we are unable to keep good quality hair on our heads, or reproduce easily. Whilst hair loss is also a thyroid indicator, (over- and under-active) it is also often easily 'fixed' in clinic with just a few changes - and some herbs. The **Blood energy** is partly founded in **Jing** and both are at the mercy of the food/rest cycles and lifestyles we choose.

If the hair is unhealthy, the mineral that is probably very lacking is Zinc. A liquid or powder Zinc supplementation will greatly assist this. Other likely concurrent Zinc deficiencies may be identified in poor functionality of mucus membranes, skin, digestive, respiration, and immune systems.

2 - Are the **teeth** good quality, or are there major dramas producing them? Do they come up and go down during the teething process? Does the whole system get turned upside-down, with 'nappy' or other skin rashes, digestive problems, irritation, sleeping and behavioural disturbances? In older people, has the structure been strongly laid down? Is there easy decay? Are the teeth naturally straight, even and strong? Are they starting to be translucent? Are they yellowing/fading too soon? The teeth are a very solid indication of the strength of the **Jing** and also hint at what the bones are doing, as both are **Jing/Kidney Qi** indicators.

3 - **Rates of maturation/development**. Is the person within normal limits for reaching all milestones - physical, social and hormonal? Has the person bloomed as expected? This may mean the girl starts periods at 16, not 13 or 14. And, although this may be a sports related issue, continued upward growth instead of bleeding is an indication of possible reproductive hassles later; the blueprint did not enforce itself and the question to be asked is: "Was it strong enough?"

Often a child will lag behind because of prematurity - and this could arguably be the result of the mother not having strong enough Jing to hold the baby in for the right amount of time. If this is the case, or if she was somehow accidentally hurried out of the pregnancy, the baby will likely be lagging behind where it would have been, had it remained within to be nurtured. Survival instead of easy entry does stunt a person.

4 - **Ability to maintain self** - especially gut strength. This is nowhere more evident than in the premature baby. Things are just not developed enough, yet they have to support independent life. For this reason, it is crucial to stop the trend towards cutting babies out before the acknowledged official due date. This is particularly the case if it is the mother's first child - she is not really due until at least ten days after the 40 week mark.

The compromised baby (often having had its cord cut before breathing starts and before cord blood can flow to its body to be used for respiration and, hence, life) starts life off on the back foot. Please Google cord clamping and physiological third stage.

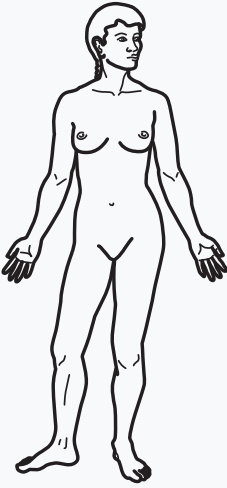
5 - **Neurological quality** - as seen in ability to develop and grow as expected, plus the intelligence, brightness of eye and general quickness of wit.

WHAT FUELS THE JING?

The Jing is fuelled by our digestive strength, which is fuelled by the Spleen Yang, which, in turn, is fuelled by the Kidney Yang. **Kidney energy** governs all aspects of being here - directly by providing the good, strong structure and indirectly in all forms of developmental blueprints. The energetic surge to actually be here is also Kidney Qi dependent. Thus all aspects of inheritance are Kidney related. If the child has food intolerances, and mucus, asthma and/or ear problems, it is likely its Kidney energy is struggling, and, nutritionally, that there is likely to be a Zinc deficiency. If any of these apply to your current children, please pause and enrich your own state of health before you start to produce any more. Bright, happy, alert, healthy children are not lucky gifts, but a measure of good quality parental Kidney energy, reflected in the stable, regular parenting afforded them.

So, the quality of your potential offspring, in addition to whether they are even conceived, is in your hands. Some might say the blame is being laid at your feet; I am saying that, knowing this, you have the power to change what might be, well before it arises.

LACK OF GOOD STRONG JING CAN RESULT IN SOME/ ALL OF THE FOLLOWING:

<p>Prebirth Miscarriage, incomplete gestation, chromosomal damage, stillbirth</p>		<p>Later life Late puberty. Sexual development impaired. Non regular cycle. Sperm or ovulation inconsistencies . Blood diseases. Any wasting and/or neurological condition. Teeth and bone problems. Weak lower back, possibly when tired, prior to period, in pregnancy (when Jing is called upon elsewhere) Unexplained weak knees, (including family tradition - is a Jing = inherited condition) Early hearing loss Teeth degeneration Early hair weakness, including women's hair thinning and loss Early menopause Early ageing/deterioration</p>
<p>Early Life Failure to thrive, very sickly baby, structural, other defects Biochemical or developmental defects Growth and maturational problems Dentition not right, any bone or neurological problems</p>		

A child always catching infections is not a normal situation, just usual in a society that thinks little of quality baby making and defines health as an absence of disease rather than an inner vibrancy and happy resilience. The strength of the early life - the care and order, the safety and love that moulds the beginnings of life - these allow the budding to follow the potential. Their absence means spending time trying to survive. So please ask yourself and understand WHY you want this baby - it can only be made once.

Anything that is considered capable of being 'passed down', in terms of diseases and weaknesses, can be altered prior to conception with good, conscious pre-conceptual care. The sense of hearing, and the ears themselves, the strength and structure of the bones and teeth, the quality of blood and its strength - hence our actual vitality - are all governed by our Kidney Qi/Jing's ability to keep us here well and alive and hence even reproducing appropriately.

This is why I often say throughout this book that pregnancy is all about PREPARATION, not about the rush to beat the clock. Without knowing WHY the clock ticks, we may react in fear and this often gives us just what we were trying to avoid.

There really is no 'BEST BEFORE' date; it is all about care and neglect issues - all through the life led, and the actual genetic inheritance from one's own parents and early life.

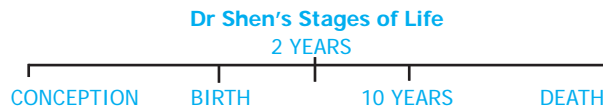
CHAPTER FIVE

PIVOTAL TIMES IN OUR LIVES

All of us, male and female, are also governed by the effect life has upon us. This is demonstrated on the line found below. Dr John Shen, a very great pulse master in Chinese medicine discovered through his decades of clinical observation that the impact life has upon us can be measured in thirds. The initial third is from conception to birth - the impact of anything after this time is exponentially lessened the further away we are in time from conception.

IN UTERO AND BIRTHING INFLUENCES

This means that anything that happens to mum when we are growing within her has a disastrous effect upon us. The developing yet undifferentiated nerve and tissue mass that will become a baby is still washed with her stress hormones and shocks and life in general and we are set to this 'norm' - something we may rue for the rest of our lives.



BIRTHING

What happens around the actual birth - with all the recent medicalised fear based interventions - is a loss to all resulting in eventual "emergency" operations. This is no 'surprise' to those working in the field - interfere with nature, nature's safety is lost and a cascade from medicalised interference begins. Natural birthing - nature's safe way of ensuring mothers and babies are united - is alarmingly missing in today's world and is starting to show results in the young adult population (Check out www.WombEcology.com).

Dr Michel Odent has done vast statistical analysis of birthing cultures and what happens next in many countries, and across different time zones. He has written many wonderful books explaining real

birthing and the pay-offs working with Mother Nature instils in all involved - not just mum and baby. Investigating anything he has written, and anything Dr Sarah J Buckley has on-line or in her wonderful and very highly referenced book "Gentle Birth, Gentle Mothering" will only inspire you to work towards perfect rather than the current safe' alternative of handing birthing over to modern medicine, drugs and cutting implements.

This will not only enhance your maternal/paternal enjoyment, but will be possibly more life changing than any preconceptual care you can give this baby you are trying to make. The idea is not to break what nature intended for the best interests of the baby, and not to damage your maternal heritage and thus the ability of both of you to feel bonded and thus baby's ability to feel love and be nourished as a whole soul as it is arriving.

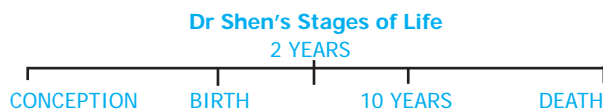
Further to this, investigating cord clamping, and physiological third stage will then see you at odds with modern medical birthing practices - and with very good reason. Your baby only has its cord blood to breathe independently with. By removing baby's breathing blood as though it were extra to requirements for medical research, you are compromising your baby's own healthy future - why would you? Uninformed consent based in fear is not the best way to start life - Mother Nature is working for you and your baby - if you let it - why go against what has worked until now? Follow the guidelines Nature has set - not those that come and go with best practices outlined in hospital policies - as they are NOT designed for your baby's individualised best practice/future life, so much as time saving.

MOTHERING YEARS

The second third lasts from birth to ten years of age, with the halfway mark of the impact of any influence on our lives being at two years of age. At this time, we are totally under the thrall of our mother and her perception of life. This is yet another superb reason to chill out and get prepared for babies; they are being made even after they emerge from mum, and she is largely their maker. This is also a good reason to hold off booting baby out of the 'nest' - of her arms as more come through - baby spacing may not be two years apart optimally as baby needs to become more independent emotionally.

INDEPENDENCE/ADULT LIFE

After the age of ten years, we are in our last phase - where we have already experienced most of the things that will affect and shape us, so, our early lives dictate how we are and how we perceive and cope with the world. Often when seeking answers and quick fixes from therapists, we don't know that really whatever happened to us and whatever was our reality when little is still running our choices and hence our lives.



SO WHAT DOES ALL THIS MEAN?

If we consider the new person as an undifferentiated template, we would realize that the earliest experiences have the potential to carry the most clout. (See diagram above). Without a prior system to categorize experiences, you may think that everything may carry equal weight. Once born, the previous shield of mother's energy and physical body is gone, leaving the infant with sensory chaos, unprotected from the wash of psychic, geopathic, electromagnetic and energetic tides that encroach. We, as adults, may have screened these out long ago, but newborns are vulnerable as they are highly sensitive, and this sensitivity is downplayed or ignored in our culture.

Babies are highly tuned into their mothers' energy and thoughts, and, as such, are at the mercy of her emotional stability or otherwise. Babies' distress is often recognition of her inner turmoil. Her aura is a collection of her experiences, and baby is always encapsulated within this. Baby is upset, mother gets upset, and a cycle is born. Similarly, mum is upset, baby picks it up and another cycle begins.

SHOCK/BIRTH TRAUMA

One of the most likely early influences we face is that of shock. This tends to get little mention, probably because, at the time, the focus is outside the possible influence on the fetus /baby. Possibly an investigation of "Lotus Birth" may help consolidate what you think here. Baby on first needing to breathe needs to be safe - and the amount of people around in paid positions does not guarantee this

- the contrary is in fact. Googling cord clamping will assist you in understanding this - the shock of having the life blood removed and having to breathe - rather than choosing to breathe - is the cornerstone of the entire "Rebirthing" movement.

It is also at the core of a lot of emotional and actual physical ailments - and very easily corrected- if you are conscious enough and can act as your babies advocate at birth. Finding out afterwards will not assist anyone. Becoming conscious enough to have a sacred birth, a natural birth, a normal and easy birth is within the grasp of most - if they find a women centred birthing culture that views birthing as a natural and normal part of life,

This is unfortunately not the case in most countries - even The Netherlands with its over 30% home birthing rate is starting to follow the more fear based Westernised birthing countries' practices. Home birth is the safest birthing option, if the culture they are all embedded within is supportive - but medicalised birthing this is a big money spinner, with few actually looking to the very real human cost, as I am outlining here.

What has this got to do with getting pregnant? Everything, as immediately you get that magic line on the test paper - next is the whole birthing issue - and not getting what is best for baby, all start in looking for what they perceive they want.

WHY MENTION ALL OF THIS?

It determines what sort of baby and what sort of parenting experience you will have. For the baby, all I am speaking of is considered to be pre-conscious memory, and hence, that the effects of trauma are somehow not recorded. This actually is not the case - the closer to the beginnings of life, the less differentiated we are, the less sense we can make of anything, and the more profound is ANY interruption to life flow. This can be seen in the initial early months of fetal life, with any contamination. For example, often people say they will stop smoking or some other habit when they are pregnant. This is the time when the actual structure is being set down and the most damage can occur. Research has found, for example, that mothers who smoke in pregnancy are more likely to have adult sons who have testicular cancers.

Our first breath and the state we are in when we meet our mother

for the first time are primal. This time of imprinting as a mammal only happens the once, but it sets the template for the rest of the life. This is why when birthing, physiological third stage is so important. It is why it is safer for baby to be born whilst mum is being assisted naturally with the help of midwives, who trust women's bodies and nature to deliver easy and safe birth. (Check out birthing statistics yourself). Some countries with much lower medicalised birthing practices have much fewer maternal and baby issues such as post natal depression, or attachment and breastfeeding issues.

Being drugged to avoid pain in labour and any related feelings may SOUND like a good idea whilst you are in a state of pre-baby ignorance of the real benefits of being a natural mother. Medicalisation of birth blocks all that Nature has to ensure that baby is fully equipped to be present to feed, to bond and to be loved unconditionally by mum. (Please see online anything written by Dr Sarah J Buckley or Dr Michel Odent).

EARLY LIFE

The generalized experience of the myriad messages a baby experiences when it is first born, to an onlooker may be perceived as being highly entertaining. To the new entrant, they could also be clouded with the overlay of terror and shock that all new experiences are tarred with when they experience early traumatic entry into this world. Mother's previous emotional and physical state may encourage the child to return to calm and peaceful, as a baseline, or maybe to stay revved up, depending what it has been previously exposed to, and thus what it recognizes as normal.

Whether the birth or any other early incident was experienced as painful and shocking, and whether the resultant shock energy was dealt with, all impact on the body's ability to function as designed. The original shock may create an overlay that impacts on all incoming and outgoing messages. A clue to this may be a blue line seen in the region above the nose, between the eyes. If baby is born with it, it is likely that something upset it during birth, or pre-birth. This often lasts for the entire childhood but is often unrecognised by the parents, who become so used to seeing it they consider it part of their baby's face.

The quality of the original blueprint is acted upon by life. Future experiences may be coloured by the diffuse, yet all-pervading lens placed early on through fear and shock. The hard to settle baby, the screaming and difficult to bond with one, may be stuck in an incident long gone (their birth entry) and may not even be recorded as important by others involved. Do we ever stop to think about the effect our ministrations have on the newborn? What relative chaos does 'here' represent after the peace and serenity of their previous uterine world, the increasingly tight haven?

Digestion and sleep disturbances are initial indications that something is wrong. Poor assimilation sets up a cycle of malnourishment, independent of milk quality and the best of intentions. This has an effect on mum and her ability to process her food, resulting in a stressed-out maternal gut. As a result, allergenic particles cross over through the milk, as she is stressed because baby is distressed, and then baby has colic as the milk is problematic. The circle is complete and very disordered.

The best constitutional inheritance is of marginal worth without addressing the cause of the psychic and energetic imbalances. Again, modern medicine is only of value if there is a particularly gross problem. Just having a baby who seems fraught with terror is no symptomatic indication for any of the tools they have in their therapeutic tool boxes. This means to assist your baby, you may need a few different frameworks.

As an example, reflux/colic and projectile vomiting are all easy to fix - the chiropractor is usually able to do a marvellous job here as it is a structural/nerve impulse problem that needs attention, rather than trying to add an antacid into a baby as a short term fix. This latter approach, whilst standard best practice in the medical world, is not really good or sensible medicine. Reducing baby's digestive ability rather than addressing the cause of the upset allows the imbalance to continue unabated.

Parents sometimes burn out. You may have seen this with friends and relations. Bringing up baby brings possibly the first reality check of your life. Starting in consciousness and clarity with these quality issues, rather than assuming that a calm, happy baby and mother are a matter of luck, is a great start for writing the script of the rest of your life. We all eventually lose patience and demand that the baby

plays by the house rules. This may take a couple of years, but all of us need good sleep to recover our sense of humour. Baby actually needs quality sleep to grow. If baby cannot do this, this possible early warning of inner imbalance will in time give you a likely wilful child, and a difficult teenager and life ahead. Not sleeping actually requires investigation, rather than just saying something like "His sister/I was like this too."

In summary, once we are conceived, our **Jing** is at the mercy of our life experiences, and these themselves are shaped to an extent by the resilience afforded by the strength of that **Jing**, as it supports the **Shen**, and vice versa. The **Shen**, when shocked, cannot support the being and its sanity as it otherwise could; all do the best that they can.

AGEING

The rate of ageing is preset to a point, by the strength of our **Jing**, influenced by how hard we have lived our life. The appearance of wrinkles, grey and receding hair, dwindling senses and teeth, and the desiccation of tissues, are all indications that we are wearing out (of **Jing**). This is why I ask about warm feet at night - a classic symptom that you are internally ageing faster than you should be.

The use of stimulants, (coffee/caffeine/guarana additives included) boot the reserved **Jing** out of storage and into circulation, giving a temporary sense of "high", but at the price of squandering the constitutional future, by desiccating and wasting the **Kidney yin**. This creates inner, generalized depletion and exhaustion, which completes the circuit of artificially feeling good, leading to further self-abuse.

For men, **Jing** is spent in the manufacture of sperm. The more that is lost, the more the **Jing** is used up. This is why the Chinese sages, martial arts and medical traditions all taught how to enjoy and yet to conserve - that male orgasm does not need to involve ejaculation. Women often drain away as the needs of others are prioritized ahead of self. Running self into the ground, they spend the early fertile years proving how much they can be in all places, to all people at once. Forcing nature to produce - IVF - gobbles up the women's **Jing**. IVF attempts at short intervals between stress and worry - over finances, and grief over another failure, when already depleted

(hence not naturally pregnant) - further exhaust inner reserves.

Women often lead busy lives, whilst heavily bleeding, dieting and not relaxing and regenerating. The process of over-bleeding, having children too close together, and of not replenishing self fully before giving so much of self again to the next one - often focused on fitting in working for financial gain, AS WELL - deftly wastes Jing. Our report card comes in, in our late thirties, as we start either ageing well, or rapidly. The toll we extract from our later lives is not obvious as we fritter away our Jing during youth.

At the end of it all, hopefully our Jing expenditure results in acquiring wisdom. With a little foresight, it is possible to have plenty of Jing left over, a sort of well-managed inner financial portfolio that allows us to enjoy the years beyond bringing up babies to the point where we may choose not to worry about how they are wasting their own Jing.

RESPONSIBLE PARENTING

This starts before conception. Please become more aware. Google costs little and can be a beginning to then discovering books, organisations and people who are involved in more than the usual explanations. Who is benefitting from your involvement? Your babies - as yet unborn. What difference will this make? From my position as a healer and a teacher of acupuncturists and other healers - a great deal. We as the 'fix it' team have far more to do than we would like, due to the bad beginnings/poor starts to life our patients experienced.

WHAT MAKES GOOD EGGS AND SPERM?

This forces you to consider what makes good quality eggs and sperm. Answer: protein, fat and vegetables and plenty of good, clean water. Fat? Yes - please see the section on thyroid balancing. Fat is the raw ingredient for all your hormones, and without dietary cholesterol your body has to make it from something. If we want to become parents of very vibrant children, we would do well to think and act on what will give them the best start to life, not obsessing about how it feels to be thwarted, how it is all 'not fair', but considering why this may be so. Having regard for the quality of the end result may give you far more joy eventually than assuming that once pregnant the embryo's presence alone will give a fairy-tale ending.

WE CAN CONSCIOUSLY ALTER HOW WELL OUR CHILDREN BECOME

- 'GENETICS' IS NOT JUST ABOUT DNA BUT ABOUT THE START WE MAKE FOR THEM, AND OUR CONSCIOUS PARENTING AFTER THEY ARE BEGUN

CHAPTER SIX

LIFE HABITS

EATING - WHAT CAN YOUR 'FOOD FACTORY' DO FOR YOU?

Moving into the natural medical realm, firstly, we need to normalise the BBT (Basal Body Temperature - which itself tells us what the metabolism is up to. By changing your diet as per my book/eBook *“Helping Yourself to Health and Vitality”* and removing all aspects of liver overload, the whole issue can be easily resolved. What you have been doing has created the very problems you seek to alter, so changing the 'fuel' will cause the 'engine' to perform very differently. This does not require paid therapeutic intervention - just a change in thinking and life choices.

Out go all the cigarettes, caffeinated drinks, coffee in ALL forms (yes I do include what you think of as 'decaffeinated'), alcohol and sugar. Next, cut all gluten from the diet. As the Western diet is gluten dependent this prompts a total rethink of what you are prepared to call 'food'. The object of eliminating all gluten is that it stops processed food immediately. (It also stops comfort eating along with the no sugar/chocolate dictate). Removing gluten will probably eliminate all the bloating and digestive hassles that actually make your gut work far less effectively than it could. This leads to much better quality Blood and other raw ingredients.

WORKING WITH OUR BODY - TOWARDS WELLNESS

We eat not to fill our bellies/satisfy our taste buds, but to rebuild and maintain ourselves.

Looking at how a well body works, we see that in conjunction with the actions of the sun, we have a blueprint to work with it. Starting with sunrise, we need to eliminate what was left over from the day before. A good bowel movement then starts the gut in motion and a warm nourishing protein meal is then optimal to kick-start the metabolism /thyroid.



Cereals, orange juice and coffee are the stuff of TV commercials, but not how good sperm and eggs and babies are made. Babies can have very real problems digesting milk made from what was not such a good breakfast for you either - please stop eating cereals, and substitute real (protein and fat) food.

BREAKFAST

No time to eat? Where are you going to fit a baby in all of this busy-ness?

What to eat for breakfast:

A plate of leftovers from last night's meal may seem a little unappetising - but eating less at tea time and warming them up for breakfast is simple enough.

So too is a softly boiled egg, or

- a half avocado with canned fish in the seed hole,
- a capsicum with pesto and ricotta cheese/cottage cheese topped with smoked salmon,
- a half avocado wrapped around a slice of ham with relish in the middle,
- a 'Spanish omelette with leftover wok veggies from the night before, with a couple of eggs,
- leftovers made into fritters, which you can also take when cold to work,
- even a handful of nuts (not peanuts) and a banana as you run out the door
- a cube of cheese . . .

The ease with which veggies and protein can be incorporated into the diet, often with no cooking and little fuss, is endless.

It may surprise you to find that after eating well at breakfast, you need a snack a few hours later (choose high quality protein and veggies again). What is happening? You are resetting your metabolism/thyroid to where it supports you. Starting to snack with high quality ingredients rather than fillers allows the metabolism to go back to a more life affirming mode. All dieting must cease. Eating for life - to allow the metabolism to work for you - is now the aim. This means that without sugar/gluten and the toxic additives, a side effect of the loss of weight (especially around the waist where it is a prelude to diabetes) will be enhanced fertility. Normalising diet means the hormonal and metabolic activities are returning to nature. This re-

turn to natural functioning may be all the assistance to start babies that you ever needed.

Having a small protein snack every few hours will stop sugar cravings, and the state of possible hypoglycaemia is now averted. The highs and lows of energy and moods disappear, as do the chocolate and sugar and carbohydrate (gluten based) cravings. The body is now being fuelled for life.

Snacking nutritiously throughout the day will not add weight, but will clear your head, revitalise your energy and allow normalisation of your body shape, especially if you heed advice about turning off the television and starting to be active in your own life.

The evening meal should be smaller and earlier than you probably are used to having. This may mean a half size plate of what you are cooking, the rest being recycled tomorrow, instead of consuming a lot, as you might have done in the past to make up for the day time's near famine. A light soup or a small salad may suffice. The idea is to go to bed with little food waiting to be processed, so your regeneration and battery recharging can rebuild you effectively. This is what sleeping is designed to do. The morning will then see you looking for a good breakfast, and the entire body will start to repair itself.

SLEEPING HOURS

Along with the change in eating habits, you must overhaul what you think of as your sleeping and waking hours. We forget that, without electricity, our activities would be governed by the sun and its cycle. Retiring no more than a few hours after sunset, (we need the regenerative hours before midnight), may sound strange, especially to those who do not arrive home from work till almost bedtime. But maybe such a routine could be a large part of the solution. Again, I ask why you think that babies are eluding you in this life? And where are they going to fit in? Why not make the changes now, and create the space for them to fill?

Automatically, we would awaken early in summer and sleep later when we need it in winter. To synchronise our living with the sun may seem unrealistic to many, but it provokes a rethink on the apparent importance of the working habits we have developed as part of the priority we have given to career and life - a way of life that so far has not

produced the babies we feel we need. When do we think that we are going to spend time with them, since they themselves will be synchronised with the sun's hours (ask any parent)?

HYDRATION

Good hydration is often just a matter of getting more pure water in EVERY day, as well as stopping all the contaminants that have a heating effect in Nature, within the body, AS WELL as coffee, caffeinated drinks, alcohol and sugar/preservatives and other unnatural stuff. These use up the water that you are not drinking - choosing non pure fluid options creates even more need for water to flush away toxins.

In men, the lack of pure fluid affects the pH and the viscosity of the sperm, and often the volume. All of this is easily changed with more water daily. I suggest at least two litres. This is a crucial part of preparation for stunning sperm, and should not be skimmed upon.

If it seems like an imposition, men should remember that when she is pregnant, they can revert to their previous regime if they really must. She will be pregnant for nine months and possibly breastfeeding (an even purer diet required) for at least a year, and then maybe conceiving again. It is not such a drama, and avoiding IVF or ensuring that when you do it you win first time, is your unstated goal. Having a stunning child who has all the potential to be a sensational person is at stake here. Granted, not a lot of people put effort into preparation and most SEEM to turn out just fine - but life is lived minute to day to month to year and no one knows what should have been done before the catastrophes are diagnosed.

SUPPLEMENTS

All we should need is a varied and sensible stunning diet and no hassles so we can produce the best ingredients to nourish ourselves. However, we live in less than optimal conditions, and, as insurance, I suggest that everyone wanting to begin the journey of baby making should take at least half a good multivitamin pill twice daily. You get more of Vitamins C and B this way because both are water soluble; taking the lot in one hit means brightly coloured urine as you void a lot of what cannot be stored. This does not need to be a dedicated maternal or pregnancy preparation tablet.

Any good (not supermarket or budget) type is fine. Women SHOULD NOT take separate folic acid, as this imbalances the B's she already has in her body. Folic Acid (B9) is in all multivitamin tablets. Its name is derived from 'foliage', where it is found in abundance. By following my dietary advice, heaps of this is being consumed already. Health is not to be found in a bottle, but in living well. Having said this, folic acid is great for healing damaged sperm production; hence plenty of greens and eggs will assist here.

Zinc is a micronutrient that is crucial to wellness. In some countries (NZ and Australia being two) there is little of this in the soil, so the plants we eat and the animals that eat these plants cannot provide for what is not there. Strengthening the digestive process optimises the assimilation of the nourishment you choose. Selenium is also missing. Both are used in minute quantities, but are very important for wellness. They protect the immune system and hence you from not getting rid of any cancers that may be manifesting. It is the strength of your immunity (**Yang Qi**) that keeps us cancer-free and very well.

Part of this is due to the DNA/RNA repair these and anti oxidants provide biochemically. Thus, it is a great idea to find a liquid or powder - rather than a tablet form - of Zinc.

The entire digestive process requires Zinc to be part of its co enzymes. Find more on Zinc deficiency symptoms and why we need to use it at www.thenutritionlink.co.uk or www.foresight_preconception.co.uk. Taking an easily absorbed form of Zinc is insurance for all food and other supplements that you take.

Also read Zinc and Teething at www.heatherbruce.com.au. Zinc is really insurance towards a happy babyhood and avoidance of specialist baby doctoring. Maternal Zinc stores also ensure disfiguring stretch marks do not occur, that she stays sane and happy at the end of the post natal period, and that baby does not have the colic and skin or mucus issues that often plague them. The use of the contraceptive pill helps block Zinc uptake and most women, if given a Zinc challenge test (see your naturopath), cannot taste it - meaning that they are very deficient in it. Men should not fail this test either, as semen and sperm production require Zinc.

In clinic, I rarely see anyone who passes this test - yet another reason to stock up on it. Enough Zinc ensures that blood sugar issues -

especially hypoglycaemia and the associated reaching for sugary and processed or chocolate snacks - do not happen. After a good multi-vitamin, Zinc is crucial for both of you, well before you consider any other supplementation. You need a strong digestion to use the iron etc.

If, IN ADDITION (not instead), there is a query around dud/damaged sperm or 'old eggs', please reread the section on **Jing**. A way to boost your supply artificially is to take a large dose of Co-Q 10 twice daily. This, in addition to the anti oxidants - C, E, and Selenium and fish oils (eat oily fish several times weekly) - will ensure that damage is rectified. Green tea extract is very important as a very strong antioxidant supplement.

Magnesium is a mineral that is essential for stress management. It also helps avoid DNA/RNA replication damage and is said to help prevent hyperactivity and autism spectrum issues in offspring. I get all those who seek help to take a powdered (not tablet form, which is hard to assimilate). Everything seems calmer - and so the digestion is more likely to perform optimally with all the stunning raw ingredients coming its way. Shortage of Magnesium is indicated by the muscular aches and pains and tension symptoms.

Stopping coffee/caffeine and not wanting to get withdrawal headaches is easily fixed, with half a B and C pill SIX times daily, SIX drinks of Magnesium supplement daily and a protein snack every two to three hours. Taking lots of water helps. Coming off even moderate amounts of caffeine - including what is sold as 'de-caf' - is quite a tricky challenge, as there are toxic chemicals involving in removing the caffeine.

EXERCISE

We were not designed to be sedentary or to do things our bodies signal are dangerous (e.g. being with people who really do not like us). Whilst we override this with 'have to' feelings, we spend most of our lives half in panic (on a biological level), with all the noise, crowding and general unnatural stuff that we fill our lives with, and wonder why we feel unwell and not interested in getting up in the morning. If this is NOT you, or your life, be very grateful.

In order to get the juices flowing and to clear out that which is not

life affirming within, the best therapy is a lot of exercise. For men, it will not only pump up your muscles, but also your metabolism and hence the quality and strength of your sperm. Men's bodies have different needs to a woman's, so please do not get your woman involved in the types of exercise that turn you on. Her body needs a more respectful exercise regime - especially when she is pregnant and even more so when everything is loose and relaxed internally afterwards.

Besides the 'compulsory' 10,000 steps I suggest everyone does daily, irrespective of weather or other exercise achieved, a session at the gym EVERY day, or something very similar may be required to turn around the slothful life you have been living in. We were not designed to be sitting thinking, or worrying most of a day.

Exercise builds up the testosterone found naturally, which in turn will turn you on to life and sex more. The thyroid issue spoken about in the BBT area (Chapter 16) is very pertinent as I have found it unlikely in clinic that men have a perfect temperature if their sperm need improving.

The strength of your **Jing/Yang Qi** is what imparts the vigour to your sperm. It is very easily improved. If you put the effort in, you will see very quick results. I am not suggesting that you keep up being 'pure' and super fit for the rest of your life, but you may feel so much better that you will want to.

**YOU ARE IN CHARGE OF HOW YOU LIVE IN
YOUR OWN LIFE.**

**IMPROVING THIS PAYS DIVIDENDS FOR THE
STRENGTH OF THE PREGNANCY AND THE
HEALTH OF YOUR CHILDREN - FOR ALL OF
THEIR LIVES.**

CHAPTER SEVEN

JING MARKERS

- AN ALTERNATIVE WAY TO VIEW YOUR BABY-MAKING 'FAILURES'

We make babies due to the strength of our Jing and Blood energy. These can be found elsewhere in this document. A few years ago I was preparing a talk for acupuncturists and I summed up a group of 28 women then currently trying to conceive. These show the problem's severity - it is a JING and BLOOD quality issue that is stopping conception - in addition to anything else that may be discovered structurally. The hormonal problems are a result of these - not separate - thus central to the whole baby making failure epidemic.

21 - **HAIR** issues - early greying/not growing well/falling out - often in clumps

14 - **WARM/HOT FEET** at night, so are out of covers

12 - low/absent **LIBIDO** (not all were asked)

12 - low/no **VAGINAL LUBRICATION** (not always the same as above)

9 - **FINGERNAILS** - very poor

12 - **GRINDING** of teeth/very disturbed sleeping

9 - **BROWN BEGINNING** to periods

11 - **TEETH** looking translucent/dicolouring or yellowing/greying

WHAT ARE YOU TRYING TO MAKE YOUR BABY WITH/FROM?

(if not Jing and Blood energy)

More for women

- Does your period flow start brown?
- Are your fingernails brittle/thin/not growing well/ always a problem?
- Do you grind your teeth at night?
- Have nightmares/difficult sleeping of any kind?
- Do you bleed well, without flooding, for at least four days every 28/9?
 - No/poor ovulation mucus?
 - No/poor vaginal lubrication during sex?
 - Not enjoying sex?

JING MARKERS QUESTIONS

- Do you feel or look older than you are by the calendar?
- Are your feet hot nightly/uncomfortably warm needing to be put out of the bedclothes?
- Are your teeth becoming less bright white and more translucent/yellowed/grey?
- Is your hair colour fading/going grey/losing/shedding/growing more sparse/slower/less healthily?

If you have any of these concerns, especially those with an asterisk, be sure that quality eggs and sperm being attended to - not just the quantity - forcing more mediocre ones is not going to give you a great baby.

So what does all this mean?

Why should you be concerned? After all, eggs are eggs. They are with you from when you are in your mother's belly, awaiting stimulation from IVF drugs.

You have heard no doubt that the biological clock ticks on well before Mr Right is even found - by 40, we are now reminded. So what does it mean to have 'old' eggs?

BIOLOGICALLY old or

CHRONOLOGICALLY old?

These two concepts are very different. Some younger women have lived so hard and fast, or have had such poor starts in the Jing department, that they are far older in terms of their energy and zest - especially in the egg quality department - than possibly their own mothers.

Well, actually, here we see the difference between mechanical medicine and a more holistic approach. Think about what we are made of. We are more than just bits of flesh. There is a colossal issue missed concerning quality. We can actually change anything - not just by what goes into our mouths, but also by what we do with ourselves, how we think, and the sorts of things we choose to focus upon. WE are not bound to what, according to tests of any description, is happening right at this moment. They capture a moment in time, but our bodies are dynamic - the better the nourishment and rest we get, the better our bodily workings and the better the sperm and egg quality.

This realisation clarifies why this is a very different book and why the charts I have peppered about actually do mean something. Please go back several pages and study BLOOD and what it does for us - it is far more than the red fluid that circulates our bodies. I am talking about the nourishment issues and the real programmes that run hormones, baby-making and life in general. I remind you again . . .

HAIR issues - early greying/ not growing well/falling out - often in clumps	(BLOOD & JING)
WARM/HOT FEET at night, so are out of covers	(JING)
Low/absent LIBIDO	(KIDNEY YANG)
Low/no VAGINAL LUBRICATION	(KIDNEY YIN)

FINGERNAILS - very poor	(BLOOD)
GRINDING of teeth/very disturbed sleeping	(BLOOD/SHEN DISTURBED)
BROWN BEGINNING to period	(BLOOD)
TEETH looking translucent/dicolouring or yellowing/greying	(JING)

WHAT DOES THE JING ISSUE MEAN?

If we have poor quality Jing we cannot gift **QUALITY** life to another. Looking at eggs, sperm or embryo through a microscope may not tell the whole story. It is possibly why so many people, repeatedly trying IVF, are wasting their money and hopes. Nobody told them what else could be done **FIRST**. It is not a matter of the younger you are the better the eggs; it is how **WELL /VIBRANT** and biologically intact you are, the better the eggs and sperm, and hence your baby and his/ her future health and vitality.

Regardless of whether you need assistance with conception, forcing lots of eggs out with little regard for their quality should be a matter of deep concern. A positive pregnancy test is not the same as a well baby in arms. It can be - **IF** you adjust the quality settings before you conceive.

The strength of the egg and sperm then dictate the likelihood of the embryo 'making it' and the health and wellbeing of the resultant person for the rest of their lives. You hold such potential with your life choices. You can make a **HUGE** difference.

Do you really want a baby, any baby, right now, just because you don't want to get any older (and hope it works **THIS TIME**), or in a few months when both of you have really cleaned up your inner beings and have a vastly better inheritance lined up for your baby?

Some of those symptoms you see above may have been with you for as long as you can remember and you probably think it can't change. But you just have to attend to the basics - hair is supposed to be on your head, not the bathroom floor. At ages up to 40 and probably 50, it should not be excessively greying. This is a great indication of the constitutional strength you have been gifted from your parents and your early life.

AN EXAMPLE

Just drinking cola-type drinks is enough to damage your biochemical balance. The phosphoric acid it contains does nasty things to your bones (JING), and some have drunk a lot of it over their lives. So-called 'diet' sweeteners started life as ant poison or are derived from sugar or corn syrup. Where is the nutrition in that? Why not drink pure water instead? Our livers need all the help they can get to help flush our life collection of chemical residue away. Why allow anything to take the place of appropriate hydration, which is vital to allowing good cervical mucus and a sperm friendly vagina to find the egg to make the baby.

Alongside cola drinks there also those who chose/have chosen alcohol binges, chocolate and caffeinated drinks. Then there are cigarettes and non-food items, packaged and marketed to taste good enough to buy again. What kind of foundation is that for babies' beginnings?

AND IN ADDITION -

More for men:

Is your penis not hot and very hard when erect?

Is it less erect on awakening than when a teenager?

Not feeling as frisky as you used to be?

A bit trigger-happy and not as incredibly sensitive as you were sexually?

*Do you feel too stressed to eat in the mornings?

and need to take some additive to calm down at night? (Alcohol/ smoke, etc)

*Is there less ejaculate?

Is it more watery; less as it was?

*Does ejaculation leave you feeling worn out and drained?

*Is there ringing in your ears - especially after ejaculation?

If you answer 'yes' to any of these questions, I would strongly suggest you review what these apparently innocuous symptoms mean. (See the role of **Blood** and **Jing**). . .

This information is based on thousands of years of written traditions throughout Asia. It may seem quaint or like old wives' tales, but it is based on vast amounts of studied observation, and stands out as true if you focus on quality rather than the quantifying data we currently seem to hold as real.

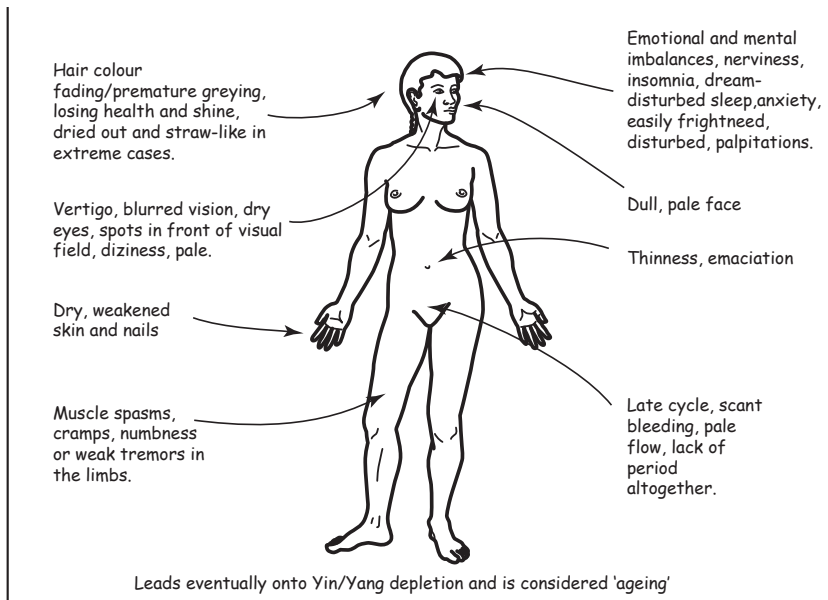
SO WHAT DOES THIS MEAN FOR BABY MAKING?

Maybe nothing - and possibly everything.

When a woman comes in with ANY of the issues I have outlined, I strongly suggest she reviews her plans and becomes stronger before babies are actively encouraged.

Manifestations of 'Blood energy deficiency' pattern:

THIS IS FOR BOTH MEN AND WOMEN



How to become blood deficient:

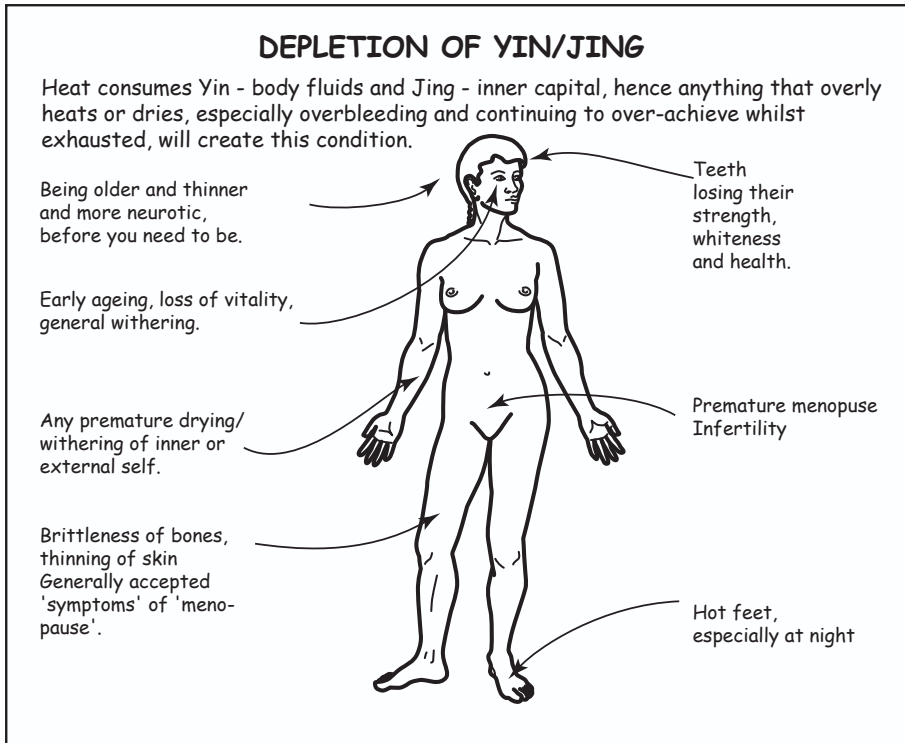
- Worry
- Malnutrition (dieting or anorexic/bulimic early life)
- Depleted digestive capacity
- Loss of blood - especially as a consequence of hot blood, often itself there because of stuck qi.

This can be a simple matter of changing priorities in life - and getting simpler, slower. Possibly going to bed earlier, stopping all the hassle and just being a home body. Maybe sounding a little boring - but what is a baby going to do for your 'social' life?

The need to replenish - like leaving the fields fallow to rest before next year's planting - is all part of our bygone knowledge. We may now tend to be continuously active - it may be considered unproductive and even boring to be resting and not doing something.

TO REBUILD BLOOD ENERGY:**EAT TO NOURISH, NOT FOR COMFORT.****ENSURE ALL OVER-BLEEDING IS STEMMED - ESPECIALLY FOR WOMEN WITH LONG CYCLE or HEAVY PERIODS.****SLEEP WELL, EAT WELL, AND ENJOY EVERY ACTIVITY AS THOUGH YOU WOULD CHOOSE WHAT YOU ARE DOING REGARDLESS OF APPARENT NEED, RESPONSIBILITIES. BECOME HAPPY, UNCONDITIONALLY**

This is the accelerated ageing some of us seem to have been undergoing...



how to become Yin/jing depleted

- Not drinking enough pure water, and presuming that any fluids will do;
- Living immoderately. (Spend a lifetime ignoring what grandma would have told you).
- Dieting, smoking, drinking, taking pills to sleep, not calming down, or enjoying life.
- Imbibing caffeine laced and alcoholic beverages (wasting Yin by creating internal heat)
- Eating and ingesting substances that overly stimulate without enriching self.
- Have too many children, too close together, or bleed and do not replace self - especially with ensuing disturbed sleeping.
- Work too hard, for too long, especially whilst very angry, upset, and overbleeding.
- Pretending to be superwoman/superman,

If this is you, your **CHRONOLOGICAL** age may not be the issue. You may be inside the 'magic' 40 years male or female - but be quite wrecked within. Many of us have either had Jing wasteful lives, or

maybe we were very ill as babies, had older and ill mothers, or have been unfortunate as women with over-bleeding all our lives and are just a wee bit worn out.

Men suffer this through irresponsible ejaculation techniques. Male orgasm does not need to involve discharge of semen. (For more information, see any Chinese sexual techniques literature - Mantek Chia is a great place to start).

SELF RESPONSIBILITY

I know that this may sound really blunt. I spend a lot of time with people trying to help them correct the issues above (and regulate the basal body temperature - see later) but often impatience gets the better of them. Rather than waiting for nature to say 'yes' and then conceive in their own time, they go off to IVF to force the issue. But, why was it not automatically happening? More sex/ more sleep and more fun time together - worry free lives are what are needed. If you wonder where I think you are going to get all these extra resources from now in your lives, I wonder where you think you are going to get them from when baby takes up everything and

What if a miscarriage follows the hoped-for positive pregnancy test?

What if the fetal heart beat stops and a uterine cleanout is ordered?

What if the testing shows some form of abnormality?

What if other complications occur?

This is not a matter of luck. The answer is all in the good preparation. Since the medical framework tends to look only at the overall physical and gross mechanical condition of a person, it is futile to seek quality markers there. It is a case of needing to see a natural health specialist for HEALTH CARE as opposed to a medical specialist for ILLNESS MANAGEMENT.

Being pregnant needs no miscarriage/disability/illness watch - just recognition of what needs to have been done PRIOR to conception and then just sitting back and watching the hard work automatically pay off. Much like preparation for anything, the more you do the better the result, usually. Think of running a marathon: you do not just show up the day it starts any more than a sensible person would turn up at hospital to birth a baby without adequate training. See also What Dads Can Do from www.easybabies.com.au

Most women I see are terrified of childbirth. They have no cultural template to recognise birth as an initiation and it is a baby's right to have a conscious start to life - to be bonded to a totally present mother who has felt and helped through actively birthing, a combined effort shared with each other. This is as nature intended, to ensure both were in love and that baby is as safe as possible.

Taking this experience away from both mum and babe give vast problems throughout early babyhood and lactation and often for the rest of their lives together. This is covered in my other more birthing-related writings. Also see www.WombEcology.com and anything written by Dr Sarah J Buckley. (Gentle Birth, Gentle Mothering).

FAILURE TO IMPLANT

Even the best embryos do not always get the chance to become babes in arms. There is no apparent answer from medical specialists on why some apparently perfect endometrial linings, sperm and eggs producing stunning blastocysts, do not go on to become your much-wanted children. So, taking the time out to investigate why things are not humming along reproductively does more than spending your time and money in other directions.

**It also allows you to get in shape.
It also ensures a quality result.**

Once pregnant, it is too late to think about the possibilities of a less than perfect fetus.

Being driven by the belief that time is running out and that you need to get pregnant before you turn 40, or before your partner changes their mind is not the best baby preparation. The consequences of not being totally optimally well - either of you - means that there is always the possibility of a less than perfect baby.

BUT, YOU SAY, WE CAN TEST AND DESTROY IF BABY IS NOT PERFECT.

From my decades of observing patients, I conclude that if you are worried enough to intend to test the fetus and abort it if not perfect, then why would you NOT pause and take out the health insurance that comes from being totally and optimally vital prior to conceiving the baby that you are going to submit to a quality check?

You are in charge of what you make.

Contemporary culture does not willingly accept the notion of putting responsibility onto self. It is easier to point the finger elsewhere. Someone else can always be blamed if things are not as expected. But what if the alcohol bingeing in early adulthood damaged your tubes? What if unsafe, drug-fuelled or plain careless sexual activity in earlier life is now coming back to affect you as everyone said it would?

SMOKING

What if it is the smoking that you can't give up that is stopping either implantation (for the woman) or decent sperm to actually swim (for the man)? Google 'sperm agglutination' and 'male factors in miscarriage' to get some facts rather than opinions. Also, cot death rates increase even if you only smoke outside. The retained and gradually exhaled substances you release when exhaling in the environment shared with your children reduces their air quality. Yes, others do all sorts of things and still become parents, BUT you have to start looking at the obvious pitfalls that are stopping you from following them and clean up **your** act, or clean up from what you blithely did long ago.

STD rates do affect some - Chlamydia and other possibly silent infections may have closed over a woman's (or a man's) tubes. Who knows without screening? But once you do know - and this may not be what you wanted to hear - the next step is not necessarily immediate IVF, but a time of inner house cleaning.

Where natural medicine shines:

Supporting the body to heal itself.

I strongly suggest that, rather than rushing into making babies, you pause and do some homework. It is not really good preparation to take a few pills (whether they are medically sanctioned - folic acid being the case in point - or a whole swag of them from the natur-opath). I am referring to the whole aspect of what you are offering as genetic inheritance, and whether your body is ready to produce another, whether your relationship has room and is healthy enough for the change and even whether the planet really needs another high-consuming First World mouth and life to support.

**THERE ARE MANY EASY, SIMPLE, FREE LOW
TECH WAYS YOU CAN EVALUATE AND CORRECT
YOUR OWN PARENTHOOD POSSIBILITIES.**

**HELPING NATURE BY LIVING SIMPLY AND RE-
SPECTFULLY IS FAR MORE LIKELY TO GIVE YOU
THE BABY WHO IS A DREAM TO BE WITH.**

CHAPTER EIGHT

SEXUALITY AND CLOSENESS

We can't speak of making babies without some form of intimacy/sexual discussion

An expression of loving and closeness, sexual intimacy can be the glue that holds you both together. Obsessing about the 'right' time (when you feel like it is the right time) and waiting for the apparent auspicious moment to make a baby is a great way to turn one or both of you right off. What about letting spontaneous Nature happen?

Something strange happens. Many women find themselves pregnant when, they think, IT JUST CAN'T BE!!! They may have continued bleeding from a period - or have been premenstrual. And they know that was the only time sex even happened! Sperm and egg may have had other ideas. Natural contraception is far less likely to be useful when fun is being had with two healthy spontaneous, happy, potential parents.

Orgasms - especially female ones - get the Qi and Blood moving and the eggs follow on. Pleasurable sex maybe far more reproductively successful. Robotic sex may not be as fruitful. Sexuality is about sharing and spontaneity. Believing that babies are not an automatic extension of being sexually active makes it is easy for one or both of you to start getting obsessed about it. Being expected to perform is not helpful to de-stressing; one or both of you may become very turned off about this whole aspect of your lives.

This may be something that is already floundering under the relentless push to unite a sperm and an egg. Along the way, reproductive technology can stifle the most ardent of lovers. This is why I strongly suggest TV and other screens are switched off and left off whilst you both rediscover what you saw in each other before all this drama started. Bonding time and shared loves/lives/activities may provide the inner strength to get you through when things get tough with teething, toddlerhood and the rest of parenting.

Touching and intimacy naturally lead to sexual expression. Having to think about perfect times and studying numbers - be they dates, temperatures or blood results - is not a turn-on. When a woman is stressed, she usually loses all interest in sex. She needs to be loose in order to feel, and this is usually an opposite condition to a man's

libido.

To get pregnant, I suspect women need to forget about when they are supposed to be fertile, and learn to have fun - become a carefree queen of the bedroom. Those of us trying to achieve natural CONTRAconception were not mathematical klutzes. Babies have a habit of appearing whenever they can - when both parents are well and fertile.

INTIMACY - it's not just the about the mechanics

The most important aspect of sexual union is actually the UNION part - not the sex bit.

What does sex mean to you? Where did you hear about it and get your original sexual tuition? Was it from an older, wise person whose job it was to train you so you were well versed in the arts thereof (SHOCK/HORROR)? Or was it a lecture on periods and how a boy or girl grows physically into an adult (MUCH MORE 'PROPER')?

In our culture, it tends to be forbidden, considered dirty and somewhat shameful to discuss anything connected with what is supposed to be a gift from God and a shared joy. But what if we went into another cultural setting where it was a subject to be learnt, like carving, cookery or some other life skill? There, we might be led through what we would feel, its functions as well as the joys, our responsibilities and not just the mechanics and the proscriptions. Would we not be led to the pleasure and the mutual ecstasy possible?

Does it seem to you that I am dreaming? Other cultures did take this approach - and some of this information is now available (www.nourishingarts.com). This is really important information, as baby-making may require you to engage in mutually ecstatic sexual union EVERY SECOND DAY, when you are healthy enough (biologically ready).

MEN:

At least abandon the equation that orgasm equals ejaculation.

It doesn't have to.

This frees you both up for glorious sexual expression.

Both men and women have sexual blocks. These, in turn, generate all manner of energy distortions that eventually create PHYSICAL blockages. And if we are trying to clear the general 'plumbing' for the main event of baby-making, then sex and plenty of orgasms is the best way forward. BUT maybe we only felt like it when we'd been drinking or were somehow altered chemically, and now the fun has gone since we are 'straight'. Mmmm - exactly my point - why are you still together? Can this union even survive babies? Why do most not?

MELINDA came in as she had tried 'everything' and was still not pregnant. As part of her story, she was bored to death with sex with husband as he was inhibited and the only sex that was any fun as when she was drunk and she didn't then care it was her always initiating action. Before being with him, she had been, by her own admission, the biggest slut in the town - and loved it - and how was she to manage not only monogamy, but BORING sex - which was not netting a baby anyway?

These are issues not usually mentioned in IVF and other baby making literature. What do you do?

What was she to do - as she had been not drinking for 3 years now - and still no baby? She felt that she was going mad as now she NEVER felt like sex and she was hearing me say - 'every second day' . . .

He had significant health issues, but did not see himself as being 'the problem' and would not come for treatment or take herbs. How is a baby to come through here - and is it even a good idea that one does? Is this why infertility is resulting from their union?

Many find that sex is now an event dictated by possible baby making, it takes over life, it stops normal relating and drives couples apart - especially when they are not supposed to be partaking of the very substances that previously helped them get through their lives.

Often I am told that they will stop drinking when they are pregnant - as though it wasn't the most important time for baby development BEFORE then.

Recently Sarah arrived with her partner - pregnancy wasn't happening, they couldn't afford to take supplements, didn't think they needed them as they promised that they would eat

better when I explained why the insurance offered by supplements. They were still binge drinking - as I was told by one of their friends when they did achieve pregnancy - as one treatment seemed to have spurred both of them to parenthood. What cost to baby though?

Is there even time in your day/life? If not - then where is the baby to fit in?

Quite often it is pertinent to ask:

- What has climbed to the top of the priority list?
- Finishing a degree/doing another one?
- Getting the next key possession?
- How about stopping still and just consolidating?
- Will you lose your spot on the career or other production?

It all seems just too tricky in a world where better means bigger - cars, houses, salaries, TV screens and so on. BUT, hold on: What about the quiet joy of a committed happy home?

Where did this concept go?

Those labour saving devices - things that themselves need housing, insuring, up-keeping and remodelling - in the scheme of things, are they really what is making your heart sing?

Will your relationship really survive all the IVF attempts, the fearful (what happens if...?) pregnancy and birthing dramas? (Those medicalised supposedly 'safe' ones apparently awaiting us in hospitals). Will that relationship recreate itself as sexy and happy/harmonious with all the colicky/mastitis /teething and child care debates awaiting? Well it MAY not seem like this to you, but look around. Who really earns happiness from the eternal push for more? Why not settle for less externally - and be intact as a couple with the kids, and have the inner peace?

Baby-making optimally requires sexual contact every second day to ensure the eggs are 'covered'. This is because, unlike the neat and tidy models in books, women's bodies can (and do) ovulate in response to happiness or moon phase - and the way he looks at/responds to her.

It is not a science, but part of a woman's mysteries. Bringing schedules and calculators and predictor kits into the mammalian mating game is not a recipe for baby-making. Spontaneity and juicy, uninhibited and ecstatic sex is.

SEXUAL RESPONSE - WOMEN

In acupuncture, a woman is supposed to be moist and able to put the engorged and hot male member OUT so that coolness and fluidity are added to the fire for steamy sessions. Is she ready for penetration? A good question, rarely discussed. Of course, we are making babies - so 'x' goes into 'y' yes? In acupuncture, the energy associated with the Liver allows everything in all aspects to flow. But look at the course of the Liver meridian (a few pages on) and what distresses **Liver Qi**: just about EVERYTHING, and thus it impacts on her breasts and other womanly bits. If we as women do not want breast, cervical and uterine /vaginal and/or ovarian cancers, we need to free our sexuality and, in addition, express ourselves and express what we really feel.

Thinking we can resolve any period (and hence fertility) issue, as though it were solvable in isolation and away from the context of our sexual/ emotional relationship, is to not understand why they happen in the first place.

We actually have to undo all that has happened in our past that has made us stagnant or scared and unable to express what we want - even down to singing in public. Who does not mind whether people see them dancing when everyone is sober?

BECOMING LESS CONSTRAINED

What does it mean to be outside the boundaries of what feels safe - the area where no one knows you are there? In the West, women generally have had little positive reinforcement regarding sensual/ sexual beingness. And, as the morals and codes of behaviour governing what is regarded as 'good' or 'bad' are so clearly defined, this has influenced our ability to let ourselves go - to be wild and free when 'allowed' to be (married as an example). Often we have no notions of what we really want sexually. This can become very mechanical and very fraught when the 'sex every two days' (or even monthly) dictum is in play. What are you going to do, if you need to practice this for

months at a time?

If being 'under the influence' in some way previously allowed more self expression, that has now been removed as part of drive for the purity in all things, to give the baby in the making the best chance.

BECOMING MORE LUSCIOUS/JUICY/FLUID

Sometimes lack of lubrication can reflect a lack of estrogen - especially in older women. In younger women, it is more likely to be solved through some good release work - see the massage and moxa section a few pages on.

Beyond this, something hormonal may activate just through starting to clean up the eating /sleeping /drinking /exercise conundrum. PCOS and endometriosis, for different reasons may, also have this as an annoying symptom. It is very easy to lose one's natural-ness in the very busy and stressed artificial lives that lead us away from producing our own food and living simply.

Part of the epidemic of infertility is no more than loss of roots. Engendering less hassle and more rest/intimacy and free time itself will allow the whole organism to unwind.

Think you have NO time for this approach?

Please review your life - is this what you want to bring another person and an innocent baby into? What is the point in having another person who also has to be fitted into the household?

LUBRICANTS

When baby-making, I suggest sex every second day - at least for a week either side of when apparent ovulation (middle of the cycle) is set to happen. But, since many women have accidentally conceived outside these times also, many consider 'natural' contraception to be a myth. We need to speak of moisture - as many women find they are either not readied enough, or never wet enough. They may have used artificial lubrication in the past.

Saliva is no good - sperm need the natural juices found within. If you have been using most types of artificial lubrication, they may have been hindering your fertility chances. Most general sexual aids are not helpful in keeping sperm happy. Raw egg white is a possible sub-

stitute for what may be lacking within. Looking at the massage and moxa section of this book and possibly finding a good natural therapist to assist you would also solve this.

SEX IS NOT COMFORTABLE/HURTS

Regardless of the physical reason, usually it is all a matter of becoming more comfortable after resting and being less stressed - how to achieve this in the modern life? Using the moxa and massage (Section further on) can do miracles.

LINDA - "Sex had really lost its gloss. Having to do it when we were supposed to month after month really did us in, and turned him right off. I had to pretend it wasn't when we should, to get any action.

Then we tried Heather's idea of no sex, just the unblocking touching. That massage work hurts!!! We did this as what else hadn't we tried - seemed different and kooky enough to just maybe work. My periods were so bad and Heather said that the moxa and massage would really help Dave's back - and we gradually found that horniness naturally came back.

One time he was attacking/gouging my butt and he said 'feel this' and I turned around and there was the largest one of them I had seen in a while- it has made such a difference so boring is not what is happening now. I can feel him and have lubrication again finally so we are not having to fiddle about with lube either. . ."

The reasons for discomfort are the same ones that are creating bleeding/pain and other menstrual issues - something is blocked/stuck. If we undo whatever is stuck, (regardless of the medical labels and apparent hopelessness of the predictions) normal flow returns and everything functions again, regardless of the medical prognosis as to what is expected.

Please remember that chemical hormonal replacements and surgery do not undo the reasons behind why the body started performing differently to normal originally - the cause will still be there.

SARAH speaks - "Before acupuncture and herbs, I had such awful ovulation pain that I was in as much trouble as most are with their periods. For a week around ovulation I had to take all sorts of pills to get through that time. I can't believe the difference in myself!!!"

Whilst she is not pregnant yet, acupuncture theory suggests she is a lot less likely now to have an ectopic (in the tubes) pregnancy because the lack of flow that was causing pain around that important event has been resolved. This is Stuck Liver Qi, part of the many manifestations we still have to work through for her. Three years on IVF has not produced a baby and she is still suffering all the menstrual and other health issues that she started it with. This time of cleansing with natural therapies will help her either to conceive naturally, or return in a pristine state to IVF to begin again.

Obviously with this much pain and discomfort around ovulation, actually having sex was problematic. Same goes for an attack of thrush/ Candida every ovulation. Natural therapies get to the root of this (probably low thyroid functioning) and so are much more beneficial, since thrush and pregnancy are great (and very uncomfortable) friends.

DONNA had been trying for her second child, but besides being weighted down with ten kilos extra and having very prolonged menstrual cycles, when she DID ovulate, there was so much 'thrush' she couldn't begin to imagine sexual activity. After changing her diet and taking care of the low thyroid function with supplements and herbs, the cycle normalised, she lost the extra first baby fat, was clear of the Candida, and pregnant - all in two months. The best part was no longer the itching and the discharge - and the moxa/massage worked well to allow the extra kilos to fall away along with the tricky fertility blocker - no good at the 'right' time . . .

Endometriosis can cause a lot of binding up of tissues. It also stops the fluid and rhythmic inner abdominal movements that allow easy conception, and, prior to this, happy and free sexuality. It is very important to find a natural therapist who can work with the reasons behind the conditions that seem to be stopping conception, as modern medicine cannot. By removing the blockages on all levels, not only will conception be easier, but quite possibly IVF will not even be needed, as the 'plumbing' will have been fixed.

Ironically, because this leads to easy conception far too often, it prompts the other problem of limiting family size. By helping the woman's body, future periods, immediate pregnancy and post-birth functioning and future fertility are assured - all at a fraction of the cost of IVF. Should the natural therapist (not the impatient you) decide that IVF is now a good option, be guided by them. Usually,

after some time clearing and cleansing, fertility, even if assisted, is assured.

Sometimes it is the outer vaginal area that is holding you back. So, whatever the cause, try to normalise as Tessa did (see below). Anything is possible if you get the blood and the Qi flow back to where it can re-establish vitality for you.

TESSA'S tale - "After the birth of Isaac, fourteen months before, the tear that had not been stitched was still in the way and we could not have sexual intercourse because of it. It was very frustrating as it just was too raw and not healing.

I saw 'What Dads Can Do' and spoke with Heather - she said to do the moxa and massage and the Bl 35 (perineal point on the buttocks) several times a week. Within a month, everything was back to as it had been before his birth and we are now very happy, enjoying ourselves again"

So - what can women do?

- **SPEND TEN MINUTES EVERY DAY IN A FLOWING DRESS/SKIRT SWAYING/DANCING TO MELODIOUS MUSIC**
- **GET A WEEKLY MASSAGE & FIND A SAUNA**
- **START BELLY DANCING CLASSES**
- **JOIN OR START A WOMEN'S MASSAGE/ TOUCHING GROUP**
- **INVESTIGATE SACRED SEXUALITY**

GET THE ENERGY MOVING AGAIN - a different FOREPLAY . . .

Here we see the cause of many people's headaches and migraines, especially women's monthly visitors and the neck and shoulder tension, the sciatic and pelvic problems. We are so stuck up with resentment, irritation and frustration, and we hold on to it, because it is not considered nice to say anything. Thus, our bodies suffer a war within - and we pay. Releasing this gently via regular massage and attention will help immensely. (See the **Helping Yourself to Health and Vitality** eBook - available through www.heatherbruce.com.au)



Starting lightly, in the direction of arrows, go ever gradually deeper.



With a minimum of oil, slowly and very firmly, walk your fingers from the spine across the back at the bra strap level. This is often especially difficult, but really relieves anything I have identified as "Stuck Liver Qi".



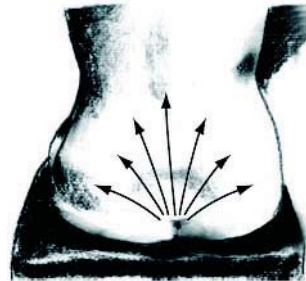
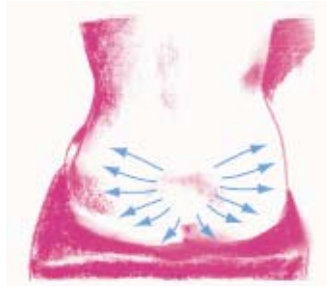
Don't forget the top of the arms. This is great after all the upper body has been worked on.

Broad sweeps going down the arms and off the hands will discharge what has been moved to the surface nicely.



Once the initial warm up has happened, you can always get into a straddle position, and really get into the butt area.

The star shapes at the hips are for after the other two bottom moves have happened. **HOLD VERY DEEPLY**



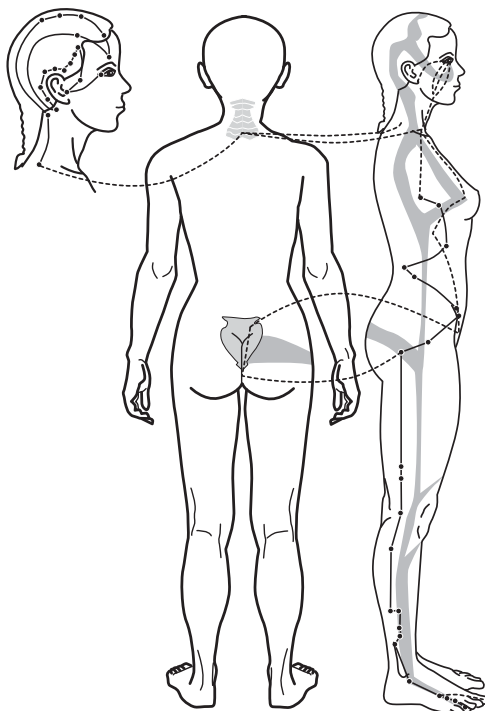
Massaging initially with the flat of the palms and softly, then going gradually deeper, till there is gouging with flats of fingers, is the best way here - in the direction of arrows, and **SLOWLY**.

Yes, it does really hurt women as much as they say - and it also releases a lot of the stuck aggression, tension, and general fluid/fat/cellulite that is caught up behind. Also great for neck and shoulder problems - as it all flows from the gall bladder meridian - see next page.

Hence - all manner of menstrual and sexual release can happen. Why? . . . see the acupuncture charts below

GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally



- Gall bladder organ & energy complex:
- Responsible for decision making
 - When weakened, indecisive and 'lacking gall'
 - Stores the bile

The **Gall Bladder meridian** is what gets upset with all the stress we pile upon ourselves. The sciatic nerve and tension headaches, in addition to migraines, are closely linked to this channel of energy.

The **Gall Bladder organ** physically stores the bile that allows us to digest fats and to excrete easily. One of the less understood functions of the Gall Bladder is that it stores resentment and all the bitterness that we hold within. This sets up the energy patterns for great gall stone formation.

When the organ itself is full, (could be full of resentment, bitterness or hatred, as well as other more physical debris - this then leads to stones and calcified rubbish) it is a major component in the migraine-type headaches that plague some people.

Doing a gall bladder cleanse [detox book \(LINK\)](#) greatly restores the health of the entire being.

Being irked, frustrated and /or sexually unfulfilled accounts for female cancers. By not having good quality sexual release, by not saying what we feel, and by bottling up what we really mean, we create all the dramas we have throughout our reproductive lives and beyond. When we partake of binge drinking, drug taking, and inappropriate living and eating habits, we guarantee continuing to have a difficult life, as our Blood quality and quantity are what keeps the Liver meridian and the liver complex freely flowing to allow us an easy life.

The Liver energy must flow freely; otherwise all aspects of self are affected.

Conversely, all expressions of self and blockages therein affect how the Liver Qi can maintain all flowing as designed.

If we feel upset and bottle it all up; not voicing it, it festers and runs amok in the Gall Bladder and Liver channels /meridians - giving us all manner of stress-related issues to either tinker with or face head on.

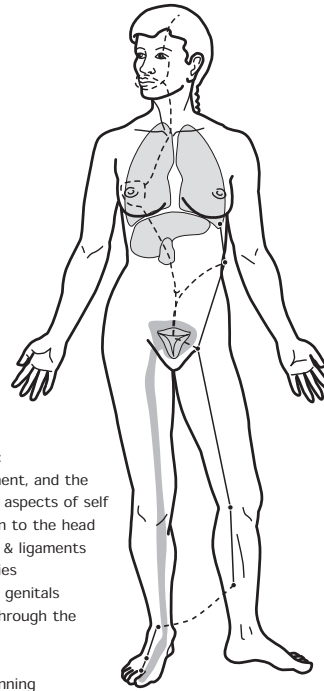
The Liver meridian governs

- Flow of all things in the body -**
- Digestive**
- Circulatory**
- Nourishment to tendons and muscles**
- Reproductive**

Hence any female issue is totally under the thrall of the emotions and how she feels. Conversely, if something is upsetting the flow (as when she goes on the pill or some other artificial hormonal preparation) she will emotionally react.

LIVER

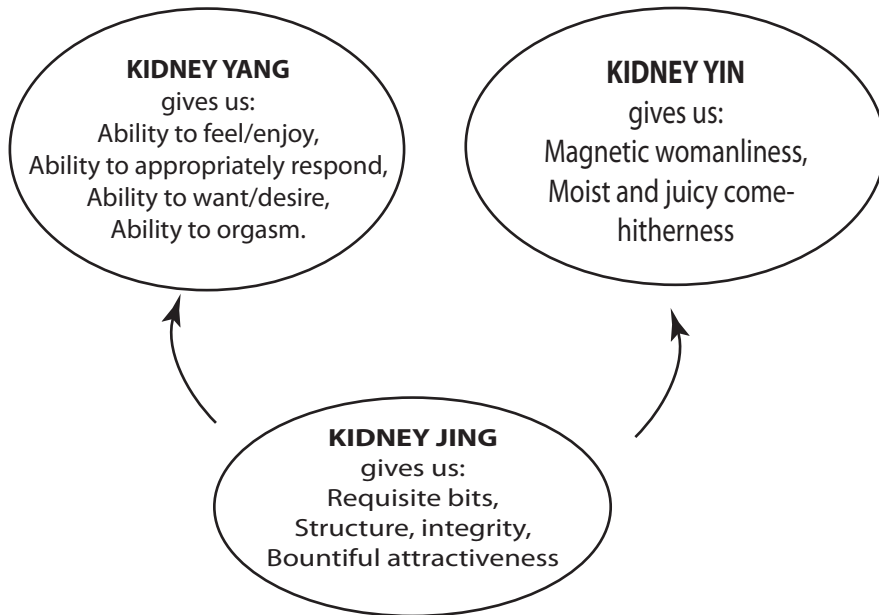
Liver Muscle and Main Meridians run on both sides equally



- Liver organ complex:
- controls all movement, and the free flowing of all aspects of self
 - All blood circulation to the head
 - Nourishes tendons & ligaments
 - Eyes & visual abilities
 - Internal & external genitals
 - Blood movement through the reproductive areas
 - Finger & toe nails
 - responsible for planning

SEXUALITY REVISITED

Now, looking at sexuality as a mammal and from an energy perspective we see:



If you feel, as many do, that sex has lost its allure, through being on call and becoming robotic, please step back from your ideas and consider approaching the subject from a very different angle. The tantric and Taoist ways of sexuality were much less mechanical and more sensually/feeling based.

HOW MASSAGE AND MOXA REALLY MAKE A HUGE DIFFERENCE.

I discovered this accidentally when trialling new ways to assist labour preparation to help reduce the severity of pain in natural birthing. This spin-off (doing pelvic opening work) means that not only is she getting far more touching as foreplay, it is actively assisting her to free pent-up sexual feelings and other frustrations, and relieving the reasons behind period and fat/cellulite storage issues.

Massage, especially the deep pelvic work I suggest on the DVDs available, hurts a lot less, and feels stunning if moxa stick therapy

(explained below) is applied first. A stick can be bought from any acupuncturist; we use them as part of our treatment tools. Check my site www.easybabies.com.au for the DVDs and birthing manuals, where the complete instructions may be found, and the different eBooks that cover this.



MOXA - Start with the moxa stick, about a centimetre away from the skin and always move the lit stick in an upwards direction. **You are NOT touching it to the skin**, but holding it about one centimetre away. Only spend five minutes doing this, and not if she is menstruating, feeling premenstrual or angry at anything.

Moxa is a heating technique, so please **drink water before and after using it**. Also, use the lit moxa stick in an area where the smoke and its smell can dissipate; and where she is not going to be in a draught, as her pores open and do not need cold coming into them.

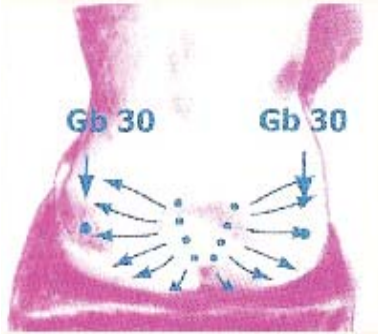
The massage will work without using this, but it is far less painful and more beneficial to use it - so it is worth the effort to find it. It is not just heat but also a very therapeutic herbal treatment.

MASSAGE

1 - Massage very firmly and VERY slowly into the areas from the sacrum outwards - the slower the better as it is important to clear what is stuck.

2 - It is easier if moxa has been used first, as it moves obstructions - and pain comes from blockages. So, much less pain will be evident should you source and use it first.

3 - Next, go deeper, so you are very SLOWLY gouging out from the bony triangle (sacrum), in the direction of the arrows.



In addition to what was given a few pages ago - really start to SLOWLY gouge in the direction of the arrows, and press so you lose your fingers several joints in to the bottom.



The point GB 30 is where to spend time losing your fingers/thumbs deep into the flesh to help her let go. Either with her lying on her side, or straddling a chair, very firmly press into her hips - wherever there is a knot to be found - start at the level she can just tolerate, and hold it there for a while. Then press/gouge very slowly outwards in the directions shown.

Intersperse your actions with more pleasant sweeping motions and perhaps travel over the entire back, to let the whole feel integrated. Finish with sweeps from the top and out then shake your hands when off her body, as though washing away what has been accumulated and is ready for removal - as it is.

She probably will not be able to show you how much this hurts on your body, as very few men I have ever seen have had storage (stuck equals pain) issues here, but the vast majority of women do.

This work may bring up a lot of suppressed feelings and thoughts. You may find yourself hearing a lot of this that she has held in for years. Do not be alarmed - it is far better being released than staying there or coming out in snippets for the rest of your lives - especially to be brought up when you are both parenting and tired or stressed.

JULIETTE relates her experience

"I initially found this to be a very painful experience and had to learn to breathe appropriately to help deal with it - I couldn't talk it was so painful!

I also had to convince my husband that this would 'do something good'.

I cried a lot whilst he was doing it and had to keep telling him that it was not him and it was to happen. I felt quite emotional during the massage and felt a 'release' of emotions, mostly about my past which I found that I wanted to talk about during the massage.

As a result of regular massages, particularly targeting the GB30 point (ouch!), the level of pain has decreased and it is much more tolerable.

The release of emotions is not now as strong as in the beginning but I still feel the benefit of the deep massage. I overall feel like the 'wee monster' or 'pent up bitch' in me has been released - made up of years of compounding emotion, frustration, anger & negative energy that in my mind I THOUGHT that I had dealt with.

I also feel physically more released in the area of my buttocks with an improved sensation during sex. I also would like to add that this is great time to spend together - like a dedicated quiet time. The spinoff is protected time to talk (and massage) without the need to answer the phone etc".

WHY DOES THIS WORK?

In acupuncture, the **Gall Bladder** can hold onto the resentment and bitterness - the hatreds /distress and general nastiness of not getting what we feel we deserve, which, over time, solidifies to become **gall stones**. This is also a key reason **migraines** (see the path of the energy channel and tension in neck and shoulders happen - we are so stuck and so sure that the world revolves around us and our wants.

The **Gall Bladder organ** physically stores the bile that allows us to digest fats and to excrete easily. One of the less mechanical/physiological/real functions of the **Gall Bladder** is that it stores resentment and all the bitterness that we hold within. This sets up the energy patterns for great gall stone formation.

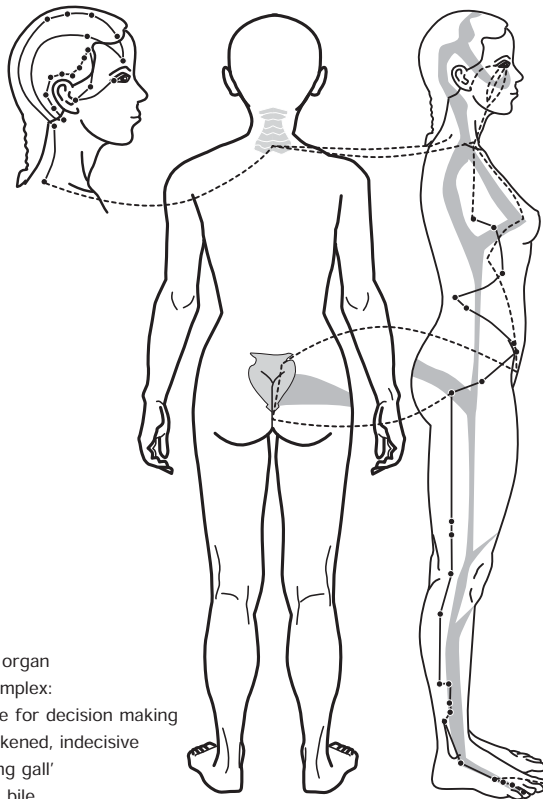
When the organ itself is full, (perhaps because of all those stored, less-than-helpful emotions leading to other more physical manifestations like stones and calcified rubbish), it is a major component in the sick and stressed or migraine-type headaches that plague some

people. Having no gall bladder organ - through having such problems that it has been removed - is no excuse. More than those still with stones, you could benefit from doing this cleanse, as the liver organ now has to take over the functions of the missing organ.

Doing a **gall bladder cleanse** (a naturopathic process) (LINK) found in "**Helping Yourself to Health and Vitality**" greatly restores the health of the entire being, as the **Gall Bladder** is closely allied to the **Liver** - which must be able to flow as nature intended. Stored emotions - resentment, bitterness, and jealousy and general feelings about unfairness all consolidate the **Qi** and create sludge on all levels.

GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally



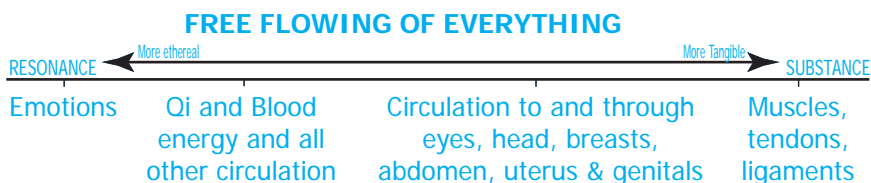
- Gall bladder organ & energy complex:
- Responsible for decision making
 - When weakened, indecisive and 'lacking gall'
 - Stores the bile

WHY DO THIS?

Look at all the areas where 'tension' sits -
 Neck/shoulders
 Leading into headaches and distress
 Back tension and sciatica
 Menstrual and pelvic blockages

The **Gall Bladder** meridian runs through the pelvis, and has extension channels of energy that relate intimately with all the reproductive organs and functions. The correlation between pent-up emotions and tension lead onto the **Stuck Qi** and then the condition **Stuck Blood**, which eventually get labelled as the gynaecological issues that possibly led you to reading this. Resolving this would help immensely, allowing easy sexuality, periods, conception and birthing. Rather than waiting until preparation for birth is needed, sexual enjoyment and abandonment could be revisited in your lives now.

All that is stored there - years of sexual frustration before being allowed to be free with self (and possibly is still waiting to be so) may, without assistance, be what stops easy sexuality, periods, conception and birthing and living/loving in general.



FOR THE MEN

My saying 'sex every second day to make babies' means that there has to be sexual desire in the process. How better to do this than with all the touching you give her, whilst liberating all that has gone before, and awakening her inner woman again?

Look at most women. They probably have too much control and too much padding and fluid around their nether regions. This is then covered in fat and fluid, and generally stores a lot of Stuck Qi. Inevitably, sexual/menstrual and reproductive blockages follow. This is an area where you can really help. By freeing this up, not only will she regain her sexuality and sensations but the period issues will be liberated. (See the massage section again.) Normal flow will enhance the likelihood of getting pregnant.

The reproductive equipment of both sexes will be more supplied with **Qi, Blood** and nerve supply ensuring great improvements in all aspects of sexuality and baby making if you do.

Look to the pathways of the Liver and the Gall Bladder energy again a few pages back. Think of where these travel on her body. Where can you influence this the most? The bum Get things activated and MOVING - ensure her bottom is pink/reddened/radiating heat by the time you have finished pummeling/playing with her and gouging slowly and gently.



There is also an acupuncture point on the curve of the buttocks, about a centimetre from the division, on both sides. If this is pressed extremely firmly (lose your thumbs up to their hilts) at a 45 degree angle, into the perineal area, the whole perineum will relax. Ask her if she can feel it there - and move your pressure location accordingly if not. There can be a definite release when pressing the correct spot. This is very useful leading up to a birth but is equally helpful when assisting a woman to liberate her stuck sexuality and her possibly up to now missing orgasms.



This kind of massage is not a gentle process - but it should be interspersed with slow gouging - very slow and deep. Start lightly; going at the edge of where she can tolerate and doing this several times weekly, and the results will emerge as Juliette attested earlier. The finished result HAS to look very much pinker- and it should be radiating heat.

Once pregnant, this area then needs special attention. To release what is stored there in late pregnancy means babies have an easier exit, and she is far less likely to need the extra medical intervention that tends to be offered to anyone and everyone in our 'developed' countries.

All that is stored can be moved on with your ministrations. She will feel warmed up and ready after this - especially if you use the moxa as directed.

PLEASE NOTE - The birth preparation work, which is just another name for 'pelvic opening', is needed by all of us, especially when feeling tense, upset with headaches, back and shoulder complaints and in all manner of pelvic (prostate/menstrual/sexual) blockages. Discover how to do this more fully on the site www.easybabies.com.au . It is also fully covered in the [Birthing - What Dads Can Do DVD](#) and the [What Dads Can Do manual and DVD](#).

**TOUCHING/INTIMACY/SEXUALITY - THE GLUE
THAT HOLDS YOU TOGETHER -**

**HAVE YOU BECOME SOMEWHAT UNSTUCK TRY-
ING TO MAKE BABIES?**

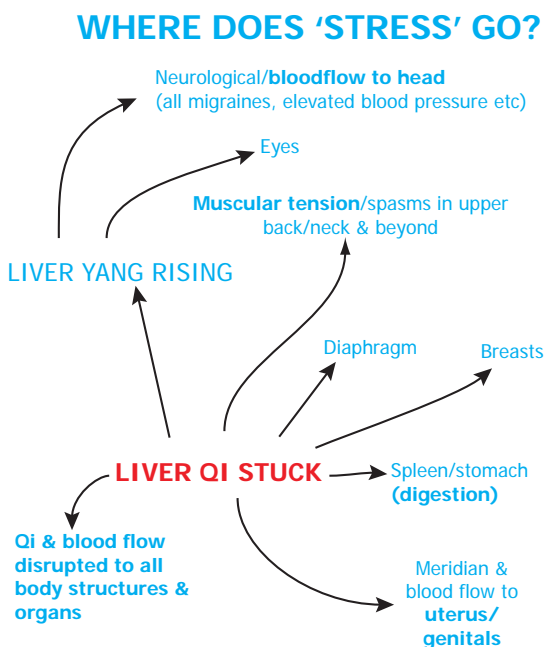
**RENEWING LOVING CONNECTION, WHETHER
BABIES FOLLOW OR NOT, WILL HAVE YOU
BOTH A LOT HAPPIER.**

CHAPTER NINE

VARIATIONS ON THE THEME: 'HEALTHY'

(Dealing with stressed/fat/depressed/period problems)

For an acupuncturist, menstrual history gives a reliable account, like a report card, of how all other systems are functioning. There may have been problems even from the first cycle. This alerts the searcher to the need to explore the entire life to date, to undo the blockages to all of life's flows and rhythms. Something has stopped total healthy production and flow of **Blood** and **Qi**, which will have long-term effects if not readjusted.



Most people have 'issues'. They just think this is who they are, how they have always been.

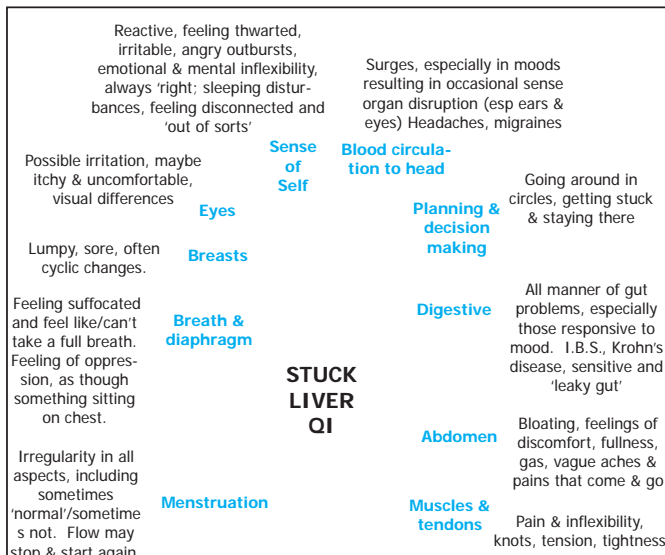
It may come as a surprise if you start treatment with an acupuncturist or Chinese herbalist to find that a lot of your menstrual hassles were easily remedied. All just awaiting attention and adjustment.

The same may also be said for the family traits of stress holding and attention seeking in general - migraines/IBS and so on.

Elements of a woman's life occur in cycles. We are influenced by the alterations in **Qi** and **Blood** that go to make up a hormonal cycle. When we are in a state of overall balance, these changes are normal, and we should not really notice them. When our **Blood** energy is strong enough, we are resilient; no one else should be able to detect that we are cycling either. Symptoms, especially premenstrually, indicate that the **Qi** is **Stuck**. As you can see below, the acupuncture model covers the entire body - we are not divided into bits - as the medical specialities have us.

When we are not living true to ourselves, being who we really are (do we even know who we are, when we are so stressed?), we start accumulating 'baggage' /stuff we carry forward.

Where they show up first may be dependent on our individual differences. Premenstrual tension, feeling out of sync with the world, always being annoyed and terse with people, feeling nothing is ever right and always needing to be perfect, may all spring from the same source, even though you may have several different specialists or therapists.



To have a troublesome cycle means normal production and circulation of **Qi** and **Blood** have been interrupted. This means that, even though you may recognise you are not perfectly well, there are no 'illness' symptoms for you to focus upon. The state of imbalance usually comes on slowly, and we adjust to the gradual slide in functioning, as we invariably are focused on being busy.

When one imbalance (e.g., **Stuck Qi**) as above, stays awhile, other energy distortions are created; real physical symptoms rather than vague feelings of unease develop; they become more entrenched, and finally start creating actual physical problems that can be 'found' when consulting a doctor as they are substantial enough to be measured.

GOING ON THE PILL TO SORT OUT PERIODS/ PIMPLES ETC DURING YOUTH

If this is not corrected when it is first evident, (often in teenage years), it is highly unlikely that years of contraceptive usage, and the emotional responses to the sexual, mood and body changes this brings, will magically resolve the original condition. The chemical overriding of the body's schedule will appear to stabilise the cycle.

On 'auto pilot', the period will probably be shorter, regular and less painful - at least initially. The pill superimposes another reality on the energy that runs the hormones which tell the physical tissues and organs what to do. It is not helpful long term and has consequences of its own. The woman is now covered against unwanted pregnancy and is possibly relatively pain free. Life appears to be simpler with a regular cycle. If one type of pill or implant causes side effects, others may be trialled. Life usually settles down, and many years may pass.

All the while, she may continue doing the very things that may have created the original 'need' to be on the pill. As she has turned off the early warning system, the body takes a long time to reach a critical point where attention is turned again to the neglected energy splinters that have been festering quietly. Perhaps it is no longer a menstrual issue, or perhaps now a very serious complication needs attention.

With the pill (even if you did not have this before) - in conjunction with relationship false starts and the attendant emotional distress of being with 'Mr Wrong', plus the modern lifestyle, the effects on the liver organ and the Liver energy complex and the pill causing Stuck Blood - endometriosis and all manner of non bleeding/PCOS and other fibroids/cysts and conditions that are unhelpful to fertility can occur. What is happening may be now as a direct result from STOPPING 'normal', and babies?

Usually though, the problems include pain, or quickly turn to physical pain, and the more damaging **Stuck Blood** condition appears (see below). This has different names in orthodox medicine - found below under their more usual labels of fibroids, endometriosis, blocked tubes, cysts and cancers.

If these are seen as being gynaecological problems only and treated accordingly, we CAN expect to see a continuation of the energy imbalances starting to corrode normal life. Period pain and flooding and PMT and cyclic acne and all manner of other associated menstrual irregularities are the warning lights on the woman's 'dashboard'. Why not actually listen to these warnings rather than attempt to stifle them?

Often women come in to see natural therapists in desperation as they know this is not right - yet the specialists just want to try to them on more medications - often adding to the distress their body has.

LISA was put in the pill at 13 years of age due to horrendous period pain, and was soon diagnosed as having endometriosis. Over the next decade, she was moved about on different medications, as the extra problems - migraines, irritable bowel syndrome, hay fever and sniffing all the time, acne, extreme moodiness and sleeping disorders, and weight all arrived. At the end of this, she still had bleeding disruptions, and felt dreadful - no drastic period pain, but no quality of life either. Bleeding happened as a breakthrough and she felt unsure that when she wanted to start babies, she would not be in a state to be pregnant, let alone be able to conceive naturally.

This is often taken as being a normal state of being a woman - especially if friends and female relations suffer in the same way. As Western medicine does not actually FIX any of these, but medicates so there are hopefully fewer symptoms, the enormity of the problems awaiting may not be recognized until a contraceptive device is withdrawn.

The energy signature that set it up is still present; to remake whatever may have been cauterized, surgically removed, or medicated away. Think how many women who have endometriosis, cysts and cancers re-experience their original conditions. A more holistic approach would effect a more permanent change. This may be needed, with time spent prior to conception. Otherwise, these body-wide system failures will also affect pregnancy and possibly the rest of your life.

FURTHER DOWN THE YEARS

For some, the changes to normal that manifested as difficult periods continue internally, unchecked. The flow of Blood, Qi and body fluids to the appropriate areas has already been compromised, leading to the problems the "pill" is supposed to solve. Over time, the pill may create other imbalances because the Liver energy is further blocked from its normal role of keeping everything flowing freely. Eventually, the inability of the reproductive area to function efficiently may show, if pregnancy occurs, as a tendency to conceive and miscarry, bleed throughout pregnancy, or experience premature labour, pregnancy complications, stillbirths, difficult labours, inability to breast feed and even mental instability after the birth, obviously some carry on unaffected - but not all do.

Vague imbalances to inner flow may be noticed, yet the payoff - contraception and relatively easy periods - may lull the woman into continuing living unnaturally like this. At some point, either the symptoms of pain, maybe with the 'period' or during sex, of bleeding out of sequence, or of incredible PMT, may cause her to re-evaluate the lack of sense in being under hormonal control. This may not happen until the previously 'broken' area has been called into action - now that we want to make babies!!!

BUT, as the early warning signs were not heeded, and with no remediation in the intervening years, it is quite usual to encounter difficulty in making a baby. Often an ectopic pregnancy or inability to conceive at all alerts the woman to the fact that she has been ignoring what needed help a long time ago.

Often 'endometriosis' is blamed - as though it is a mysterious complaint that strikes women at random, runs in families, and all are at the mercy of it. Here we can recycle back to wondering why more natural methods of healing are not summonsed as the answers are not available in standard medical procedures.

SUZY arrived with horrible periods. She was not going to go off the pill - ever - until she wanted to conceive. What was running her behaviour was the fact that her gynaecologist had assured her that if she had even one more natural cycle - a normal period off the pill - she would NEVER EVER conceive naturally. I often wonder why there is such naive innocence to some of this - how was she to get pregnant without the pill to

'save' her from childlessness? Why was no way seen to assist her body into perfect harmony as bleeding and normal periods are for all our birthrites?

In her case, she had the normal presentation of emotional, breast and sleeping issues in addition to the frank bleeding ones - all showing as the classic "Stuck Liver Qi and "Stuck Liver Blood" presentations that appear in these pages. So what to do? Who to listen to? She couldn't stand her boyfriend touching her and she was immensely precious and brittle emotionally - so how to conduct a loving and serious intimate relationship in this state - just imagine with the idea that a natural period she would break her baby making possibilities - where does she go for help? I say go off the pill so I can gauge what to do whilst assisting with Chinese herbs and she is far too scared as the person who actually no means to help her has planted such a fear within.

Chinese medicine has been around vastly longer than the standard western fare. The environmental impact of the petrol chemo age has meant that all are intoxicated with fallout. Googling hormonal disruption, estrogen dominance and our stolen future will make you far more aware that this is not something to be just ameliorated with a little white pill every night. Starting to unravel the estrogen dominance you have rather than try to attack one of the symptoms of it (endometriosis or fibroids) is a more sensible approach.

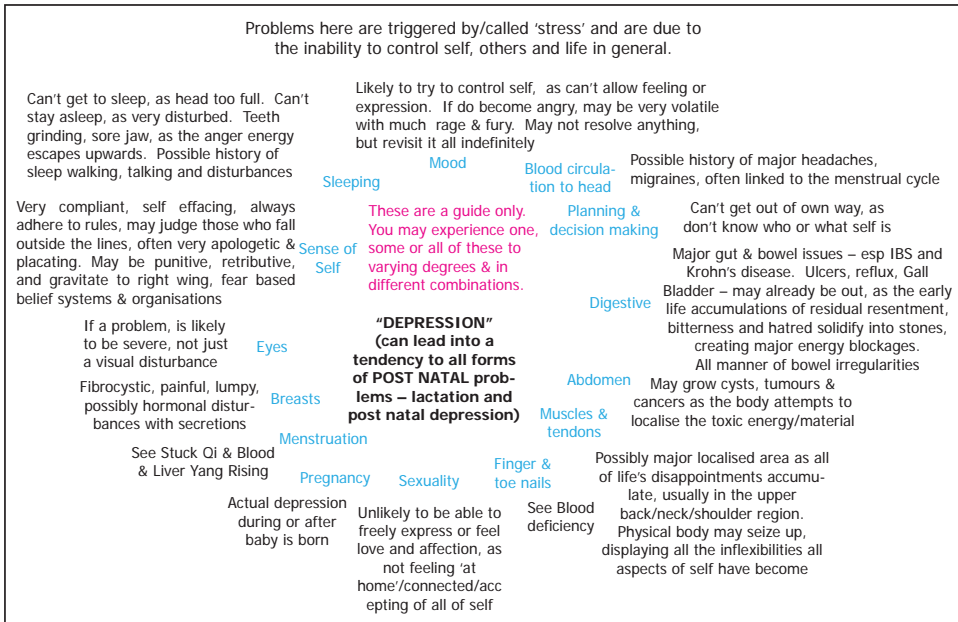
ONCE THE PILL IS STOPPED

The pill's main energy consequence is that it causes "Stuck Blood" (See diagram below).

Western medicine recognises that some women, apparently at random, suffer clotting type diseases whilst taking it. When they come off it, the horrendous periods suffered in adolescence may return. Perhaps where there was previously no problem, there now is. Maybe there is now no ovulation - the pituitary system has shut down, having been so used to being directed. The woman by now is probably feeling unwell, even ill and probably stressed. As Western medicine focuses on major physical issues, she may not feel sufficiently unwell to seek help. But looking into the Stuck Liver Qi patterns, you can see that here are actually plenty of areas that can 'go wrong'. Seeking the many different fields of orthodox medicine to assist you with

all of these may not be as useful as finding someone who can work through it all at once - and get other causes so you are a well unit again - and BEFORE you get pregnant.

Often the problem may seem to reside in the mind, since the emotional and clarity responses are in 'off' mode. Maybe you even suspect you could do better on a little white pill every morning. (What is it really depression OF?)

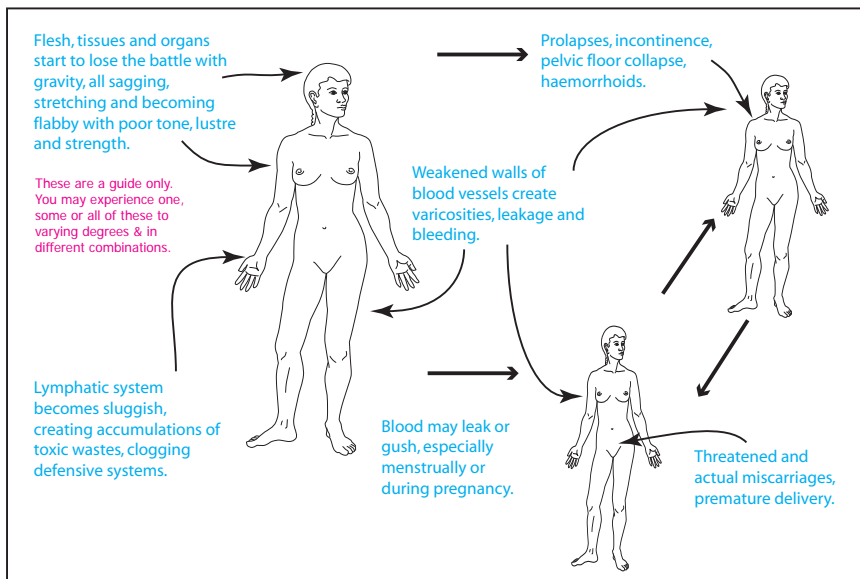


In the midst of all of this, there are other issues related to dietary choices and lifestyle situations that may impinge and create further mischief. Eating sweet, raw or cold foods and liquids damages the digestive capacity. So does dieting and not eating for more than three or four hours at a time. The resultant swings in blood sugar can create mood and energy shifts which alarmingly end up as diabetes and other metabolic disturbances. Initially they show up as inefficiencies/internal clutter and general inability to function well. This is exhaustively covered in the sister eBook "Helping Yourself to Health and Vitality" (LINK).

All this 'normal' behaviour ends up weakening our Spleen energy, (which supports digestive/assimilative functions and keeps all tissues and organs and blood in place) this, in turn creates ALL manner of difficulties, (not just reproductive), throughout our life.

A strong digestive system enables us to support ourselves and have the inner resilience when needed, especially when tackling the project of making another person within us.

WHEN 'SPLEEN ENERGY' CAN'T SUPPORT LIFE WELL



Anyone who has battled with weight, calling themselves 'fat' women, should pause here and consider how their diet has not helped them. By not knowing what truly runs our physical side and through tuning in to all the latest research findings, we are actually **CREATING** our own problems. Instead, how about going back to how people used to do things - actions that resulted in health and longevity.

Our forebears would not have allowed us to consume anything cold, saying it would upset our digestion. Well, it still does. Cold wastes our internal digestive heat, which then weakens the Spleen energy, creating Damp. From here, it becomes Phlegm. All these obstructive named conditions are supposedly degenerative and caused by eating 'fat'. In young children, excessively sweet or cold stuff causes mucus and leads to all the other medical conditions - allergies and skin/asthma especially.

We know 'Damp' as Candida, thrush, infections, mucus, discharges and smells from the body. We battle it as fat and cellulite. Any of the conditions below are fed by modern dietary choices - especially

the sweet carbonated drinks, the long spaces between eating and the snacking on inappropriate, high salt/fat/sugar, overly-processed consumables that make up our food choices.

You may be attending a weight loss programme. Unfortunately counting calories, eating salads and cutting meals only further upsets the metabolism. We make hormones from eating fat. It is essential to life. If we are stressed and not sleeping a lot or not early enough in the night, nothing can work the way it is supposed to. Weight and fluid gain, and general unhappiness, result. Look how this happens and appears from an energy model:

Another way this can happen is from having the previously mentioned **Stuck Liver Qi**

Most people carry stress and use coffee, chocolate or alcohol to temporarily feel better and more alive. (Are you no good without the kick start of coffee in the morning?).

The inner imbalance causes the **Liver Qi** to rebel, and it usually attacks horizontally into the gut. Anyone suffering from conditions like heartburn, reflux, irritable bowel syndrome, ulcers and general gut distress have probably noticed that they are worse when stressed. They may also have found that anything that has a heating effect over-stimulates it and that cold liquids calm it down.

Unfortunately, putting out the inner fire with cold creates more **Damp** and the cycle continues. Also, the heartburn may actually be a symptom of low thyroid function discussed in Chapter 16. We all try to help ourselves, but without a wellness map of what SHOULD be happening, and without a manual to consult, it appears that everything you are doing is according to someone's system, wrong. And where is the way out of this illness maze? This is covered in the book "[Helping Yourself to Health and Vitality](#)" (LINK)

SELF-HEALING

The sensible thing to do is to stop and return the body to the balance it should have had originally. Stop all thoughts of trying to get pregnant, of trying to force a normal cycle through use of further hormones. Instead, settle down to treating the body with respect, allowing the self-healing it is designed to perform.

You can do this by stopping the treadmill, and reprioritizing your life. Perhaps explore what created the imbalances in early childhood years. Return to the owner's manual to gracefully restore the blueprint. This may mean exploring the physically, emotionally or sexually abusive life you pretended is behind you. It may be behind you, in chronological years, but it likely remains as fresh as ever underneath all the personality-masking. Doesn't take much to trigger something off. Undoing this denial of the repressed and blocked flow on all levels will be one of the major factors in the resolution of the resultant menstrual/sexual and reproductive problems.

People often completely ignore past traumas and shocks, disappointments, grief and resentments they have carried, as though they are irrelevant to the physical hormonal imbalances. But these emotional energy blockages are usually the very root of the meridian energy disturbance to normal flow, which, in turn, creates the changes for the organs, qi and blood to follow. All are attempting to operate within the distorted energy flows. To ignore why the flow is different and try to stop the results of this distortion, especially when anger, rage, hatred and other unfinished business is simmering just below the surface, is, at best, counterproductive.

"Getting Out of Your Own Way" (LINK) has been written to further this journey within to uncover just what is holding things in place, regardless of your very best efforts and those of the various health care professionals who have attempted to help you this far.

No-one really wants to confront themselves.

No-one really wants to spend time exploring their inner selves.

Yet, occasionally, this is the only way to solve an apparent problem.

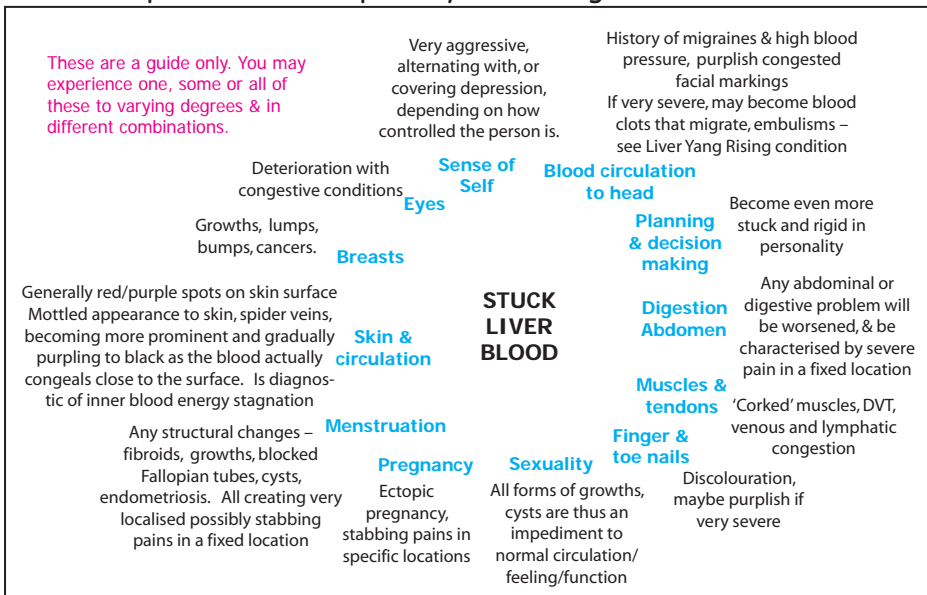
'STUCK BLOOD'

The terms "endometriosis", "cysts", "fibroids", "tumours" and "blocked tubes" all explain the actual, physical end-results of non-flowing/blocked/**Stuck energy (Qi)** that have congealed into something that can now be investigated, seen and felt. (**Stuck Blood**). If we move past the conventional medical model, and apply the energy one, we may make better sense of this, or, indeed, of any situation.

Using a line to represent the forms energy can take through to solid density, more of a picture emerges as to how the "Stuck Blood" actually happened.

YANG (more energy aspect) _____ (more material aspect) **YIN**
STUCK LIVER QI eventually goes into **STUCK BLOOD**

"Stuck Liver Qi" (pronounced "chee") may occur at the level of meridians, flesh, organs, skin level, emotions. It may be mixed with cold and damp that has entered and stayed, and may be enhanced by all the sexual contact without physical orgasm, without completion, and sometimes without consent. Things within may be exacerbated by the actual scarring left through exploratory and therapeutic surgery. **"Stuck Blood"** eventually manifests as masses of physical tissue. It also shows up as red/purple spots on the tongue, especially around the sides, anywhere on the skin, and after a while as unsightly broken veins and spider-marks, especially on the legs and around the ankles.



Solid manifestations take shape over a long time span. Beforehand, the disordered energy disturbances may have been felt by the woman as changes in normal menstrual flow - emotional, mood and physical variations from what she has been used to. The eventual solid masses may come in a variety of shapes, sizes and degrees of

severity. They will be named appropriately, depending on their location and physical shape.

The point being missed in current medical and naturopathic models is that something is blocking normal circulation and production of **Qi** and **Blood**. This then creates changes that are noticed as deviations from menstrual health. This 'something' is what alters hormonal responses, and needs adjusting rather than the hormones themselves, which are just messengers.

Quick-fix temporary answers can be manufactured - surgical procedures may be only short-term solutions because the body's energy disturbances recreate the structures that were supposed to have been fixed. The instructions still remain to do it all over.

ENERGY PATTERNING

(Meridians, chakras, thought-forms)
(Intangible parts of self)

TANGIBLE / SOLID

(Lumps & bumps)
(Whatever their label)



Soul lesson / set-up here belief systems emotions Stuck Qi Stuck Blood

(This place & time) (conditioning)

(sense of apparent appropriate emotional response)

HOW OUR PERIODS WORK IN WITH OUR LIVES

To understand this, I have broken the model from the more usual and tangible, to the more esoteric components of self. We think we have a problem, as something hurts/is not right. Normal periods happen when everything is working as designed.

(ENERGY/VIBRATION
RESONANCE)



((SOLID/PHYSICAL
DENSE/MATTER)

(9)

menstrual
cycle

(10)

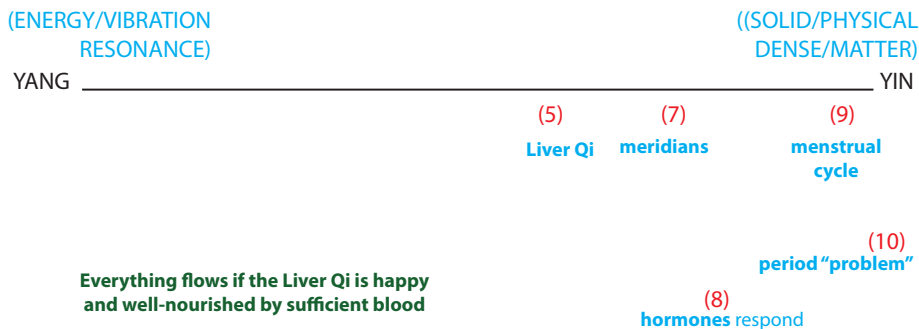
period "problem"

(8)

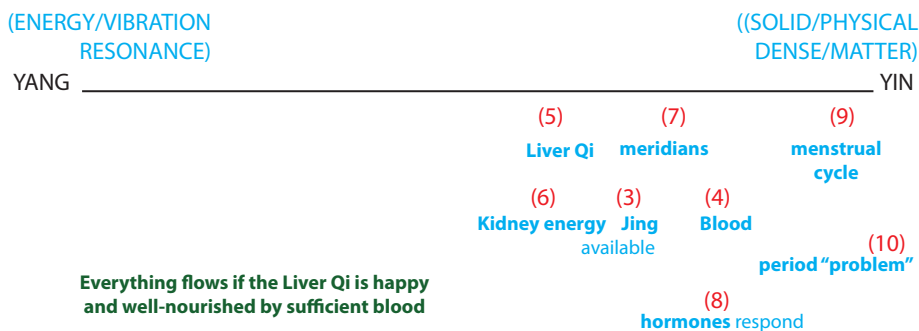
hormones respond

Everything flows if the Liver Qi is happy
and well-nourished by sufficient blood

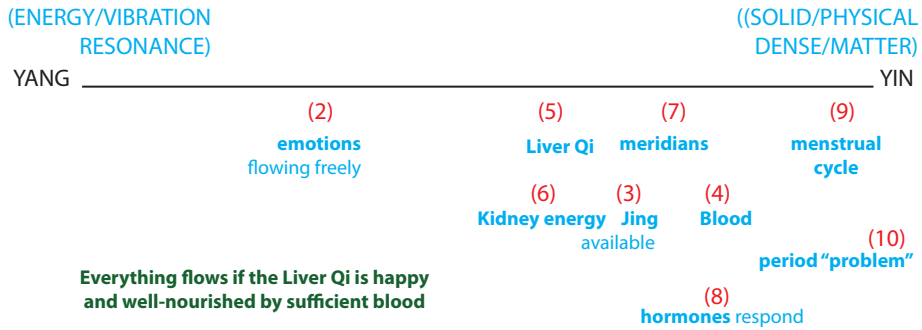
We may look with the acupuncture energy model and include what keeps us running - the Liver Qi and the meridians of energy that instruct the physical in its functioning.



The integrity of the menstruation is due to the capacity of our Jing and the Kidney Qi/Yin and Yang that we have met earlier on in the text. To bleed on time, and properly, we have to have sufficient of these bequeathed from our early life and genetic inheritance. This in turn, as long as we are eating well and happy in our lives - allows the quality and quantity of Blood to be there to support the cycle, all easily and without symptoms or life disruptions.

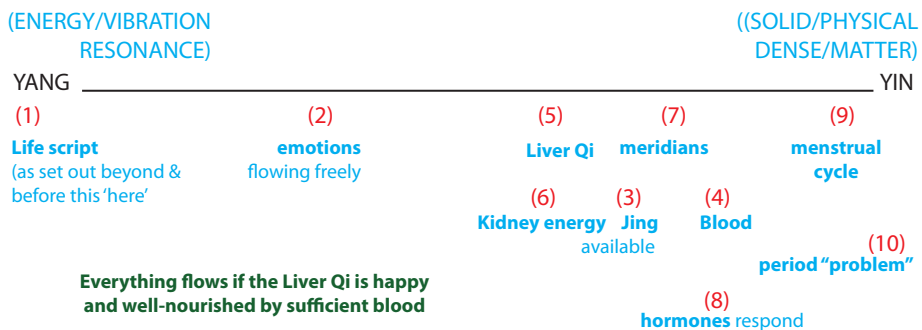


If it should happen that we are disturbed - and prior sexual or emotional or mental abuse is a great form of lifelong menstrual disruption - and is often not acknowledged or even remembered consciously - then any amount of fiddling further over in the 'hormonal ' camp is unlikely to do anything other than further imbalance a system in turmoil already.



We could then factor in the possibility that we are actually living out a bit of a script - call it 'fate'/'karma' /consequences of past actions - whatever you will - it would seem that not all is random and not all just happens as 'bad luck'. If we sometimes treat our lives as though there was a pattern or structure, and step outside the usual 'take' on life and reality, it can make a great mystery all of a sudden make more sense.

You could take the time to see what else you could learn/experience/ move through in a situation that really disturbs you, rather than trying to get rid of it. Often the apparent problem holds the keys to far deeper and more consequential issues we all hold within - and how else would we move through to find an answer for the physical manifestation if it wasn't such an impediment? Think of anyone you know who has been challenged by a life event - all would say at some point afterwards, that they are a better reason for it - we sometimes just need to move through the personality tantrum of NOT appearing to be getting our own way. (LINK) "Getting Out of Your Own Way" holds more answers here.

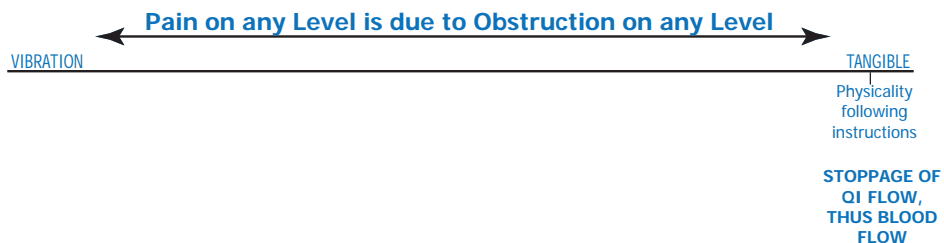


PAIN

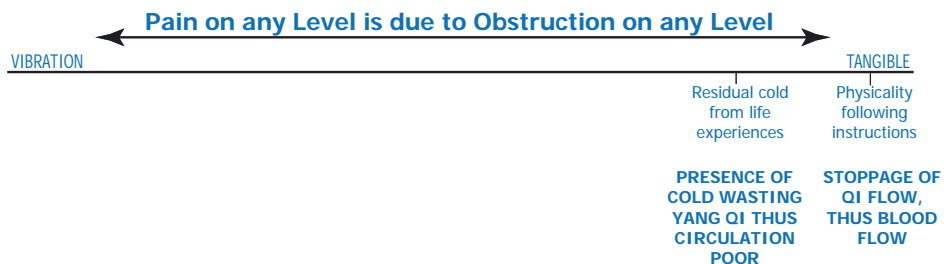
Nothing motivates us like pain. Periods that happen with awful regularity need attending to. How we chose to do this is dependent on the medical model we feel is appropriate. If most knew that there was an answer that actually allowed normal to happen that did not mask/muffle the warning signs that pain is, or damage fertility for later, few would place their daughters straight onto chemical tinkering.

On any level is due to obstruction/blockage on any level - not necessarily the one where the pain is being felt. Before we look to the condition that is usually blamed for most period pain, we could look through what an acupuncturist may see, using their unique model.

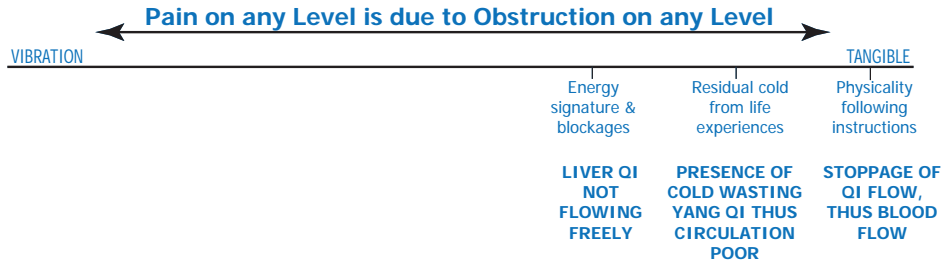
There is a physical presence of pain. Pain killers may relieve it, but it will return with the next period. This is because something is stopping the flow of Qi - energy - resulting in a blockage that hurts as flow is necessary to evacuate the old blood.



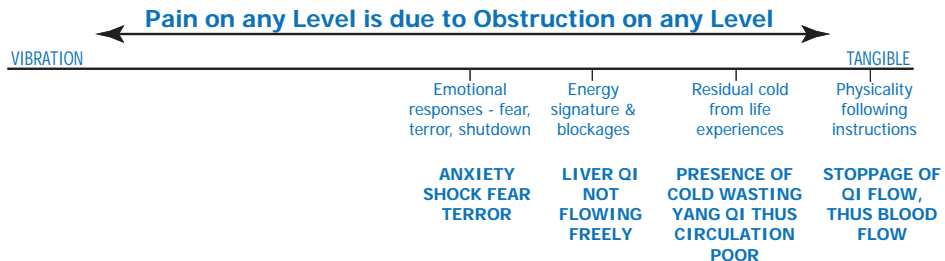
What might it be? Using cold anywhere in the body, getting cold incrementally or just being a normal young person not listening to the elderly who caution against wearing few clothes, not covering up the kidney /lower back area and generally not eating and sleeping the way all mums would like could cause this.



In addition, or quite separately, the Liver Qi may be blocked - most of us at some stage don't get our own way, and this resentment can build up - it may not initially emotionally cased, but soon becomes so.

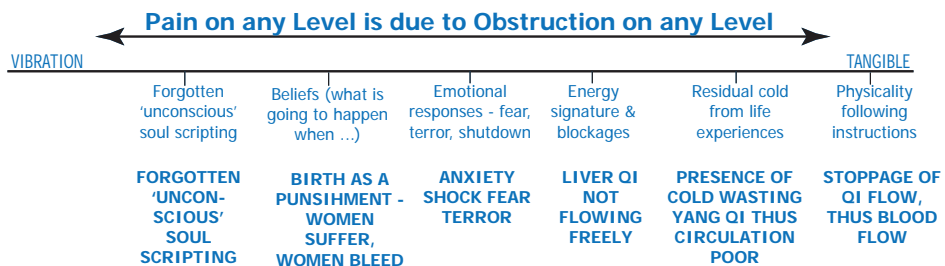


We then have a store of emotional charges that are part of who we believe ourselves to be. These may cause us grief as others have often very different versions of appropriate behaviour and responses to all situations. We then start to feel included or excluded - validated or not and this sets up its own charge and consequences.



Added to this the family and cultural patterns that were instilled as we grew up and we start seeing how we seem to have very little conscious control over what happens when we get triggered.

We can then start thinking in terms of what are we really doing here in the planet - is there in fact a point to it all and is there a script that we may be living within - even without consciously being aware of this?



Please remember that hormones are present but over on the right hand side of this representation - so they are just the messengers and not the main event at all.

When wanting to get pregnant, often it is a disaster to go off the pill as it was being used all those years ago to stop period pain. If you DON'T get pregnant - immediately, and you don't address why the pain is there, fertility maybe very compromised. Usually various surgical attempts may be made, followed by medically sanctioned contraceptive pill thought to attempt to 'normalise' the cycle.

Normalising the cycle will happen far faster if you work with your body, not try to force it to straighten out what may have been ignored all these years/decades. I would suggest finding a Chinese herbalist or acupuncturist to reset your Liver Qi flow, your Blood and Qi flow and to work on undoing what the pill, the surgeries and the previous other well meaning contraceptive measures have done to you.

SELF HELP

MOXA AND MASSAGE

This is where the section on self help (Chapter 8) could be revisited. Sexual functioning usually is the first causality when period pain leads into often pain and discomfort with intimacy. This often means lubrication and fun disappear and the sooner conception happens the better as this constant having to do it is not enhancing life and loving relating.

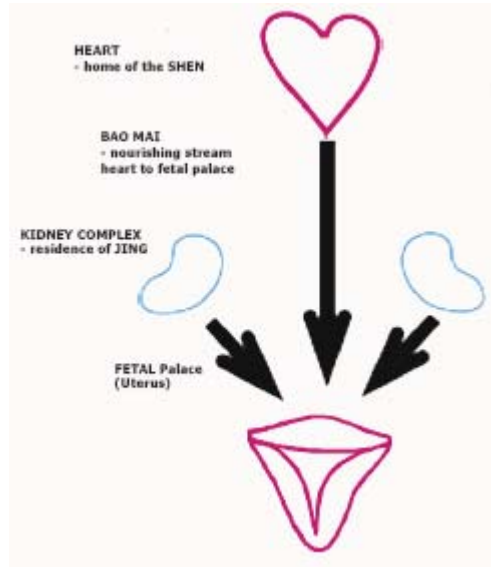
In turn, this blocks up normal circulation of Qi and Blood flow so a cycle of distress, dysfunction and disordered and disturbed emotions, sexuality and menstrual/reproductive history result.

WHAT ELSE MAY MESS WITH OUR BLOOD FLOW?

GRIEF

Chinese medicine says that emotional factors are one of the major causes of illness. From studying the Stuck Liver Qi issues above, it is obvious that emotional states and the ease with which they express, or don't, can really alter the quality of people's lives. When we

are disappointed or even shocked, a major meridian of energy that usually nourishes the uterine area can wither and need repair.



This helps explain why apparently normal women who cannot conceive do so once their adoptive baby is healing their mothering wounds. Sometimes, getting a puppy may do this for you. When you find yourself in the situation of dreading your period and when it looks as though everyone else is able to get pregnant and there seems to be a conspiracy against you - be aware that it is time to heal yourself BEFORE you take on pregnancy.

Why? It will allow the baby to have a fresh start - so it can live within all of this. It takes all the worry out of the early pregnant months when no one is told, in case there is 'something wrong' with the baby - and the worst happens - you have to choose to wait and see if the tests are right, or hope they are not - or do you terminate? Or do you do a lot of preconceptual care to ensure the much wanted baby is perfect first time?

LACK OF JOY

Not having fun? What can you do so that you want to wake up each morning? Is a baby REALLY going to do it for you?

Who has the time to investigate the sense of self? WHO has the resources to undo what has already happened? Who wants even to go there?

How is a baby supposed to solve all your problems and make you feel better? We usually discover that without a lot of inner reserves, the baby only brings our own sense of emptiness to the fore. Is it really a good idea to hope another will rescue us from our own unhappiness?

Although most people just get pregnant and appear to get on with their lives, you might take time to reflect on what you are going to pass on to your children, what sort of world is there for them? Will you actively ensure they have a great life and will be glad you created them? What will your children thank you for in the future?

Very few ever ask these questions of themselves.

HANGING ON TO WHAT IS OR ISN'T - AND ANGER

In the various ways we think and express the idea 'it's not fair' and then try to eradicate this, we discover it's almost impossible as we are right - life isn't fair. You can however start in acceptance and gratitude for every minute, and, from there, life is brighter and joy is there whenever you CHOOSE it. Please look to "Getting Out of Your Own Way" as an option out of distress and old patterns.

WE ARE ALL IN CHARGE OF THE REALITY WE LIVE IN - WE JUST HAVE TO WAKE UP AND DEAL WITH ALL THE STUFF THAT IS BLOCKING OUR LIFE FORCE.

DOING THIS BEFORE OR AS PREGNANCY APPEARS MEANS THE QUALITY OF LIFE YOU ALL SHARE WILL BE FAR GREATER -

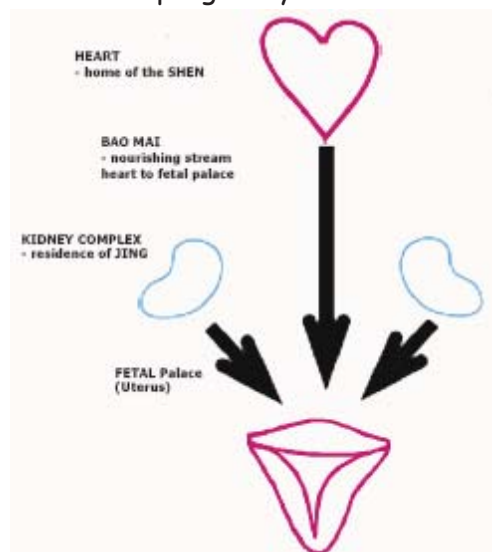
AS YOU REALLY PROBABLY THINK YOU CAN DO DIFFERENTLY WHAT YOUR PARENTS DID FOR YOU.

CHAPTER TEN

WHY BABIES MAY BE MISSING IN YOUR LIFE: COUPLE FACTORS

1 - 'UNEXPLAINED' INFERTILITY

I am often astounded at how the most obvious considerations are missed because the fast-track approach to fertility goes straight into the high gear of IVF, without recourse to good, 'old fashioned' common sense. Really sensible measures - having lots of sex and in all sorts of different positions, going to bed early, becoming more focused on life rather than work, and eating well, all seem to be overlooked. Checking any of the sites I have mentioned, you can get a feeling for the things to avoid. From Googling and investigating 'male factors in miscarriage' or anything regarding 'sperm health' you can see what may need adjusting and doing these are as vitally important and as the choices a woman makes to prepare herself for pregnancy.



SOLUTION - The 'unexplained' may relate to mechanically there appearing to be no hindrance to the passage of sperm to egg - while you have not checked the more subtle barriers. One of the major ones is the **broken heart**. That doesn't show up in scans or blood tests.

Often when a couple are given an adoptive baby, their own biological child follows. What happened? She was able to nourish the mothering connection and it re-established what she had lost - whether it was from a past sexual disaster, miscarriages or a sense of low self worth. This is shown in the diagram.

This is also the case for men and sexuality. We are essentially built the same, and the penis having major erection battles may not be a lack of testosterone, so much as a fear of failure/lack of loving connection. And the same answer applies - a safe trusting environment and no worries .

2 - ANTIBODIES AND HOSTILE MUCUS

These subjects are placed together because the same issues need resolving - regardless of whose body is being 'difficult'. The 'old fashioned' idea is that of hostile semen - him creating antibodies to his own sperm or her creating a biochemical blockage to his sperm - killing them off. The antibody issue sometimes arises after a man has had his tubes cut and later reverses the vasectomy.

Doctors used to do a 'post coital test'. After sex, at ovulation time as then the ovulation mucus is there as a fertility support - the woman presented at a clinic, and some of the combined fluids were taken and placed on a slide. If, under microscope inspection, the sperm were not swimming, the hostile mucus flag went up, and artificial insemination was used. As assisted reproduction is so popular these days, this step is often missed - and there is little beyond artificial insemination that can be offered medically.

SOLUTION - You can do this yourself with a kid's chemistry set - any microscope will do. Whilst this problem will eventually be resolved if the IVF route is taken, there are very easy ways around these issues. The first is to clean out your bodies, as suggested elsewhere.

The next is to possibly to do a light vaginal washout/douche - this is also suggested if one gender over another is wished for - the acid /alkali balance can be easily changed - internally through food choices, or by direct manipulation. Look elsewhere for information on this.

It is a matter of simplifying your life. Eating more naturally, having luscious sex more often (not just around day 11/13) sleeping earlier and more, drinking more clean water and having a lot less things to do all ease the body into having the space to make babies.

Supplementation of various specific herbs and vitamins/ minerals may also be required.

Changes biochemically are likely to return to normal with the more natural life choices that can be easily and more cheaply made than stepping immediately into IVF.

Where in your life are you going to put a baby if all this seems so impossible now?

3 - SECONDARY INFERTILITY

The next baby is not forthcoming. The others may have been easy - even accidental. What is going on? You are not the same as you were; time changes all of us. Often it is simply a matter of dad is less fertile as he is older or a lot more stressed and has taken up the habits that all do to feel temporarily less stressed.

SOLUTION - The reduction and preferably removal of caffeine, alcohol and other 'stress calmers', and the introduction of a good breakfast, exercise and drinking lots of water can only assist, along with a few vitamins and a reappraisal of life priorities.

PAST C SECTION

This is a known reason for secondary infertility - just that they don't tell you when they are apparently worried (lack of appropriate birthing preparation and support is covered elsewhere - see glossary). Sometimes the apparently emergency C-section or other less-than-natural birth of the preceding baby or babies totally resets the body and causes the blockage to more children.

BIRTH TRAUMA

A lot of women, having the apparently safe delivery that current medical procedures dictate, find themselves suffering post-traumatic stress. Even if there is no emotional or psychic distress, there may be significant physiological harm. The pivotal times of a woman's life mean that any invasive interference in the labouring and birthing times resets her normal condition and may be a life-changing event that needs remediation forever.

SOLUTION - Work on the actual scar itself - either with comfrey ointment massaged increasingly vigorously, plus scar bridging from an acupuncturist to rebalance the area (see www.heatherbruce.com.au re "Healing After C-section" in depth). Massage and moxa on the sacral areas to allow more Qi and nerve and blood supply to the pelvic region can help.

Find a good counsellor or body worker to resolve whatever is left over - usually guilt /shame and rage all feature here below the surface. **Stuck Qi** in any form, especially external, impinges upon normal flow to the area.

Although modern medicine sees abdominal fat in either sex and PCOS in women as a precursor to diabetes, the real issue is hormonal disruption, modern diet and lifestyle. Change these and your body, which may have never had a waist or shapely curves, will behave as it should and give you these. If you really are soft and flabby and have plenty to spare, stop trying to conceive - lose at least ten kilos, and then stop and consolidate. The fat cells you shed are full of toxic chemicals that your body was storing. You don't want these as a legacy for your baby (think fat cells - sperm, eggs and breast milk).

SOLUTION - If you (either of you) have a lot of extra padding on your body, your task is to lose the abdominal weight, which is only going to happen if you think metabolism and read the PCOS section below.

DON'T OVERDO IT!!!! Becoming a skinny 'yummy mummy' following the Hollywood and women's magazines fashions is also partly the issue. Women need to be fleshed up to a point to allow the fat (and thus hormones) to work well. **Little girl bodies do not make strong mothers** - either to do the growing or the rearing (think thin and neurotic). Look to the questions in the Jing markers chapter. Pay particular attention to the fingernail /hair shedding and warm feet/ ovulation mucus questions. If all of these are fine, then seek help from a natural therapist who specialises in fertility enhancement.

SOLUTION - slow down, stop being superwoman, start eating more protein and fat, expect to gain at least 3 Kg, and then take up moderate exercise. Severely reduce all exercise if you can't live without your gym or jogging, as energy intensives will use the 'excess' that you want to make a baby with (remembering that menstrual blood is extra to requirements). We make hormones with fat. Womanly curves are easier for fertility than little girl bodies.

4 - A PAST MOLAR PREGNANCY

Rather than just waiting till blood tests are clear, and a certain amount of time has passed, why not start clearing the original cause? You can do this after reading the whole document - especially that pertaining to PCOS and to male factors. **Something went wrong with**

the Jing blueprint, and the most usual thing that creates this is inner heat. Our medical culture tends to compartmentalise people; different specialists divide up the body and lay claim to different areas, without seeming to notice that there are systems that cut across all the divides - essentially we are a whole unit, with any one thing affecting all of the being - in different ways and severity.

Make the time period when pregnancy is strongly not advised a time of renewal and change (even though it is being forced upon you) to ensure that all the markers of fertility given in the chapters above are met, rather than feeling distressed, self absorbed, despondent and unlucky. Study the contents of www.easybabies.com.au. Specifically get HIM to read "**Supercharge Your Sperm**" and take all steps needed to ensure the next pregnancy he starts results in a baby to love.

SOLUTION - -AS BELOW - Read the miscarriage section . Stop trying for a pregnancy and correct what is not working. As an outsider, I am aware that the point of the exercise is attaining as perfect a baby as possible, something often overlooked in the race to conceive (any baby), in the rush for a positive pregnancy test. After that, the fruits of the preparation or lack thereof become very evident - heading into a possible miscarriage.

5 - CONSTANT MISCARRIAGES/IVF FAILURES

(Also see Chapter 13)

SOLUTION - AS ABOVE - Stop trying for a pregnancy and correct what is not working.

If this sounds like I am pointing a finger, I am. There is something awry and just hoping for the best MIGHT work, but along the way, how much heartbreak can you deal with? There are two major umbrella possible causes of a miscarriage - either the fetal development is faulty or the mother's ability to maintain the pregnancy has problems.

FETAL DEVELOPMENT

COUPLE FACTORS - This is NOT an age thing but a **biological** quality one; it could come on at any calendar age. Generally, if BOTH prospective parents have abstained from smoking, drinking caffeine or alcohol, and avoided any marijuana or recreational drugs, (and many common prescribed ones too), have eaten a regular balanced diet of minimal processed foods, and drink plenty of clean water, and have been regular in the taking of pre-pregnancy supplements, there is little cause for concern.

Sometimes more deep-rooted issues need further investigation. If both of you have studied the lists in the fertility marker section and fall outside the 'worry' zones, this may mean you.

If either of you (especially in utero or prior to your own conception) have been exposed to massive chemical or radioactive invasion, this may mean that your own **Jing** is too damaged. This can happen if your own mother was medicated, contaminated or irradiated at any stage prior to or during your own gestation, or whilst breastfeeding you.

(Please look to the **Jing** area of this book.)

MICHELLE came in to see me intent on making baby number two. Baby one had had a very interesting combination of congenital abnormalities. She loved him dearly. He was very precious to her. She had invested an immense amount in him so far. He will spend his entire life being looked at and being set apart. He is very different. He was born with ears inside his head, with innumerable organ and system problems, including inability to speak. She wanted IVF to repeat the performance.

What had happened to her? When she was still inside her mother, it was found that she had breast cancer, and as she was only six months pregnant at the time, and this was too early to retrieve the baby, they started radiating her then - with baby Michelle still within her.

I wondered why not try donor eggs at least? Something obviously destroyed her abilities to be a natural mother of a normal baby - and quite possibly nature was NOT allowing a natural conception on purpose.

Soon after seeing Michelle, Anita walked in. She had also need of a

miracle.

No doubt this was cutting edge medicine at the time. When she was born, she had an extra large clitoris and it was decided to RADIATE it off - so every day until it was destroyed, she as a newborn, was radiated - and then also had immense bladder issues -for the rest of her life.

She also had been a fetus who was exposed to DES - di-ethylstilbesterol - a commonly prescribed anti miscarriage drug for many years - and her mother unknowingly had bequeathed her baby immense lifelong issues - now playing out in having a bicornate uterus, a strange vaginal vault, and the no doubt very badly radiated eggs.

Whilst these cases may sound exceptional, there are many cases when fertility is surely second to what are we going to make, if we do manage to force nature into doing what it does not want to happen?

DAD FACTORS - What often happens, however, is that the potential father does not take the matter seriously, still engaging in 'his' habits, as though his contribution to the process was slightly irrelevant - this all being a 'woman thing'. Unfortunately, it is the woman who suffers the threatened and often subsequent miscarriage. It is the woman who, as is so well-socialised in this culture, feels the guilt. It is as though, had she done something better, the miscarriages or apparent inability to become pregnant would not have occurred.

However, it may well be the errant dad-to-be, refusing to stop smoking, drinking and not taking supplements that is causing less than perfect sperm to initiate the pregnancy. Then the natural selection of fitness-for-life takes over, removing the possibly defective potential baby.

AMANDA was intent on helping nature as a baby was not so far happening. When asking her about his contribution, I found out that he was unwilling to go and get a test done, as it 'wouldn't' be him. She had had a miscarriage and really didn't want repeat this. He drank only soft drink and coffee and alcohol - he would not drink water. He saw no need to take vitamins - "I'm alright" and said that if she wasn't pregnant this time next year (no doubt long enough in the future to not worry about it now), he would.

How many more miscarriages did she need to endure?

It may be that just not enough time has passed to flush out the ravages of youth overly enjoyed. Many men work in toxic environments - or have done so in the past - and without a concerted effort, the fat cells may be awash with toxic residue (sperm production being one area of major concern). As it is the mother's body that has rejected the pregnancy, miscarriage is seen as something being 'wrong' with her that is to be 'fixed'. It may be that the egg was perfect, the sperm less so, but she tries even harder to 'do it right' next time. Both parties should be in peak condition. But if the sperm are not absolutely stunning (even though medicine says 85% abnormal sperm in the sample is acceptable), it may be that regardless of her effort on your behalf, you both have forgotten that the baby is half from each of you. (Please read "[Supercharge Your Sperm](#)" - next chapter).

What may have been missed are the hot feet I mention elsewhere. Even in acupuncture texts, this commonly occurring clinical sign is not addressed. In lay-person's terms, it translates as accelerated ageing and the likelihood of pregnancy problems and compromised babies, if conception occurs at all. The 'sick-heat' that I speak of elsewhere underlines its importance - please look at the fertility markers and ensure that you are well enough to be outside all the trouble zones.

MUM FACTORS - (also see chapter 12). She is usually the one who has taken every precaution, stopped ingesting anything remotely dangerous, taken a lot of vitamins, minerals and herbal preparations, and is the one who is totally wired into the emotionality, the hormonally-driven consequences of a less than expected pregnancy outcome.

If you have already had a successful pregnancy and had warm feet throughout, you probably had other signs of heat also. These may show up as possibly increased gestational diabetes, pre eclampsia, premature labour/rupture of membranes and late pregnancy bleeding. Preventative medicine is what you would wish to be using when making a baby. The long term health of the previous child and the accelerated ageing happening to you as a result of the unheeded warnings may be undone before the next baby. Things do not happen randomly and unexpectedly.

Mum is wise to have perfect periods prior to conception - since they give readout of how well her entire body is running. (Please check out the [Woman Tides](#) eBook).

THE BABY - is made from the interplay of both parents. One cannot make up for the deficits of the other. Maybe the factors mentioned above have meant that the baby's constitutional vigour is not strong enough to support life. Classically, in China, if parents were too old or ill when the fetus was conceived, this would be expected.

Reframed in our modern world, it is less likely to be chronological ageing, (too old/old eggs/elderly sperm) and more likely to be biological ageing, through fast living, illness resulting from lifestyle or personal constitutional factors, or general background environmental contamination. This may come either indirectly through living or working spaces, possibly from several decades ago, or from recent lifestyle choices. Either aspect weakens the "Jing".

The maternal environment is also too depleted to allow potential to develop. Often women have very little fat or Jing reserves, and if severe nausea strikes or if something else happens concurrently in her life to upset her, there may be little substance to hold the pregnancy at its crucial beginning stages. It is possible for the weakened fetus to make it to birth, maybe arriving early, very ill, structurally compromised in some way, or still born.

If a weakened one 'makes it', (and, 'yay', we have a positive pregnancy test result) this may not be cause for long term celebration. Whilst 'special' children can teach us enormous amounts about ourselves, about the way we run our lives, and our expectations of 'perfect', 'good', 'right' and 'happy', it may be an unwelcome outcome, and one you wish to consciously avoid. (Hence we screen to abort if damaged with no real thought for the ability to screen by ensuring absolutely stunning sperm BEFORE conception).

Is it a tragedy if a miscarriage happens?

Might it not be a wake up call and lookout for everyone's sake?

Is it the 'baby' factor, mum and dad 'faults', or the 'mother'(can't hold on to it) factor?

If we seek our culture's version of perfect, prenatal scans will be ordered; maybe other checks, such as amniocentesis, will be performed - to cull out what we don't want. This is far less likely to happen if the pre-pregnancy planning has been adhered to by both parties. The baby's Jing - DNA and energy - comes from both parents.

**THE STRENGTH OF YOUR BABY IS IN YOUR HANDS
- NOT FATE OR LUCK. EASY TO RUE INACTION FOR
THE REST OF YOUR LIFE OR SPEND A FEW SHORT
MONTHS PRIOR TO CONCEPTION LAYING THE FOUN-
DATION FOR THE BEST BABY POSSIBLE.**

CHAPTER ELEVEN

WHY BABIES MAY BE MISSING IN YOUR LIFE: 'HIM' FACTORS

Is your penis hot when hard? (KIDNEY YANG, THUS A SPERM QUALITY MEASURE)

Do you have as strong an erection as ten years ago? Twenty? (SAME)

Can you last as long as you want? (SAME)

Is your basal temperature at least 36.6C? (METABOLISM/roughly KIDNEY YANG)

Do you, or have you placed your feet out of the covers at night as they are too warm/ uncomfortable? (KIDNEY JING/YIN - quality of sperm MARKER)

Do you sleep easily and awaken rested? (KIDNEY YIN AND GENERAL SHEN MARKER)

Do you grind your teeth at night (SHEN DISTURBED/STUCK LIVER QI)

Are your fingernails in good quality and growing well? (GOOD QUALITY SPERM MARKER)

Are you regularly stressed? (CANNOT MANUFACTURE GOOD QUALITY SPERM WHEN UPSET - THE GUT DOESN'T WORK WELL)

Do you have any gut issues? (SAME - thus, what ARE you trying to making babies with?)

I would strongly suggest that you read ALL the information below, as there is usually a blurred edge between these non-fathering issues, and the treatment for all is the same.

BASAL BODY TEMPERATURE (BBT)

First thing in the morning, as soon as eyes are open, place a thermometer in your mouth and record the result. It should be 36.6, preferably 36.8C. If any lower, this is a cause of concern. In my fertility clinic, I had not earlier thought to take men's temperatures, until one woman came in with her husband. His was 35.6 and she wondered whether this would have any bearing on his plentiful (over 100million) though sluggish sperm. I then started getting all the men who were not fathers to record their temperatures, and the highest was only 36.4C. This is lower than the average woman's low first part of her cycle.

The lowest recorded was 35.5. From then on, I focused on attempting to raise them. Already the men were using my dietary and supplemental changes, so it is very possible that these temperatures had been even lower when they started treatment. I did not notice any huge improvement through their taking Chinese herbs, or deer velvet, although all lifted it a little, and sexual stamina and enjoyment improved remarkably.

General health and happiness markers also improved, but the temperature only really climbed usefully when gym was instigated - at least 5 times weekly, and with muscle-building exercises a high priority.

Normal exercise may be useful, but resetting the metabolism takes effort. Modern life is too soft, creating men who are flabby in all departments. A large component of responding to this is turning off the television, and living in your own life. Staring passively at screens will fade into the background when junior demands your time anyway. So, avoiding tying up family resources on such large screens and expensive electronic toys is really an investment in your future, as a couple and as a family.

1 - YOU ARE 'OK' BUT SHE HAS A DIAGNOSED ISSUE .

. . .

As you have not become a father when you would have liked to be, lifting YOUR game may assist the process. "OK" sperm is not stunning, and often needs to be a lot better. The generally accepted levels of sperm that give you an "OK" clearance are only 20 million - which is the level the World Health Organisation regards as the bottom limit. Ideally three times this much is better. Levels of abnormal may be regarded as acceptable at 85% but, I would imagine you would rather start with the best possible beginnings for your children. Common practices such as smoking, drinking coffee, cola, soft drinks and alcohol really greatly affect your quality and number of sperm. Many miscarriages are a direct result of not good enough sperm. (Check this out by Googling). There really is no room for complacency here; even moderate lifestyle changes produce instantly observable increases in abundant, excellent sperm results.

2 - YOUR GENERAL POOR HEALTH &/or POOR SPERM COUNT &/or HIGH PERCENTAGE OF DAMAGED SPERM

These are covered as one topic since the causes and solutions are the same. It is extremely easy to turn around the results of a sperm test: just live more as your forebears would have - go natural. All lifestyle changes are not necessarily simple since they require you to address the reasons behind doing what at present is comfy and easy. Ask yourself why you chose to watch screens instead of relating, going to bed and making love as often as it takes to make babies.

Why does alcohol ease you and makes you feel how you want to feel.

Why is work so important and why is the push to be seen as successful so seductive?

Why does the possibility of eating breakfast and starting the day calmer seem so much like a waste of time?

Why do taking vitamins, doing a sperm test, stopping coffee seem so much like hard work - are babies really just not that important to you?

Would it not be a good idea if SHE knew you were only half hearted on her dream?

WHAT TO DO TO TURN AROUND A 'DUD' RESULT

Live like your ancestors. Simplify, live more naturally - as though you have no electricity is a good start. No electronic anything after 8 pm.

1 - **Stop all coffee**, decaffeinated and carbonated drinks - it increases the likelihood of miscarriage, and needs a lot of water to flush out its effects on the liver.

2 - **Stop all alcohol** - it is a poison, and has no benefit in baby-making.

3 - **Drink at least two litres of water daily.**

4 - **Go to bed by 9 pm** and have the light out for sleeping by 9.30. If it is winter, make this an hour earlier. **BUT, you say, I DON'T GET HOME TILL THEN.** That is the point. How do babies really fit into your life?

5 - **Make love at least every second day** - sperm need to be about, in case there is a non-standard ovulation, which most too-fertile women are well aware of. Saving it up creates a store of older/less capable sperm- you want younger lively ones to be making babies with.

6 - Start the day with a **good, solid, cooked breakfast**, or at least one that is full of protein.

7 - **Abandon all gluten and sugar.** Gluten is found in most grains (wheat, rye, oats and barley, etc), so eliminate cereal, breads, noodles and pastas, plus cakes and biscuits. Check food labels; you will be amazed at what gets slipped in.

8 - **Avoid mobile phones** - if you rely on them, use for as short a time as possible. **NEVER** wear them on your belt or have them in your pants pocket. Great way to short circuit fatherhood.

9 - Do not use a laptop on your lap, carry a mobile on your belt, or attempt to use a computer without thinking of the **microwave and radiation effects that are wrecking your sperm.**

10 - Start eating as though you were worshipping your body and baby-making bits. Fat and protein are needed to make stunning sperm - **take a little protein every three hours.** Fats in the form of oils, avocados, fish and eggs are very beneficial, as are organic whole-fat dairy products, especially if not heat treated, and organic meats in moderation. Fat is the base ingredient for all hormones, so going 'low fat' weakens your fertility and your metabolism, your manhood and your vitality.

11 - **Exercise** - at least 10,000 steps a day is the baseline. From there, have at least 5 gym events weekly. This is **THE** way to boost metabolism, which will lift BBT and thus the motility and quality of your sperm.

12 - **Fix your gut** as it is the factory that processes what food goes into what sperm you make and how well you support yourself. Stress is the way to shut yourself down. The 'fight or flight' response is part of modern living, and results in the self-medicating habits that I am suggesting you stop.

13 - **Enjoy life**, and spend lots of time being content.

3 - BLOCKED TUBES

Naturally, I am not referring to unreversed vasectomised tubes here. Please also read this subject under 'Her Factors' in the following chapter. A major cause is long-ago drinking binges and general laddish behaviour. What may have seemed really cool some time ago may return to haunt your more sensible years. Someone out there is adding to the statistics, getting the STD Chlamydia - and this causes sterility, not only in Australian koalas.

If the medical model decrees that the only way you can father a child is by sperm extraction, know that there are also men who have gone off to do the hard yards themselves, working with naturopaths and Chinese herbalists and acupuncturists and have managed to go from no sperm ejaculated to natural conceptions. It takes time and perseverance, but it can happen. This is outside an orthodox specialist's reality.

It is based on my personal clinical experience and the knowledge that, given the right ingredients, the body can reverse all sorts of apparently hopeless case scenarios.

Initially, I put all men on a clean-out dose of very strong herbs before I deal with their sperm issues. It consists of anti viral and damp-heat-clearing ingredients. This covers all the residual mess that is likely to be co-existing within. The body is self-cleansing, and stopping all the things that give rise to damp and heat can only help.

Basically it is a matter of stopping everything chilled from passing your lips. Water should be room temperature. Fruit should not be stored in the fridge. Alcohol is a non-starter; zero tolerance is best if you are serious about becoming a dad. The other issue here is wanting to help her not have miscarriages. The average woman really

doesn't need any false starts when she has been waiting, often decades, to start her biological replication.

The other thing is to severely limit anything sweet from your diet. Sweetness damages the Spleen Qi that supports your digestion, and hence your ability to make stunning sperm. This is easy if you follow the dietary recommendations - filling up on protein, fat and vegetables. This way, there is no likelihood of unbalancing the Spleen energy that is otherwise active processing and delivering perfect raw ingredients to fuel you with - rather than the short pure white and deadly sugar hits that long term attack well living.

Heat energy is either from ingesting far too concentrated foods - salty/chemical/very sweet/processed or pickled - and insufficient good clean water drunk daily, or from emotion, from the rage that everyone suppresses in their daily lives. This is a major cause of most digestive upsets - see below.

4 - GUT NOT HAPPY (not supporting you, let alone the stunning child you expect to just appear through sexual activity)

Our belly and its organs support us in being here. Disorders include poor assimilation /**leaky gut/Candidia overgrowths/ constipation/ slow peristalsis/reflux /heartburn** . Suffering these is not just a pain, it affects all aspects of your life. By creating discomfort and inferior Blood and Qi, we are handicapped and may be limping through life, accepting the gut's underperformance.

Why may it be less than perfect?

Choosing to have no breakfast because you think there is no time, throwing odd drinks and substances (caffeinated, or very cold, or as a substitute for food when you are busy) does not allow the body to fuel you properly. You may then become grumpy and vague; reaching for the nearest thing crowds out good quality ingredients with short term, energy 'easy' fixes.

This is not ideal for either sperm quality or keeping yourself well (which also is a priority for sperm quality). Emotional upsets, and reactions to them, are more likely as blood sugar dives due to lack of nutrition. Eating something solid, preferably protein - cheese snacks,

if nothing else available - will help moderate energy and mood swings. Food is necessary - a little at a time, all day. [Helping Yourself to Health and Vitality](#) explains this in far more detail. (LINK)

**YOUR EFFORTS IN MAKING STUNNING SPERM
VASTLY INCREASE**

**THE HEALTH AND VITALITY OF YOUR CHILDREN
- YOU CONTRIBUTE HALF OF WHAT GOES INTO
MAKING THEM.**

WHAT TO DO?

Read "[Supercharge Your Sperm](#)" next to see what else has happened for other couples- a little application in life changes makes babies very easily.

MORE SLEEP

LESS STRESS

MORE EXERCISE

**FOODS TO STRENGTHEN - FATS AND PROTEINS
and**

FRUITS, VEGGIES, NUTS and SEEDS

PLENTY OF PURE, UNCHILLED WATER

**NO ALCOHOL, CHEMICALS, CAFFEINE or
SMOKING**

MUCH MORE MUTUALLY ORGASMIC SEX

(not just insertion and the job is done)



"SUPERCHARGE YOUR SPERM"

INTRODUCTION

The aim of this portion of the book is hopefully to get some of the guys on the same team as their partner - making babies, not feeling pushed around and hassled. Because the quality of sperm increases dramatically and extremely quickly when general health and vitality is improved, it is easy to establish whether there is a little or a lot you can do, and then do it.

As a natural fertility specialist, I have noticed, over the past 30 years, a shift in the male perspective on the issue. Usually, in the past, I only saw men if they had a diagnosed sperm abnormality and were desperate to father their own babies. Beyond that, it seemed that getting pregnant was considered to be exclusively women's business.

When IVF started, it became even more of a woman focus. Scanning equipment had just been introduced and the brave new world of reproductive technology was born. It was now very easy to attribute what was 'wrong' to her. Plus, there were no medical solutions to sperm problems. It was thought there was NOTHING that could be done to help, so the whole push was to make the woman better - as if the entire responsibility rested with her.

BUT

As time passed, men have very recently started visiting my clinics in greater numbers because their sperm are considered not good enough even for assisted reproduction techniques. The spectre of having to use donor sperm if their own contribution was too damaged created the drive to seek help. Rather than seeking another stud, the man sought to improve himself - how did he know to try elsewhere?

Desperation usually; the last resort; hope - the same motivators that used to drive people to IVF. These days IVF is considered well before even investigating cleaning up the prospective parent's own health problems - which are likely the reason behind the lack of fertility anyway.

Both could stop and consider the QUALITY of the children they wish to have. Are they themselves both in rude good health? Are they both as well (and as clean and happy) as they could be before em-

barking on the making of another person? What is this baby to be made from? This is why you have bought and are reading this book - what next to be done?

Instead of feeling a personal affront at apparently being thwarted by Mother Nature because the baby they may make together in their current form is less than they would wish, both - rather than often just the woman - could embark on a preconception package. Often the woman is the driver here, but equally the man may consider improving his state of being as a precaution, to ensure that the baby he fathers is as perfect as possible. Otherwise, if she does conceive, she may have recurrent miscarriages - as his contribution is less than perfect to finish the job.

Now there is a process called ICSI, where an egg is injected with a selected sperm. There have to be sufficient, good quality sperm to use this technique. It is only used either when his tubes are blocked, or when his sperm are not numerous or vigorous enough. Why not boost them up before this is even considered? There are no losers either way - the resultant baby just gets to be even better - and in all things post birth, baby is only as potentially stunning as the inheritance it started off with.

This is something to be considered, as often the one who carries the trauma is the mum in waiting. Significantly larger amounts of hormones were initially used in IVF than are used today. Women routinely put on 25 kg of weight, which did not shift after stopping the drugs. They were then considered too fat to adopt. Now, there are fairly rigid protocols, and if a woman is considered outside these, she may not even get a chance - and all the while, the man may have continued doing what he regarded as normal - drinking, smoking and skipping breakfast, and generally acting as though he was totally peripheral to the making of his children.

NATURAL VS ORTHODOX MEDICINE

Possibly the reason for this has been that natural medicine - helping the body heal itself - does not spend big money on representing its case. People quietly seek natural help in many ways - even if it is only taking a vitamin or two. All forms of natural medicine assist the body to regain its own balance. Natural medicine is not flashy; is without major advertising budgets and not government subsidised.

Terminology and methods used may look weird to those used to forcing the body to change.

Sometimes, it takes time to heal - and the need for instant gratification in the modern world has no time for a proper job done - the veneer and flashiness of possibilities may be talked up and sold as though reality. Where does this leave the majority of those seeking babies through IVF? Still childless, and often extremely traumatised and out of pocket in many cases. Only then is natural medicine's help sought. Why not build up yourselves BEFORE attempting to force nature? All there is to lose is uncertainty. You will KNOW you did everything possible, rather than just handing over money and hoping for the best outcome.

Orthodox medicine does not work to assist the return to normal, or wellness. Vitality measures are not part of the map it uses. With all the new technology, illness and female 'plumbing' issues are now identified and focused on. Yet, this is only part of the problem. Even if we discount the role of the prospective dad - as though his sperm were insignificant and unchanging - the quality of both parents and what they bring to the child is ignored within reproductive medicine - the push is to make as many eggs, then embryos, as possible as though quality was irrelevant.

WHAT IS AN INDICATOR OF POSSIBLE TROUBLE?

Often the body is so out of kilter that everyone just gets used to feeling slightly off. This is easy to spot and to alter. Sometimes it is just a matter of popping a thermometer in the mouth first thing in the morning and discovering yourself that there is work to do. Men should register 36.8 C. Anything less than this and sperm quality and volume may be an issue. I am currently seeing a man with over a 100 million sperm in his samples - but quality? His temp is at a record low of 34.8 - TWO whole degrees less than is optimum - this has got to be playing out as less than vigorous baby makers.

The BBT (Basal Body Temperature) of both partners tells us what the metabolism is doing, whether the body can even support itself (let alone a pregnancy) well in the woman's case, and if there are likely to be good, strong, vital and robust sperm in his case. So far, this key consideration has been ignored in favour of 'hormonal' blood tests and supposedly amazing new drug protocols.

WHY BOTHER?

Western medical specialists, unlike their natural counterparts, believed the sperm unlikely to change, so nothing was suggested to improve the contribution he was to make. This has led in the past to male and medical complacency. I often wonder why such a crucial beginning as the making of a person is treated with such apparent disdain. Someone has the damaged babies, someone has the chromosomal disorders and someone has failed pregnancies, miscarriages and babies that just don't make the grade. Why not make sure it is NOT you? Luck is not part of the reproductive package - there is a lot we all can do to influence things.

Why wait to see what a pregnancy scan and invasive testing show? Why not, instead, ENSURE that the baby you make together is the most amazing possible? Natural medicine works at this edge. Even today, I still often only see the woman seeking conception and I wonder why HE is not also seeking help. After all, HE holds half the genetic package.

Googling 'improving male fertility', 'sperm health', 'natural male fertility cures' and also 'male factors in miscarriage' may allow him to become less defensive and reactive and realise that seeking to stop all teratogenic (fetal poison) factors is not a personal attack on him, but an attempt to ensure miscarriages and other pregnancy hiccups do not happen.

Without this acknowledgement, the effort of creating a baby may still be considered to be women's business alone - and often, as the ensuing stories illustrate, this is not the case. I emphasise, it is NOT up to her alone; if it were there would be a lot less childless couples.

KEYPOINT - HOW WELL YOU ARE IN PART DETERMINES HOW WELL YOUR CHILDREN GET TO BE.

YOU CAN CHANGE THIS AND HENCE THE QUALITY OF YOUR OFFSPRING - OFTEN EASILY AND WITH LITTLE EXPENCE.

FIRST THOUGHT

CONSIDER WHAT YOU ARE CONTRIBUTING

CAN SPERM BE IMPROVED?

Until very recently, all mainstream fertility clinics focused on the woman, regardless of how poor his sperm were. It was almost as if they ignored that it is the *COUPLE* who are not conceiving - not just the woman failing to become pregnant. From the natural standpoint, however, we ask what can be done to assist *HIM* to be as fertile as possible?

The starting point is that a number of men are still using various chemicals and stimulants as a form of self-medication - cigarettes, alcohol and caffeine - failing to see the link between basic ingredients of life, like breakfast, good food, water and rest, and the good health that would give them great sperm, and thus a better chance of making a great child.

What we can do to *IMPROVE* the quality of the baby we are trying to make is at the core of good reproductive medicine. In orthodox IVF centres, there still does not seem to be a firm connection between what happens in a person's life and the reproductive challenges they face. Many are grossly overweight yet lacking proper nutrition, so how are *QUALITY* embryos going to happen?

All printed literature coming out of the major IVF centres until very recently said nothing could be done to assist sperm quality. This flew in the face of what all natural therapists had been practising for decades - quietly raising the fertility of those who seek their help, whether they still needed assisted reproductive technology, or whether nature finally won out. Or even if those visiting natural therapists were *NOT* seeking babies but better health, and accidentally discovered that the natural contraceptive measures really only work if the players are not very well hence have low fertility babies happen when well, often when you least expect them

The orthodox medical suggestion that nothing could be done for the man has possibly led to a situation where men feel lost when confronted with the possibility of low sperm action or numbers. Maybe this contributes to not wanting to know.

What can be done? Well, consider this: All naturopaths and a lot

of acupuncturists /Chinese herbalists have been specialising in this field, busily creating babies, long before IVF appeared. And they are still assisting couples today when quality issues (poor egg response and sperm quality) are indicated.

Men are now being told that taking a dedicated fertility pill can help them. This apparently is breaking news and doctors are propounding on what naturopaths have been doing all the while. Until trials of antioxidants were completed about a year ago, some people even considered natural therapists to be 'quacks', as everyone else in the medical world felt sure there was no way to change sperm. The truth was that there was no pharmaceutical agent that was helpful - so they went out and created one from all the antioxidants that we should be eating anyway.

MENEVIT is now touted as a breakthrough and it may indeed be so from a marketing perspective. It is a very expensive, one-off vitamin pill. But it stands as only pale comparison with what can be done to enhance sperm if you follow basic naturopathic and common sense advice.

NATURAL SUPPLEMENTS

Doctors do not study nutrition. The lifestyle and dietary changes I advocate are outside their sphere. Often such simple and researched matters as stopping ALL caffeine and having a zero tolerance policy on alcohol, nicotine and all drugs - prescription included - has not reached the IVF clinics. As a result, women are happily being inseminated with sperm that may cause them to miscarry because their partner is still creating toxic sperm; his coffee/diet cola and alcohol habits apparently are not considered part of their combined fertility problem.

'MENEVIT'

Now being marketed as a new tool, this is just a combination of a few supplements within one tablet. The problem here is that our gut does not process tablets as well as it does food. The Zinc component is far less likely to be useful in this form; most natural therapists prescribe it in a liquid or powder to enhance assimilation of this very crucial micronutrient. As digestive capacity is deficient when Zinc is missing, so the gut will be less likely to absorb what it needs. Zinc is

vitaly important not just in sperm production, but also in all immune, mucous membrane, and in RNA/DNA replication issues. It also influences the strength of the digestive enzymes that in turn allow all assimilation to happen well. The soils in Australasia are very lacking in both this and Selenium, but both are important fertility boosters.

Until very recently, the medical view was that Selenium was highly dangerous (despite the fact that deficiency leads to all forms of cancer and other immune deficiency issues) and it was banned from being sold in Australia. Veterinary medicine in NZ knew that without this, the ewes were less fertile - and all animals were supplemented with what was just not there naturally in the soils - hence not in the food they ate. Nutritional deficiency leads to conditions that are presently medicated against in orthodox medicine. This does not create a solution, but further problems - instead of help, the body, already displaying warning signs of its turmoil, gets masking agents that often further stress the its already-troubled functioning.

'ELEVIT'

Similarly, for women 'Elevit', sold in Australasia with great fanfare, is no better a product than any good multivitamin sold in a health food shop. I'm not referring here to the chain store variety of multi-vits. Be warned that all supplements are NOT created equal. Some may be cheaper because they are harder to assimilate, have cheaper ingredients and may just be making expensive sewage. Those who are taking 'Elevit' are better off going to the health food shop and seeking advice there. Chemists and doctors are involved in marketing campaigns, and usually have little nutritional understanding.

FOLIC ACID- is for men too - Google 'folic acid and sperm health'

Elevit is apparently full of folic acid - which is in most foods in every sensible diet. The folic acid, as a B group vitamin, should never be taken by itself, although until recently women were told to take it alone as Vit B9 - and some are still taking extra as though it will ward off bad babies. Taking it alone is actually destructive, as all the B group work synergetically within the body. Folic acid, which, as I say, was ALL women were advised to take in the recent past, is a hindrance unless taken with a good multi or B complex. It is contained within all of these.

In fact, folic acid is very hard to miss nutritionally provided you are eating well. 20 years ago when asked, IVF doctors said that taking folic acid was only required in the last 4 weeks of a pregnancy to strengthen the iron bonding within the baby's red blood cells. This contradicted views that were starting to appear in newspapers - that enhanced folate blood level seemed to reduce the incidence of neural tube damage. Research obviously hadn't made it into the medical journals that mattered at that stage. Indeed, any of my patients attending IVF clinics were counselled AGAINST taking it - on the basis that it was not considered necessary - just eat a 'healthy diet' was all the nutritional advice on offer.

Medical fashions change, but the body's need for nutrients is constant. Naturopaths have been trained in this field. Doctors do not routinely study nutritional deficiency states. This means that a lot of health issues are overlooked, as simple as they may be to correct, because medicine is looking to pharmaceutical drugs for solutions rather than at what should be within a person. Depression is a classic example. Magnesium deficiency allows a person to become more upset, irritable and thus tenser, with muscle spasms, twitches and cramps, plus irritability, inability to sleep and moodiness.

So rather than handing out anti-depressants and sleeping aids, why not consider Vitamin B complex and Magnesium? Again this should be in powder form as the body is not so good at dismantling tablets, especially when stressed, which is the issue at hand.

WHAT TO DO

Don't take my word for it - go Googling. I would recommend anything written by Dr Igor Tabrizian here - please Google his name. It is far more useful to take a few different and targeted natural products than what is currently the latest fashion in medicine. Up to a year ago most doctors still said that sperm quality was set. Also of note may be www.acubalance.ca, <http://www.foresight-preconception.org.uk/> and www.thenutritionlink.co.uk.

SUPPLEMENTS - WHAT TO TAKE TO ENSURE GREAT SPERM

Often people say that they want to make a natural baby - as in - why do I need to take anything? Some research of your own will answer this. Also ask yourself some questions. Is food actually allowed to

ripen before it is carted off - often across the world? Hence - does it have all the goodness (let alone taste) that it would if grown naturally in a local garden? Is the usage of forcing agents and unnatural farming and storage methods actually even good for the food, let alone us eating it? Are we so sure that the toxic world we live in only needs us to eat what we think we fancy?

I suggest everyone take one very strong B group dosage THREE times a day for a week to help clear away any residual B deficiency, then half a B complex three times a day.

This frequency is needed because B and C are water soluble and do not get stored in the body. They are flushed out, showing up as colouring in the urine.

Also take:

- A good (not the cheapest) fish oil capsule;
- One multi-vit twice daily;
- An E dose - very strong - with Selenium if possible, otherwise a Selenium supplement also;
- Half ml of Zinc liquid or half a teaspoon of Zinc powder, mixed with a serve of Magnesium powder, twice daily.

IF THERE ARE DAMAGED SPERM

In addition, if there are damaged sperm, take the following:

- A very strong Co-Q 10 capsule twice daily;
- Twice the recommended daily allowance of both l-carnitine and l-arginine - both amino acids that are found in health food shops;
- A folic acid/B12 extra supplement - and perhaps if you have poor circulation, or you know the vasectomy reversal was dubious - two three times a day, at least for a week along with the half B complex - longer if you suspect chromosomal damage - as this assists repair and recovery.
- A green tea extract supplement if you can find it - you can't drink enough to cover the good this exceptional anti oxidant can do for your sperm repair.
- A half dose of Vitamin C, SIX times daily - more if you can fit it in, or if either of you are smoking.

This is in addition to the extra water you should drink and the elimination of caffeine and alcohol. You should be taking in plenty (two and a half cups) of coloured vegetables daily - wok and juicer help here - and fat and protein every three hours. This calls for a change in prioritizing - self-care first. This can be a major stress in itself, as the whole reason the health issues have arisen, leading to the need to take medications (especially the migraine sufferers), is because the water component is not attended to.

HOW YOU ARE IMPACTS UPON YOUR SPERM QUALITY

You will be surprised at how relevant this is. The state of your general health is reflected in your fertility. If you are regularly taking medications for any complaint, the sensible thing to do is to go natural and investigate the many different natural health modalities to find answers.

You should not be unwell and stressed going into baby-making, as the sperm - your half contribution to the baby project - need to be stunning. To the extent that you are not well, they will reflect this. It is easy to reverse. Firstly - get well - not so that you are functioning as medicated, but so you are really 'bursting out of your skin' well. Otherwise, when baby arrives and is not quite what you imagined, separate to finding the energy and enthusiasm to cope with this significant life change, you may find yourself wondering if you did everything you could when it mattered most.

Why ARE you having migraines and taking medications to avoid them? If your family has them too, doesn't this tell you that getting stronger now may allow baby to miss this inheritance? And why DO you need to take pills all the time to make your gut feel better? Could this be altering everything about you, since the gut is not now able to process food well, so that all body products are compromised?

A young couple came to me very excited about their new pregnancy, but the following week I heard the woeful tale of the miscarriage and vast haemorrhage she experienced. Sometime later, when they attended one of my pre-conception workshops, they spoke to me afterwards, saying that although they were both very upset about the miscarriage, they now saw just why it would have happened and, in a way, how grateful they were to have lost that child, as neither rea-

lised just how unwell they each were. They are still building themselves up to make a much healthier baby to take through their lives, without all the potential problems they currently have.

The gut turmoil that many experience - especially IBS and reflux - further wrecks good sperm. This is because when we take antacids and similar medication, to relieve what is really a lifestyle problem; our ability to nourish ourselves diminishes drastically. What remains for fertility purposes is not in good shape. This can be easily changed, but under the guidance of a natural health care professional who deals with a wellness and vitality model, rather than an orthodox medical person who deals in illness and drug solutions.

Be prepared to change what you are doing. Remember, you created the problem and need to alter what you are doing, to 'fix' it. Health does not come from a bottle.

STEPS TO BECOME A DAD

- 1) CONSIDER WHAT ARE YOU CONTRIBUTING**
- 2) IMPROVE IT**

SECOND THOUGHT: WHAT HAVE YOU GOT?

TAKE A SPERM TEST

You actually need to know about the volume and quality of sperm you are working with. A surprising number of men seem to think that because they are sexually active, there is nothing 'wrong' with them. Another large percentage possibly feel they just know that the root of any problem or issue is 'not them'. Is it a slight on their manhood? Do they believe, as an adult, that they are still 'perfect' and not at the mercy of all the factors that have created the epidemic of male sub-fertility - unheard of 50 years ago?

Perhaps they do not know that male fertility in all species is collapsing throughout the world. Your dad is probably still more fertile than you are. He was not exposed to all the petrochemicals and their derivatives in his infancy that you were. Although we all accumulate toxins as we age, the most important time is when we are forming and our hormonal systems are being laid down. (A clue as to why no fetal scanning should be happening AT LEAST until after differentiation after 13-14 weeks along). This is covered in other works, and may be Googled - try 'fetal scanning safety' and see what Dr Sarah J Buckley discovered.

If you Google 'hormonal disruption', 'our stolen future', 'estrogenisation of the planet', 'male fertility impediments' and anything else around this subject, you will be enlightened as to why modern life and all the consequences of chemical substances is wrecking your hormonal health and hence fertility. You might have been exposed to something when you were developing inside your mother. Or whilst she was feeding you, there may well have been some external influence on her. At any other time this may have been OK but, whilst you were developing, it was highly problematic.

There may have been too much mercury in her teeth as fillings that leached into your embryonic body as it developed within her. This may have been compounded in life by all the vaccinations she made sure you had to assist you.

It may be that all the alcohol you binged on in teenage years has blocked your tubes and is obstructing you from becoming a dad. Or maybe the STDs that were apparently cleared through taking antibiotics (or the ones that were 'sub clinical' - you didn't ever know you had) are stopping you fathering children. One way or another, there may be hardly any sperm appearing where and when you need them to do the business.

Whatever the reason, hormonal disruption is happening throughout the planet. This is easy enough to confirm online. Reading this book will help you look for what you can do to turn the tables around. What is considered the 'bar' or acceptable proportion of sperm that is classified as normal has been lowered dramatically in recent years. It is about half what it used to be. 'Normal' sperm can be only 15% of the sample; this means most - 85% - can have two tails, funny shaped heads, and all indications that SOMETHING is seriously wrong.

Do you really want to take pot luck with your future only-child or few children? We try for quality in all other endeavours, so why do we make such a lottery of whether we make the most of our baby or not?

Then there are the more hidden problems - heavy metal poisoning, not enough 'oomph' . . .

COUPLES NOT CONCEIVING

As a natural healer, I occasionally see the husbands and am sometimes horrified that they see as 'fine' the possible legacy they intend to pass on from their own past lives. Their indulgences - often past or present usage of recreational drugs, smoking and alcohol, and caffeine habits - meant that regardless of what was done for her, the end result was most likely miscarriage. If women smoke when pregnant their adult sons are more likely to have testicular cancer - what is in store for your children with your habits still unchecked?

Just Google now 'male factors in miscarriage' or matters relating to prescription /recreational drugs that you use - often from the doctor - and male fertility. You will be astounded. Even antihistamines are likely to upset your ability to have sperm that do their job effectively.

Over 25 years ago, **LINDA** sought my help to conceive. Although endometriosis had just been discovered and scans had shown she was full of it, I took her on as a patient to break through to the cause. Acupuncture is very useful, as is thorough investigation of why adverse health conditions stay lodged within us. This requires that we actually change ourselves and our attitudes. At that time, I was not using Chinese herbs, and did a broad-brush look at the nutritional and the supplemental elements and the life changes required to move what in Chinese medicine is called Stuck Blood.

I saw her husband and realised that he, looking about 20 years older than his real chronological age, was a massive factor in her infertility.

She eventually left him, and had a great time, getting drunk, jumping out of planes and scuba diving. She let herself go. She also took very powerful medications that were given at the beginning of endometriosis treatment to stop all female hormonal

activity.

Over the next few months, she kept complaining about nausea, lethargy, breast swelling and general fatigue. The gynaecologist assured her this was totally normal when overriding the hormonal system, as this medication was.

One day she was in the bath and noticed a mound under her belly button. She raced to the gynaecologist's office. He disputed any suggestion she might be pregnant, on the basis that:

- 1) She had such really bad endometriosis and couldn't conceive.
- 2) She was on heavy male hormones and it was impossible to have any ovulation occur under this treatment.

Then they listened for the heartbeat that shouldn't have been there.

Her daughter was born just fine, after starting life as a one night stand with a very fertile man - the issue of him needing to be strong to 'cover' her - is alive and well in all farming circles.

I often think the work I put in with the woman can be wasted if 'he' inappropriately rests on his laurels. He has not done the deed - and she is still without child. I sometimes point out to women that they are looking for fathers in the wrong age bracket. Women tend to select older partners, but often a 'toy boy' would be more vigorously fertile. Men tend also to have a biological clock - especially when they have ignored the basic dictates of water, good food and exercise. Often the man is too stressed and is self-medicating with alcohol and other types of internally heating substances, all of which deplete his ability to be stunningly fertile, let alone healthy.

LEANNE at 43 thought she had 'missed the boat', as far as babies were concerned. Two years before, she had been pregnant to a much older decrepit-looking man (still using marijuana, smoking cigarettes and using all manner of different substances). She discovered the baby to have Down's syndrome and aborted it. Moving forward in time, she had a weekend with a 'toy boy' and was shocked yet delighted to find that a Day 9 conception had resulted in her being pregnant again - this time with a well baby.

Often it is the AGE and state of the man that needs adjusting - rather than telling her she has 'old' eggs.

WHY NOT TAKE A TEST?

Are you thinking this really is not your issue/problem, or that it has nothing to do with your areas - that you are just fine?

How would you know? How long would it take of her not conceiving before you thought that maybe you should just see if you can tick your box - only to find, as several of the men in the examples below did, that they were not able to be dads without help?

SAM, a GP, 'knows' that he is fine and refuses to take a test. Why? Because it is not him - must be her. Reasons? He believes it can't be him ...but what if when they find that he is NOT so good, they have relationship issues as SHE is then really aggravated at the delay - a simple test is easy enough and what if she actually gets pregnant due to 'wonky' sperm, and has a miscarriage or worse - needs to rethink having THAT particular baby - will he be in the clear in her eyes, as his suspect sperm are a great reason for miscarriage.

LEON refused to do a test because "They would have my DNA". After many months, he finally did take a test and had woeful results. But after two months of taking herbs and vitamins and having fortnightly acupuncture, (which he complained bitterly about each time), his wife was pregnant with twins.

TIM just didn't think it was him. HE already HAD a child. (See later)

Often men re-partner, and everyone assumes that since he already has children, from however long ago, he cannot be the non-conception 'problem'. He is not the solution either. He, like all men, may be losing at least 2% of his fertility for every year he lives after 24. He, like a lot of men, may have had a vasectomy which may need reversing or a biopsy done to extract what he is making. If this is the case, he really DOES need a lot of help, as the quality has to be very good, and there may be antibodies that he has been making to his own sperm that may need overcoming.

TONY had a vasectomy 20 years previously, and, although a smoker and heavy, nightly drinker, he was committed enough to come in and see me for the months leading up to the reversal. He had researched who had the best pregnancy statistics, and they eventually went down to Sydney to get the job done.

Initially, he was in a mess health-wise, but he stopped all the difficult habits and became well and a lot cooler (see later).

Had he not done the clean-up portion prior to the operation, it is very possible the result would not have been as obviously successful - within three months she was pregnant. The resulting baby will be a great deal better than it would have been had he just relied on the surgery alone.

That orthodox medicine sees no answers does not mean there are none. It is just that within their framework, life is a one-way trip to disrepair and chaos, and that healing and reverting back to the pristine states of youth are not possible.

All natural therapists work to ensure natural healing. The body does the rest - if you support it through changing what you are doing with yourself.

You are too scared to find out in case there is a problem?

This is the most common reason men convince themselves they are OK and consider it a personal attack on them to even suggest they are less than perfect. But what if you are like the rest of the population - struggling due to the toxic environment we live in?

If this is the case, the answer is to tackle it immediately; a lot can be done - it is just outside the medical framework - as they deal with illness, not the return to wellness. Environmental medicine seems still considered a splinter of the 'real' version. Sperm are very vulnerable and thus highly susceptible to the influences of change. This means that when you stop doing the things that upset them and start doing the things that help them, instantly the body starts the repair and improvement process. I have had apparently infertile men become fathers within weeks of starting treatment, supplements and making huge lifestyle changes.

By not taking a test, you run the risk of never knowing that there ARE no sperm coming out to play. So you could do all the things outlined below, and be perfect at it - but what if your tubes are blocked? How are you going to know? Fathering a child years ago is of no help - where are the stunning sperm now?

It would be highly unusual to make no sperm at all, but it is quite possible that they are being held within and possibly disappearing before they are sent off to do their business.

Changing what you are doing makes an instant shift in what is available to make babies. Often she may have 'plumbing' issues and you can think it is just a matter of her being attended to, that you are 'fine' because the doctor said so. Well, you are not a dad. Why not be 150% sure? Just in case? Who said the doctor and his assessment was right anyway?

The modern level that defines fertility is half what it was considered to be 30 years ago. That's right; the 20 million you see on the test sheet to aspire to is only the LOWEST the World Health Organisation defines as being fertile. Not so impressive when you realise that men are often making well over 100 million. The average should be about 65 million, so if you come in at 18 million and you think this is OK - and a lot of GPs will tell you this is fine - maybe you should actually be doing something to boost your chances of being a dad.

Sometimes that little voice inside is right - and there IS a problem - so why not know now, so it can be fixed? The orthodox medical wisdom of this decade may well still be that 'nothing can be done' - yet natural herbalists and therapists have been greatly enhancing male fertility and helping create children all through the ages, well before the modern version of 'medicine' we use today.

What if there are no sperm at all? This sometimes happens. What will you do then? Medicos may say there is only medical assistance to be had, but what about doing as many others do - fix themselves with assistance?

SHANE - arrived after 7 years of trying for pregnancy, with apparently only dead sperm and pus being ejaculated. SUE was young and had been put on many different doses of fertility drugs on the off-chance that there would be more eggs for a stray sperm to find. After just TWO WEEKS of treatments - three a week - for both of them, and vitamin supplements, prostatic drainage and lymphatic massage for him, she became pregnant. Two years later they repeated the feat, then he went off and got his tubes tied - two was enough.

When they consulted with me 21 years later, I asked them what they thought did it. Without hesitation, they said it was

doing absolutely everything I had told them to do. How did they luck onto a natural fertility specialist at the time?

They had looked for a woman practitioner on that side of town, and happened to get me there for the three weeks I was working. I was not in business at the time, as I was a mum at home and pregnant myself, and had just been doing a locum for a friend. This is why the intensity of the treatment and their doing absolutely everything to the letter paid off. It was a one-off opportunity.

They knew it was now or not at all and they went for it. They had been wanting to fix her sore back . . . and got babies out of it as a bonus.

Most people tend to want to negotiate - to pick the frequency of visits and what they will and won't take - powdered herbs that may taste vile, but do the job really quickly - how much exercise they will do, or not do at all, what they will and won't take on board as lifestyle advice. But those who ask me to just do my job: allowing me to determine frequency of visits, and what to take, invariably get pregnant very quickly. Often, though, it is a case of: Where is the man? In most cases of the missing man, he assumes he is good enough. Possibly not to inseminate THAT woman. He may not have a problem - but how would he know for sure, he must TAKE THE TEST. Having kids before is no reason to be complacent. Life moves on, and the last woman may have been stunning fertile - or even lying - that happens.

IF NO SPERM ARE FOUND

The next step is usually a biopsy to determine whether you are making sperm and if they are just not coming out. Where this is the case, the sperm they retrieve is stored on ice and used in IVF procedures.

MICHAEL did just this. After a year of not conceiving, eventually he went off and discovered NO sperm at all in the test. The resulting testicular biopsy netted a lot and these were stored away for later if needed. Although there were plenty of sperm to use, he elected to go natural, finding a separate naturopath, a Chinese herbalist and an acupuncturist. He had weekly visits.

As the ejaculated sperm samples started to come back with some and then more and more sperm in them, they used condoms until a 'normal' sperm test result occurred - a year later - when they dispensed with contraception and had a son a year later. It took a lot of persistence and resources and changes in their lives, but the results of his student days and binge drinking were reversed. Now they can make more whenever they are ready.

If there really are no sperm at all, or just a few dead ones - a lot of effort may alter your chances of being a dad. Some cases may be more difficult than others - and there is always the problem of how much attention you throw at something before knowing if it is worthwhile. However, as with the case below, the alternative is having a donor fathering his children and he is not happy about this. Hence, the effort we are all making.

REG came in with the hormones, according to his specialist, of a menopausal woman. His sex drive and ability were not good. He was always red in the face, had very warm feet at night and never slept under the covers because he was always too hot. Within two months of treatment and Chinese herbs and supplements, his hormone levels are going towards normal, his testosterone levels and penile functioning are a lot better.

He is now sleeping under the covers and has not been poking his feet out. His bright red eyes are almost normal, his colour is a lot better and, from an acupuncture view point this means that his sperm quality is improving. In his case, originally, when a biopsy was performed, only 5 sperm were found and 2 of them were dead. I am not talking millions; these were individual sperm.

So this is a difficult case, but the signs are there that we are changing his state of being. At three months from beginning treatment there were still no sperm in the sample. At four months, one million sperm were found. This then means that the blocked tubes PLUS the lack of sperm production is being 'fixed'. He still has weird hormonal readings- like a menopausal woman still.

The next step is thus to give him anti estrogenic compounds - the issue of estrogen dominance that appears on women's endometriosis and fibroids and everyone's thyroid problems is here again - and environmental medicine is surely the answer.

Please Google these terms. His sexual interest and ability is so much better, and this is as expected reflected in the sperm availability and number. It is now highly unlikely that he will need donor sperm to help fatherhood along - and we are not ready for babies just yet as the push for perfect - not just any old baby - is on.

Recapping - if there is a problem with the sperm,

It is not the end of the world. It just means that, thank goodness, you have identified the reason babies are not popping out, and now you know what to do to change this. Chinese herbs and acupuncture and taking supplements and cleaning up the diet and lifestyle can make a stunning difference. In times past I have just used acupuncture:

GUY, arrived with a sperm count of 1 million - at 5 million he had managed to produce a son and the count kept on dwindling. This was before IVF could do much for dads, and he came to see me the day he discovered the donor sperm his wife had received had not made a baby. He was very keen to do whatever it took to get a full sibling for his son.

As a fireman, he was exposed to a lot of toxic chemicals and I suggested that he drank a lot more water, took a lot more vitamin C than I usually get people to take and to really watch what he was eating and ingesting. Without Chinese herbs, over the course of two months at just a treatment a fortnight, his count went back up to 20 million, and baby number 2 was naturally on the way.

Sometimes it is apparently impossible to conceive, while there remains a lot to be done, which is often why I suggest that people actually STOP trying to get pregnant. A perfect pregnancy in the fullness of time is preferable to one where the sperm are not quite good enough and a miscarriage happens, or when a scan shows that the baby is not viable and, after losing the baby, we must start all over again. It is vastly less upsetting to just wait and get it right the first time.

FREDERICK came to me having been told he had a very low sperm count and his sperm were no good. ICSI was not even an option. He had had mumps as a child, and grew up in a polluted area of Europe. He was always ill and had experienced past sexual difficulties, and was generally unhappy about his overall condition. Of particular note to me were his warm feet

at night - never a good sign and something I work with herbs to correct; it translates as poor quality eggs and sperm and low genetic potential overall.

Less than a year after he first arrived for treatment, they had their first child. It does not take all that long - just perseverance. I had also brought his partner in for treatment and herbs, as, invariably, although one of the couple has a labelled complaint, both are sub-standard when looked at from a natural health perspective. So, she was in top shape when they conceived their much-wanted baby boy.

Sometimes it is just male ego and laziness - and this couple have me to thank for constant nagging:

She had come in asking: Where is baby number 2? Having children within two years of each other seems to be in fashion. This is usually without too much thought being given to what to do with the first one if there are twins, a premature delivery necessitating hospitalisation or other problem. It has to be a two-year interval.

His reason for not getting a test was that he already had a baby. Well, so had she. He was right - she did need work done. She was working again, had been really stressed, and was too thin. Little girl bodies do not have enough fat on them to make hormones - and nature knows this. She put on 3 kg. She could do with more 'condition' still, but reckons she will then not fit into her clothes. I wonder at the logic of this - with next pregnancy, she will need bigger ones anyway.

She was too scatter-brained and neurotic. This is a sign of poor blood quality, also reflected in her temperatures, which had to be normalised. She had also been experiencing very scant periods -which after treatment and herbs went back to starting red, rather than brown, and lasting five rather than two days - hence a much better 'nest'/endometrium for implantation.

So I also wanted to know where was baby number 2? Eventually Mr Perfect went off for a test and was 'gutted' to discover, he told his wife, his count was only 12 million. He started immediately on the enhanced regime I gave them. For sperm quality and volume issues, then, along with taking much more protein and fat, I issued the edict - STOP THE BEER. A week

later he confessed there had actually been only 4 million in that sample, which explains why she was fine and he was not.

A few weeks later his sample showed 65 million.

Two months later, she is happily pregnant, and he is feeling so invigorated that he has stayed on the healthier life regime.

It is not difficult - you just need to stop messing up your potential to be in perfect condition and give more quality ingredients to make the best baby you can. You only get one chance to give the child half of who you are - why not make it as perfect as possible?

GARY arrived with a woman, who although 41, appeared older than her years. She had never used contraception yet had never conceived. She also had a very long cycle with poor bleeding. I was not positive about getting a result.

His issues were worse: he had had acute kidney failure and acute mercury poisoning and had NO sperm at all. He also drank a lot (home brew) and was very agitated, and hyperactive. Hmm. Yet, within three months they were pregnant. What did they do? Everything to the letter they were told to - and baby happened naturally from a starting point of no sperm and a very poor menstrual cycle.

Actually, there are also sexual issues.

When making babies I suggest sexual union every second day - regardless of time of the month. Those very fertile women trying to avoid becoming pregnant get surprised constantly with conceptions outside when it is 'supposed' to be possible. Others may fail to conceive as they are too focused on when an egg SHOULD appear, rather than just enjoying each other. This can be an issue for some men whose sexual appetite is not that vigorous.

Chinese medicine offers many different herbs and techniques here. Chinese medicine was developed mainly by men who wanted to be immortal and most definitely intended their male members to be erect and busy all of this time. Thus there are many techniques, herbal positions and practices that create far more vigour than most are aware they can harness.

This is a tricky subject, as most seem to think the issue is not tied into factors that go hand in hand with fertility. From an acupuncture model, the state of the penis and what it is able to do is a fair indication of the energy that also determines sperm vitality and motility

and quantity. The erect penis should feel hot to the touch. Most don't know this - so check it out; it should be HOT to the touch, not just warm. Some are actually cool, indicating a stunning lack of Yang Qi, which may also show up as an immune system in need of help - typically an allergic nose /hay fever/food sensitivities/low energy/thyroid health.

Yang qi is characterised by everything considered male - hot, hard, active, lean and aggressive. Taking your temperature first thing in the morning may reveal a surprise - it is quite likely NOT to be 36.6/8 C, where it should be. A lot of men - including all but 3 of the men who are partnering the women in my clinic to get pregnant - have a BBT much less than this. One was only 34.8C. Although he has a count of 100 million sperm, they are not making embryos, through IVF. He also has a tendency to be overweight and is depressed - both symptoms of a low thyroid function. This lower metabolism connection to sperm quality seems not to be recognised in the reproductive medical framework. Yet it comes up over and over again in clinic. The reflux he has is also a dead giveaway.

LAURIE had few sperm in the biopsy and needed to do something about his overall general health. He looked feminised, with an unusual softness. His erect penis was not hot to touch. He was depressed and took being told he was infertile very badly. Little did he know that the medical reality is based on assuming his condition is permanent and, even with different parameters, cannot heal itself. This, of course, is not necessarily true.

As usual, she also had major problems. They thought it was just a 'him' problem, but even had he been a super-stud, she would have had trouble conceiving. This underlines the importance of ensuring both are in great health. It is unusual to have one of the couple actually in blooming health.

Over a short period of treatment, his penis became actually hot to touch, his sexual response improved radically and he was on the way to better and more sperm.

This process takes time, however, and few today seem to realise that results can often appear gradually. There is usually nothing rapid about natural healing. It had taken him years to develop a metabolism and general demeanour this bad. But they stopped coming for treatment, electing to use donor sperm. Had he stayed with the process, given the other changes that were happening through his taking herbs and having acupunc-

ture, I would expect that, as has happened with others, he would have with a lot more virility and been able to continually produce what nature requires of all men.

Looking at the usual representations of what the different forms of **Qi** (energy) do in the body, it is possible to be a little of everything imbalanced. This can be confusing to a layperson. Suffice to say that the lack of good gut action, the actual food content taken and the metabolic strength have repercussions everywhere.

Accelerated ageing may indirectly show up in men as hot feet at night, being hot all over and sleeping out of the covers, and being a bit dehydrated purposefully (hence no good lubrication within, and a tendency for sperm quality to be very poor, if they are being made at all). I suspect this is also a measure of how little water and how much toxicity may be within. Over time, the raw ingredients needed to make a strong healthy person are just not there.

If this is the case, the gut really needs assistance before trying to improve the quality of the sperm. The state of the gut dictates our quality of life. If there is also hay fever /sniffling; the state of the tubes in the nasal area will be reflected in the male generative area, which may be being awry. Visiting a good natural health practitioner may improve your total state of being. Whether or not you get pregnant, you will have something to show for your efforts.

Once natural medicine has been used, it is quite likely the results, when going back to IVF, will be very different. It is all about QUALITY - of sperm, of the body producing the sperm, and hence the best possible contribution you can make towards your children - you only get the one chance to do this. Orthodox medicine is way behind on this issue. Its illness-based model and the use of drugs to force things are not all that the body needs.

If the feet are out of bed at night, and/or if you are stressed, and/or if the body is frail and/or the gut is not supporting things, it is very likely that the quality of the sperm, however many, will not be optimal. You really have to change a few life habits if you are really serious about being a dad. The warm feet at night not only signal accelerated ageing but also indicate that the quality of sperm and eggs is just not there. A lot may be forced into existence, but their ability to fertilise will be much diminished. This is one of the easiest conditions to spot. At least a third of all people trying to get pregnant have this. It is not a good sign, and needs correction before

IVF is attempted. Otherwise, it is just a recipe for failure.

DARREN knew he needed help. He had sexual dysfunction issues along with very poor sperm results. The IVF team did not have enough to perform ICSI. He worked in a very stressful situation and was fraught with tension and worry. HE didn't say - but his sexual life was dismal. He had great problems with erections and performance. Unfortunately taking the little blue pills that are apparently renewing men word wide - do not help fertility and he was struggling for a few times a month - forget about every two days

After herbs, supplements and treatment, his sexual performance was better than it had ever been and they had enough sperm to make many embryos. One child later they still had plenty left over.

SEXUAL SPINOFFS

All men report an increase in their sexual interest and abilities with this approach. It is always unexpected by them and, of course, welcome. After being on the-sex-on-demand and reproduction first treadmill, it is often wonderful to have a ready and happy partner - for both of you. Such delights await when you are less stressed and pumped up with supplements and going to bed earlier

It is often simply a matter finding that what is blocking fertilisation is the same as what has dampened down sensuality and pleasure. Not enough 'oomph' in either of your tanks. . . and the increased urges and reproductive rushes mean increased fertility and also increased opportunities for conception.

Treating this, the return of morning sexual arousal, and the ability to last and feel far more than before, always confirms that there WAS a problem. As this is addressed, so too are the other manifestations of **Yang Qi** - sperm motility and quality.

TESTING LETS YOU KNOW HOW YOU ARE GOING - A REPORT CARD OF EFFORT AND RESULTS. THERE ARE EASY AND SUCCESSFUL WAYS OF MAKING A HUGE DIFFERENCE IN YOUR VIRILITY - JUST NOT MEDICAL AND HENCE NOT WELL KNOWN.

THIRD THOUGHT

MAKE BETTER SPERM

WHAT MAKES GOOD SPERM?

Good quality eggs and sperm all need the ingredients below:

FAT - To make hormones we need the raw ingredients; fat is one of the crucial ones. Fat is part of all hormones and our brain - so eating things that have plenty of fat can only help. Fat is beneficial to all aspects of your body. Avoid fat free and go for what makes hormones - fat. Sugar is what you need to avoid - it is never helpful. This is opposite to what all the marketing messages would have us believe.

If you worry about your weight, this is covered in-depth in the eBook [Helping Yourself to Health and Vitality](#). (LINK). Basically, eating eggs daily will fit the bill - along with avocados, fish many times weekly and olive oil in/on everything. Cholesterol? You need it as hormones raw ingredient - what you don't need is the stress of modern life - that is where the cholesterol debate is losing the war - what is your liver doing? Organic and happy chooks make great eggs and hence please eat at least two daily - they are also easy forms of protein and goodness.

PROTEIN - This is the building block of life. We need to eat some every day to repair ourselves. When babies and small children are growing, or when women are pregnant or breastfeeding, they should eat a lot more needs as it is what the baby is made from. Where

does protein come from? Anything that breathed or that comes from something that breathed is the easiest to remember. It is also found in many nuts and grains and to some extent vegetables. Easiest is to incorporate something from an animal several times daily - not a lot, just a modest amount. Then any other less complete/more vegetable origin protein sources will be utilised more effectively by your body.

WATER - Drink at least two litres daily. If this sounds excessive, remember I am trying to flush out a lifetime's accumulation of things that the body has had no chance to remove. It is also important for the fluids that travel with the sperm. These have to be the right pH (acid/alkali balance) for the sperm to survive in, and there needs to be enough lubrication to allow the transportation of the sperm through to the egg. This means BOTH of you need to be drinking a lot of water.

VEGGIES - Eat two and a half cups daily. Every day. Why? They have a store of valuable minerals and vitamins. How to incorporate coloured ones? Lose the breads and wraps and start eating veggies instead of other foodstuffs. For example, try raw capsicum filled with soft cheeses and canned fish/slices of smoked salmon/avocado/soft boiled egg mixes.

Use a lettuce leaf as a wrap to hold all the ingredients you would normally put in a salad - again - perhaps put in the soft cheeses/eggs to bulk up the protein and fat component.

Buy a wok, or dust off the one that has been sitting at the back of the cupboard. This way, you get to cook more volume when you are in a cooking frame of mind at night and can reheat the leftovers in the morning, throwing some eggs into the warmed up mix. This is fast food - and instant nutrition - and more veggies going in all day.

The juicer that someone may have gifted you is also a great way to add more value to the day, first thing in the morning. Leave the veggies you are going to juice on the bench overnight so they are not as cold - greens, carrots, celery, red capsicum, apples, lemon (the rind as well) more greens, fresh herbs and some ginger. Juice before your morning shower. Walk or take other exercise and then come back for a cooked breakfast.

EXERCISE - This is part of living, not something you squeeze in when you can. The body was designed not to carry a brain around, but as the main event. Most people today are sitting and typing and thinking rather than working the whole unit. This creates all manner of stressors that are then ignored. Get out and cycle to work. Walk very briskly every evening. This should be done immediately after eating, well before the dishes are done - straight up from the table and out of the door. Waking earlier will happen (as you are going to bed so much earlier) and means that there is more time in the morning to incorporate a gym or at least some exercise prior to work. The more you do the better. 10,000 steps a day is a minimum, and is the foundation for all the exercise on top of this.

REST - This is the missing ingredient in a lot of health recipes. We need to sleep very well to regenerate. Ideally, this starts before 9 in the evening. The time before midnight is crucial to rebuilding ourselves. The sun's hours plus another couple are optimal. So, in deepest winter, that means going to bed as early as 8 and then getting up a lot later than in summer. Winter is the time for renewal in the body.

Regeneration happens in sleep. Why fill your gut to overflowing just as the whole body is to repair and remake itself? Evening meal should be light and early to enhance self healing over night.

GOOD SEX - Going to bed early hopefully means doing so together so that you have the inclination to rekindle passion and desire. This also demands that electronic entertainment is turned off and that you engage in couple bonding activities. Get a massage DVD and learn how to play with each other. There is always something new to try and the baby -making drive may have created rifts in the sensual aspects of being a couple. Now is the time to play - as once baby comes, you will then have at least memories of wild passion.

NO EXTRAS - This means no self-medicating. Eliminate all the extras you now take that you didn't do when you were young - the recreational drugs, cigarettes, coffee, caffeinated drinks and alcohol that may now be an integral part of your life. Using these is often why you are not a dad and why IVF is not creating babies, and why stunning embryos are not happening.

BECOME WELL

This is not the same as not being ill. It is about vibrancy. Often, there are supposed genetic or hereditary issues - like migraines and the medications that are supposed to dull their presence, asthma and the so-called preventative medication, anti-depressants or anti-reflux pills. Whatever you take and have been doing so for so long becomes just part of your day.

In fact, though, these may well be interfering with your sperm health. The underlying reasons behind needing to take medication also impact on health and on what is left over to make the 'optional extras' - your sperm. Thus, improving the health of all aspects of your life will also significantly affect what you have for baby-making.

Usually we are not well because we are not running the body in the way it needs. A lot of this becomes a cycle that is very hard to shift. It is a vicious circle in which everything you have been doing makes you feel so bad that you keep doing all the things believing they will help you feel better.

BEN apparently already had 'sperm good enough to bottle' according to the IVF specialist. His wife came to see me during a break from fertility treatment, thinking both could get more well before embarking on the next phase. I sent both home with vitamins and herbs and lifestyle changes. He needed to lose weight and it was obvious that, with his temperature being too low (36.2C), his thyroid could be coaxed to work more as normal. This always translates as better, faster and more fertile sperm.

After three months he had sperm the specialist had never encountered before - 130 million and 95% normal. This was now definitely 'super sperm'. The formula was quite simple - in addition to the supplements and lifestyle changes, he was asleep by 9 pm and exercising hard every day. He felt better than he could remember ever feeling, with a very clear head and stunning levels of energy. Obviously the sperm improvement reflected this, and they were soon pregnant.

STOP WRECKING YOUR SPERM

This may well be all you need - to sort out the issues you are medicating yourself for. In all cases it can only mean better babies when you do conceive. It is not difficult. Just start respecting your body and giving it what it needs to grow you and your children better.

1 - GIVE UP CAFFEINE.

This means all coffee - not just the real stuff, but also the 'decaffeinated' stuff. I encouraged one guy to quit his 10 daily cups of decaff. Since he suffered the most brutal headache as an instant withdrawal, you have to ask what else was really in it. The chemicals that are used to clear the caffeine are highly toxic solvents that get collected and stored or processed by your liver. Maybe 'decaffeinated' just meant low caffeine.

Once he was off all of this and they were both taking vitamins (see later) they stopped having miscarriages and are now very happily pregnant.

If you wonder why to bother changing habits, perhaps Google something like 'effects of caffeine on male fertility' or 'male factors in miscarriage'. This may help convince you.

It was reported recently that if a man was drinking three or more cups of caffeinated drinks a day, his partner was three times more likely to miscarry. So what would be the purpose all that IVF expense? Even if she doesn't miscarry, you have to wonder: What sort of baby are we making if we put all this caffeine into it? Will it ever sleep well, be a calm and peaceful one? Similarly, you wonder where all the hyperactivity comes from that a lot of babies seem to have these days.

COLA DRINKS

Cola contains caffeine. If you drink it, there is also the issue of the displacement of water. You are drinking something that actually needs a lot more water to flush out what should not be there. These beverages are not baby friendly. 'Diet' versions of anything usually means aspartame. This is rat poison and is highly tumour-forming, not something you want to be gracing your baby with. If you **MUST** drink cola, take the normal stuff, dreadful though it is. The 'diet' label should be avoided at all costs.

A couple came in a few years ago to get pregnant - and when I asked them how much water they drank, they admitted they didn't. It was either cola ("But it's OK; it's the diet version," they said) or short, very potent Greek coffees. No water at all. Neither of them liked the taste. No wonder babies were missing.

Don't think I am trying to make your life miserable in trying to stop you doing all the things you like to do. It's just that these habits are counterproductive if you want the best baby you can have and to have your child growing into a healthy and strong person. A lot of what we drink and eat is actually very bad for growing babies. It is also bad for us, but at least we are more immune to the toxic side effects than are our babies.

MARK was a police officer, working in a small town. He did not feel comfortable drinking water because he would have to use the public facilities. So he drank large amounts of coffee instead, both to stay awake on shifts and because he liked the taste. He found water so bland. He had already had kidney stones, and had been warned to drink much less coffee and much more water.

Soon after his wife consulted me to help with baby number two, Mark ended up in hospital on morphine, to cope with the excruciating agony again with more stones to be passed. This forced the issue. He had to drink copious amounts of pure water to flush out the stones. I also could give him the awful tasting herbal mixes to help dissolve them and flush them through - and at the same time, these very herbs were actually cleansing his whole system. Soon after this, they became pregnant finally.

As she had significant health issues, it would have been easy to think the earlier lack of pregnancy was due just to an "older egg" issue (she was 40) or a low thyroid problem. And whilst these were the case, his lack of water and his increased caffeine consumption were very likely to increase the risk of miscarriage and also drastically upset sperm quality.

This is yet another case where the woman initially seeks help, but it turns out there is equally a problem on his side. This means BOTH have to make changes for a strong baby to emerge.

Explore this issue online for yourselves. I am just hoping to get you started.

General detoxification and pre-conception care is available from any naturopath. My detox eBook is available when you purchase ["Helping Yourself to Health and Vitality"](#) (LINK) Sometimes, this will make the difference between a sickly child, and great offspring. Not getting pregnant is nature's way of stopping you doing silly things. Why take risks, hoping for the best, when you can produce them backed by foresight, effort and planning?

2 - ALCOHOL

Now I may start to push the real buttons. You want to know why you should stop drinking. Because alcohol also is a fetal poison. Don't just take my word for it - go and Google it.

If you really want to become parents, both of you need to stop ingesting these substances and start thinking of the quality of the product you will be living with for the rest of your life. You can only make that baby once. Think zero tolerance of all that is potentially damaging. Maybe other people have done and still do all these things and they are parents - is this the best excuse for not following advice? 'Why should I?'

Beyond the actual affect alcohol has on sperm and the baby, the loss of water that you would normally drink instead - as you are choosing to hydrate with what is not helpful - is also a factor. Beer and other alcoholic beverages may assuage your thirst, but this does nothing for the need for the liver to flush out all wastes. In fact, alcohol creates a lot more of these.

The liver has to be working really well for the gut also to function properly. This is important because you need to be making really good quality, raw ingredients that then go into making stunning sperm. Most people these days live with upset digestion and just pop indigestion pills or something similar to calm the reflux. Whatever you take weakens the stomach acid, which, in turn, means there is little goodness getting through to nourish you. Then the leftovers are what you make sperm from.

If there is any resonance here with you thinking about how your gut has been treating you recently - please pay attention to what you are eating. This is done in the previously mentioned eBook ["Helping Yourself to Health and Vitality"](#) (LINK)

Conception is often as easy as going 'cold turkey' on all these habits and seeing pregnancy magically happen soon after. Miscarriage really wrecks more than her state of mind. Often heavy bleeding occurs and it takes ages to get back to an even keel. Your drinking probably caused it. Wonky sperm may almost make a baby, but, in all honesty, you have to hope not.

Once she is in advanced pregnancy, you can resume drinking - if you really must. With many of my women patients, I often do not see the prospective dad - who may be binge drinking every weekend. What is going on? Especially if he has a child /children from another relationship, the drinking now may be destroying their potential babies before they are implanted.

3 - MARIJUANA

Google this - there is plenty to find. THC (tetrahydrocannabinol - the key component) stays in the body for a very long time. If you or your partner has been overusing - anything past the occasional puff - then baby-making may be out of your reach. I know a lot who over-use are parents, but a lot also are not. For you to be reading this, means you are probably trying to get pregnant. In that case, please stop and think QUALITY. Do you really want sozzled sperm?

4 - CIGARETTES

Google 'sperm agglutination'.

When you smoke, sperm often are not much use. If you need an extra incentive to help you stop, Google also Cot Death. Note that even if you are smoking outside, you bring in on your clothing and exhale on your breath more toxic fumes than the ones you originally inhaled. It is bad news for babies' immune systems and for their lungs and general health (The toxins were in the sperm than made them and all around them as they developed). Why mess up your babies?

CIGARETTE RECIPE

If you are addicted to nicotine, please do not start using different forms of it as this just has you addicted STILL, and tied up to another retailer. Nicotine is a drug, and not helpful, indeed very dangerous around the fertility issue. If you must still smoke, at least use this procedure:

- A. Before every cigarette, drink one glass of water (to reduce the effect of all the heat that is going in with the smoke, plus all the toxic residues that will need detoxifying by the liver);
- B. Drink a glass of water afterwards;
- C. Take a Vitamin C tablet before plus a B complex, to help deal with what the cigarette is leaving within you;
- D. Also, try a small piece of cheese or a few nuts (never peanuts) to see if it is not just a blood sugar hit you need in order to re-focus and to allow you a break from whatever it was you were doing;

If you are really serious about not smoking and you are still pining for one, clean your teeth with toothpaste. Go outside and do some serious skipping with a rope. Call that your smoke break/time out. Still want a smoke? IS it really that important when the health of your children is at stake?

Vitamin C is crucial because smoking leaches the C from wherever it can to assist the liver to detoxify. Each cigarette takes it from you, the core reason for the sperm NOT swimming but clumping together - sperm agglutination. This is also the case when insufficient water is drunk:

One man who is not a father refuses to drink water throughout the day. He rides a horse to be working with his stock, and would have to dismount. He can't be bothered, so he has sperm agglutination even though he has never smoked. This is not going to make him a dad. He sees his wife as being the reason for their childlessness, but she has mostly fixed her issues. So I suspect his age and intractable position will leave them childless.

This raises the question of how much you really want to be a dad. Is it a case, as above, of thinking that if it happens that is fine, and if not, that is fine too? Women do not share this 'programme' though. This is a relationship and life issue that will continue for the rest of her, if not their lives.

KAREN came to see me after 22 years of marriage. Her husband always had something he considered better to do with their lives than have children. There was his career, endless moves around the country and overseas trips. So when she put her foot down in her 40s and said NOW was the time, they

couldn't conceive. IVF didn't work, and here she was at 46, with him so stressed he was impotent. What was she to do? After much acupuncture and herbs and changing both their lives, a baby arrived when she was 47!!!!

What had to happen was the removal of all alcohol - eliminating wine with meals was particularly tough. Medications for IBS and stress also had to go. Then we had to build up his sexual function (and hence sperm vitality - as the two go together). Now, there they are - a one child family, much later than she ever intended but at least she has the one.

STRESS

Few seem to realise that who we are and what is happening to us dictates WHAT we are.

AMANDA and DAVE came in to see me as they really didn't want to go down the assisted reproduction path but after two years were not happy about the lack of results naturally. She had significant stress/work related health issues that were showing up in her menstrual cycle, and I strongly urged him to get tested. After weeks of hassling, he did. His doctor was very unhappy and couldn't see the point - he had had over 100 million a year ago. What no one was noticing was that he had changed jobs - from a very secure highly paid management role to selling real estate by commission - he loved the job, but not the uncertainty of the contracts falling over so often.

He tested at only 5 million and with major head defects - and very few normal ones. This well demonstrates that we need to pay attention to the now no a reading some time ago as back then - even with no contraception - she was still not getting pregnant - she also has 'issues' - but he needs to be well so when she is 'right', so will he be.

What was he going to do when she was pregnant and staying home not contributing to the family finances being with baby? He was so stressed he became really ill - which he never usually did - and took a while to recover. A follow up test a few months later - even though he was taking all the vitamins and various supplements to alter the sperm head defects and the poor quantity - showed a REDUCTION to only one million - all still with major damage.

How is this possible? We make our sperm and eggs and thus babies from what is left over - what is there after all this worry and drama is creating a poor gut function and hence poor sperm?

How fertile is a human male?

Not very when compared with other mammals.

So why make it any harder?

We are biologically primed to make babies after puberty - and for a few decades on - but mainly in our twenties, and very early thirties. This is as long as the crazy things we do when we think we are indestructible haven't bitten too severely into the legacy that awaits our children.

YOU CAN MAKE AN INCREDIBLE DIFFERENCE AS TO WHETHER SHE GETS PREGNANT WITH A HEALTHY BABY OR NOT.

HOW MANY MISCARRIAGES IS SHE UP FOR IF YOU DON'T?

You are responsible for half the baby.

ALLIED ISSUES

BLOCKED TUBES - sperm being produced but not coming through

VARICOSELE - often requires surgical correction

YOU MAY NEED TO CONSULT BOTH ORTHODOX AND ALTERNATIVE (NATURAL) HELPERS FOR THESE PROBLEMS) - THEY ARE NOT INSURMOUNTABLE.

CHAPTER TWELVE

WHY BABIES MAY BE MISSING IN YOUR LIFE: 'HER' FACTORS

REVISION

Are your periods normal? See below. How can you expect a perfect pregnancy and birth, and baby, and breastfeeding if the raw ingredients are not perfect to start it?

Does the period flow start red or brown? (STRENGTH OF BLOOD)

Is there enough fertile mucus happening mid-cycle? (STRENGTH OF YIN)

Does the BBT look as it should (STRENGTH OF THE METABOLISM TO SUPPORT PREGNANCY)

Is head hair shedding/losing strength, condition, and colour? (STRENGTH OF BLOOD & JING)

Are fingernails strong and growing well? (STRENGTH OF BLOOD)

Do you need to put your feet out of the bed clothes because they are uncomfortable/too warm? Are your teeth losing their opacity/bright whiteness? (STRENGTH OF JING)

Do you sleep easily? (STRENGTH OF YIN/BALANCE IN BODY)

Are there nightmares? (CALM SHEN OR NOT)

Do you grind your teeth at night? (AS ABOVE)

Is there enough lubrication during sex? (STRENGTH OF YIN)

Can you feel it as much as you used to? (MANY THINGS - PREDOMINANTLY THE NORMAL & STATE OF YANG QI)

Answering these initial questions and seeing that none of them apply will be a great relief for you. But, if you do have any of these markers, be reassured that none are permanent - we can repair ourselves. In treatment, I notice that many of these factors are out of balance in most women. With herbs and acupuncture, and changing what is going in the mouth, hair loss, fingernail health, and warm feet problems disappear. Also, pimples disappear and sleeping is very much improved - leading to better moods. The speed is usually a surprise - but when you start repairing, the body FINALLY has you on its side.

A NORMAL PERIOD

Normal menstruation is a function of a well-adjusted body doing what it is designed to do. Bleeding only happens when we have what the body deems to be excess to its needs (in health). Hence when severely dieting, over-exercising or otherwise creating an artificial famine, good egg and endometrium (hence shed blood) is not likely to produce a quality pregnancy and baby. Normal **Qi** (energy) and blood production and circulation create a healthy cycle. Every 28/9 days, a show of fresh, red, clean blood should herald its arrival.

It should start slowly, building to a steady flow, and ending cleanly - not being clotted, gushing, stopping and starting, or changing colour or texture. It should happen with no attendant mood swings, headaches, bowel changes, fluid retention, breast soreness, abdominal, back, thigh, leg discomfort or pain, or other woeful occurrences. It is not a disease process. It is not a curse. It is not supposed to be intrusive or life altering. It is just bleeding that is turned on and off. Cleanly. No dribbling, brown, lumps and floods. No pimples, no massive weight and life changes. Just regular, uneventful bleeding, over four to five days, without hassle.

If this sounds an unlikely description to you, please consider visiting a good acupuncturist or Chinese herbalist to quickly return your birthright to you, so you can then see if you still need help with baby-making. (See the "[Living In It](#)" eBook for more detail)

ADDITIONAL ROLES OF 'BLOOD' IN THE BODY

The word '**Blood**', when used here, describes more than what is red and tends to spurt out when liberated. **Blood** here means the substance that nourishes all aspects of our being. **Blood energy** keeps every aspect of self bathed in nutrients, courtesy of the freely flowing **Liver Qi**. It is created through the transformative of digestion. It is made through the most substantial, inherited strength aspect [**Jing**] that is stored in the bone marrow as an aspect of **Kidney** resources, and is acted upon, in conjunction with the chest **Qi**, to create **Blood** in all its forms.

Blood is classified as being regenerative or '**Yin**' energy within the body; it nourishes cools and lubricates. **Blood energy** nourishes all aspects of all physical, mental and emotional wellbeing. The quality of our Blood energy is seen in the lustre of the skin, the shine, strength and colour of our hair, the easy transition throughout the month as our levels of **Blood** and energy change with the menstrual cycle, and our ability to sleep well and stay well-balanced throughout life changes.

WHAT DOES BLOOD DO?

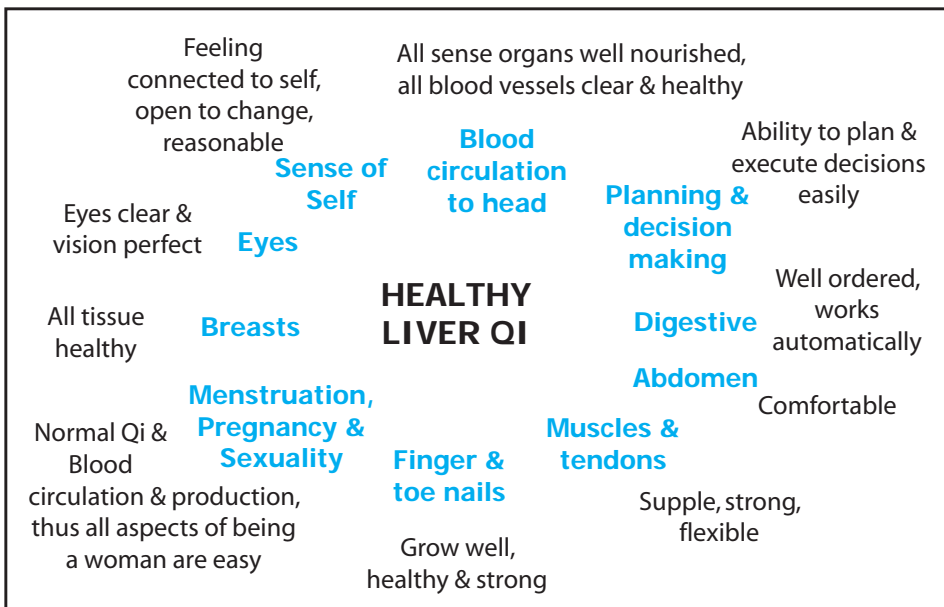
The state of our **Blood energy** dictates the quality of our lives. As a nourishing substance, Blood energy works on every level of existence. On a more physical level, it controls the flexibility and suppleness of our form by enriching the muscles, tendons and ligaments.

Blood energy is circulated by the **Liver Qi**, and as such is greatly influenced by our levels of stress.

Blood energy keeps all body tissues vibrant and healthy. Hair, skin and nails are all dependent on good quality Blood energy being circulated to them. This is achieved by the free flowing action of our **Liver Qi**. Our **Liver Qi** becomes very easily frustrated when we do not say, do and feel what we need to.

The **Liver energy's** prime function is to allow free flowing of all aspects of life. This encompasses all levels of every part of our being - our spiritual, emotional, and physical and energy bodies. Anything that alters any element of this free circulation, on any level, will eventually distress us because it impedes the **Liver's** ability to allow free movement. This sets up secondary problems, which set in motion a train of events of their own.

BLOOD NOURISHES THE LIVER - KEEPS US ON TRACK AS A SANE BEING



WHAT DOES THIS MEAN FOR BABY MAKING?

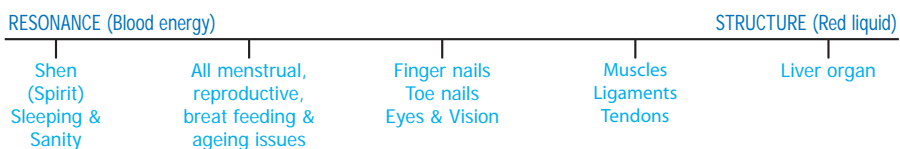
Most women I see looking for help to conceive have very obvious reasons why, even with IVF, it is not happening. These relate to the Blood, the Jing and the BBT (Chapter 16). One of the major issues for everyone living in today's world is stress - Stuck Liver Qi. The Liver complex (not the actual organ - this is an acupuncture model) has to be well irrigated with Blood energy to function well. The contraceptive pill and modern eating habits tend to create dramas here. On top of the actual organ troubles, due to alcohol bingeing, drug and caffeine usage and general malnourishment over the years, there is often a residue of problems that are labelled by orthodox medicine as 'hormonal' issues.

Tinkering with the hormones, rather than cleaning out what is stopping normal from working, is a uniquely medical stance. It often does not result in babies or wellbeing.

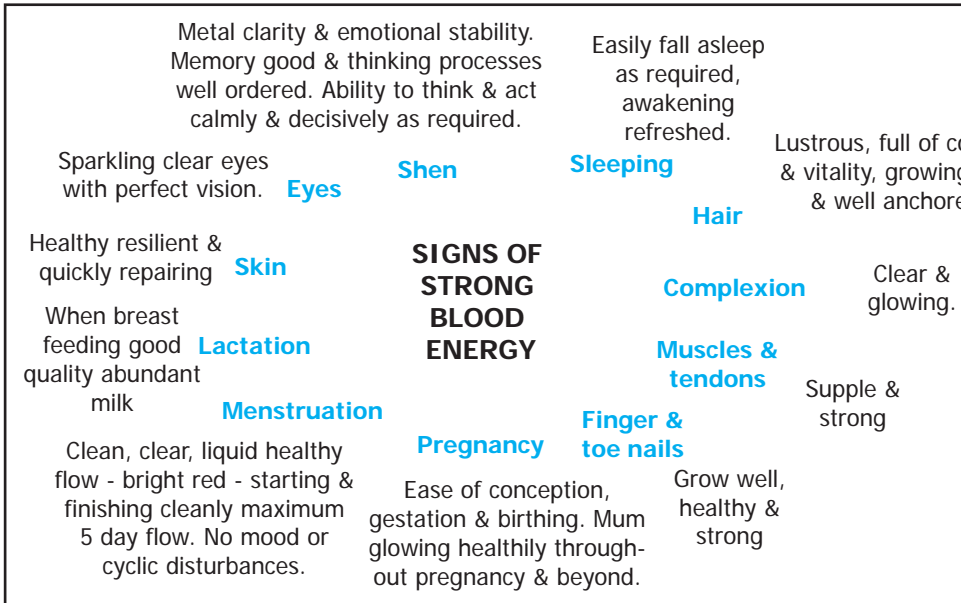
Often women are put on the pill to treat side effects of something that is damaged. This creates further **Stuck Blood** - by stopping what is natural. Then, when she stops using the pill and tries to become pregnant, she discovers a lot of problems - the ones she was hiding by being medicated, plus those that occurred as a result of being on the pill and ignoring what was warning her originally.

In the push to get pregnant NOW, these issues may continue to be concealed or ignored through the use of more chemical hormones and the assumption that an embryo will somehow magically set the system right.

Blood energy shows itself in how well we are as women. If the Blood energy is adequate and circulating well, the markers listed below are all fine. Seen differently, on a line from the most resonant to the densest, we can see that the role of the Blood in nourishing the Liver complex is integral to being a well, happy woman.



When they are not, this indicates a need to strengthen ourselves FIRST before putting the pregnancy load on our bodies. Below are the areas of self that are nourished by Blood energy. It is easy to see that when we neglect ourselves, the quality of life suffers, not only for us but also for those around us.



HOW TO IMPROVE THE STATE OF YOUR BLOOD ENERGY

Stop losing it, start making it better blood, improve your digestion, (so that what you choose to eat actually makes a difference), and improve the circulation of what you have.

Exercise daily, preferably twice daily. A great way an inexpensive way to start is to try walking everywhere. No time? So where is a baby going to fit in?



IMPORTANCE OF BLOOD ENERGY IN BABY MAKING

A woman's blood nourishes every aspect of who she is. The potential baby is 'fed' totally through the strength of her Blood energy. The endometrial lining grows monthly in response to what is available - a good reason not to diet or over-exercise whilst baby-making. If you know you have weak nails, poor hair colour and strength (i.e., falling out or growing sparser), your period starts brown, and there is less blood loss and quality than there used to be, and you feel a bit washed out, what quality will the possible baby be?

Of course, these things do not bother the various medical specialities, who tend just to superimpose artificially-created 'normal' on women's bodies. But, unless we understand WHY natural is not happening, how can we reliably say we are assisting? What are we trying to fix? Is anything broken, in fact, or is it all just a matter of re-establishing normal. Is that the function of orthodox medicine? Hence the difference in emphasis.

Most of you who are reading this are questioning and seeking answers. I suggest you read as much as you can, even if a title puts you off or you think it is not applicable to you and your situation. There are pearls of wisdom to be found everywhere. An open mind and willing heart is usually the best way to deal with life's challenges.

The state of bleeding lets you know if there is enough 'oomph' to nourish a fetus. Broadly, the amount and quality of flow ensures a good endometrial lining. Next is the quality of ovulation. If you do not see good clear, egg-white, stretchy mucus in the middle of your cycle, some of the Kidney Yin/Jing questions above may indicate a need for you to build these components up.



Often a woman is so intent on exercise and keeping the perfect figure that she forgets that 'perfect' for baby-making means a little rounded. Often, we need 'spare' to get started. Our hormones are made from fat - we have to eat it to have them.

Menstrual blood is excess to our needs and if we are so busy keeping our girlish body or model look, we feel very fragile and become even more concerned about

appearance, rather than focusing on the main event - good quality Jing and Blood to make stunning babies.

Next is the state of the 'garden' where you intend to 'grow' your 'seedling'. To understand this part, we need to explore the BBT in depth. (Chapter 16). This is not so you can OBSESS over this every morning, but so you can chart the APPROXIMATION of what is happening in your body. The actual ovulation dip initially is not important - the overall stability and levels the two halves of the cycle are at is.

1 - RETROVERTED UTERUS

Google retroverted uterus and you will discover how common it is. Only a few decades ago, before IVF, gynaecologists used to shorten the ligaments attaching the uterus so it corrected the droop. A backwards-tilted uterus makes a great obstacle course for the sperm, which just swim blindly as fast as they can. Clearing the way for them is a good start. This is why many early sex manuals always included a section on baby making positions, especially deep rear entry.

SOLUTION - Without making too fine a point of it - manage yourselves so there is as little drainage as possible after sex. Our forebears knew that putting legs up against the walls or using a pillow to propping the pelvis after sex sometimes gave results - the sperm need to get to where the egg/action is. A specialist may say this is an old fashioned concept. So it is. Truth stands the test of time beautifully. The medical profession, on the other hand, chops and changes fashions so often - what is at their cutting edge now will probably be scoffed at in a few years' time. These suggestions cost nothing and may be all that separates you from parenthood.

Yoga, chiropractic, osteopathic and other structural correction modalities, deep abdominal massage, acupuncture and moxibustion, all may assist you to achieve naturally what previously surgery did - a correction of the tilt to allow free sperm entry.

Sometimes women don't know where their uterus is located. Knowing does make a difference. Sometimes they have been told it is retroverted, but that it 'makes no difference'. Maybe not if you are intending to be using IVF.

FIONA arrived after 3 years of trying to conceive. Her hair was falling, she had bald patches, and was not feeling as vibrant as she used to. I strongly suggested she stopped trying for three months, to give me time to build her up with herbs and treatments. After her periods and hair and nails started looking lustrous and obviously improved, I suggested that they used the deep rear penetration finale to their lovemaking. And there was their first child.

Her obstetrician, of course, said this had nothing to do with it - but she had previously spent a long time trying but without success.

Sometimes, women remember actually conceiving their first child, and the position they used. Then the penny drops: quite simple - a deposit made where it will do the job.

2 - ODD IMMUNE RESPONSES (SPLEEN/GENERAL YANG DEFICIENCY/possible sick heat)

(See also Miscarriage below)

To be pregnant, the body has to be fooled that the new inhabitant is benign, because, potentially, it can see the fetus as an invader. As Yang Qi also governs the protective energy in the body, the likelihood of a peculiar immunological event - like losing pregnancies for no apparent good reason - may be explained here. This may also be part of the endometriosis arguments, a distorted uterine environment meaning a premature end to an otherwise stunning embryo.

The most well you can be - on all levels - leading up to pregnancy, the less likely any of this will apply to you. Physical health sits on a foundation of emotional and mental wellbeing. If you are having trouble reconciling parts of your earlier life, what has happened recently, or a relationship with someone close, this constant upset and your efforts in trying to 'put it behind you' will waste a lot of what would normally be available to maintain a well heart and mind - and pregnancy.

An extreme example of this is when some women have in their blood, antibodies to factors within; they may have to inject themselves with chemicals and blood thinners the entire pregnancy. If this is the case, or if you have been told you have the anti-phospholipids or

others, consulting with a very experienced naturopath and Chinese herbalist may allow the apparently impossible to heal, so you may be far less likely to keep losing your babies.

A more moderate example is that, when unwell, the body doesn't feel up to undertaking a big project like pregnancy, which does take a lot out of a body.

SOLUTION - become more vital and vigilant about health prior to conception.

If you are already pregnant, start following all the pre-pregnancy dietary guidelines.

Rest when you need to - don't push yourself. Get Chinese herbs and start an acupuncture treatment schedule. It is not only perfectly safe, it is likely to work to ensure you both stay pregnant, deliver easily and stay well post-natally.

Start taking micro amounts of Zinc (liquid or powder is best) and at least a good quality multivitamin, and eat more naturally, in hopes this will correct your body's imbalances.

3- FIBRIODS OR OTHER INTRAUTERINE INHABITANTS (STUCK LIVER BLOOD)

Although women with quite large uterine masses do become pregnant, quite a number do not. If past attempts to reduce these naturally have not worked - and nor has substantially reducing estrogen dominance, either by using progesterone or other means under professional guidance - the next step may be surgery.

Often, there is a real risk of possibly losing the uterus in the operation, a powerful reason for trying to correct this before attempting pregnancy - as artificial IUDs which also sit in the uterus, altering the lining, actually do work very well in stopping pregnancy.

LYNETTE had been bleeding horrendously for years and did not want or try surgery as there was too great a risk that she may lose her uterus through uncontrollable bleeding in the operation. She was desperate to conceive and over the year

we worked together, the bleeding was assisted so she felt less worn out. This along with estrogen balancing medications and herbs, allowed the fibroids (especially the one that had her look already five months pregnant) recede sufficiently so that once off the fibroid controlling herbs and other regimes, she conceived. Although the fibroid did grow, giving her a very strange belly outline, she had no problems birthing naturally and although still has the fibroid, she is now a happy mum.

SOLUTION - Find by Googling the connection of estrogen dominance and fibroids and discover the best way to neutralize this for you.

Look for a natural practitioner to assist you.

Start the moxa and massage mentioned in the PCOS area below, and read up on all the conditions as they appear in this book, even if you think they don't apply - the medical label tells you nothing on how it appeared, and we all express our distress emotionally in different physical ways, and you may well have all of the other causes - just be manifesting it differently.

4 - PCOS (POLY CYSTIC OVARIAN SYNDROME) (PHLEGM/DAMP/LIVER HEAT)

This condition seems to be of epidemic proportions and appears to collate with the estrogen dominance and hormonal disruption I have previously suggested you explore elsewhere.

PCOS is a reversible situation that requires you to change. Usually, continuing to do the same things and being the same person who originally got this imbalance, and taking drugs that may or may not assist, is likely to fail. The body is not designed to have cysts on the ovaries. It is designed to make babies.

Once you discover what has hindered normal and then make the required changes, normal can be restored. Then there is no more PCOS, and fertility returns. Many have major issues with body hair growth, head hair loss, pimples and weight. All these result from the body NOT working the way it should. (Please read "[From PCOS to Babies](#)") (LINK)

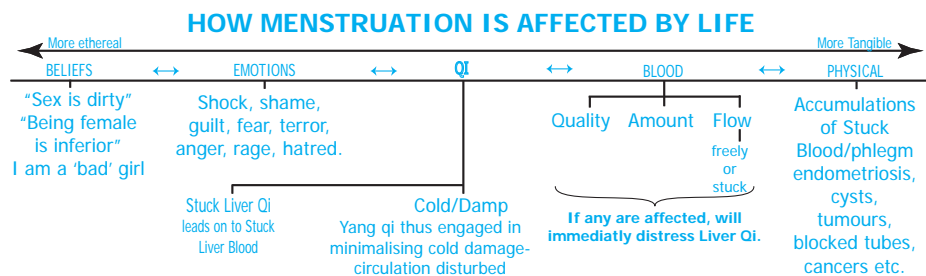
Having PCOS and going through IVF does not usually make babies. The solution is to address what is happening. In acupuncture terms, it is simply matter of regulating the cycle and everything will normalise. The easiest way is to do everything at once. I have yet to see a case in these circumstances where the BBT (basal body temperature - when you first awaken in the morning) is normal. Women are easy to treat - normalise their cycle and everything else is OK. So how do we do this?

STOP UPSETTING YOUR LIVER - alcohol binges be gone!!!! DO everything to assist health rather than expecting the body to cope with foolishness. The physical liver is the organ that detoxifies and is also the major hormone store. Everything - including medical drugs- needs breaking down; that is the liver's role. The less it has to contend with, the better.

In clinic, I have noticed a very disturbing thing - being on the pill - often for all of the really biological productive years - and in some cases decades - really messes with the ability to even have a normal natural period post pill. Many women have consulted natural therapists after sometimes 20 years of contraceptive pill usage - initially for periods that needed help and instead were turned off and into auto pilot - and now no periods - how do we make babies with no normal cycles?

Modern medicine has many more chemical answers, but these often do not work and then women are told that they are 'non responders' or that their eggs are 'too old'.

In reality, women with PCOS and other manifestations of Stuck Blood from being on the pill may need good natural and professional health care to bring them back to normal - not to be put back onto the pill 'to regulate' their cycles - they have often been regulated into a false almost menopausal state.



Modern medicine is continually ignoring what is happening on other levels. Foremost, pay attention to the dietary advice I have given. Anything that upsets the liver has to go - the caffeine, alcohol, sugar and chocolate, replaced by attention to small protein snacks and lots of vegetables. You may have lots of abdominal fat, and have lost your womanly curves (if they were ever there), or you have a normal/possibly too thin body silhouette.

Sometimes it is as though your body has found a new normal - no periods - and not much happening hormonally. Often I have women who are addicted to being thin and lots of exercise. This means that there is no extra to be used in eggs/baby making. Often the pill has been stopped - and there is still, sometimes a year or two later - no period. At this point, normal is lost and we have to not just start with more vitamins and herbs, but really look putting on fat. This is not possible with the old exercise routine, and regardless of the trauma in stopping all the activity, we have to remember that the body makes menstrual blood with what is extra - and it is all being used in the over exertion, and this shows often in the androgynous body shape.

NICOLE arrived with a story of years of attending natural therapists - all with the intention of fixing the PCOS she had always had. Her periods were regular, and she was very spare minute on her mountain bike, racing up and down hills. I asked her would she be doing this at six months pregnant and she looked at me as though I were daft - so I said, get off the bike and stay off it. After one cycle of enhanced nutrition (eating plan available here) and the vitamins and some progesterone to replace what she obviously was not making, she was and still is very happily pregnant. It took very little - just remembering that menstrual blood is made from excess and she was using it in other ways - and enhancing her nutrition, It also helped that I banned all alcohol, and caffeine, gluten and sugar and they both too all this advice to heart and following it exactly invariably means - 'whoops, we're pregnant'!!!

Womanly curves have to appear. It is not a little girls' body that a baby will emerge from.

KAREN had been off the pill for a year and a half and still no period. She had in her opinion a perfect BMI and was really happy with everything except no pregnancy. She also was bik-

ing to work (15 Km one way) daily, swimming laps most days and running several times a week. When asking her to put weight on, the best she could do was about half a kilogram. We very gradually got the exercise down to yoga a few times a week - nothing else. As this was happening, the weight (3 kg) came on, breast sprouted and she was a lot happier and less anxious. The periods came back and soon she was pregnant. It took five months of treatment to get a period and three to get a normal cycle. The key was STOPPING all exercise and putting the weight on.

You may not be ovulating, even though you may have regular periods, or you may have a disrupted cycle that comes and goes irregularly. The key thing is that you are not ovulating normally. Most medical people now seem to think this leads to diabetes. What is leading to diabetes is the lifestyle that a lot seem to this is their right.

Eating sugar/sugar substitutes/gluten/caffeine and lots of alcohol and drugs wrecks the liver/pancreas and assures that eventually there is just too much stress to work well.

There is always plenty of warning - and all the while, the various medications to relieve the migraines, the reflux/the period pain, the acne, the shocking cystitis, and whatever else may be just gobbled down as life is allowed to unwind.

All these warning signs are also present when women show up to fertility clinics and the staff there, apparently bedazzled by possibilities, launch into assisted cycles without dealing with why they are not naturally occurring perfectly.

This does require work, and a lot of changes, as it is happening due to life choices - the choice to stay the same, still creating the problems, whilst believing it is your right to bring a baby into this mess, often results in either no pregnancy or a compromised baby and mother. Gestational diabetes will be highly unlikely if well - and a normal slender, not thin, body shape. The baby is likely to be much healthier if mum is well before conceiving.

The balance between the inner organs is upset, so, along with the dietary changes and exclusions, we must establish what caused this to be. Looking at the questions above, it is likely that the head hair is falling/losing colour and generally not growing well. This is because hair is considered to be the 'flower of the Kidney'. When the bleeding cycle and ovulation are disrupted, are other markers of **Blood** and **Jing** will be out in sympathy.

In addition, from my clinical observation, it is extremely likely that your inner landscape includes ANGER/RAGE and pent up FURY. Often, I hear the response "I'm not angry". Of course not, you are ill instead. (Look again at Stuck Liver Qi and how it invades every aspect of life). Adequate expression of how you really felt would have meant that this condition did not need to manifest in the physical. The heat that exists due to suppressed feelings - often from very deeply long ago, and still not resolved - gives rise to local (along the meridian) heat. This requires fluid to cool it. Then, hey presto! You have fluid-filled sacs and cysts on the ovaries. No ovulation; much consternation.

The worst thing is to try drugs that further upset the liver organ itself. What has usually happened is that, along the life line, the frustration has led to self medication - like the alcohol binges or comfort food, especially sugar and chocolate. Eventually this is all just part of who you are. This could also mean a milk-like substance is produced in the breasts, even though you have never had children. The appropriate pituitary blood tests will probably be negative and you may be told that getting pregnant with elevated prolactin levels is very unlikely.

But women are always getting pregnant when fully lactating, and I have had women recovering from full PCOS and lactating, getting pregnant and still having milk before birthing! What has happened in these cases, however, is that, in addition to all the dietary, lifestyle and supplemental changes, the Chinese herbs and acupuncture treatments, they have also worked very hard and thoroughly on the anger they STILL do not feel. It is in all of us and is covered in the Liver material.

JUSTINE had milk from one of her breasts - although all blood tests showed that there was no obvious pituitary dysfunction. She became pregnant after the first fertility herbs I gave her - AFTER considerable personal efforts n completely changing her diet, her exercise routines, her structure and her old patterns of being herself. She got her husband to do the pelvic massage and moxa several times a week, and although she was very distressed often whilst it was happening, she was rather obsessive as a person and did everything to the letter - and achieved her much desired baby after years of having PCOS - it was a simple matter of altering who she was, and the body fell into line with normal functioning again. This was at great

personal expense she is a very different person, as she had a lot of resentment and old stuff to let go from her very earliest childhood memories.

Women are at the mercy of the effects of being far too nice. The majority of every woman's health complaints are tied to emotional repression, expressed laterally in other areas of self. All what is NOT said, what is felt so strongly has to go somewhere. It festers - gynaecologically and emotionally, and in the locations of our specific cancers, etc - all along the **Liver** meridian of energy.

Fester? Yes - it goes subterranean. So -there is really no need for psychological delving - it comes up in real time nm real life often enough. It is all-just a matter of turning common reactions into a realisation that it is all about you and not at all to do with what or who has just elicited whatever you are now feeling. This is not as simple as it sounds - life can be reframed to be all then about being self aware.

Physically this is all stored in the pelvis. Emotionally, it is all there as landmines, waiting to be triggered by whomever is unfortunate enough to stumble upon our weak spots. Sexually this then plays out as the combination of the physical storage and the emotional meanings leads to diabolical misunderstandings in all aspects of our lives - which then create and are fed by the manifestations of our angst becoming more substantial and becoming the physical presences that are then named medical conditions.

Not understanding how they appear by imaging they are just there through bad luck, or the new excuse - genetic - hampers your healing, as we grow all these conditions from their perfect starting points through the impact life and our choices have upon us.

My understanding this as a woman's therapist - especially trying to come upon a simple method of releasing what holds us back when birthing - has lead to the development of birthing manuals and tools. Going to the www.heatherbruce.com.au site's shop (LINK) and finding the "What Dads Can Do" package is currently the best way to work through these things that are often holding up your babies - as the fertility is dependent upon the perfect functioning and health leading to perfect periods.

Imagine that a river is gradually blocked up with rubbish that felling trees and the general residue of the town's rubbish creates. Over

time, the drought and thus less water flow allows all this to dam up. Can the towns downstream draw water? No - it is all pooling upstream. Until rains happen and the floods wash all the rubbish clear, there is a lack of flow. This lack of flow is also evident in the workings of the average woman.

She is stuck- just poke her butt - it hurts - it shouldn't. It does as there is an amount of stored fat/ cellulite/fluid/and less substantial physical stuff - that will move and then will allow the menstrual arena to flow again. Regardless of whether she eventually becomes pregnant and then needs to birth naturally, or not, this package will give you both an alternative foreplay/allow homework and fun to happen. You will learn how to use moxa and massage in such a way that the Stuck Liver and other blocked conditions that have blocked up the works, to be released and sexuality hums along possibly better than ever before.

Acupuncture works very well, as do Chinese herbs to allow the **Liver Qi** to start flowing. By doing these exercises at home in addition to whomever you find to assist you in your journey to parenthood can only help. It will definitely make the task of baby making more enjoyable, regardless of whether you need the full range of medical assistance, or find through massage and self help, you make baby all by yourselves.

If you have not been exercising, you will find it very beneficial. Also refer to SELF HELP above. Periods should quickly normalise, especially if you are taking nourishing Chinese herbs AFTER the ones to undo your stress. **Stuck Liver Qi** and probably the inner fire; the tooth grinding and nightmares; the hot feet at night and the lack of vaginal lubrication that all tend to accompany this and are easily remedied. The headaches, migraines and muscular tension, heartburn/reflux and irritable-bowel-like symptoms are all signs of this.

In addition to this, PCOS is in part due to a lack of progesterone. This should resolve with the various changes I suggest. Progesterone should be in balance with the estrogens in a woman's body. In the natural cycle, one dominates, then the other; this dance creates our menstrual cycle. With the introduction of vast amounts of xenoestrogens, from all sources, the natural balance tips in favour of estrogenisation. This is covered in depth on the web (Google it). I am just alerting you to it here. The conditions of estrogen dominance present differently in all of us, but the common issue is a progesterone imbalance.

WHY IS THIS NOT MORE RECOGNISED?

Progesterone is not easily manufactured or marketed. Progesterone is broken down orally and thus is useless as a pill, which is very cheap to manufacture. It is also not as easy for drug companies to patent, and thus make into a marketable product, something that needs to be introduced into the body in its natural form. Synthetic versions do not act the same way, so most miss out on the boon that using natural progesterone can be in restoring a normal cycle, enhancing chances of conception and keeping pregnancies going initially (an anti miscarriage agent) if required. (Progesterone is the pregnancy protection hormone that the placenta starts churning out in substantial quantities to keep a well pregnancy going).

Remember too that Western medicine is not about quality living, but about existing within parameters of absence of disease that are considered normal. With this approach, there are no markers of vitality - just of illness. Chemicals called drugs or prescription medication are marketable and very profitable because they can be 'owned'. Since they do not occur naturally, they can generate a great profit. Most conditions - for example, high blood pressure and cholesterol, asthma, migraine - are not cured, just controlled through medication. Being a woman is all about flow and grace - drugs are no answer to a lack of either.

Natural remedies and naturally - occurring substances are not aggressively sold because they cannot be patented or owned. This may sound cynical, but it doesn't take much of doing things the right way to radically alter what is happening in most conditions. But treatment may be unavailable just because there is no money to be made in the deal.

Expecting anyone to really want to help, when health is essentially a lifestyle issue, is to be a little naïve. Big business, which is what medicine has become, is not so much after cures as repeat business. Thus, if you are offered a drug that MIGHT assist the PCOS, think first to yourself: "If I keep on doing what I did to create the problem, how will adding MORE toxicity to my liver and body really help?" It may be easier, an apparent short term, hopeful 'fix' but is this how you want to run your life?

WHAT TO DO?

First thing to do is to eliminate everything that upsets the liver organ and that creates heat. Alcohol, caffeine, tobacco, chocolate, sugar and all gluten are in the first wave. If you then think it is not worth getting up in the morning because you don't know what to eat, you will understand the gravity and foolishness of taking a pill and expecting it to 'fix' a metabolism in crisis. Stop all soy products - unless they are fermented- you don't need more estrogenic substances - especially not through choice.

Follow the eating plan and living suggestions throughout this book and [Helping Yourself to Health and Vitality](#). Another eBook, [From PCOS to Babies](#), will soon be available. (LINK) All good natur-
opaths, in conjunction with Chinese herbalists and acupuncturists, work with women's menstrual normalisations all the time. It is not a hopeless situation. It is, however, in YOUR hands whether you come out of it, or stay as you are.

The [detox programme](#) (LINK) - especially the Gall Bladder cleans within this is a great start to the rest of your hormonally happy life.

Often the hirsutism (hairiness) or acne, or pre diabetic complications - including the abdominal fat that seems to be totally resistant to moving - are treated separately. Sometimes you can have none of these symptoms, and have a totally apparently normal period, but still have the condition.

5 - ENDOMETRIOSIS

(STUCK LIVER QI/BLOOD)

This may be present with or without pain. It may only be discovered during investigation of why babies are not appearing. The best approach may be to consider this in energy rather than structural terms. Often (for example, with cancers), the best surgery and other medical techniques eradicate the physical manifestation, only to have the condition return. This is because the CAUSE has not been removed - only the end result, the form.

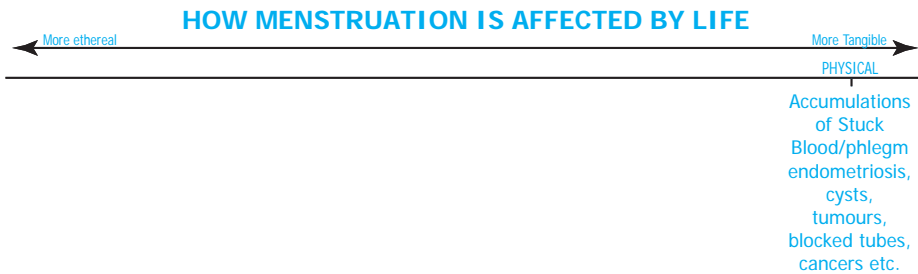
In acupuncture, pain is said to be experienced because there is a blockage to flow. The blockage may be on the same level as the pain

experienced, or it may be reflected from elsewhere. To heal the blockage, the correct number and sequence of buttons may need to be pushed. Searching in only one spot - thoroughly following the rules of that modality/ level/framework - may prove frustrating because it is not where the keys or missing pieces of the puzzle are actually hidden.

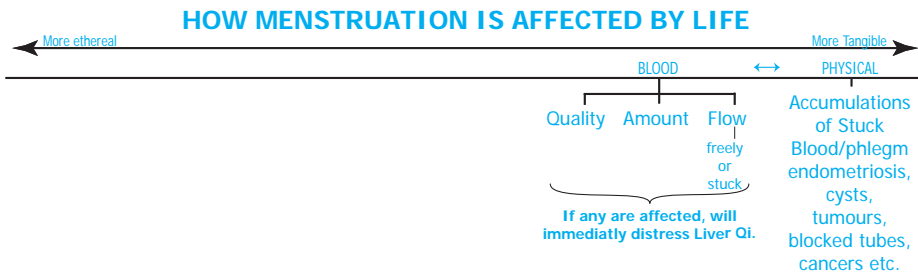
(To recap - please see Chapter 9)

HOW IS IT ALL SET UP?

Common sense tells us that some modern additions to our busy life-styles take us away from the wisdom and women's knowings of the past.

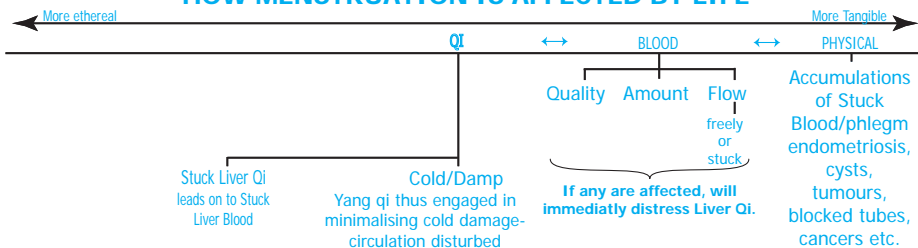


Western medicine labels conditions and then we are left with a physical description. This is then considered an entity separate to how it happened (usually unknown) and hence what not to do to make it worse (usually left to chance) and what to do to change it so it isn't there/departs (usually left to cutting or other drastic measures).



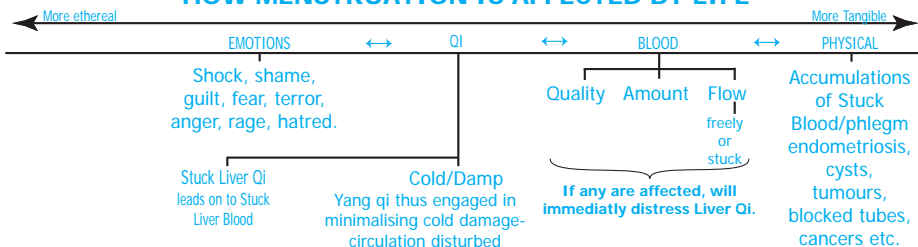
Acupuncture and Chinese medicine look to what the programmes driving the physical are doing. Here 'blood' is far more than the red liquid that course through our veins.

HOW MENSTRUATION IS AFFECTED BY LIFE



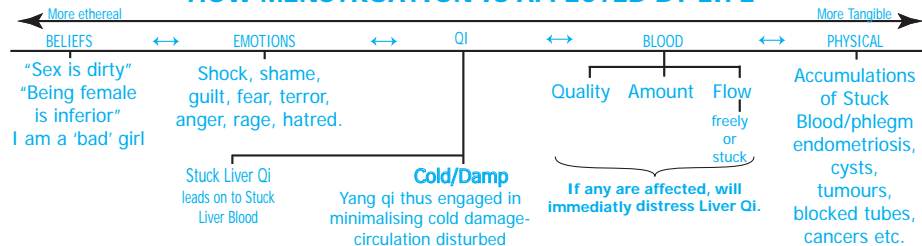
We can then use this far more inclusive framework to see that the environment and hence how we live in our lives affects us and how this matters in helping ourselves to change what we are doing in our lives to contribute to our distress and thus to heal.

HOW MENSTRUATION IS AFFECTED BY LIFE



What we are exposed to and what we do with ourselves **CREATES** eventually what we are not happy about. What programmes we have been shaped by - through our earliest pre memory lives also changes what our potential **MAY** have been.

HOW MENSTRUATION IS AFFECTED BY LIFE



Who we are and what happens in our bodies is moulded so much by our beliefs and what we allow ourselves to be exposed to. This occurs through the socialisation process of growing up to be acceptable' in our particular family and this culture. We are all trained to be full of Stuck Liver Qi - it is how we all fit together closely in society - through artificial rules and manners and ways of being 'civilised'.

WHAT ARE WE DOING TO HELP CREATE THESE PROBLEMS?

Wearing tampons reverses the normal menstrual downward flow. At least not wearing these at night would be a bonus to the body. How else did the endometrial cells get the chance to migrate within the peritoneum? Recent 'advances' in manufacture, bleaching and the use of other chemical processing may suggest that actually banning all inner 'protection' could allow healing.

Many women report that after stopping their usual menstrual products and buying organic cotton ones and allowing natural flow out of the body experience the flow as being far less of a problem. The vaginal walls are very delicate, and we are best going to either a silicon cap (www.mooncups.com) or a sea sponge internally, or preferably, using external pads.

Another common taboo we seem to have forgotten, avoidance of which may be to our benefit, is sexual intercourse when bleeding. This practice forces blood and qi upwards at a time when the natural flow is down and out, rather than up and in. Stopping migration of endometrial cells is important - stop wearing tampons - at least when lying down.

Regarding estrogen dominance and hormonal disruption - Google and see how many symptoms (especially on Dr John Lee's site) are 'you'. The loss of sources of extra estrogen and/or the introduction of natural progesterone, or substance

When the thyroid is not working perfectly, it is very possible that one of the many functions of **Yang Qi** (loosely, metabolism) - that of immune response - is not perfect. This could equate to a uterus that constantly rids itself of conception products. Your apparently perfect embryos may be being continually aborted before implantation in IVF due to a metabolic issue. Again, straightening out every possible deviation from normal functioning prior to trying again may be required; as there has to be SOME reason nature is not grasping the pregnancy opportunity.

The medical framework offers little understanding of why endometriosis manifests, and hence has little long term success in treating it. The 'cure' for endometriosis is supposed to be pregnancy (flooding the body with natural progesterone) but achieving this is sometimes difficult. Naturopathic methods often reflect Western medicine; they just alter their methods. Adjusting hormones with herbs may work, but I prefer to get back to causality. The reasons

Stuck Blood is STILL manifesting need resolving first.

Using the major markers of chemical residues in the bloodstream as a guide, the trusting woman may allow those using the medical (or naturopathic) model to play with her natural life flows and rhythms. She may not realise that the slight wobbles and distortions that would alert an aware therapist to other internal imbalances are being swept aside in the system of medicine that always focuses on more mechanical aspects of any scenario.

Thus the body is made to switch to 'auto-pilot', as the pill and other synthetic hormones stop normal and sometimes starting back up is not possible. It can be upsetting to find that the decision to 'let nature take over', possibly doesn't result in pregnancy - or even ovulation, and sometimes not even periods. It very often doesn't because the body can't switch itself back into a normal pattern that it never actually had. The warnings are given - often in the very first period - and these were ignored in favour of silence - auto pilot sometimes does not know how to turn back to a normal that was never there

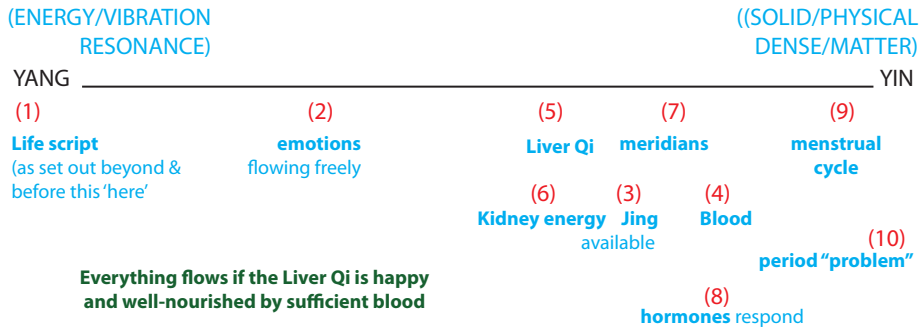
Endometriosis is often a result of contraceptive pill usage - a legacy of all the babies you were trying to avoid. It is also often the result of sexual of the past. The period pain that your younger sisters or friends have stopped, by going on the pill, may rebound through them also having fertility issues. Anyone you know who is happy with the pill or other form of chemical contraception would do well to take heed: periods and the uterus need to be clear and functioning perfectly to be ready for baby-making. Having early life menstrual warning signs is like having a red light on the dashboard of the car. If we choose to ignore this what may happen next?

STUCK BLOOD is why the endometriosis is there and why its energy signature needs removing before a well pregnancy can easily occur. There is possibly also a risk of ectopic pregnancy because the pattern of Stuck Blood energy generates a lot of challenging physical complaints - and it is still lurking, even though an embryo may have been introduced.

From an energy framework, we can see that working only on the extreme right of the page - as orthodox medicine does- and trying to force body compliance WITHOUT addressing the major causes - is unlikely (hence no 'cure' there for endometriosis). (see Chapter 9).

Using the linear representations above as your starting point, now look to what we call 'menstrual' problems.

(Simplified chain of events)



(10) are temporarily eased by taking a pill/medical intervention of some description (8).

Eventually the creating forces - blockages found in (5), (6), (7) - burst through the artificial cycle, setting up a myriad of related gynaecological or other system dysfunctions.

The originating messengers - the constitutional factors (2), (3), (4), - have not been attended to, and are battling on, under difficulty, impacting directly down the chain of command, additionally being independently affected by the imbalances wrought through having an artificial cycle imposed.

The presence of 'Stuck Blood' can make attempting pregnancy a dangerous form of Russian Roulette - the system was not running well - as shown in the symptoms and named disease. To try to use the reproductive area in its current damaged form is fairly foolhardy. It is as though it is just a baby processing unit, not connected to the entirety of who you are and what has happened to you all your life.

This is understandable if you only have Western medicine to work with. Not connecting why the problem is there means that undoing the problem is also a hit and miss affair. Being hopeful at the beginning of a pregnancy rather than ensuring everything is in perfect working order before you start (as evidenced by easy and trouble free menstrual cycle) is the best pregnancy insurance.

Without this, you may well become pregnant, but other manifestations of difficulties are more likely to randomly affect you because the area was not perfectly functioning when you embarked on the attempt. If you have Stuck Liver Blood (endometriosis) when looking at the BBT, you probably will have a continued raised temperature

at the beginning of the cycle. If this is the case, a good clean out with Chinese herbs is the quickest way to have your uterus ready for baby-making. If you do not, you may well live up to the medical myth that it is difficult to get pregnant with endometriosis - of course it is - if you leave it in there without correcting why it appeared!! Remember my derelict house analogy at the beginning of this book - why would a carpenter put a NEW house on top of all that rubbish - why is it not expected to clear the decks before starting a pregnancy?

Think back to the picture of the house on the block of land - there is already construction going on inside you - just not the sort you want - and without undoing this Stuck Liver Blood by repairing yourself and your life, and thus your endometrium - babies are less likely to come though, regardless of the stunning embryos they may try to start in there for you.

WHAT TO DO?

Please look at the diet and supplements areas for assistance in healing quickly. Rebuilding is necessary for baby-making to begin. Refraining from dieting or restricting nourishment at least immediately before, during and after bleeding, when the body has a reproductive agenda - the monthly nest preparation - allows the body to go about its business with much less stress. Paying no attention to adequate nutrition, and not resting when the body is trying to get your attention, through heavy flow, pain and other symptoms that threaten to sideline you, ensures the body cannot heal, and may well be worse off next time.

Questions to ask yourself and your medical specialist should you attempt surgical or chemical correction :

Why did the body grow endometriosis there?

What needs to be altered to avoid its recurrence?

6 - 'OLD' EGGS

(GENERALLY 'WORN OUT' - esp YIN/JING DEFICIENCY)

This was not an issue even five years ago, and has cropped up in recent terminology because of IVF failures and in an attempt to

rationalise clinical successes within mechanical assisted reproduction. Please re-read the previous references to **Jing** and periods, as this is covered in depth there.

The strength of our own eggs is a measure of the general health of our body, its biological age not calendar age. Besides our individual constitutional vigour, in our own birth order may be a factor - how much of mum was available to devote to us initially, how closely together she conceived and grew babies, how happy and well she was during gestation and the quality of care we received in our early years. Also important is the extent to which we looked after ourselves, contaminants in lifestyle and ingestibles we used and still use. These are key determinants of our HEALTH and vitality (not, note, absence of illness).

MARY went to a gynaecologist to see what the state of her reproductive organs was. She was 46, but had a regular good red bleed, was well and saw no problems now that she had found Mr Right. The doctor completely floored her - after a cursory vagina scan he informed her that the one ovary that had eggs left only had a thin wedge of them, and her baby making day were over. Several weeks later she went to another, who did not even investigate (neither ever even took blood tests). He just spent her session totally laughing off any suggestions that at 46 she could conceive.

Had he done any testing he would have discovered she was pregnant at the time. It is a matter of how old you are not how old you should be - and she was taking Chinese herbs, vitamins and having regular acupuncture - and she was in better shape than many ten years younger- and had she gone in and lied about her age, she could have saved herself a lot of tears.

It doesn't matter if your body has had 50 birthdays, your eggs are fine if:

- you have good quality and lots of fertile mucus,
- your BBT looks as it should,
- your period starts red and behaves as my 'normal' setting,
- there is enough lubrication and sensation during sex,
- your teeth are still bright white, and

- you do not and never have had warm feet at night that need to go out of the covers.

Even if this is not you . . . please keep reading. Learn how to improve your life and the eggs will take care of themselves. Become happier and more relaxed, take up yoga, juicing veggies, and gardening, looking after yourself and others - anything to get your inner creativity and self care and juiciness going.

Just like producing quality sperm after a dreadful initial testing, everything is transitory and can be vastly changed through conscious effort to improve general health. The eggs and sperm are merely indicators of how well you are at any given minute - like a biological report card. They are the results of the overflowing well being/vibrant health you both have - or not - which is why IVF alone is often not the best place to start when not pregnant - nature has a greater plan - not just any old baby - but a perfectly healthy one.

Taking very strong doses of specific supplements can repair DNA/replication errors. Just as anyone has the chance of repairing and recovering from an apparently terminal illness, it is all a matter of working WITH rather than against the natural healing we are all programmed for. Of course, this is outside the realm of medical specialists, so it is unlikely that seeking their reassurance here will be helpful. It simply is not their area of expertise.

MONIQUE arrived as she had been told that she had no eggs. I said that was highly unlikely and set to work. She after a few months started getting a change in her BBT chart and started getting very hormonal prior to the regular periods she was having, She had been treated in the past for a lot of gynaecological and frank endometriosis and still suffered great period pain. Over time with herbs, this resolved. She also started to get far more vaginal lubrication, felt far more interested in sex, could feel it more, and eventually started having ovulation mucous and the right pattern to her BBT chart.

She went ahead and had scans done and was now ovulating. What about babies? The man is always the issue - and he has yet to even take a sperm test, so eggs and the apparent woman's plumbing problems are only ever going to be half the baby battle.

Men also have 'use by' dates and often the eggs are younger than the sperm to be used. The eggs are often an easy issue -just build mum

up - she is motivated and she will do anything to become a mother. Dad is often less enthused and thinks just taking a vitamin daily and not drinking is quite enough of an imposition -and this is just not ever an 'old eggs' issue. Donor eggs often are not needed - just a break away from the embryo production line and another serious look taken at what the prospective dad is contributing - often the issue is far more- he is NOT fertile enough. There may be sufficient numbers of sperm, but what is happening inside them is a decreasing vigour and usefulness as they also age.

SALLY arrived panicked about her 'old eggs'. She had bought the common myth that at forty, she was 'past it'. Her husband had three children, had a poorly reversed vasectomy and was apparently 'OK' reproductively. After much de-stressing treatment, and her losing the extra ten kilos past IVF had given her, she was in the healthy state to produce eleven good eggs. Yet again, IVF did not produce a baby - the aspirated sperm were just not good enough.

Had Sally conceived, with such elderly (biologically) sperm, she probably would have been even more devastated with a miscarriage. Anything less than perfect often brings tears. There are no good reasons to ignore nature and her needs for perfect babies - not just using any old sperm.

Postponing further IVF attempts and seeking healing from various good naturally inclined helpers and undergoing a life style change may be all that is needed. Having access to the technology and the resources to afford such attempts may well just end in tears. Please read the sperm section in Chapter 11

DIERDRE had undergone thirteen egg retrievals that had netted her only two embryos, neither of which resulted in a pregnancy. She was eventually told by the doctor that she was a 'non responder' and to have a break. She then remembered that I had helped her years before with period problems, so she started weekly treatments and herbs. After a few months, she went back to the IVF clinic (she had had her tubes removed so needed their assistance) and had a natural cycle where no drugs were used.

She had the best egg she had ever made- often coming out of theatre in IVF attempts there were none at all to use. A pregnancy resulted, which unfortunately miscarried. She was very

ill the following month - but she did another natural cycle - another perfect egg. Again a very apparently good egg, which was again fertilised with ICSI, and again this embryo didn't make it. Then I asked about hubby - he is apparently 'perfect', which these days I take with a bucket of salt. I suggested that ICSI no longer be used, as the chances of natural selection working are greater. He does not believe acupuncture can help - it takes two to make a baby. Often it I sour own beliefs that get in the way and we sometimes need to change in order to heal.

All the rush and tension of the normal industrialised life is not conducive to babies - hence the apparent infertility epidemic. Undoing why fertility is declining is more likely to give everyone a result rather than trying to force nature to do what is not working well naturally. IVF should be the last retreat - not where you go when still very unwell and in no shape (as nature decrees) to be a parent.

Bodies can and do return to previous states of youthfulness - if the factors that prematurely aged them are removed and an environment more conducive to healing is introduced.

CHRISTINE was 46 and knew I was her last chance. She had been waiting for her husband to stop in one city long enough to set down roots. Although he had finally agreed to IVF, it had not worked, and here she was as a last resort at an acupuncturist's clinic. After months of work on both of them (he was a stressed out executive, fond of the red wine with meals and the caffeine and all the trappings of a high life) they conceived their only son and were then remarkably happy.

Whilst there were considerable health problems of hers to correct, he was in an equally messy state. Neither would have been medically considered to be anything other than a bit old - but both had many long standing warnings systems going off.

Had they gotten pregnant prior to their own imbalances being corrected it is less likely their child would have been in such a great shape.

LOOKING TO WHY THE MEDICAL CONDITIONS ARE THERE AND RESOLVING THESE MAY WELL MEAN NO FURTHER REPRODUCTIVE ASSISTANCE IS EVEN NEEDED.

BABIES CANNOT GROW IN IMPERFECT SURROUNDINGS - THAT IS WHY YOU ARE MAYBE STILL NOT PREGNANT. LOOK OUTSIDE THE POSSIBILITIES ONLY ONE STYLE OF THINKING ALLOWS

CHAPTER THIRTEEN

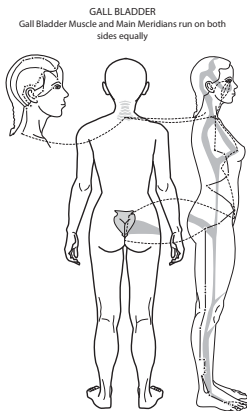
"FALSE" STARTS

As revision, I am repeating what has already been presented before, as you will be coming from the usual medical model; here is a very new conceptual base.

What we do in our medical culture is to label a problem - often involving someone's name, (Bell's palsy) or something that is medically descriptive (endometriosis - inflammation of the endometrium). Using the acupuncture model, labelling happens both to explain what has happened and what to do to undo it.

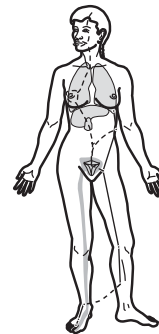
Anything we see may as being 'stress' related will start to show as the little discrepancies as shown on this chart on the following page and graduate into all manner of other distresses - eventually after decades visiting you as cancers, degenerative diseases, auto-immune attacks and 'aging'. Looking back to how you have been in your life - is it worth not being real, not living your dreams and not speaking up when you really need to?

To explain anything gynaecological, it is necessary to involve the Liver Qi - as in acupuncture this is considered to be in charge of the free flowing of everything in the body. Anything that upsets circulation involves the Liver, and vice versa. The Liver meridian has its energy pathway cutting through all the genital and breast tissue.



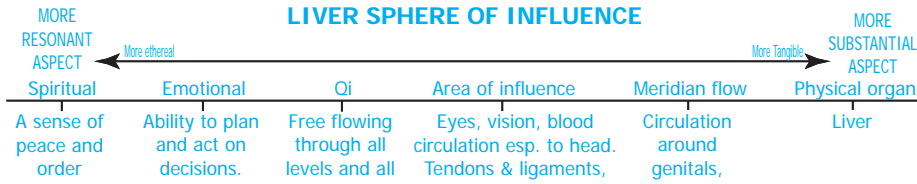
LIVER & GALL BLADDER meridians are intimately related. The flow of the Liver one covers all female sexual/genital regions: Gall Bladder - all migraine/stress/musculo reservoirs of 'stress'.

LIVER
Liver Muscle and Main Meridians run on both sides equally

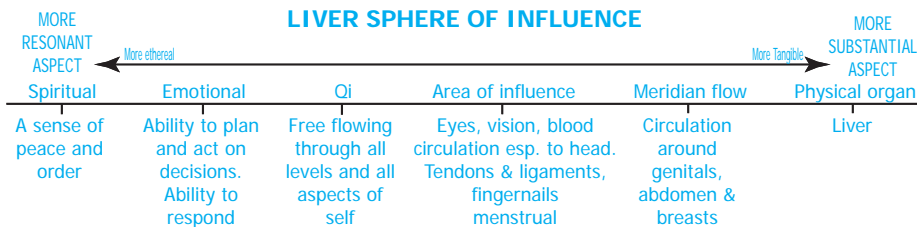


When mentioning 'liver' Western medicine and naturopaths speak of the physical organ - this is only the grossest form of its influence -

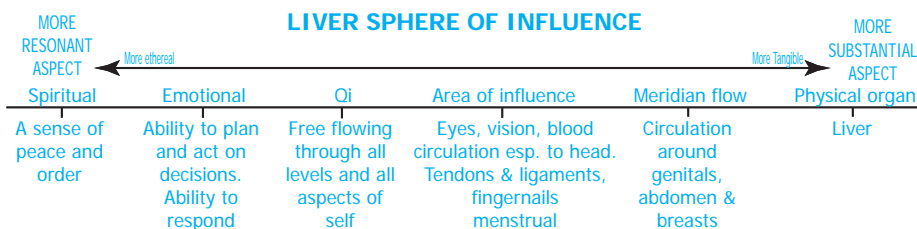
acupuncture goes further.



Looking back to the flow of the Liver meridian/line of energy flow, (above and in Chapter 8) it can be seen that the entire reproductive and breast areas are in its path thus showing us the trail of women’s cancers, lumps and general distress.



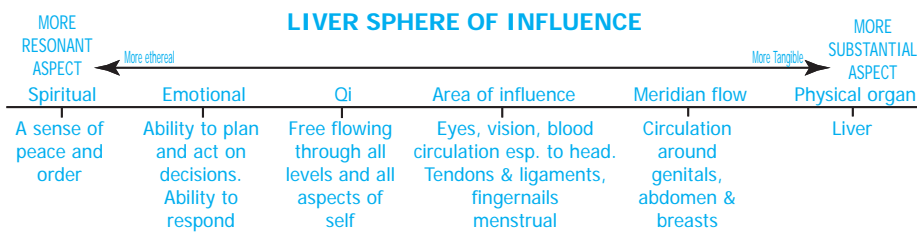
From there, the sphere of influence of the Liver Qi is said to extend to various tissues.



All Qi and all forms of every aspect in the body are under the Liver influence - anything that is blocked indirectly upsets the Liver Qi so that there is secondary Liver involvement. In a state of health,

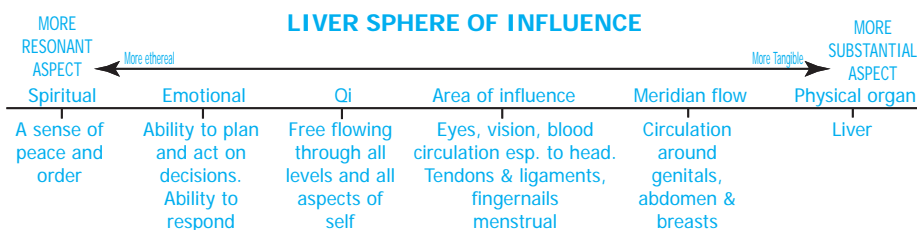
everything is in dynamic balance. However, when we chose to stifle feelings, hold in what we really think and don't voice what we mean, this has repercussions throughout the entire being.

Being 'nice', smiling and apologizing frequently all have the effect of further sticking up the flow of Qi, resulting in it being stored in places that weren't designed for it - creating blockages - as seen in the pathways of the meridians. Illnesses, pain and suffering result.

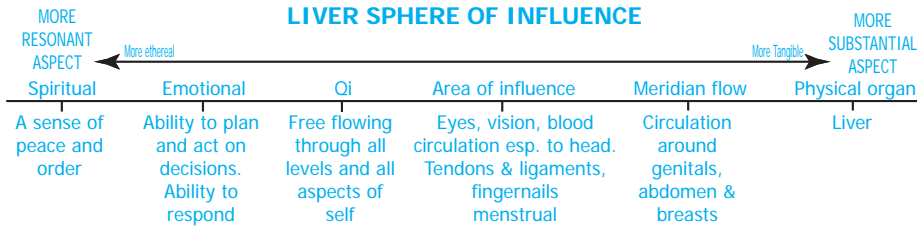


When we have been upset about something without releasing the angst, in turn this blocks normal Qi flow, thereby secondarily blocking flow to any and all of the mentioned areas throughout the entire body. When these are 'full' they themselves spill over creating further problems. All the while, each area is seen by a different medical specialist as western medicine has carved up the body into regions that 'belong' to different branches of medical inquiry.

Feeling not at peace and bottling anything adds to the likelihood of having a 'stress' related incident - involving not only the areas the liver meridian pass through, but also the entire circulation of everything in the body.

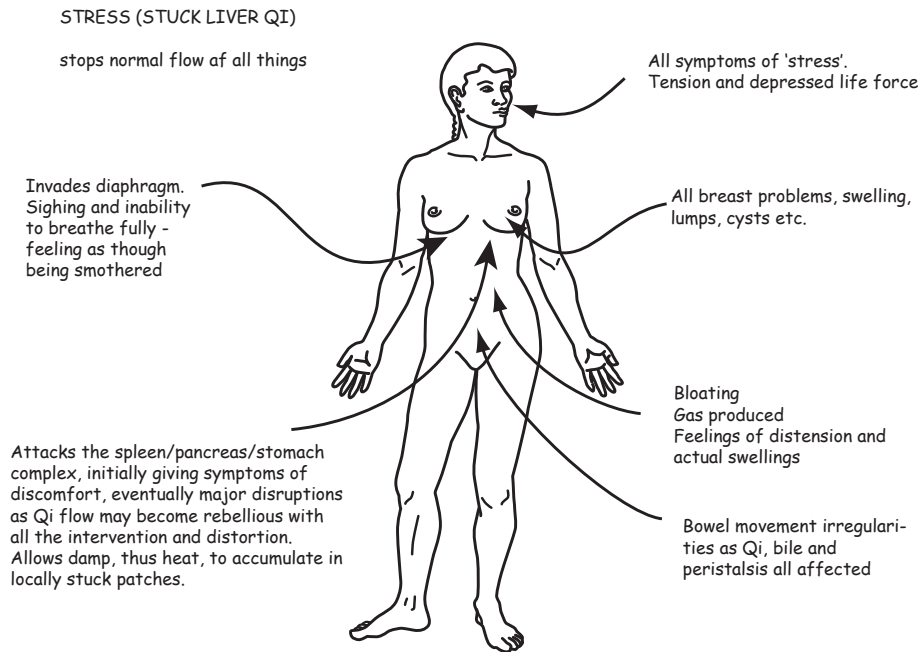


Free flowing on every level also incorporates the spiritual realm - soul - the actual sense of peace in being here, and fulfilling life journey with a sense of purpose.



When any of this is blocked in some way, we end up with Stuck Liver Qi being manifest.

STUCK LIVER QI - usually progresses to all manner of other complaints - this underscores most of what we think of as 'stress' or 'tensions' and leads into 'depression' very easily. Feeling helpless and hopeless in life however it starts has consequences.



	STUCK LIVER QI	
Reactive, feeling thwarted, irritable, angry outbursts, emotional & mental inflexibility, always 'right'; sleeping disturbances, feeling disconnected and 'out of sorts'		Surges, especially in moods resulting in occasional sense organ disruption (esp ears & eyes) Headaches, migraines
Possible irritation, maybe itchy & uncomfortable, visual differences	Sense of Self	Blood circulation to head
	Eyes	Planning & decision making
Lumpy, sore, often cyclic changes.	Breasts	Going around in circles, getting stuck & staying there
Feeling suffocated and feel like/can't take a full breath. Feeling of oppression, as though something sitting on chest.	Breath & diaphragm	Digestive
	Menstruation	All manner of gut problems, especially those responsive to mood. I.B.S., Krohn's disease, sensitive and 'leaky gut'
Irregularity in all aspects, including sometimes 'normal'/sometimes not. Flow may stop & start again. Cyclic disturbances of everything, often called PMT.	Pregnancy	Abdomen
		Bloating, feelings of discomfort, fullness, gas, vague aches & pains that come & go
		Muscles & tendons
		Pain & inflexibility, knots, tension, tightness
		Finger & toe nails
	Sexuality	Ridges, thickening, changes in growth
Possible infertility as menstruation is not perfect. More likely to have pregnancy complications		Cranky, irritable, difficult to be with, as highly unpredictable. Physical body reflects this
<p>Everything is magnified, or may only be evident, when 'stressed', when then the extra body reactivity will start a snowball effect of discomfort and overall grumpiness.</p> <p>These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.</p>		

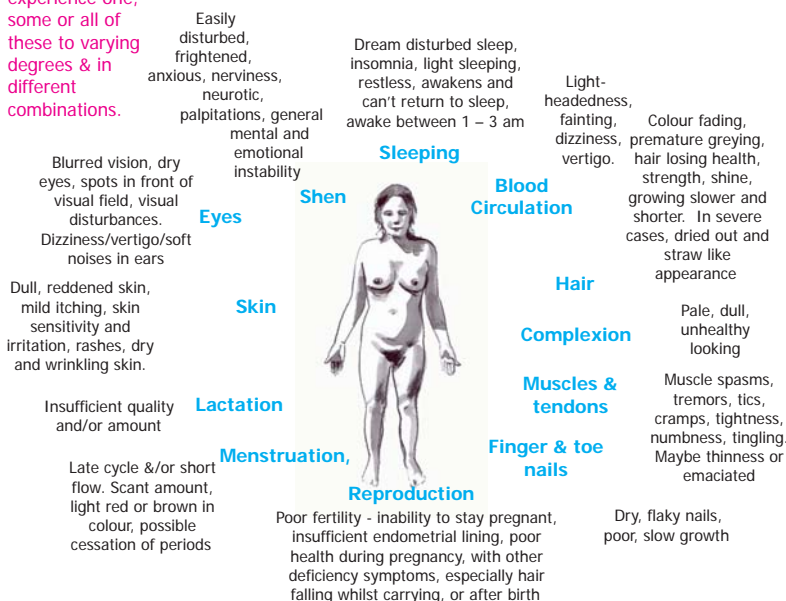
This may look scary to some - as though I have just revealed everything about you. As modern medicine is mechanically focused, feeling out of sorts is often no reason to be complaining. Usually you have to be more obviously unwell than this to be considered sick for the testing they use to show anything serious amiss. These patterns however, are what set up the entire domino effect. We tend to only

mention the physical issues - being a bristly/brittle person tends to creep up on us - and often we don't notice it ourselves.

If having previously lost a lot of blood - either as the 'normal' thought that everyone experiences in periods, or through a one-off event - maybe a past miscarriage - the impact of this may last all the rest of our lives. This is part of the impact Dr John Shen taught affects all of our being. This shows up as the myriad personality issues below. They may then spill into not just how we are in the world, but all manner of physical ailments. These are not addressed by local efforts - the quality and often quantity of Blood needs replenishing and this usually involves much life change.

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

DEFICIENT BLOOD (ENERGY)
Not necessarily anemia, but includes this



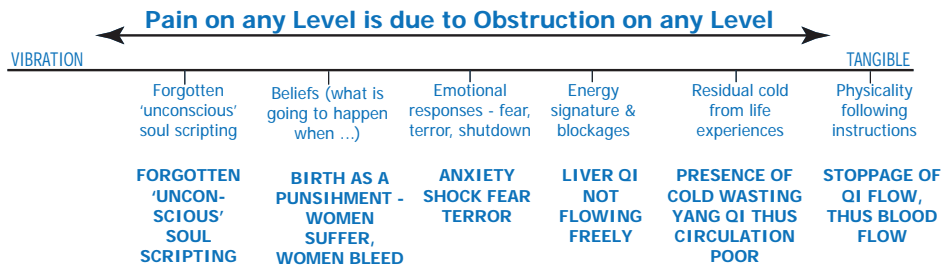
This usually takes a few years to set up. Problems gradually build, and you may start believing this is just who you are. In the usual medical model, most of this is just seen either as aging or not relevant as there are no pills or surgery for correction. By studying just these two usual conditions in most women, it can be seen that the grief/trauma of not getting what we wanted or felt was our due is enmeshed in the whole experience of then becoming less functional - eventually needing help. Who we are is only partly physical. We are also nourished by Blood, and when it is lost, we as a person, are lessened.

If medical answers to problems have chosen in the past, it may well be that separate to the grief of whatever did or didn't happen, there may be an amount of angst to undo, as medical processes tend to be mechanically - rather than heart- and soul-focused. The medical treatment dispensed may also lead you to believe the best was not done by you.

Getting caught up with the resultant shock and anger is not likely to assist a well baby to result from a normal pregnancy. Qi needs to freely move, to allow blood to flow correctly. Please look at the section on 'healing' below. There are also often going to be physical scar issues. One of the options open in western medicine is to open you up to have a look.

There is a tendency to treat whatever in the physical as all that there is - rather than exploring why the perfect blueprint has deviated so much. The problem here is that the instructions are often not touched - the entirety of who we are and have accumulated may be missed in the push to explore the physical manifestations of pain and dysfunction.

PLEASE REMEMBER TO START LOOKING AT THIS FROM THE RIGHT HAND SIDE



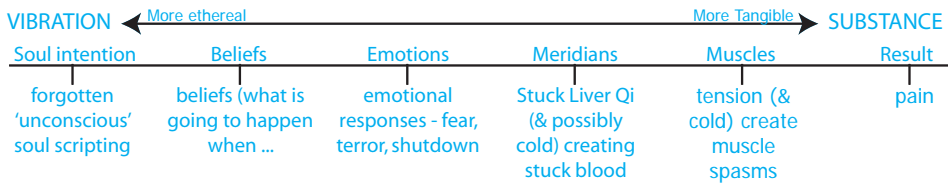
When we look to pain - a fairly usual gynaecological problem - to see how this linear representation of the model works, we see that it is very easy to just focus on what it is we don't want, rather than looking to what may be contributing to its existence.

It is quite likely the problem - be it period pain, fibroids or breast lumps, will remain whilst we only look to its end result. We may take pain killers, anti-inflammatory, or chemical means of stopping normal functioning - the pill or other hormonal turn offs - but whenever we wish to start using the reproductive parts of our bodies, they need to be able to work - and the fact that they were ignored when they were giving warning signs is often why forcing IVF or other immediate baby efforts does not result in what is expected.

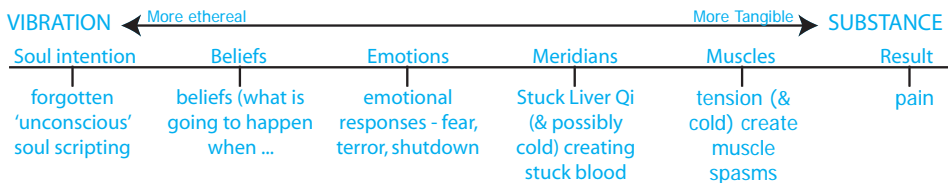


We may have pain - and it may be due to cold blocking Qi flow in the meridians, We often are exposed medically to therapeutic icing (joints or if very unlucky, breast and perineums in birthing) or to cold blood replacement, or just incrementally in our lives with wearing less through fashion, eating and drinking cold things, being cold and ignoring consequences - this cold causes stagnation of flow of everything. The cold then also contracts and hardens everything, leading to poor circulation and a wasting of the Yang Qi spoken of much earlier.

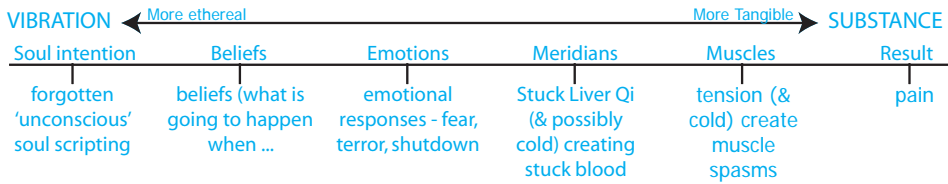
Yang Qi governs all aspects of metabolism and the ability to digest and support life. Locally, cold stops normal circulation, thus cutting off supply of nutrients - in the case of menstruation, creating pain as normal flow is blocked.



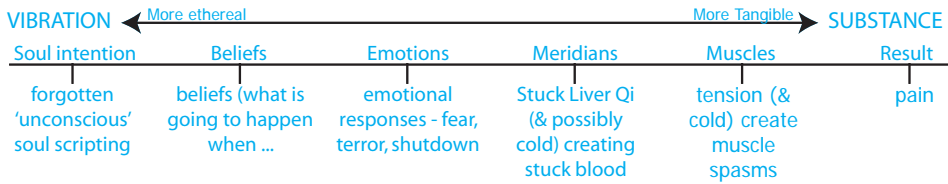
The cold energy as a force impeding circulation then creates the loss of free flow of blood and eventually compounds into stagnation and possible actual blood clots. The cold also wastes the ability of normal and leads to long term storage of this cold, which gradually wears all normal processes down. Separate to the cold invasion, we all tend to store being annoyed as it is not 'civilised' to speak our minds. This leads to Stuck Liver Qi compounding the issue, as Liver Qi irrigates the flesh and allows Blood to nourish all aspects of life.



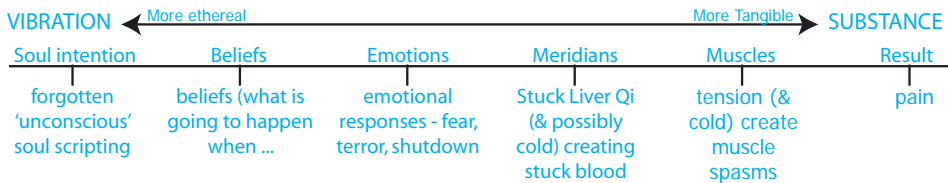
The annoyances of life build, as we then feel pressured and stressed, and uncomfortable. Any stored and unexpressed emotional charge blocks the normal life processes.



We believe certain ways of behaving and being are to our advantage - we all have been programmed by our life experiences and have set ways of being hard wired within.



This may or may not have been 'pre ordained' or scripted - it would often appear as though we are just following orders and life unfolds leading us to where we have to choose to change. Nowhere more than in fertility - what has been assumed would follow (babies) isn't, and gradually understanding the order of body mechanics may eventually lead you to seeing that life is NOT all about what you want and more about what is able to happen.



EARLY PREGNANCY GLITCHES

Conception does not always lead to a baby in arms. Recognising this, many do not disclose their pregnancy until after a magical 13 week mark. Where is the worry or fear prior to this coming from? Without adequate information or understanding, the medical model cannot offer an explanation of why so many early pregnancies falter.

LACK OF APPROPRIATE PREPARATION.

Doing all of the preparation I have advised BEFORE conception will enhance the likelihood of baby being perfect. BUT, even so, sometimes the maternal environment needs a hand. This may be indicated by the temperature dipping. (See Chapter 16). Lower temperatures mean that the holding energy, the **Spleen Yang** is not as strong as it should be to do a perfect job in growing and maintaining a baby.

Taking extra vitamins and eating very well prior to conception ensures that, if you become really ill when first pregnant, a reservoir is available for when our nutrition may be less robust. Attending a naturopath and doing all liver, gall bladder and colon cleanses prior to conception, provides the best start. With this, there should be little of the nausea that sometimes hits in early pregnancy. Seeing an acupuncturist to ensure your energy is boosted prior to baby-making is also a great way to enhance the likelihood of conception, resulting in an easy pregnancy, birth and baby, with a beautiful, bonded birthing and breastfeeding adventure for you both. This is what Nature, left to its own devices, wants.

This subject (well pregnancy enhancement, easy birthing and happy maternity) is covered in "**What Dads Can Do**" and later publications (see www.easybabies.com.au).

BLOCKED TUBES (MALE OR FEMALE)

(STUCK LIVER QI/BLOOD/PHLEGM/DAMP)

Recent rates of ectopic pregnancies in IVF have been around 3% of positive pregnancy tests. This is three times more than for natural conceptions. It would appear that it is up to 17 times more likely of frozen embryos are used. The use of scanning devices (absolutely

not proven to be safe for the quickly - developing embryo) to diagnose this, compounds the dangers of modern technology. If you have lost both tubes, pregnancy can usually only result from advanced reproductive assistance.

Blocked tubes are a variation of **Stuck Qi** - and has **Phlegm** or **phlegm damp** as well. So, what has obstructed normal flow sufficiently to be now physically clogging up the normal works? If you have had an ectopic pregnancy before, a good herbal cleanse (not just naturopathic) is a very good idea before embarking upon another possible conception, as you do not want to lose the remaining one.

What clogs up the plumbing? As with men's tubes, we have a whole system that reacts as whole - not as discreet areas; when one aspect is distressed the rest follows, although it may not be obvious. Hay fever and other allergic reactions affect all tissues in the body, not just the part you or your specialist (in bits of the body) are focussed upon. This can wreak havoc, as often only the area that disturbs you gets attention in western medicine.

The actual cause may be ignored, whilst something to assuage the symptom, not the reason behind whatever it is, is prescribed against. Think of the pill masking the reasons for abominable periods in early adolescence. All the time this disease process continues whilst having a 'good' time, having sex and no babies - until you decide you now want pregnancy.

Ideally, an amalgam of the best of both styles of medicine would have us being scanned and diagnosed medically, then given strong Chinese **Stuck Blood** and **Phlegm** clearing herbs, with acupuncture to correct the imbalances, all the while whilst possibly being medically monitored.

This is a proven recipe in China, where the expense of Western medicine is not justified when far more effective, less invasive and cheaper methods are available. If you have had the misfortune to lose a tube due to ectopic pregnancy, please stop and try to get the other one attended to and in perfect condition before trying pregnancy again. This is obviously outside the job description of the orthodox medical profession as it currently practices. This does not mean that these are your only options.

Damp/phlegm can also translate to flesh/fat/fluid sitting about - to

fleshy/wobbly fat, especially on the thighs and lower body. We may also be prone to discharges, 'smelly' problems, thrush and infections. General slowness/procrastination and lethargy may also be characteristic.

SOLUTION - Decades ago, as a naturopathic response, I started getting women to drink Red Clover tea (but not whilst actively trying to conceive), taken twice daily. This is good for breaking up cysts (hence, it is also useful for PCOS). It is the only Western herb I know of that needs simmering, not just steeping in boiled water. Putting in lemon or honey, if you must to alter the taste, is fine.

Using the Schlusslers cell salt range and taking whichever one looks like you in the range - often silica - is also a good idea.

So too are castor oil packs, for the more hard-core person. Prior to IVF, what I am suggesting here is a way to help pregnancy. Along with the herbs and acupuncture, this did unblock tubes, so is a way forward, however messy and time consuming (though cheap) it may be.

Most good naturopaths will direct you through liver/gall bladder and colon cleansing as part of an overall detox package if you ask. Health is not bought and sold in bottles.

What is clogging up the works? **Phlegm**. Cutting out all dairy and raw and sweet foods and fluids is a big help. It is also very necessary to looking at the health of your **Yang Qi** in general and your **Spleen Qi** in particular.

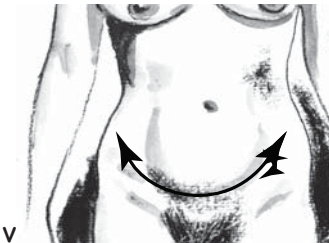
There are various detoxification regimes. The eBook "**Helping Yourself to Health and Vitality**" (LINK) has a section, with instructions, on castor oil packs and gall bladder cleanses. Foot patches may extract all manner of 'stuff' through your feet. You may even experiment with them directly upon your abdomen for help with your tubes. These different ways to clean out your body allows it to return gently and naturally to the pristine state in which it started.

The pelvic opening/sacral massage, discussed previously and available on my "What Dads Can Do" manual and DVD (available from www.easybabies.com.au) may help get the Qi/ Blood flow going. The whole rump area has to be awakened - and, yes, it does hurt most women. We seem to sit on everything that has aggravated us. The area needs to be massaged until it is pink and warm - actually radiating heat. However, it should not be done whilst too premenstrual or when bleeding, as it will feel it too uncomfortable.



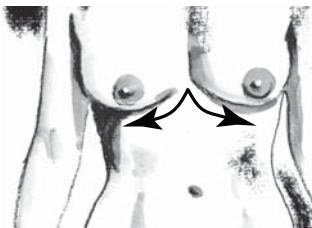
Starting with the sacral area, ease massage into deep gouging, to get the circulation going. Bottom should be pink and warm to touch first.

Then start at the front and move gradually deeper in to the abdomen, following the arrows for direction to use.

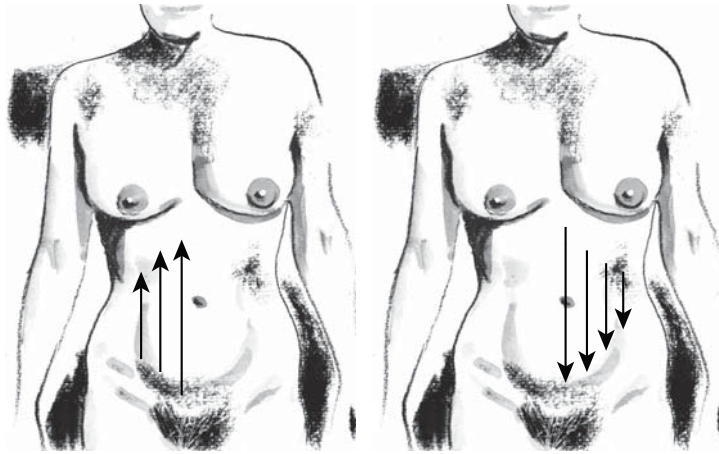


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Following on, gentle self massage can be followed every morning before arising. This will help to get not just the colon, but all abdominal organs and tissues into a more natural flow, and possibly will assist the undoing of old adhesions and residues from past operations, or incidents.



So, again, look at the BBT and the overall picture you may have identified by reading through this, as I have noticed in clinic that this is resistant to change by just following conventional gynaecological guidance.



All of this preparatory work will help avoid the ectopic pregnancy scenarios.

1 - ECTOPIC PREGNANCIES

(STUCK BABY = STUCK QI/BLOOD/PHLEGM/DAMP)

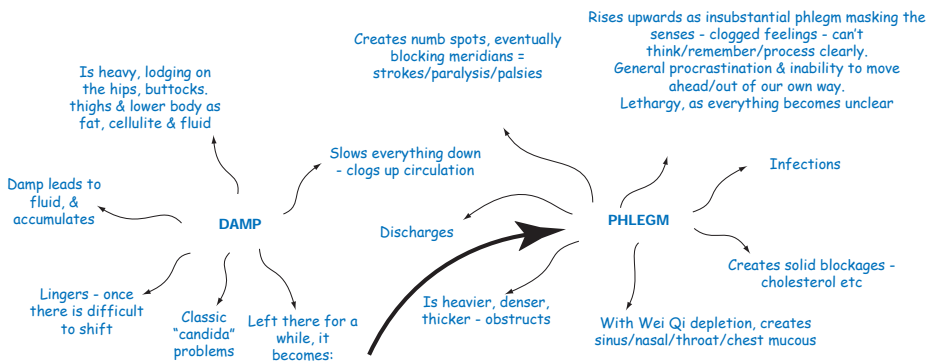
PREVENTION - see above SIGNS OF THIS POSSIBILITY

These underlying states happen as a result of the **Qi** not flowing, and the fertilised egg not having enough help to descend into the uterus - the 'fetal palace' - and to then attach to the endometrium that has been prepared to nourish it. The 'patency' - or ability of the **Liver Qi** to flow is all powerful here.

Anything you can do to normalise your body prior to attempting to become pregnant is the answer. If you tend to have general **Spleen Qi** deficient markers - being slightly overweight, a bit flabby/squishy/fluidy, and/or are prone to discharges and Candida - it may be sensible to use a good Chinese herbalist to clear your abdominal area/'lower heater' of all energetic obstructions before conception.

Unfortunately, IVF seems to have created a wealth of ectopic pregnancies and many women now have no tubes as a result. If embarking upon IVF, it thus may be an idea to work preventatively and to clear yourself out **AS THOUGH** you had blocked tubes first. Many using IVF actually have little real reason to do so past impatience and not understanding that it is nature's way of ensuring a later, though better, baby.

In acupuncture, **Dampness** is obstructive. Anything that is in the way will create the mess that becomes a blocked tube - for either sex. Lack of clarity in all aspects of life - especially thinking - is usually noted. Look again to the low thyroid area, as dampness and lack of Yang to transform and circulate always go together. Here it is again . . .



You may not have any menstrual symptoms to alert you to this. Additionally, in the general women's pattern, the old favourite - **Stuck Liver Qi** - may also need to be shaken off.

WARNING - IVF and prior C sections create greater likelihood of ectopic pregnancies. Technological advances may, like all of life, hold no guarantees of success/babies, and carry with them many risks.

HANNAH had gone through IVF to conceive her son. He was actually one of what would have been twins. An ectopic pregnancy had resulted concurrently and after that tube was removed it was discovered a few weeks later than she was still pregnant. After a few years, she tried IVF again, and another twin pregnancy resulted - and unfortunately this time, both the tubal and the uterine pregnancies were lost. This left Hannah now with no tubes - and the next attempt ended in another non tubal, but very untenable pregnancy that had to be aborted. These conditions, should you have fallen through into this area yourself, may be relieved through work with structural and energy guidance. The suggestions above are a great beginning to getting your pelvis in the right state to hold a successful pregnancy.

Ectopics still happen outside IVF. They often appear as pain or bleeding around the 6-7 week mark. They are not usually naturally

resolved, although are occasionally reabsorbed harmlessly by the body. Chinese herbs have the potential to do this, yet without the cooperation of both styles of medicine this is most unwise.

Any operations that have been performed, especially past C sections, could well do with attention from a qualified acupuncturist to get the restoration of normal skin sensation, and hence Qi flow back again prior to the next pregnancy. C sections have much higher risks for ectopic and all manner of intrauterine disasters, so are not to be lightly undertaken. Secondary infertility is well documented post C section. (LINK) Please see eBook - "[Healing after Caesarean](#)".

Further self help could be ensuring all the moxa and massage suggestions found elsewhere here are carried out several times a week, as the body, with assistance is a great healer.

Please remember that grief and unresolved emotional angst do impact upon the ability of the heart to send inner stores of nourishment to the uterus - and anything you can do to undo your emotional load will only help the arrival of the baby you so long for.

2 - "BLIGHTED OVUM"

Follow everything about preconception care - BOTH of you.

3 - MISCARRIAGE - WHAT TO DO

As with all things, **prevention is best**. Look again at all I have written above. I'm talking particularly to and about **dads** because they tend to think all this has nothing to do with them - forgetting that they are HALF of the baby. "[Supercharge Your Sperm](#)" was written for those who don't believe - it is them Or that anything can be done if there is a problem . . . Also Google such combination of words as 'male factors in miscarriage'.

Get him to take a sperm test to ensure that the QUALITY of what he has is good enough. This is one of the reasons I attempt to slow down anyone who has arrived at my clinic, desperate to be pregnant. It is far easier to have a three month embargo on conception, whilst tending the garden in which the quality seed germinates, than to attempt to "patch up" quality issues and their legacy after conception.

This is especially so since most women still expect to work full-time whilst their body is undergoing immense changes involved in making their child. (Please skip to **Chapter 7 JING**)

Get him to really clean up his act, and to at least take the supplements suggested. After all, HE is the one who is often half hearted about babies. YOU are the one who would go through the miscarriage and YOU are the one who would get the guilts...

THE MOTHER in general

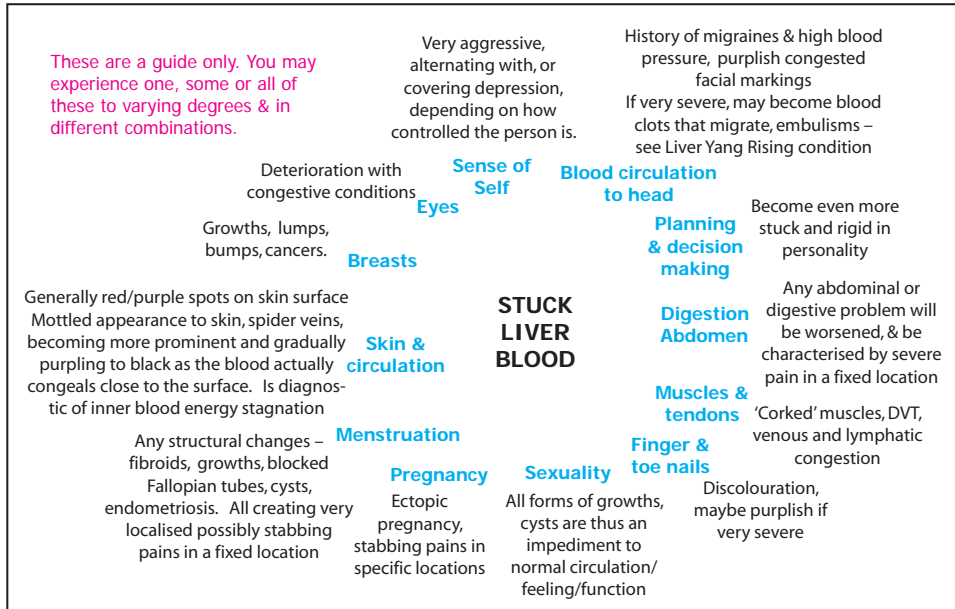
Mum can be in less than stunning shape going into a pregnancy - either from a weak constitution in general, or from an acquired state of exhaustion/expecting too much of herself. Weak **Kidney energy**, can be brought on through baby making attempts too close together, milk production with poor sleep, and little chance to regenerate between pregnancies, emotional problems (especially the angst of not conceiving, and using artificial hormones at unreasonable levels to attempt pregnancy), prior falls, accidents, excessive lifting, ingestion of some drugs/herbs or the contraction of a "Warm" disease during pregnancy, or taking anything that is heating - caffeine, alcohol, most drugs. Having warm feet at night, often for years prior to pregnancy, is not an indication of strong **Jing**, and in pregnancy there may not be enough to settle the fetus in for its duration.

The usual characteristics of the above are overwork, over-worry and general exhaustion at all levels. All of this helps create a situation where, even if pregnancy IS achieved, there may be little maternal reserve to nourish and nurture it. There may also be **Blood** deficiency (not the same as anaemia), due to poor diet, especially from trying to lose weight. Any of the above situations may lead to **Blood Heat**, or it may come from the **Liver Qi Stuck** from a lifetime of placing others and their perceived needs ahead of self.

There may be **Stuck Blood** in the abdominal region, due to previous surgery, (however minor, including navel rings). The **Stuck Blood** may be physically present as fibroids, endometriosis, cysts and obstructed tubes - or any other physical blockage that you can think up. Hopefully the pre-conception care you chose will resolved these. **Stuck Liver Blood** flows on from the **Stuck Liver Qi** scenario mentioned earlier. The pill does a wonderful job of creating these issues - and hence is part of why normal periods may be missing when

the pill is stopped. Number of the complaints below may be seen to be just her - but actually are the overlay of what medication and life can create. This is easy to shift - BEFORE pregnancy is a far more appropriate time.

Late pregnancy problems - and conditions that may be detrimental to life are all here on this page - and are reversible - using Chinese medicines and acupuncture.



Maybe she is too thin - and apparently in peak condition - as a would-be model. A little girl figure does not make a well pregnancy. Gaining a few extra pounds may make all the difference to your eggs and the wellbeing that could precede pregnancy.

POSSIBLE CASES FOR CONCERN WHEN INITIALLY PREGNANT

- Menstrual-like cramping.
- Back aching in the lumbar region.
- Any form of brown or red vaginal discharge
- Feeling less/not pregnant - losing signs of illness, bloating, breast tenderness.

MATERNAL ABILITY TO HOLD A PREGNANCY

(KIDNEY/SPLEEN QI/YANG DEFICIENT)

This is sometimes considered mysterious from an orthodox medical perspective. Besides a lack of progesterone (best measured, some would say, through salivary testing) there can be more energetic battles going on. The easy answer may be to give additional progesterone in the early months of pregnancy. This is often routinely done at least for a few weeks post-IVF. Testing to ensure prior to pregnancy levels (is the BBT second stage is elevated sufficiently?) would allow more peace of mind here.

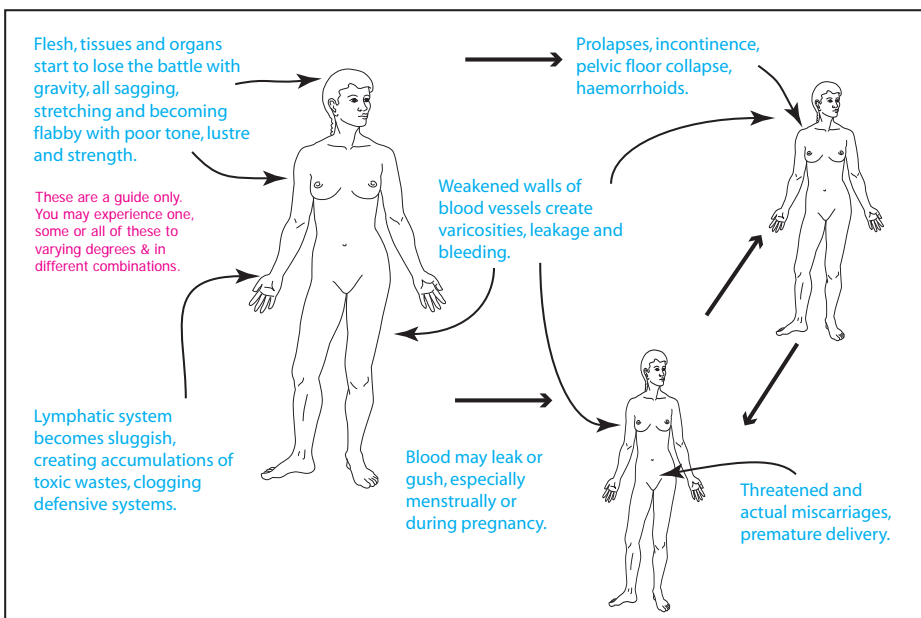
In addition to this, developmental glitches may abort the pregnancy - in this section I am dealing with mum's inability to hold a pregnancy. The strength of the baby is HALF dad's responsibility, and so often missed that I strongly suggest a good sperm test result BEFORE even considering pregnancy as miscarriage is often remarkably debilitating for everyone. In this section I am dealing with a woman who is not inherently strong enough to carry a pregnancy well, PLUS work full time, and go about her life as though she were not making another being. This is a **Spleen Yang** function within Chinese medicine. Hence, all I have mentioned on the subject elsewhere holds true.

a) - **WEAK SPLEEN QI/YANG** seems to become apparent in pregnancy. It is something that is made far worse through overwork, eating and drinking cold, raw and sweet things and by not resting when the body demands it. This sometimes is why morning sickness is so acute - digestive capacity is just not capable of handling maternal life and growing another one well. Think also of later in birthing - and avoid anything cold and cool as these may well trigger a bleeding episode for you - here are the energy reasons the not 'sitting on cold concrete as you will get 'piles' adages/the 'old wives tales' were actually based in observation. I am presenting the theoretical basis.

Just as the **Liver Qi** has the role of keeping everything flowing well, **Spleen Qi** has many roles - one of which is holding everything in place. This means tissues and organs and blood where they are supposed to be. Also babies. Hence anything that upsets the **Spleen Qi** is likely to compromise this. Sometimes Chinese medicine can appear obtuse - it is because the connections between concepts sometimes are not part of the culture we have been brought up to see as

normal. In all Asian countries there would be no way medical therapeutic methods around women and especially birthing ones could think of using cold - as compresses, as ice to suck, as temperature of food or drinks offered. Women around menstruation and birthing are far too vulnerable to cold invasion. Most of the post natal problems we consider to be unlucky and random will emerge as being cold related, if you look.

Blood and organs and babies are all held in by virtue of the **Spleen Qi** strength. If **Spleen Qi** is weakened, so is the likelihood of these aspects of self being held correctly.



SPLEEN YANG DEFICIENCY SYMPTOMS

Poor appetite. This may be slightly offset by late pregnancy. If Mum really isn't interested in food, feels vaguely (or frankly) nauseated by even having to think about it, **Spleen Yang/Qi** needs assistance. Without a healthy interest in food, the blood energy cannot flourish, and the baby may be compromised; the placental flow may be lessened, and after birth, Mum may be unlikely to produce abundant good quality milk. Further afield, weak **Spleen Qi/Yang** is responsible for prolapses, incontinence and haemorrhaging - especially later on in the pregnancy.

Loose stools/apparent diarrhoea. This may seem normal to her, but unformed stools and undigested food found within are signs that the **Spleen Qi** is not up to the task of supporting life/ transforming well. Use of nutrients may thus be compromised.

Fatigue, especially after eating. The weakened **Spleen Qi** may be only capable of doing one thing well. Doing less after eating at least ensures that food is still processed.

Maybe also becoming vague and memory failing - this is often used as an excuse during pregnancy and breast feeding, but is actually a sign that there is too much load on the **Spleen Qi**, and 'non essential' (to survival) roles are discarded/lowly prioritised. **Blood** quality and **Jing** suffer as a result.

Abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating, as transportation and transformation (digestion), may show signs of weakening and deterioration. Place your hand on your belly - often it is really cold to touch - how can your inner food factory/oven support you with all that cold there? The warmth within assures you of appropriate **Spleen Qi** strength.

This tends to lead onto, or come from a state of general **Yang** deficiency - otherwise known as slow/low thyroid function. This is a very misdiagnosed/under discovered consequence of modern life. It underpins most of the complaints people come in with in any natural therapy clinic. Modern medicine medicates - anti depressants/reflux and antacids/anti inflammatories/constipation remedies/allergy and all manner of fertility menstruation/implantation problems.


b)-WEAKENED SPLEEN QI /YANG. She may not have all of these, but they can arise when more challenged in later pregnancy and beyond.

Metabolism & Body heat have been damaged, so the person feels cold & lacking 'oomph' on all levels. This brings problems with -

- all metabolism functions
- circulation
- digestion
- all levels of protection including immune function
- structural integrity esp holding blood, tissues & organs in place
- temperature regulation esp feeling cold

YANG DEFICIENCY

Life-spark diminished,
lethargic & listless

<p>No sparkle in eyes</p> <p>Pale complexion</p> <p>Possibly flabby/prolapses, may be thin due to digestion incompetence or bloated/fat as metabolism is compromised</p> <p>Clear, copious urine, esp at night</p> <p>Cold hands & feet, possibly numb</p>		<p>Puffy around & under eyes, esp in morning</p> <p>Not thirsty and/or only want warm fluids</p> <p>Food sensitivities & allergies, Candida, easy bloating & poor digestion in general</p> <p>Loose stools</p> <p>Undigested food in stools</p> <p>Concentrated, dark urine</p>
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What seems poorly understood is that the BBT, if low, is likely to flag problems in all subsequent stages of pregnancy and beyond. If the pregnancy lasts past the apparent danger zone of three months, when the placental progesterone has increased massively to support the pregnancy, there still may be pregnancy and post natal maternal glitches.

This is because **Kidney Yang** supports **Spleen Yang**. Neither can be very strong if a temperature lower than 37°C is recorded throughout the pregnancy.

SOLUTION - Build mum up and ensure her thyroid is working optimally - within the perfect limits set in Chapter 16 (BBT portion) of this book. Whilst this may be outside conventional medicine, both naturopaths and alternative hormonal GPs work to normalise this. Supporting and encouraging normal to re establish to wellness allows normal baby making to then flourish. The reasons behind continual IVF failures and miscarriages whilst having a lower than optimum BBT is not medically unexplained -just ignored, as though it was irrelevant.

Resting more, stopping full-time work and starting to eat as naturally and warmly as possible will also help. Chinese herbs and acupuncture are excellent too.

KIDNEY YANG DEFICIENT SYMPTOMS

Needing to pee a lot, especially at night. This may be seen as 'normal' in pregnancy, and so it is when the baby is over 7 months along, and taking up a lot of space. However, prior to this, and often in very early pregnancy, women sometimes are up several times a night, or very often during the day. This not only is a sign that the **Kidney Qi** is weakened and needing support, but the lack of quality sleep, as interruptions are occurring, weakens her **Kidney Qi** and thus **Jing** further. (Good argument for getting older child/ren into stable and separate sleeping arrangements).

Weak, or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and weakened. Whilst she may see this as being normal - for her - it is actually the beginnings of an overall depletion of her inner resources, hastening the ageing process. She may have cold intolerance, and poor circulation, with cold hands and feet (see above general pregnancy disclaimer).

Lack of any interest whatever in sex. This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non-essential (for physical survival) drains on its most precious essence and **Kidney Qi**.

Spleen Yang deficiency shows in any of the **Yang Qi** functions as before except temperature regulation - that is more the **Kidney** and **Lung Yang** role. Leading onto -

c) - THE UTERUS IS 'TOO COLD'. This is drawn from ancient wisdom - this time from Chinese medicine. Many women do suffer from a cold belly. This may also mean she tends to be sexually 'frigid', have less sensation - or be less sexually-driven. At the root may be a carryover from the low BBT/luteal phase/progesterone discussed above.

Sometimes, it just shows up as a cool-to-touch belly. Other times it goes further as mentioned in the previous paragraph. Testing the BBT, will make it obvious if it is to be your most significant challenge.

SOLUTION - follow all the steps from the condition above.

Find an acupuncturist who knows how to 'cup' cold out of a belly. They may go to my practitioner site www.sharpen-up-your-results.com for instructions if not. You yourself can follow the moxa instructions outlined in Chapter 8 and/or acquire my What Dads Can Do manual to follow the pre and pregnancy stages all through, for optimum health and wellbeing for all.

COLD CONSUMING YANG

The other major reason for bleeding out of turn is a lack of energy to hold the Blood, and in this case, the fetus, in place. This, as mentioned, is the role of the Spleen Qi, which is greatly compromised by skipping meals, previous dieting and bulimia and anorexia, and general exhaustion. A woman with this condition could possibly be exhausted, pale, and may be often constantly nauseous. Often she is also craving the very things that make all of this symptom picture so much worse - cold and raw foods and fluids.

Physically, the cervix may be considered 'incompetent', and a stitch may be inserted to attempt to physically constrain the possibly unstable pregnancy. Spleen Qi holds everything in place. It also governs the connective tissue integrity. Again - keeping away from cold and not tiring herself are key answers here. Obviously, going out to work, even being out of bed, may jeopardise some pregnancies. This is a case where it is the mother's energy that is just not strong enough to support both her and the baby.

Often, the first three months of the pregnancy are marked by

exhaustion. This is due to the body remaking itself to support the pregnancy's final three months. If her body gives her the exhausted messages, please go to bed, boring though it may seem, and sleep. Typically, after lunch or in the late afternoon, she will peter out.

Sometimes the body goes the nausea route. She may also be vomiting mucous, or producing excessive amounts of saliva. She may be unable to do much, as any exertion may create a further weakness that results in the stomach energy rebelling upwards. Eventually, usually at around the three month mark, life usually returns to normal.

KERRY had been months waiting to conceive. She and her husband had gone through a very traumatic first miscarried pregnancy and had been under my care for about six months prior to conception. She was well versed in taking her temperature, and had been warned to keep this up in the early stages. Sure enough, some spotting and instability happened early on and every time, she found her temperature falling under 37 where it normally sat (has to be very first thing in the morning to be useful). She came in for treatment, and each time, her belly was cold, so this was cupped and moxa used to stabilise her pregnancy. This continued for many weeks - using the progesterone and her finally cutting down on hours at work allowed her pregnancy to flourish.

The cold belly often shows itself after IVF transfers. To avoid this, please ensure that at all stages of the early pregnancy and before, no cool or cold draughts or other forms of cold are anywhere near you. It may sound like over reactions, but the major cause of pregnancy and maternal problems are cold entry, and being really upset and not expressing it (**Stuck Liver Qi** getting out of control). This in turn attacks/weakens the **Spleen Qi**.

YVONNE was so upset - she had miscarried twice already, and was spotting again in her eighth week of this pregnancy. She had sold her business and was focussing only on pregnancy, but was still looking like losing yet another baby. She arrived with the cold belly I so often see in this case. This was cupped, and moxa used as part of her treatment. She was also instructed to use the moxa stick as in my book 'What Dad Can Do' and the next day was only slightly spotting but now focused on the appalling nausea that she also gets when pregnant. When asked, she was eating mainly cold and raw fruits as this is all she felt

like eating. Changing this around made the final differences, and she is now well pregnant and happy.

It often takes just the right therapy to completely alter what has been happening. After IVF therapies I see a lot of women who need their normal reset to wellness.

TANIA came in for treatment following her embryo transfer. As often happens at this time, her belly felt really cold to touch. As I had warned her of this, she had tried to stay warm, taking in a hot water bottle for her back and was wearing more clothes than usual. Cupping her navel and using moxa warmed her belly; no doubt enhancing her chances of successful implantation.

The 'oven' within needs to be set at the right temperature to sustain the blood flow to the uterus. Understanding what is happening to you and seeing the beginning signs well before the apparently inevitable happens can be very empowering - you then get to make decisions as to where your priorities lie - will you go into work, will you stop all extra activities and just sleep - as this is all you feel like doing - possibly the body actually has some wisdom here Sometimes simplifying things actually makes them appear too silly. I hope this is not the case with me trying to show a very different though 'dumbed down' take on the energy/ acupuncture model.

It may appear as though all is lost - yet I have many clinical cases where the apparently impossible happened and still a well baby was at the other end of the treatments - many months later.

ANN had experienced something akin to waters breaking (this was her fourth child) in the supermarket, and went home to grieve the unenviable. One of her relations mentioned my name, as I had been instrumental in all sorts of obstetric turn-arounds for this family. She did need three treatments a day in the initial stages. She started haemorrhaging and went off to hospital, where the scan showed a really strong heartbeat, so between her stopping all activity, taking all the supplements and herbs and undergoing much treatment, her baby daughter was very well and became the strongest of all her children.

Although I have been speaking of cold and deficiency states, at the same time most often there is a lack of balance - which creates also heat - and that heat is often what is giving rise to the pink or red

bleeding/staining that is so scary. What leads us to have both at once? A lot of us are just rolling from one body crisis to another - and pushing ourselves, rather than resting after even a hard week - this stress is all cumulative and eventually - especially when another load is on - takes us out of the game before we really damage ourselves irreparably. No more so than when pregnant.

Turning again to the BBT (Basal Body Temperature), there is a direct correlation between the hormone progesterone and a component of the energy acupuncturists call **Kidney Yang**.

It may be a little confusing as in the next section I start to speak of excessive heat. This is a very different from the metabolic heat we must have.

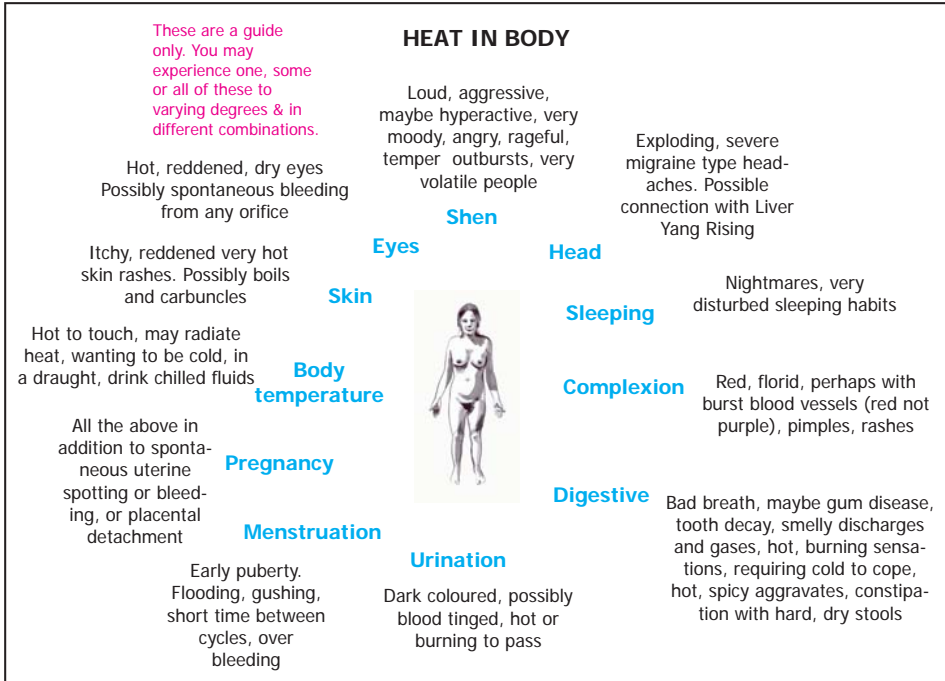
We have the foundation of life - being our **Kidney Yang** - which gives us the 'oomph' to be and we have the false or sick heat we get from pushing ourselves so that we have a low grade feverishness - much like running a car with the foot on both the brake and the accelerator pedals. We all know what it feels like to push ourselves far too much. Eventually something wears out. The lack of inner lubrication from being in an 'over drive' setting for too long does have consequences, and is why very strong physical activities causing the core temperature to raise may be warned against.

HOT BLOOD (EITHER PARENT) LEADING TO WEAKENED JING

HEAT IN BLOOD PLUS ASPECTS OF KIDNEY/SPLEEN QI/YANG DEFICIENCY AND/OR LACK OF STRONG BLOOD/JING TO MAKE THE BABY

Heat overload in the body shows up in many different forms. I would hope that few of these are being experienced, as western medicine can only monitor and possibly label these matters. Independently trying to fix each discreet issue - acne, constipation, gingivitis, psoriasis, nightmares and insomnia, migraines and flooding with periods as an example, misses the point that these are all stemming from an inner heat that is driving the blood reckless, upsetting the Shen (spirit) and leading to insufficiency of fluids to nourish the entire being, skin included. Without a wholistic approach, many medications to

attempt to 'fix' each 'problem' will only lead to more of the same and a liver organ that is overloaded with more toxic substances leading to further heat disruptions.



The heat may have been ingested, in a weakened state. For example, curries, ginger, spicy food in general may have added to an already-weakened state. Heat is also generated by repressed emotions, or may have always been with us. If this is the case, you may have experienced very heavy, often short-cycle bleeding with periods, skin rashes, pimples and great emotional volatility prior to conception. See also 'hot blooded babies' on www.easybabies.com.au under 'difficult babies'

Heat can appear from many different sources. The most common one is not looking after self the way people used to automatically. With the ability to be 'entertained' all day and night, a conscious choice has to be made to switch off and actually rest to regenerate. This switching off involves being in bed sleeping by 9 pm and keeping activities to a minimum. This is highly unlikely in today's world. We also eat and live very quickly. Little 'down' time is available and healing and restoration is considered 'unproductive'.

Part of the lack of time to reflect and be at peace with self and to go over events of the day and year is the then accumulation of 'stuff' that is unresolved, and left to fester. Choosing to say nothing, hoping it will all blow over, pretending it really didn't completely shatter you when only works for so long. 'Putting it behind me' is not likely to allow calm and happy living, as the unfinished business mounts up. Often there is a large amount of angst around all sorts of issues that is swept aside in the busy lives all lead. Eventually something triggers a reaction and often the mountain that has been in storage then fuels an apparent catastrophe.

The anger that has been held within is something most women can relate to. This angst and irritation is what bubbles over in the premenstrual times. If this, and why it is there (not blaming 'hormones' as this is not actually the issue -the backed up anger and fury is) is not defused prior to pregnancy, post natal problems and possibly psychosis following depression may result. Nothing happens for no reason - there is usually a lot of warning - and medicating against the small problems only allows it all to grow stronger for later.

In the past, all knew how to try to rid oneself of an unwanted pregnancy - lie in a very hot bath with a bottle of gin under the belt (as in get drink, creating heat within, and ensure it works by immersing self in a very hot environment. We can thus take from this that anything that creates excessive heat will potentially arm a pregnancy. This sometimes leads also to premature rupture of membranes and also bleeding in pregnancy and early labours and births.

JILL was a very little person. She was battling chronic constipation (lack of fluids and inner heat) and came to see me at the three month mark of her first pregnancy. She was, unbeknownst to me, addicted to very hot curries - this becomes an important fact a little later in the story. I was concerned at the amount of space she had to grow a baby in and was not surprised when her waters broke and then labour started at 24 weeks. She had him and continued to see me to boost milk production whilst he was in the special care nursery.

One day she was telling me how she was off to have a really hot curry and I said not to as it would go through to the milk and upset his gut - and she remarked that he must be used to it by now as she had always eaten them. I did not say that this may well have destabilised her already very precarious body's ability to hold a long gestation.

Years later, she became pregnant again, and again went into labour at 24 weeks, both babies are eventually fine. The combination of her very small frame and inner constitutional weakness (**Jing** to pass on) and the very heating foods may well have been enough to cause her babies early arrivals.

SOLUTION SEEKING

Besides looking to the second part of the menstrual cycle, to see if the progesterone is doing a good enough job and if overall temperatures (thus metabolism function/thyroid) are within normal range, look to the quality **Jing** issues I have written about previously. The **Blood** (energy) and period are a good indication of whether mum's body is up to the challenge. She should not be dieting, but eating for creating healthy babies. She should not be exercising like an obsessed person, but to gain life and vitality. Carrying a lot of extra fat may mean pregnancy is not as easy as it could be, and the various apparently 'normal' problems that accompany pregnancy are not random, but strike those who are not well/in optimal health to begin with.

Gestational diabetes and pre eclampsia were two conditions I **NEVER** used to see in the nine years when I was running a busy fertility/obstetric clinic. The tough cases, older women, IVF and those with difficult histories would seek my help and were all remarkably well throughout their pregnancies and births (back then the vaginal bypass birthing option was not so prevalent). In the past four years this pattern of wellness in pregnancy under my care has continued. I suspect that a good start - nutritionally and health-wise - means that nature wins - health is assured through great preparation.

Being within 'normal' weight is a big consideration. If you are a bit pudgy, perhaps suspend baby-making and imagine you (both) as a couple are preparing for a marathon. Put yourselves both in training. This means not getting obsessional about it, but attempting to be fit and well before making this being. You only get one shot at this particular baby, and the **QUALITY** of the child's entire life rests with you.

EVASIVE ACTION WHEN MISCARRIAGE SEEMS LIKELY

Make sure you are warm and stay warm. Do not eat or drink

anything cool or cold. If the weather is cold, take a shower to warm up. If your belly feels cool to the touch, a hot water bottle or heat wheat pack on the lower back may help. Better still; find an acupuncturist who can cup the cold out - they can go to www.sharpen-your-results.com - my educating practitioners' site to discover how to do this.

Have **folic acid** tablets in the house. Take them, depending on severity, at least one, possibly two, and maybe three or four times daily with a multivitamin, or, preferably, a

B-complex. Certainly, folic acid should not be taken without B vitamins, otherwise, it will imbalance all the rest of the B group in your body. Also, take several doses of **Vitamin C**, one gram at a time. Additionally, take **Chinese herbs** especially for this eventuality. They help boost the "Kidney Yang" - the energy equivalent of progesterone - the pregnancy protection hormone. Of course, if the BBT information has been heeded and everything is normal prior to conception you may not need to read this section at all!

POSITIVE ACTION

Worry and fear allow vital life-force to leak, further weakening yourself. Rather than simply NOT worrying though, you should take positive steps. Whilst resting, mentally direct your gentle and deep breathing into your fetal palace (uterus). Visualise a golden web of light being spun around and throughout the area, enmeshing the uterus in healing energy. Spend time on this often.

Talk to the spirit of your future child. Surround it in love and compassion. Breathe golden light into it. Allow the presence of whatever you perceive God to be - the source of all healing/strength by whatever name you prefer to invoke/Christ Consciousness - to fill your vessel, healing all wounds, all desired outcomes that are less than for the Highest Good of all concerned.

The possibility of linking with a being not in form, thus not 'here' / physically yet- may seem strange to you. But we are not just creatures of flesh and blood. Some women do sense the spirit of the new being who is going to come through as a baby; some do feel its fusion within them when it is conceived (and feel its departure if it dies). Why shouldn't you have this connection, if you open your mind to the possibility? What if this spark of pure consciousness needs you to evolve beyond the pretty and the shallow, into the more grounded,

mature person you need to be to be this one's mother? This raises the issue of personal responsibility again - being something other than the media - created image of a glamour queen/yummy mummy or a frazzled business success, when baby may need its mum to be 'present' and focused on her/him.

Perhaps you need to override your personality, allowing the process of life, which is beyond our conscious comprehension, to dictate the next steps. Be at peace, beyond fear. Fear is yet another signature of your **Kidney energy**. Being in fear is really about being ignorant of what is happening. Perhaps imagine being your own fetus. What FEELS safe? Become more aware and more conscious (and less trusting of what is fed through the media and medically-slanted literature). Question the contemporary cultural and medical perspectives that replace the life-affirming content of all aspects of pregnancy and, indeed, life. Remember, parenting will demand these choices of you.

Mammalian survival pre-programmes for THIS here and now. Who is to say that this is the only pregnancy you will ever manage? Who is to say, in this time and place, what is in store in any future minute? That the human life-cycle is not perfect in the entirety of the scheme of things, that THIS particular soul only inhabits the earth plane, through you, for however short a time - is this the only way you or your partner may WAKE UP to what you are hoping will happen without effort on your part and changing your habits?

WHY ACUPUNCTURE TREATMENT CAN HELP

In acupuncture, threatened miscarriage is called 'slippery fetus'. The aim of treatment is to strengthen your **Spleen energy** - which has, as part of its duties, holding everything (including babies) in place - and to strengthen the **Kidney energy**, the pivotal component of the gestation process. It also may be necessary to cool the blood energy slightly, as maternal heat is a major cause of bleeding out of turn. This is not going to help you if preconception preparation was scant, or hurried - as once there's a fetus there is no improving what it has; it can then only mature. This miscarriage prevention assists the baby whose mother needs help to hold it; it cannot necessarily correct what should have been worked on prior to conception.

PRACTICAL SUPPORT

You may also need a number of acupuncture treatments, sometimes daily, occasionally twice daily, initially, to stabilise your energy.

WHAT HAPPENED?

Think what was happening prior to 'the scare'? Often, since you do not usually have the framework to consult, you may not register situations that are highly noticeable to me.

Perhaps the pre conception BBT has not followed anything like normal patterns. Automatically assuming there is something wrong with the fetus is to draw on medieval, hopeless, fear-based thinking - as though we are all just here as puppets, with someone else pulling the strings. But we do have consciousness, an ability to do something. This whole book is about the QUALITY issues that sit behind pregnancy and the stunning baby that is possible if you follow Nature's lead on this.

Whatever has excessively 'upset' you - the straw that broke the camel's back - leads to the possible unleashing of what you have held in all these years. Of what? The anger which generates the heat that creates bleeding. Probably, in the short term, this has nothing whatever to do with fetal damage. Maybe a cold drink, food (salad) or environment, in addition to other co-factors, caused the **Spleen Yang** holding energy to begin to collapse, resulting in the opening of the cervix.

Whatever it is, assuming that there is no fetal abnormality, it is likely you had something to trigger the scare. Alternatively, a 'blighted ovum', where there was no fetus, is, in these terms, a lack of Kidney energy strength; the **Jing** was not flourishing. (Again, how 'pure' are the raw ingredients of the dad's sperm? Sperm count itself is only ONE measure of male fertility). Please look back to male factors and Supercharge Your Sperm.

HEALING POST MISCARRIAGE/IVF FAILURE

Taking a walk after the evening meal, being together and bonding as a couple, is far more likely to lead to more heart-felt connection, better sexual experiences and the general enjoyment of being together. All of this helps heal the heart-uterus split that may be creating a baby drought.

Women need to feel included, loved and special. Actually, so do men. Hiding away from feelings is often a key blockage not just to good sex, but also to creating babies. Hiding behind deep wounds means the sanctity of the marriage is not as safe as it could be.

Baby's sense unexpressed feelings, and part of the average baby's distress is the unexpressed 'ugliness' within the couple; the mask only hides this to the adults. Engendering sensitivity makes parenting easier. It starts well before baby is on board. Any form of bonding will help. Watching TV and other screens together is not what I mean, but, touching and massage or doing a shared project together - especially if creating something that will enhance your union. After many years and often many attempts at IVF the glue that holds you together may be tenuous. Premenstrual and hormonally charged women who are not getting what they want are a force that may not be sensually inviting.

Sex and living communion is not just about mechanical sperm introductions. Often this level is boring and you are 'past it'. Some even use assisted reproduction because sex is dead or dying in the relationship. Rediscover fun. Otherwise, you must ask yourself if you really have the time for a baby if it is such a stretch to spend hours of quality, relating time with the one you are embarking on this adventure with.

If the level of intimacy is threatening for one or both of you, you are not ready to be totally present. Rethinking the whole baby-making business together and looking at the health of your marriage may be the first priority. Painful as it is to consider, separation is far easier without children and their needs being present.

Children are the extension of your love for each other, a gift and a rewarding of all that is within and between you. Creating the space so there is room in your relationship and your life, not just the physical room to house them and their stuff, is paramount here.

SEX

Sexual activity is unlikely to be sought by your body at this time, as libido is a measure of Kidney energy, and yours may be being diverted into baby making. Sexual activity may weaken your general energy, and, separate to the possible mechanical damage to the cervix, it may assist the passage of the 'slippery fetus'. On the other hand, gently loving connection may be all that is needed to re-establish normalcy

and loving life - a boon to any fetal instability, as when mum is calm and peaceful the nourishment of spirit is more assured.

A woman's body may be rejecting damaged goods, and often the cause of that damage is the sperm that were deemed "OK" but that could have been stunning. There is no room for complacency just because the medical specialists have decreed you are 'good enough'. I remind you that 15% normal in a sperm sample is hardly a promising beginning for babies.

ROMANTIC WEEKENDS AWAY

Pretend you are courting again. Escape your rut, and have something to look forward to - a regular mini-honeymoon, a break in some other place where the chores and getting everything ready for another week does not happen, where you can really unwind.

If you can organise this as an ovulation event, so much the better. Often making a baby is as simple as having a relaxed and happy interlude - and PLENTY of loving, fulfilling sexual relating.

MISCARRIAGE IS NATURE'S WAY OF SAYING - STOP AND REVIEW WHAT YOU ARE DOING.

DOING MORE OF EXACTLY THE SAME MAY WELL GIVE YOU THE SAME RESULT OVER AND OVER

CONSULTING A NATURAL FERTILITY SPECIALIST MAY WELL BE THE CHANGE YOUR BABIES NEED YOU TO MAKE IN ORDER TO COME THROUGH

CHAPTER FOURTEEN

THINK THIS IS ALL TOO HARD?

WONDERING WHY NOT GO STRAIGHT TO IVF?

The physical reason why you can't conceive naturally and what this also means is just a part of the story. 'unexplained fertility after spending thousands and much lost time and hope may become apparent after reading this book. Who took the time to survey what Nature would expect from both of you? The reasons Nature has stopped you - the reasons behind why the sperm quality, egg and endometrium quality and metabolism are less than perfect would have other consequences for you to live through - if pregnancy proceeded.

Mechanical embryo manufacture does not automatically make a babe in arms - or a happy family. It just offers hope - at a cost. The inability to address quality issues in reproductive technology is an enormous issue. Less than perfect babies, with higher risk pregnancies and a greater likelihood of interventions at every stage, await you. Is this worth it, when adjusting your life and habits and correcting a lot of the contributing causes would give you at least a healthier body for pregnancy and parenthood? The likelihood of miscarriage, prematurity and all the other less-than-perfect outcomes that are part of IVF inheritance, could well apply to you.

If a baby isn't conceived after a few months or years of having unprotected sex, maybe the GP will suggest you see a specialist. And maybe the specialist will ask if you have private health insurance and then suggest 'IVF for you.' Instead, you could ask yourselves:

1. Is a baby just what happens next in a marriage?
Do we really need a child to validate our love/commitment?
Are we actually strong enough as a couple to stay together to see this one's offspring as grandparents?
2. Are we actually well enough to make a new person?
Do we eat well enough and have sufficient inner purity?
Have we thought through what we want, individually and as a couple?
3. Have we been having ENOUGH sex
- and in enough different and interesting positions?

4. Have there been enough female orgasms to allow the free movement of the Liver Qi and the mechanics of Fallopian tube mysteries to work?
5. Do we have enough free time to allow nature to actually work?
6. Would we want to be brought into our adult lives as a new baby?
7. Is there any spare time to enjoy and grow a new being?

Do we really know how babies are made - the position of the uterus and the quality of sperm? Do we understand the sperm test details, or even know how/when sperm are being made and released? Are both of us well enough to do the whole baby thing?

If there is a sense of urgency, the various time stages of our lives having been accomplished, are we actually ready? The question is not 'is it time?' but are we ready? Are we really embarking consciously on the formation of another being, who will be in our lives for the foreseeable future, regardless of whether or not we stay together?

Will the child we want to make be 'good enough' based on where we find ourselves health wise? Could we do better - are we in the pink of condition ourselves?

BECAUSE SOMETHING IS BLOCKING WHAT NATURE EXPECTS . .

Current methods of reproductive assistance to force conception become quickly and progressively more invasive. And, all the while, we forget that allowing Nature's lead would be a wiser and cheaper option. All natural models exist to allow Nature to win. All orthodox ones seek to control Nature and set their own (apparently superior) agenda. This sometimes works, although those connected with IVF may wonder why it all seems to be so random. What else, they should ask, could be going on?

HEALING BEFORE PARENTHOOD

Returning the body to how it was before the pill and interventions often requires commitment to self and a lot of healing. This healing may be of something from the distant past, where sexual assault, a traumatic childhood or something else you thought was behind you is

actually still WITHIN you and not allowing normal to happen. Denial, hoping things will all work out, tend to create the period dis-eases you may be pretending don't exist whilst undergoing IVF and other reproductive assistance. But what about it all that is possibly going to seep out when you have another being - your baby - on board, at birth or during its growing up period? What IS it that is stopping you from off the alcohol /nicotine/antidepressants as an example?

Stopping the non nutritive ingestibles that have been part of your identity and lifestyle may bring up many things from within you that you actually do not want to think about.

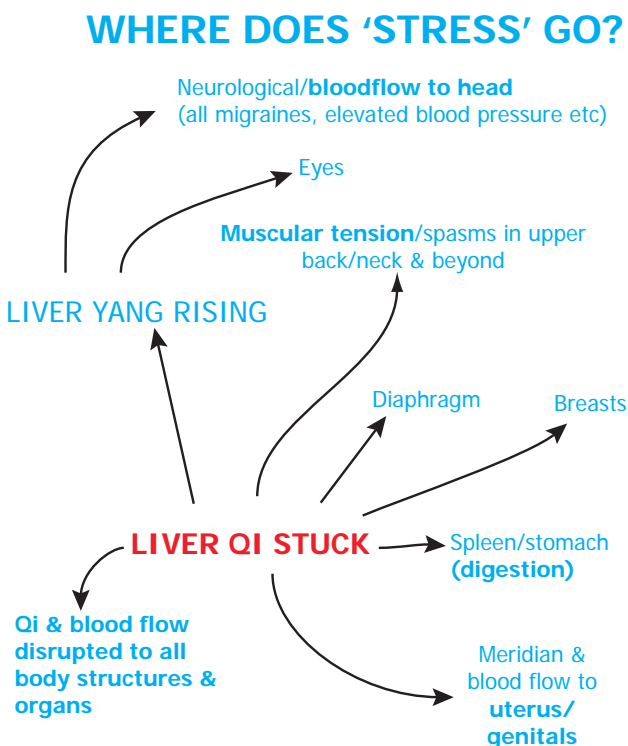
Turning the TV off and relating more intimately may actually show you how little you now have in common with the person you fell madly in love with. Is it not better for this to surface BEFORE you become parents together? Babies have a habit of cracking these differences WIDE open.

WHAT DO YOU THINK HEALTH IS?

WHY DO YOU THINK YOU ARE ON MEDICATION/HAVE CONDITIONS THAT APPARENTLY NEED FIXING?

COULD IT BE YOUR LIFE HAS NOT AGREED WITH YOUR BODY, THAT YOUR BELIEFS AND LIFE CHOICES ARE OUT OF STEP WITH YOUR HEART AND SOUL?

HOW IS THIS GOING TO BE BETTER WHEN THERE IS ANOTHER PERSON TO CONSIDER? (BABIES ARE ALSO UNRELENTING WORK AS WELL AS CUTE).



Will it be easier to confront yourself and your past with a baby? Unpleasant, possibly, but self-awareness before pregnancy will turn you both into far more compassionate and useful parents of your own

children as they travel through their lives. But, you say, I JUST WANT TO BE PREGNANT!!! Well that may turn out to be a little short sighted. Babies, like puppies, grow up. They thrive with stable, centred and happy role models, who display consistency and humour. They cut through social pretence and can appear to be brutally direct and honest as children.

None of this is a conventional medical/illness focus issue; it is a quality of life/vibrancy one. Natural medicine looks to restore the state of normal, as designed, within the body and mind. It is more like having regular maintenance or preventative check-up for your car. A different perspective is needed, to help with this issue other than the medical equivalent of dealing with a road side crisis after things have gone wrong.

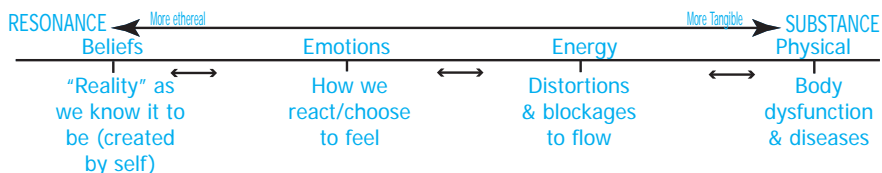
Undoing the reasons BEHIND the lack of conception will also work on the moodiness or sexual inhibition and the menstrual issues you may think of as being part of just who you are.

This is particularly so if one or both of you have been taking anti-depressant tablets, sleeping pills or some other mood enhancer. The same goes for the gut issues that all really arise from the same cause - **Stuck Liver Qi.**

	Reactive, feeling thwarted, irritable, angry outbursts, emotional & mental inflexibility, always 'right'; sleeping disturbances, feeling disconnected and 'out of sorts'				Surges, especially in moods resulting in occasional sense organ disruption (esp ears & eyes) Headaches, migraines
Possible irritation, maybe itchy & uncomfortable, visual differences	Eyes	Sense of Self	Blood circulation to head		Going around in circles, getting stuck & staying there
Lumpy, sore, often cyclic changes.	Breasts		Planning & decision making		
Feeling suffocated and feel like/can't take a full breath. Feeling of oppression, as though something sitting on chest.	Breath & diaphragm		Digestive		All manner of gut problems, especially those responsive to mood. I.B.S., Crohn's disease, sensitive and 'leaky gut'
		STUCK LIVER QI	Abdomen		Bloating, feelings of discomfort, fullness, gas, vague aches & pains that come & go
Irregularity in all aspects, including sometimes 'normal'/sometimes not. Flow may stop & start again. Cyclic disturbances of everything, often called PMT.	Menstruation		Muscles & tendons		Pain & inflexibility, knots, tension, tightness
		Pregnancy	Finger & toe nails		Ridges, thickening, changes in growth
			Sexuality		
	Possible infertility as menstruation is not perfect. More likely to have pregnancy complications				Cranky, irritable, difficult to be with, as highly unpredictable. Physical body reflects this
<p>Everything is magnified, or may only be evident, when 'stressed', when then the extra body reactivity will start a snowball effect of discomfort and overall grumpiness.</p> <p>These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.</p>					

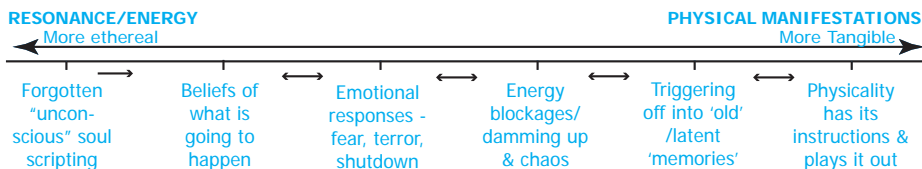
This lack of vitality and sense of being in charge of your life - on whatever level - spills into aspects of body function. It is unlikely all systems will fail together, but, depending on your own strengths and weaknesses, some probably will.

The easiest thing to do is to regain charge of yourself and how you feel, rather than hiding behind behaviours and medications. (See eBook [Getting Out of Your Own Way](#)).



CREATING OUR OWN PROBLEMS

Rather than thinking of a sperm production or gynecological issue as something that needs a pill or surgery - it could be seen as a warning that things are not as they should be sexually, emotionally, or naturally. Where should we look for the cause of the problem? We could go to the extreme right hand side of the page and look where the problem is physically playing out. We could also equally look to where the instructions are coming from - what we are telling ourselves about our real worth.



HOW ‘LIFE’ UNFOLDS

Is it really the 'fault' of the uterus that it is always flooding/gushing/clotting/hurting? Is it really the testes that are failing to produce quality sperm to make babies with?

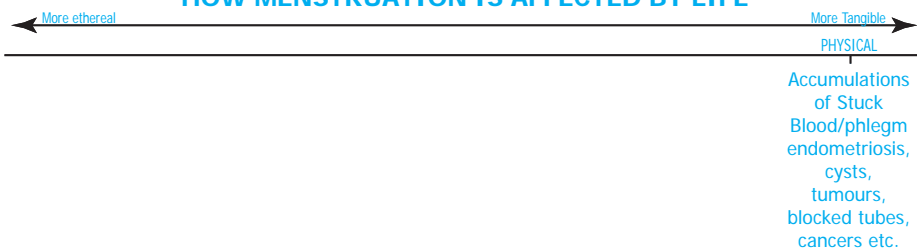
Could it not also be that there is not enough Blood and Qi and nerve circulation getting to the area - for whatever reason?

Could it be that there is not enough life force, through being too busy and being too stressed to enjoy sex and intimacy?

These are all confronting thoughts. But if you take time out together, go on holiday or just hang out together, more relating certainly does happen -the body settles down, the gut works better, quality of life improves and life juices flow.

What if we looked a little further into ourselves on the left hand side of the page? What if we decided to slow our lives down -if not, how does a baby fit when there is not enough time for a cooked breakfast in the morning?

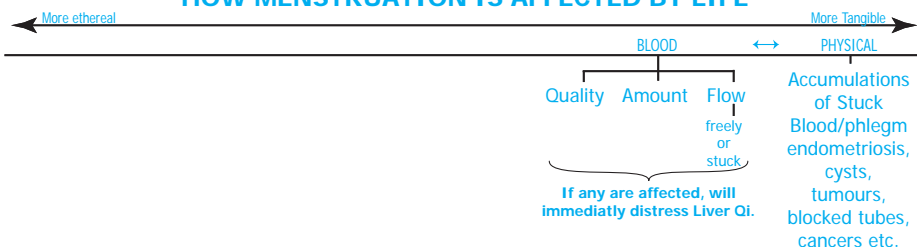
HOW MENSTRUATION IS AFFECTED BY LIFE



The named conditions appear on the extreme right of this linear representation.

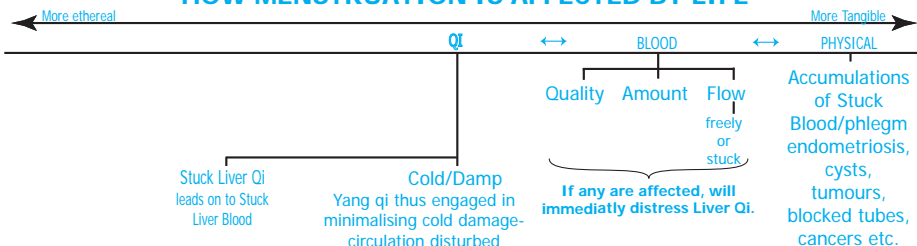
What is really going on behind the scenes is what all natural therapies are more interested in. Here the acupuncture model is shown cased. The background energy imbalances may take a few months or years to start up = and unless pain or bleeding problems occur, they may stay as sleeping issues to wait until some later time to show their presence.

HOW MENSTRUATION IS AFFECTED BY LIFE



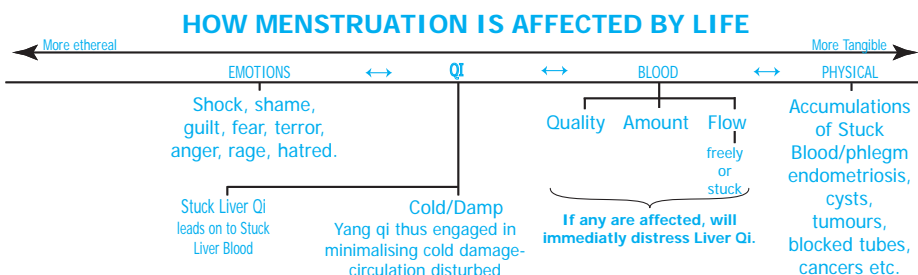
As time goes by, we may start to add layers of energy disruptions to this. The linear representation does not do life real justice - all aspects of self can affect all aspects of any of this.

HOW MENSTRUATION IS AFFECTED BY LIFE

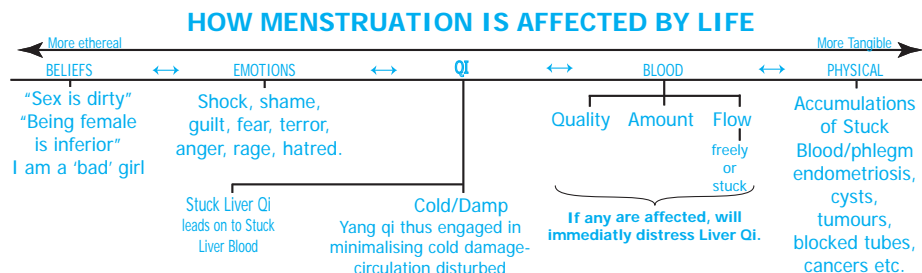


It may be that the emotional component starts this off- after all some of us are sexually and emotionally abused/distressed in our

younger lives. We may see this as having been 'behind' us - but the echoes still reverberate and need clearance. Just being considered less for being female can create the ripples through out the being that lead on to the menstrual life laying out the upset.



This may be helped through the cultural - in the wider sense or just as our own micro climate within our own family. These appear as the instructions that set in motion the majority of 'health' issues that no amount of pills or any description will actually really heal - we need to get in to these programmes ourselves to affect the changes needed. No therapist can do the work - it is all individual. I suggest starting with **"Getting Out of Your Own Way"** (LINK).



What do we need to do to turn the QUALITY issues around? What solutions for baby-making and rearing need to be found for you as a couple to become a family? Often in discovering this, you realise you are either in no state to be pregnant yet, or are with the wrong person. Maybe that you are the wrong person at the moment yourself.

What if you had unlimited time with your partner? Would you revel in the attention, or get bored and want to be with others? All of this inner work is far easier to do without the added (possibly lifelong) responsibility of another.

THIS MAY ALL SOUND LIKE TOO MUCH TROUBLE.

After all, does it seem to you to be just about getting pregnant? Actually the stable home and family of past generations is fast becoming a rarity and a mystery. If you wonder why I labour the point, it is because far too many young children end up as the victims of Family Law Court deliberations. Any work you as a couple can do BEFORE encountering the risk of this is invaluable.

What about just getting rid of the non-mum stuff?

ELSIE'S STORY

An older lady coming into my clinic for an arthritic problem, saw all the fertility literature about and told me the story of her efforts to get pregnant over forty years before. She said her doctor told her:

- 1 - To stop full-time work immediately
- 2 - Go on holiday with her husband
- 3 - When she got home, to start at one end of the house and work to the other end - clearing out everything she did not want and cleaning and replacing with what she did.
- 4 - If not pregnant by the end of this episode, then she should start sorting out the garden.
- 5 - If still not pregnant by the completion of that task, part-time work was all she was permitted to do.

And, after clearing out extraneous stress, re-bonding with husband and starting in on clearing her nest she conceived.

IVF VERSUS NATURAL

Some do need reproductive intervention. But how many really do and how many just want to hurry things up? Why stay broken, when what is really needed is some life management?

What about embarking on the free therapies, taking the slower, more responsible way? What about changing diet and starting to go to bed earlier, drinking more water and less alcohol and caffeinated drinks, enjoying more sex and better relating skills. Don't say 'no time !!!'?

How many couples have unexplained infertility, with no apparent physical reason? They are maybe the ones that need to get a different life.

If there are blocked tubes - with either of you - unblock them. Your body can heal itself given the right ingredients. Western medicine may not support this because it is outside its 'job description'. Seek assistance further afield from those who help the body and Nature to repair damage.

If there apparently is no sperm or a low count, this may be fairly simple to correct - just not by medical means. Remember that Nature needs us to reproduce. Often something has happened to CREATE a blockage, and all it needs is for you to discover how to reverse it. Go back to basics, get out of comfort and start living in your own life. (Very often, this is also the journey undertaken when reversing out of apparently terminal prognoses).

With conventional medicine, before IVF and the recent sperm injection technology, if a guy had a sperm issue, fatherhood was considered impossible without donor assistance. Yet, sometimes, all that is required is a different perspective on the problem.

SHANNON'S story.

A couple in their early twenties came in to see me, over twenty years ago, not to get pregnant - after 7 years of trying - but for a back condition. I found out about the fertility issue and suggested that, as I was not practicing but doing a locum for a few weeks, coming as often as I was about would be useful. They became pregnant three weeks after I started doing three treatments a week. Prior to this, he had been just ejaculating bits of dead sperm and pus. Awful as it may sound, this was the result of an earlier massive testicular infection that got out of hand. After they got pregnant again, with baby number two, two years later, he had his tubes tied.

Recently, I met them again, and they reiterated that they had done everything I advised to the letter. He had been the driving force for children, took all supplements and made sure he met the three times weekly treatments and suggested lifestyle changes. The short window for seeing me - both for the relentlessness of the changes wrought by my interventions on the body, and their compliance - possibly ensured pregnancy.

If more people took the possibility of absolute change to heart, they would see that radical chemical enforcement is not the easy answer they suppose it to be. Instead, the solution is gentle restoration of their original 'blueprint'.

They prioritized this as there was no other option available, so there are two more people in the world due to my thoroughness and their intention and perseverance. I often hear similar stories and experience similar results. In fact, the apparently hopeless are often easier to resolve than those considered less difficult. It comes down to how much you are prepared to work for something. Popping vitamins and herbs and spending lots of money may not actually be the solutions you need.

Often people attend my practice quite sure it is one or the other's 'fault'. But it is the couple who are not conceiving. One or other may incorrectly be assumed to have the problem, when all along it is just a matter of needing another mate.

Recently five of the five men I have requested sperm samples from have been not optimum. All but one were cleared by their doctors - yet all have considerable blocks to babies readily seen on the results sheet.

We need to remember that it is the COUPLE that are not conceiving - often it is just a matter of either changing partners or improving what there is already.

MY EGGS ARE TOO OLD/I AM UNRESPONSIVE TO IVF MEDICATIONS

- that is because they are doing the medical equivalent of flogging a dead horse - you need to resurrect yourself as a live vibrant being and then either conceive naturally or come back to IVF when you ARE likely to win.

KAREN arrived at 45 years old, in a state because her husband of the past twenty plus years had never been able to decide when the right time was to stop and have a family. IVF had failed and this was her last chance. He actually was having severe erection difficulties, was totally stressed out at work, had IBS and was on high blood pressure medication. She had lots of migraines and allergies, and was very upset about the state of her life. I suggested that if we were to tackle the issue seriously, she needed acupuncture treatment twice weekly. We

would have to address his issues also.

Thankfully he was 'sick' enough to need treatment in his eyes, so I got to see the potential father sometimes. He was so encouraged by the fact that his gut felt better that he did take some of the supplements I suggested.

She had many problems - including an ovary that apparently did not work. After months of healing generally, I suggested that perhaps, given that every second day for sex might be beyond him, she visit the obstetrician to see what side the eggs were developing on. As it turned out there were two really good eggs- on the side that she had been told by IVF was dud - and her baby was conceived at 46 years of age.

What made it possible? Perseverance and her NOT trying to conceive until the body had prepared. Of course, the tests were all good - she and he had put their time in.

If natural conception hasn't worked so far, find what is wrong yourself and correct it without having a paid therapist in sight. Go back to basics and live more as your great grandparents did: simply put, early to bed, early to rise, plenty of sex (no other entertainment), plain eating and lots of water, equals fun and happiness.

It is not sensible to spend large sums of money trying to force conception before resolving why it is not happening naturally. Why not at least get good health and vitality for all the resources you do spend? If natural medicine and your efforts to live more as your forebears did does not naturally provide what has always been the outcome of sex - plenty of children - then, at least when you do go to IVF or other forms of assisted reproduction, you will be less likely to be thrown off balance by the medication and far more likely to come home with a baby.

What does this mean?

It means becoming accountable for everything you are doing. Think of where you are now and where you are heading as a result of past actions as the consequences of choices you are and have been making. That makes it really easy: you change and so will where you end up. It is all within YOUR power.

Here's a thought: What about buying a puppy or starting to train a guide dog puppy - which has relatively tight time boundaries. This will help you get a feel for the amount of time you have to give up to raise the new being you so desperately seem to want in your life. It will help establish if you really have the time and energy.

For those with something as apparently impossible as blocked tubes (male and female), natural medicine is still applicable here. Indeed, before the advent of IVF, many, including myself, were helping couples produce their 'miracle' babies in apparently hopeless situations. It is always just a matter of undoing what should not be there, restoring normal/natural.

Wouldn't this be cheaper and more enjoyable than going into debt to pay for the possibilities the modern retail medical speciality of IVF, and its glitzy advertising, are selling? Do you really want the relationship chaos that rains down on those who often spend years attempting to force nature? Continuing to do what has blocked natural, and superimposing medical treatment may not give you what just removing these blockages could. Simplify your life. Otherwise, how are you going to live the life you are living now, with a baby?

REGARDLESS OF WHETHER IVF IS YOUR CHOICE OR ABSOLUTELY HAS TO BE - PLEASE READ ON. THIS AFFECTS THE INHERITANCE OF YOUR CHILDREN. This explanation shows up in most of what is preventing couples from conceiving. Everyone could do well to read this, and then move to their specific condition, if they have one they apparently suffer from.

MODERN LIFESTYLE FERTILITY 'CRISIS'

(global overpopulation notwithstanding)

1 - The **overpopulation and industrialisation** of the planet has led to people suffering a condition that is so widespread and pervasive that it is overlooked - hormonal disruption. Please Google this and allied topics. It shows up as a generalised fertility decline, particularly in males. Sperm counts are diminishing. Women are suffering from more rampant endometriosis and other imbalances within their reproductive tracts than in the past. These are then being medicated, so the early warnings are not spotted. This leads to problems in baby-making, since conception is so much less likely, with the body in the advanced state of distress or even disease because pills and chemicals have masked the process. (Why do you think there is so much pain and problems with periods? It is not normal to have any symptoms at all. Please refer to **Women Tides** for an in-depth, solution-finding exercise).

The general state of inner pollution is due to maternal exposure to heavy metals (often your own formative in utero time - your mother and her grandmother's exposures coming through the generations as an heirloom). Particular culprits are mercury from old amalgams, vaccine fixants, and the back-wash of chemicals that are endemic in so many aspects of modern life. These are stored in our fat tissue - there are few natural channels for removal of toxic wastes - and lead to the likelihood of less than perfect babies. Not the least worry is polluted breast milk - Googling this will shock you. How did we get such levels of such things as fire retardants in breast milk, for example? **Answer:** wearing clothes, sleeping in bedding and breathing the vapours.

These are some of the reasons a natural therapist may ask you to consider clearing out unnecessary toxic fumes, products and food-stuffs. Choosing organic over standard supermarket fare is only part of the deal; stopping toxic pesticides and other modern conveniences is also important. We apparently ingest annually between 6 and 7 kilograms of these additives. The amount of foreign chemicals required to grow and display 'perfect' food products mean that actual nutrient quality is compromised. The chemical residues in food are interfering with all aspects of human reproduction.

Consider Googling 'male factors in miscarriage' or a similar phrase. It is always a place to start. Many sites, such as www.acubalance.ca ,

www.easybabies.com.au www.foresight_preconception.co.uk, www.thenutritionlink.co.uk may start you on a search for a more healthy and happy life formula that also makes it easier to raise baby.

2 - The increase in the age of couples starting baby making is often cited as reason for the reduced fertility. Looking at just years lived is a grossly misleading marker. The strength of the inherited constitutional vigour is overlooked in the disease-focused system of medicine. By asking simple questions, the average acupuncturist can easily assess whether a given couple will succeed or not with procedures such as IVF - without the expensive and invasive testing. Men's ability to produce good quality babies, or even pregnancies, also declines with their age. It is not just the woman who is storing up a cumulative toxic harvest by living in these times. Part of this is from exposure to heavy metals and the disastrous effect these have on their sperm quality. It is very easily reversible - by stopping input and taking antioxidants, sleeping more and earlier and having very regular life habits. Nature needs bodies as perfect as possible. Living simply and well is all you really need to do. Ideally, this means eliminating all the heat-producing modern conveniences. Cell phones, computers, microwaves and the like all create sperm distortion

Common dietary practices are curtailing our fertility. Carbonated drinks, caffeine and alcohol are counterproductive to fertility. Drinking water seems to have been replaced by cola and other toxic beverages - all of which actually require additional water to flush their effects away! We seem to be in a state of malnourishment, whilst expanding in body size. Simple food measures are outlined elsewhere (see [Helping Yourself to Health and Vitality](#) or visit www.easybabies.com.au)

As we eat 'well' compared with our ancestors and often take vitamins and supplements to make up perceived deficits, something else is at play if our bodies are not up to par. Content may be up but quality often is not. These days, food is sold to look perfect - often without much taste or nutrients (one of the many reasons to go organic).

3 - Our lifestyle choices are not life-affirming. After being exposed to all aspects of heating radiation (mobile phone, microwave, radio, electronic and other emissions), we also postpone sleeping until way past sundown. Yet, we get far less regenerative sleep after midnight than before it. How can we expect to repair ourselves? The longer we are exposed to contaminants, the more we accumulate in our fat tissues (egg- and sperm-making cells) and the more we potentially damage ourselves reproductively. Damaged or abnormal babies

are naturally screened out (through non-implantation of embryos or miscarriage) as the body does its very best in quality control. Nature is still at the helm.

ESTROGEN DOMINANCE/HORMONAL DISRUPTION

(FOR BOTH MALE & FEMALE)

The average general doctor or fertility specialist is not going to take you down the quality pre-conception path, since it is not currently considered medical best practice. This lack of planning and preparation (something, by the way, a farmer or stockman would never do) explains why so many women fail to conceive naturally or with IVF.

Instead maybe they are just hyper stimulating with IVF procedures. The underlying reasons behind nature not being fruitful are not being investigated. (See BBT, later). If we followed Nature, and returned the body to balance before fertilisation, life would be more fruitful. Not doing this is coming at great body (**Jing**), human and economic cost.

Beyond global contamination, since we all are exposed to the current toxic soup of our biosphere, we should look at things that are within your control. We do not assist our bodies by assuming we can override the normal pre settings for healthy living. We need to stop creating our own problems, and expecting to pay someone to fix them as the answer.

SOLUTIONS - You must reduce all sources of xenoestrogens from your diet and lifestyle. Stopping microwaving foods, using plastic storage and chemicals and elements of modern style living is really attractive when you think of the contamination you are removing prior to baby's arrival. The epidemic of hyperactive and difficult child behaviour is more than enough reason to detoxify your life.

There are also specific ways detoxification can occur at far deeper levels than merely dietary and naturopathic approaches can affect (Gall bladder cleanses for example).

One of these is the process of using natural absorptive minerals that leach out the heavy metals (think of the amalgam fillings we have been bequeathed). Go to Heather's site for details (www.heatherbruce.com.au).

Think of all the toxic chemicals in your life - even cosmetics, hair colourings, nail solvents and glues. Residues your body can't get rid of are stored in your own fat cells (for breast milk and egg /sperm contamination). This means, to help fertility, you need to eliminate all modern hair dyes and products and the usage of very toxic solvents and other compounds in fingernail enhancements. The hair, skin and nails are not as perfect as you would like BECAUSE of reduced Blood and Jing quality - see the Blood info.

More problematic is the contamination our mothers may have unwittingly visited upon us, well before we were even conscious. Taking the contraceptive pill whilst breastfeeding babies is supposed to be 'safe' but there are no long term human studies to prove this. Vaccination - with its crop of heavy metals - common dental practices and using fluoride tablets and toothpastes all tend to block our hormones and stop our thyroid from functioning optimally.

ALL THIS ADDS UP TO MEN NOT BEING AS FERTILE AS THEY WERE.

Most men are very reluctant to go for a sperm test.

They fear blight on their manhood.

But this is not an isolated and personal issue. Male infertility is widespread throughout the entire planet. The toxic soup is starting to overflow into all aspects of our lives, just not too obviously yet.

All beings are becoming feminized due to contamination of the planet. In addition, the combination of past or current drinking binges (potentially blocking up their tubes); past or current smoking behaviour, recreational drug use and poor quality diet, especially at the beginning of the day, all have consequences. The years of trying to be thin/fashionably slender and not eating any fat (because of media-led fear campaigns of heart and other 'health' issues) all play a part in vitality reduction.

Other influencing male factors in a 'barren' marriage include:

- Being stressed and believing that in itself is a mark of being successful
- Being trussed up in unnatural clothing - testicles have to be freely swinging to keep the sperm cooler than body temperature (see below)

- Having no exercise (adversely affects testosterone and hence quality of sperm)
- Being generally a little soft and flabby, or even being wiry and stressed with a subclinical thyroid issue (look back to the hormonal disruption issue, combined with estrogen dominance - evidenced in their BBT being less than 36.8C - see below)

Decades ago, I asked a woman how many children she had. She told me two - two years apart. Being young and very motivated to get contraception right I wondered aloud how she managed to do this as it was well before the modern contraceptive measures. She said that 'back in the old country' meaning part of Holland from where she hailed, all the men sat in a hot bath every night for fifteen minutes - whether they were going to have sexual relations or not. This killed off all the sperm. When they wanted children, they stopped frying the sperm.

Yes, it was that simple.

Think of modern life practices - mobile phones on the belt and all manner of electronic emanations that pass through us without apparent concern. The agitating, heating, potentially DNA-altering effect does not stop there. Check out what ultrasound scans do to developing fetal DNA, and hence your still differentiating baby on pregnancy, especially the initial three months.

It would be a good insurance for all of you. This untested Grand Experiment that is not proven to be safe - scanning may well tell you when you are 'due'; if there are one or two babies inside you - but is it really so safe to be bombarding your neurologically differentiating and highly vulnerable baby with ANY form of radiation - however 'safe' it is currently considered to be?

There is no taking it back once you discover its danger to your precious cargo - often years later it takes for these experiments to be uncovered. Thalidomide and DES and Debendox should all be reminders here. Ask yourself - is it natural to be looking within and with such dangerous equipment?

Nature naturally provides babies as a consequence of sexual contact, as this is how a species survives. If sex is frequent and the couple are both within the boundaries of child bearing years, yet pregnancy is not automatically happening, then there is something blocking conception, or pregnancy maintenance.

**THIS IS A KEY POINT.
DOING NOTHING BUT HAVING REGULAR SEX
SHOULD BE FILLING UP YOUR LIFE WITH OFFSPRING.**

These views may be labelled old fashioned but I would strongly suggest that you consider them in the context of what has happened throughout human history rather than what is considered in vogue and up to date right now.

**SOME COMMON 'UNEXPLAINED' INFERTILITY
QUESTIONS ANSWERED**

(WHY YOU MAY HAVE 'UNEXPLAINED' INFERTILITY)

Is her uterus in the right position? When you suffer retroversion (uterus tilted backwards), deep rear entry is possibly the only position that ensures sperm can access the cervix to find the egg to fertilize. No one may mention it, but do not think this means it is unimportant.

ANSWER - change sexual positions. Keep her pelvis elevated afterwards to ensure downwards drainage. If severely out of kilter possibly even use a turkey baster as lesbian couples do.

Prior to the IVF bonanza, specialists used to operate to shorten the uterine ligaments because they said it was unlikely to conceive without helping sperm find their way in.

Are you producing antibodies to your own sperm? Easy enough to test - ask for this to be tested along with the overall sperm count.

ANSWER - go to a good Chinese herbalist and a naturopath; seek assistance to turn you back to where Nature intends.

Is her mucus hostile to the semen? Before IVF technologies this was a sensible question - she went to the doctor within an hour or so of fertile/ovulatory sex and a small sample of her vaginal fluids was examined. If the sperm were all dead, or struggling - it was quite obvious her secretions were killing them off; artificial insemination would move them past where they were contaminated.

'We are having sex when she is fertile'. This is not so bright - regular sexual intimate care and attention of the area will more likely achieve fertilization. Many are doing this month upon year - and still

no babies - what about just every second day - AFTER you are both in terrific shape? Drop the hopefulness, find a good natural fertility therapist and go with their advice - not what you want to hear. Think back to nature - wild and random sexual events lead to unexpected babies. Plodding along in the same old way is not exactly exciting. Maybe your biology needs a restart.

ANSWER -Start doing it all differently - and prioritising falling in love again. Wild and abandoned. Ban the bed.

ALSO - **are you having ENOUGH sex?** This should be at least every second day from when she stops bleeding. **START** a course of multivitamins, Chinese herbs to make both of you feel like it and **FEEL** it at all.

Turn off the TV and start the pelvic /couple massage and spend as much time as possible with each other - rediscovering the one you fell in love with.

If you have neither time nor inclination, how can you think that having a child will cement you together? Someone has to be part of the marriage breakup statistics. Having more people (your children) involved is not really what you would want.

QUESTIONS TO SET YOU THINKING

What are you having children for?

Would a puppy suit your lifestyle? If not, then how is a baby going to fit?

What is the reason for getting two embryos implanted during IVF, when this usually gives babies a very stressful life as they need what each other needs? There is only so much time in a day - and only one set of maternal arms.

CHAPTER FIFTEEN

WHAT IF I MIGHT ALREADY BE/AM TRYING TO STAY PREGNANT?

1. - **Rest and sleep a lot more.** Give yourself every opportunity to regenerate, relax and put your feet up. If you are pregnant, your body has a lot of reorganisation before you become obviously large. The remaking of every aspect of your being takes a lot out of you. If you keep charging around as you may have been till now, where is the space for a baby, motherhood and enjoying this new phase of your life?
2. - **Eat more for life** and less out of habit or boredom. Eat a little, often, not for comfort but for rebuilding. This means a little protein every three hours at least. Being pregnant, you need fat and protein to rebuild yourself and the new one. Eating for good metabolism and pregnancy and lactation all involve optimally grazing all through the day, with less at night when the body is about to shut down to regenerate.
3. - **Drink a lot more water** (not cold) and keep away from all the non-nutritive foods and fluids that are readily available. They may actually be dangerous to a developing fetus - alcohol and caffeine especially. Exclude all things not conducive to growing: sugar, fast foods, processed foods and gluten. All convenience foods now being gone, you have to give more thought to fuelling yourself. This usually results in a clearer head, more energy and the loss of flab, as your body is now able to prioritise for optimal health.
4. - **Do whatever it takes to be happy.** Distract yourself with a project - reading novels, watching a series of funny DVDs, engaging in a socialisation project. Perhaps do volunteering, or some act of support for others, or start at a pet shelter. The point is to do something outside your usual routine, so there is more to think about in 'spare' time than obsessing whether this symptom of that feeling may mean you either are or not pregnant.

5. - **Start taking your temperature** out of interest first thing in the morning. It is best if it is very nearly or just over 37 degrees but do not obsess. Consider corrective action, if you see the readings either dip, or stay too low. The 'oven' needs to be at the higher temperature to 'raise the dough'. If it is very low, this usually means pregnancy is unlikely to happen, (although we are all different - you may be an exception to the rule). In clinic, I try to keep the **Yang Qi** levels - which equates to progesterone - high, with herbs and, when appropriate, finding a doctor to prescribe the hormone.
6. **Avoiding getting cold**, or **eating or drinking anything cold** (or even cool) mean the **Yang** in the body does not have to warm them before use, which wastes our inner heat. Using **progesterone** often helps the entire metabolism upwards.
7. Taking **Vitex (Chaste Tree)** is another method.
8. **Consulting with a good naturopath, in addition to seeing a good Chinese herbalist and acupuncturist**, would have all bases covered. The BBT is crucial as an indicator of the likelihood of IVF or natural conception success. Clinically I see people with too low temperatures never stay pregnant. I suspect if we all went low tech, old fashioned and inaccurate though it is, and supported normal - enhancing when it was deficient - there would be a lot less IVF wastage.

Keeping all components and equipment at body temperature, replicating natural, would surely bump up the statistics in favour of successful pregnancies.

ONCE PREGNANCY IS CONFIRMED

Usually the body is fine with the changes above, depending upon the morning temperatures. If the luteal (second phase) is too low, in clinic I recommend women cease using Vitex, and stay on progesterone, even if a reduced amount, until at least twelve, and possibly fourteen weeks, after confirmation. Looking again at the estrogen dominance information, relatively lower progesterone can be fatal to a perfectly forming fetus. The unknown is not really unknown if we look to the time-honoured ways, going behind the screen, as it were, to the programmes that run its existence.

The acupuncture energy patterns are like the 'programmes'. We may see the 'screen' (blood tests) as all there is. Certainly it is the only 'reality' medical orthodoxy uses. By changing the energy patterns, we can affect physical /hormonal changes that are usually not possible. This means that, often, in clinic, the apparently miraculous happens.

This is very straightforward - to those who have the maps of the meridians and know what should be happening. If what is happening to you is not following the grid, but then everything is corrected back to where nature expects it to be, resolution of problems occurs.

As some use different tools, on a different level with a different framework, what seems obvious to them may seem incredible to those who have to 'wait and see' and take a chance. Medical wisdom has not caught up with monitoring normal and making adjustments WITH the body. Many babies have been born over the decades due to natural interventions; even when all hope seems lost through potential miscarriage.

Natural medicine working with your body is often the way to really change your life.

CHAPTER SIXTEEN -

HOW TO HELP YOURSELF

STUDY BASAL BODY TEMPERATURE

Taking a basal temperature depends on your sleeping regular hours, and having at least 4 hours uninterrupted prior to awakening. This knocks out all shift workers, mothers with young kids who get them up at night, or those whose bodies or pets need early morning bathroom breaks. It is only ever going to be a guide. You can still take your oral temperature to see what is happening, but please do not take it as ANYTHING other than a guide, especially if there are breakages in your sleeping pattern.

A general warning first

This is not included to stress you in any way or start you obsessing further, but to answer some of your questions - especially if even IVF has not given you the baby you are longing for. The point of taking temperature is to cheaply (and, some would say, very roughly) see what is happening. The metabolism seems to be slow in most people who seek my help. I am continually astounded that the lifestyle changes that would assist this have not been suggested before many resources are thrown at something that should just be happening automatically. This low tech testing is available to all. Sperm QUALITY is likely to be impaired with the thyroid not working at optimum. This is easy to trace and correct.

Temperatures quoted here are for vaginal readings, although I choose to use oral as they are easier - and less worrisome for some. The mouth breathers amongst us, and those with partners who insist on having cooler air to sleep so you are cool/cold all night may need to take VAGINAL temperatures as they will give higher readings . . . Or it may be that you buy TWO thermometers and take both temps for a few days to see if there is a difference. If it is easier to use the oral version, stick with that knowing the average difference between the two and take this into account.

Should you find your metabolism is too low, according to the BBT, seeking help from a standard doctor is likely to net you a comment about being within normal range - or, at best, a bit low. As this is not optimum, and as you are attempting to change yourself, I would suggest you seek either an alternative hormone doctor (not endocrinologist) or an 'anti-ageing' doctor.

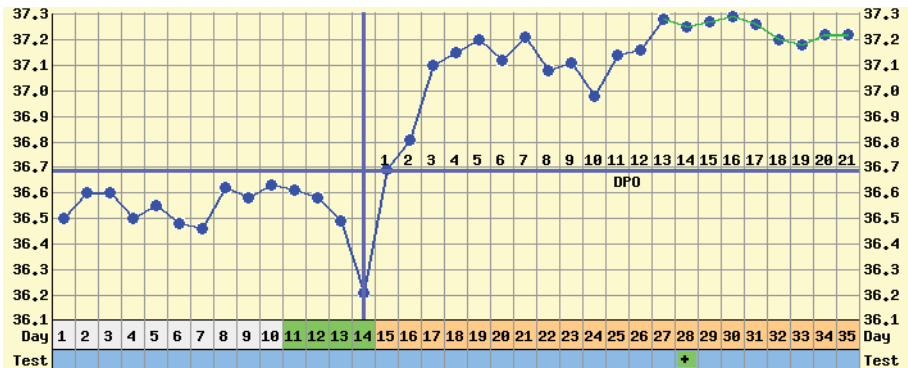
Seeking the services of a good naturopath/natural fertility worker would also be a wise investment. This is all outside the IVF and standard medical focus. Surely you would prefer a quality product at the end. To start with the egg and sperm and uterus in perfect condition is surely a better beginning than just introducing any old sperm and egg.

1 - WOMAN'S NORMAL/IDEAL (A GUIDE ONLY) (ALL ARE GOING TO VARY ACCORDING TO DAILY CHANGES)

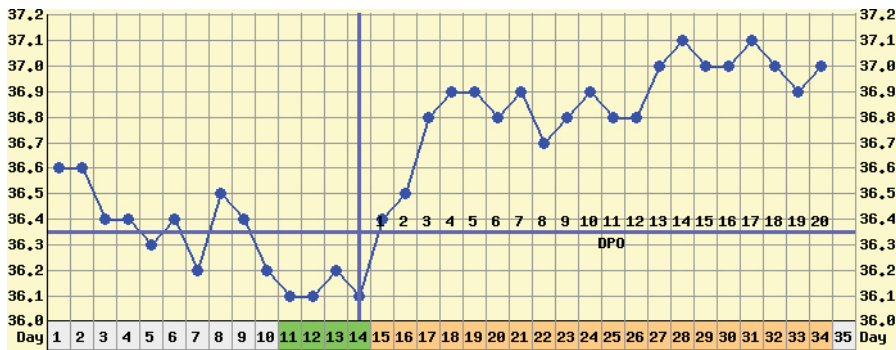


The normal is to be half a degree C lower at the first than the second part of a fertile cycle. The temperature drops the day prior to bleeding - either in a normal period or for a miscarriage. This corresponds to a drop in progesterone, and heralds the beginning of shedding for a new lining to be built.

WHAT WE ARE AIMING FOR - PREGNANT!!



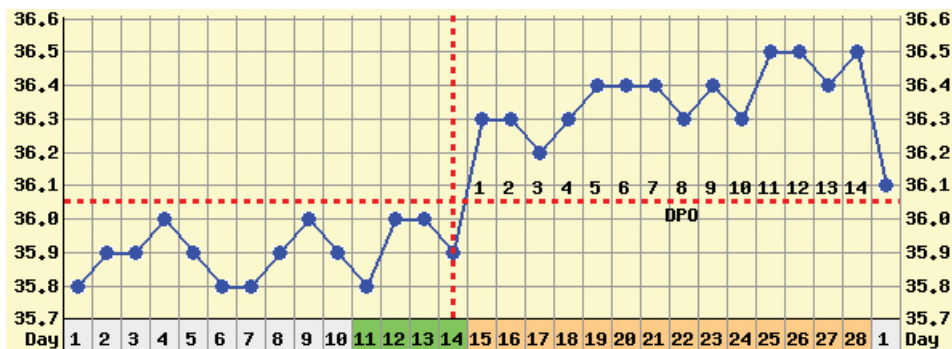
It goes up quickly after ovulation - and stays there - action of progesterone (pregnancy protection hormone)



Or some variation of pregnancy

With modern scanning and other pregnancy/birthing 'predictors', we have no idea what 'normal' really is. Now we have SOME parameters, we seem to want to fit everyone into them and those who do not fit well are called 'abnormal'. Who knows what is right for you? Who knows how weird other's cycles are or have been, yet they are happily pregnant and mothers of totally gorgeous babies now. Sometimes, an egg pops out when least expected, and I doubt the temperature would have been any help at all - just ask all those whose problem is over-fertility!!!

2 - TOO LOW OVERALL (RIGHT PATTERN, TOO LOW)



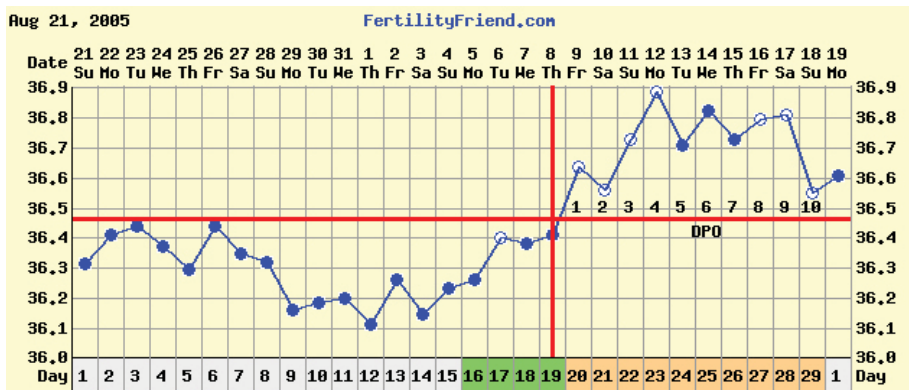
36.6/7 C is optimal at the beginning of the cycle. If this is lower in your case, then low thyroid (hypo) function is suspected. In metabolism queries, the issue is where the 'normal' is set. Consulting your

doctor or endocrinologist will reap results only if you are in a really bad way, and the gross markers that orthodox medicine uses are flagged. It is far more likely that you will be told with normal range blood testing that you may be on the low side of the range, but you are 'fine'. This is much like bumping along at the bottom of the sperm test benchmarks and being considered "OK". Is this any way to live?

BUT

Practically, the majority of those women seeking fertility help in my clinic have lower than optimal temperatures. This means the fertility issue has a tangible reason - and even if they went off in impatience to the IVF clinics, this temperature issue would still be a considerable hindrance to maternity, since the rates of successful implantation are in large part a mark of the inner heat of the 'oven'. This heat is dependent on the strength of the progesterone and thyroid. When we start with a low first half, it is not likely we will get the second half that far - half a degree is normal, and less is likely in this population of people. It is a bit like men who are not fathering children - they also probably have a low (sub clinical) thyroid issue.

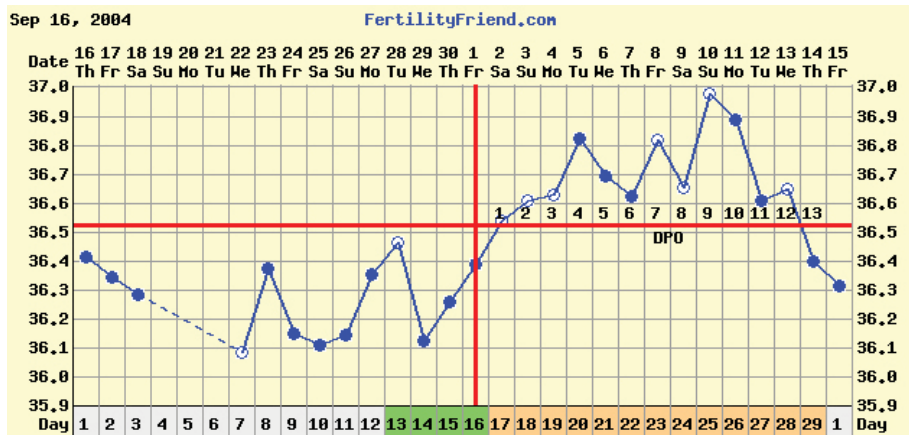
ANOTHER VERSION (RIGHT PATTERN, TOO LOW)



WHAT TO DO - follow all steps in the eating/living plan in "Helping Yourself to Health and Vitality". Follow all the recommendations here. Basically, get a simpler life and eat and live happy. Particularly knock out all chemicals and foods/drinks that are not started from scratch. Buy ingredients and process them yourselves. But, especially, drink water before anything else. What do you think you are making this baby from?

Start making changes you will need to make when you have a baby - in preparation on all levels for the nest to be constructed.

3 - BODY TRYING HARD TO DO THIS



This is an overall too low pattern - totally usual in women trying to conceive. Don't get discouraged if you find yourself here. This is possibly WHY you are not pregnant and why you can change. You now know what is happening, so you can alter your life. There appears to be no obvious ovulation - although temperature did drop way too low on day 14, the first (follicular) part of cycle.

In my clinical observations, I have noted this invariably sets up a

poor second (luteal progesterone) stage. If we can get the first part up to 36.6/7 or near there, the second half is then usually fine.

Maybe you are actually OK but are doing shift work, are very distressed temporarily or being awakened and taking your temperature anyway. This BBT charting really only works if you have a regular sleeping/waking pattern tied in to the sun.

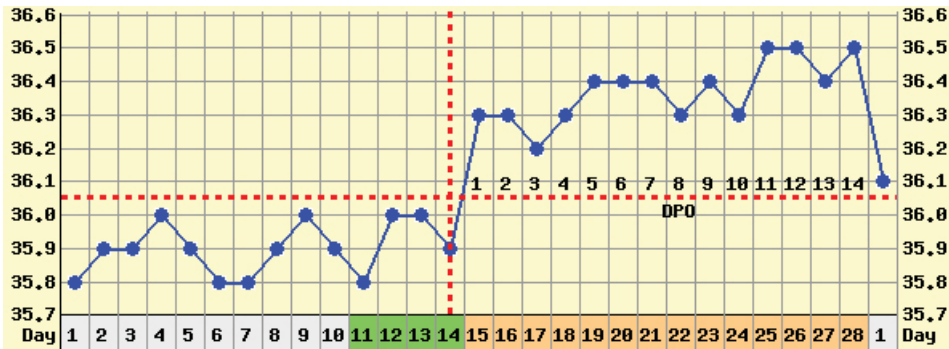
WHAT TO DO - undertake a good lifestyle overhaul. Reduce the time you are doing things for others and start being with yourself more, discovering what you want in your life. As a precaution, follow everything in all the other 'what to do' sections.

Perhaps you need extra assistance here. Before you try Western drugs to force ovulation - attempt to encourage your body to go back to basics, with extra nutrients/more sleep and some positive therapy.

4 - LOW THYROID/LOW EVERYTHING

The thyroid governs the metabolism of the entire body, so when it is not functioning well, any number of issues may result. The acupuncture cross over- Kidney Yang - governs metabolism, circulation, protection, holding everything in place and keeping warm. Anything that wastes our Yang (especially using cold, being cold, and desiring cold) will destabilise the thyroid and create a lower BBT - slowing the likelihood of pregnancy.

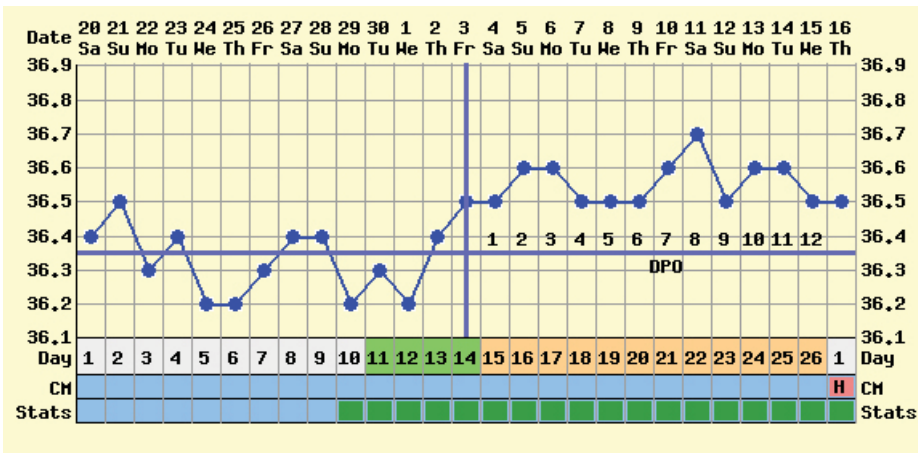
SO - what DOES the thyroid do? It is the master gland that directs everything that keeps metabolism and all other activities, including menstruation and sperm quality, ticking over properly. True low energy (possibly from a depleted illness situation, or maybe you in one or two areas) looks like this -



It is the right PATTERN (minus ovulation) but is just too low. PLEASE NOTE that it is unlikely that the second part of the cycle would be as obvious as in the second example. Possibly some women have a reduced, though perfect cycle. I have yet to see it though, but this may be because they would be conceiving and people usually come in when it is NOT working for them.

Anything else is like trying to cook pastry at 180°C when the recipe clearly states preheating to 225°C and setting a well behaved oven there.

LOW ALL OVER WITH DEPRESSED SECOND STAGE



Why is no one too worried? Well, you probably won't die from not feeling 100%. Since the orthodox medical system is based on an ILL-NESS model, not a VITALITY one, this aspect of health is not con-

sidered a problem. All those with lower temperatures are actually very stressed. Basic survival takes up most of the 'extra' they would normally have available as discretionary energy - a bit like having a base salary and having to make do compared with having a very high income. The low BBT person is struggling to keep her head above water.

Physiologically they are stretched and stressed, as they are been running too hard in life for too long - and the body is trying its best for a subnormal or near-normal result. It is like trying to bake a cake at 20 degrees less than the recipe states - it DOES do it, just not as well. And then there are always the individual ovens that are calibrated differently.

Modern medicine seems to be ignoring the current epidemic of low-energy people who are dragging themselves about. This low level of living means that everything is a bit of an effort. Often, it is put down to ageing, as we get over even being 30 years of age. Where has vibrant gone? The rash of those on anti-depressants is a case in point. (This is covered well in "[Getting Out of Your Own Way](#)" to be found on www.heatherbruce.com.au).

You be just as your whole family may be. It often is an inherited pattern. Getting blood tests may either show you to be 'normal' or on the low side of normal. This is not that the same as saying you are well and vibrant - just that it is of no real mortality threat. Quality of life needs to be taken into account if you wish to feel robust and happy - and be pregnant with a child who will not also bear these problems.

This translates usually as a lower BBT. A lower than normal temperature means that you spend a lot of your energy in just trying to keep survival going. Symptoms are: Low blood sugar, blood pressure and peristaltic action (tendency to constipation/slow assimilation and digestion of food, possible Candida systemically, Leaky Gut Syndrome etc), poor energy transference from food to action and slow thinking, poor memory and libido, and self esteem. Most are just told to pull themselves together and to stop being so lazy. The fact is there is not enough left over to do 'fun' after completing 'work' activities. Sure, you could go to the gym, but with what energy?

This is very different from the **Stuck Liver Qi** person who feels much better afterwards - even though they reckon they are too tired to get out of the couch. The low thyroid person will just be

wasted further in trying to mobilise themselves - often then getting sick.

Low immunity is also a feature, as is **inability to lose weight** and probably a gradual increase in fluid, **fat** and **cellulite** irrespective of diet and exercise attempts. **Foggy thinking, dull head and may-be even a heavy, can't-think head on awakening** all complete the picture. Anti-depressants tend to be offered - even though depression (of everything) is a symptom of poor thyroid function. It is easy enough to check out. Take your oral temperature first thing in the morning. If it is too low - don't panic - you have possibly been like this a while. You will not die from it - which is possibly why there is no panic. Check out hormonal disruption and thyroid malfunction on Google. It at least gives you an explanation and, thus, something to focus on.

HOW DID THIS HAPPEN?

Part of this endemic issue is the love affair that contemporary culture, aided by modern science, seems to have with fluoride in water and toothpaste (taken up at the expense of iodine that is needed for

POSSIBLE HINTS - General low functioning of everything. This affects us all differently, but the most likely sign will be the lower basal temperature. Some notice no effects - as they have always been like this, that is:

- can't lose weight easily, and put it on with no real reason,
- hard to keep motivated,
- tired and an effort to do much,
- low blood sugar - have to eat often or you 'lose it'/vague out
- puffy around eyes, especially in the morning
- digestive issues - maybe constipation
- heartburn/reflux - often extreme, for no apparent reason
- any fertility problem, including periods not right

In charts, low thyroid usually shows as a poor second phase (see below) or perhaps just a lowering of the BBT with an overall normal pattern. This may mean pregnancy is possible, but also that the 'unexplained' IVF implantation failure now has a reason.

thyroid functionality) and amalgam (mercury accumulation over the decades - see Google) in our mouths. Our food choices (convenience and taste over protein and nutritious) are probably also partly to blame. So too is the tendency to slothful, sedentary and spectator lifestyles, and the use of carbonated and caffeinated drinks. Phosphoric acid (in cola drinks) is particularly worrisome for young girls' hormonal balances. Artificial sugar substitutes also play havoc with normal metabolism. Please pay attention to the dietary section - it is specifically designed with low metabolism in mind. It is far easier to rectify this with lifestyle changes (after all this is probably what created it in the first place) than by reaching for medication.

If your best efforts do not seem to make headway with this, trying to get someone to assist you will be the next tactic. Possibly a good metabolic naturopath or other therapist who has had to battle this themselves (and had a vested interest in resolving it) is your better bet, rather than consulting a standard medical or endocrinological practice.

Some may find natural hormonal replacement helpful - or someone specialising in anti-ageing medicine. Any reproductive specialist is going to ignore what drives the female hormones further up the normal chain of command, attempting instead to correct the specific without thinking of the context.

Possibly the easiest solution is to get blood tests done for DHEA levels. This is what the reproductive and thyroid hormones start from - and there is often less at 40 by half than we had at 25 years of age. This is enough to 'age' the eggs temporarily. If this is all you need as a supplement to kick start yourself - it is a very cheap and practical solution. Adrenal fatigue/exhaustion is not a medical concern, yet is a very prevalent and easily remedied issue - lifestyle and stress management are at its roots.

The most insidious thyroid-related health concern is 'period' problems - as most sufferers then seek to be medicated with a contraceptive device. In the short term, this may alleviate the hassles, but, over time, masks the real underlying issue. Periods will often normalise if the thyroid function is adjusted. Sperm production and quality are also going to be enhanced if the digestion and entire body is functioning within optimal limits.

FREQUENCY OF THIS AS A FACTOR IN TREATMENT

I also notice men with low BBTs and poor motility, volume and high morphology.

HOW TO HELP YOURSELF

There are many ways of up-regulating the thyroid. The regular and stable routine that could be implemented if a more calm life schedule was arranged, with downtime and happiness scheduled in, would greatly help. Often the TV and other entertainment screens need to be replaced by actively doing something to live your own life. This may mean relating to all around you, and undoing some of what you hide from within, by cluttering up every spare minute with busyness. Rest, especially sleeping prior to 9pm (yes I am serious), will greatly assist the healing needed.

Sometimes just using Chinese herbs and having some acupuncture can reset your normal. Often it is going to need more than lifestyle adjustments alone. There are many ways of going about this - and this may not be practical for those who cannot find themselves a natural hormonal doctor to help them. I have seen some women using progesterone in a more interventionist strategy - accounting for and trying to rectify estrogen dominance - actually ovulating and conceiving, a clear indication that that hormonal disruption was a huge factor and that with some neutralising, normal could re establish.

Without progesterone, I use a couple of specific preparations to assist the return to a normal cycle. One is a vitamin preparation for adrenal exhaustion. There are many around, and I suggest you find a fertility naturopath to assist here. It is taken at therapeutic, not maintenance doses. Perhaps Google this topic also. Modern life and its drain on us - living at peak functioning and calling the average crisis-full day normal - wears us all out over time. Another treatment I use in clinic is a herbal preparation that converts the T4 (standard thyroid hormone) in the body to what it needs to be active - T3 - so it can be utilised.

This is the main problem for those who are already supposedly on thyroid replacement - it is a standardized rather than custom-made approach. Many of us are wandering around unable to do this essential conversion, so supplementing with what we cannot use only partially assists the return to health. Subsequent blood tests show there is sufficient of what is being tested for in the blood, without due consideration of the fact that it is not being taken up and used

because it is in a form that is actually unattainable to THAT person.

Is it dangerous to tinker with your metabolism? No - but hoping it will all go away costs immense losses in life quality. Altering your habits to affect your metabolism is a lot safer and life affirming than in going through your life unwell but not actively. Being under the medical 'radar' may also be costing you the children you want. The thyroid may readjust to normal just whilst you are cleaning up the diet and life/sleep habits.

Why is no one in medicine addressing this? I don't know. Possibly as western medicine sees parts, not the entire body. Possibly because it is so widespread that it is invisible - and you are not going to die from being depressed, overweight and battling cellulite, poor libido and bad periods.. .

Feeling more alive, having your hair stay on your head, and having your brain work again, whether or not you get pregnant is a great start to health and happiness. So too is the loss of weight without trying - just like it appeared without your trying to put it on.

WHAT TO DO - Get the eBook "[Helping Yourself to Health and Vitality](#)" and follow all the eating and living suggestions. Until you regulate this - even the best embryos are unlikely to implant - the garden is not up to the task of growing the seedlings.

5- TOO LOW, NO OVULATION, SHORTENED 2ND STAGE



This is a body struggling. Not only is this too low when it is showing the BBT, but it is a long (first part) follicular phase, where you would expect possible a poor quality egg - as it has taken this long to pop out, and the luteal (second part - progesterone) phase is obviously struggling, taking too long to get up to a level where it then does not stay.

This is a general problem that, again, can be adjusted by looking at metabolism FIRST.

The obvious lack of an ovulation is just a SYMPTOM of the body not being able to support YOU well enough to do it.

WHAT TO DO - WHAT TO DO - Always look to the gut (checking for gut flora - good bacteria to help digest food, no IBS, food sensitivities, allergies or Candida). Ask yourself, how is your body supporting you?

Look to the thyroid (see above) and also the general life repair hints found here and in [Helping Yourself to Health and Vitality](#). This is easy to attend to - but running off to a fertility clinic when your body is obviously not strong enough to do a great job keeping you vital is not a recipe for a baby success. Even if you get pregnant, the baby will be carrying the less than perfect patterns you are displaying here.

Consider taking Vitex - two 500 mg tablets twice daily. Googling PCOS and Vitex will show you why I suggest it.

By attending to all of this, unless either have tubal blockages, it is likely as part of normalising health, pregnancy will happen as a natural consequence of sexual activity.

6 - GOES UP AND DOWN - overall it averages what should be happening . . .

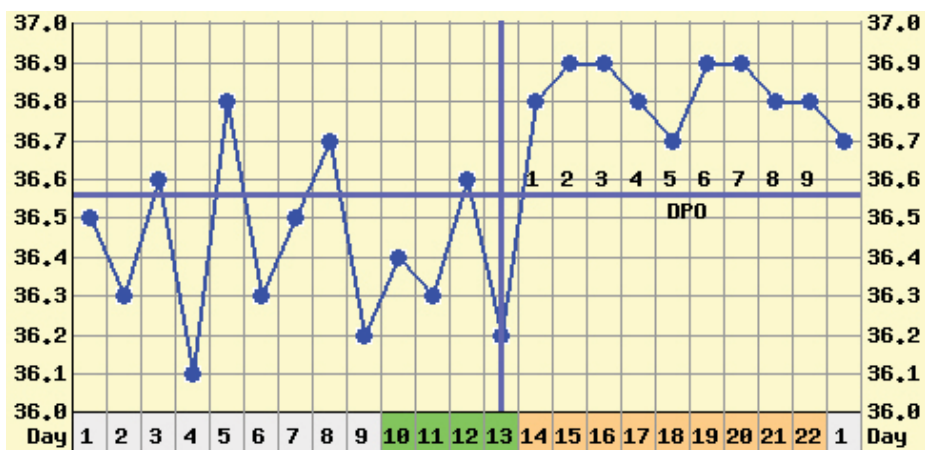
(FOLLICULAR PHASE UNSTABLE - ALSO DIP IN LUTEAL)

This means you are emotionally strung out (or that you cannot keep a regular record due to life events, especially in the early morning hours). Conception needs you to be stable - please review the earlier information about Blood energy and its role in a woman's life.

Shift working is particularly notorious for completely wrecking the harmony a body needs to function smoothly. Whilst women doing split shifts, night work and altering sleep patterns wildly do get pregnant, it is not optimum, and if you are having problems conceiving and carrying well, this may need to be adjusted.

A child awakening in the night, restless sleep of your own, or even just that you are obsessing over what the temperature is /is not doing and the whole baby thing in total may wreck your best plans to watch your temperature. Again, I stress it is ONLY A GUIDE.

You may be also be like every other person - trying to fit far too many things into your life, and forgetting that to be a successful calm and happy mum, a lot less rather than more and exciting, needs to become your focus.



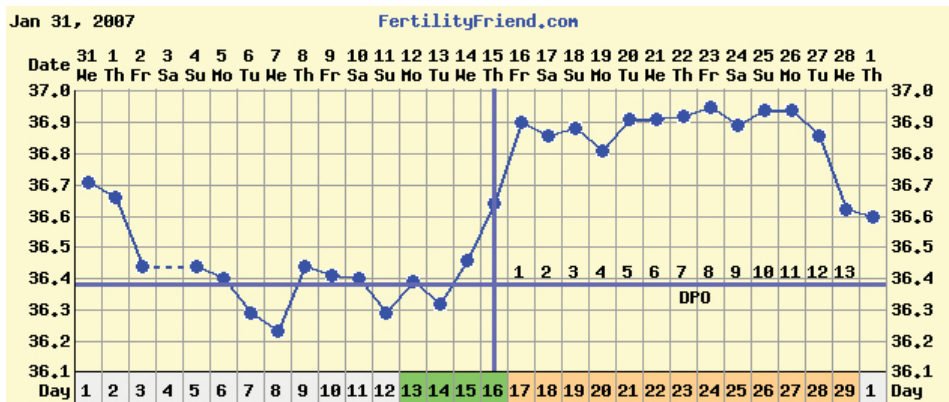
Separate to the unstable first part of the cycle, the progesterone (luteal) phase here is also low and dipped, which is unlikely to give a strong possibility of pregnancy. But we do not chart the average fertile woman, so this is always just going to be an ideal to aspire to.

The ups and downs show that your **Shen** is restless (yes, you are upset about your continuing non-pregnant state). This can be a vicious cycle, in which case taking daily temperature charts may be counter-productive for you.

WHAT TO DO - Taking **Chinese herbs** to calm the **Shen** and tonify the Blood is a very good investment. Start meditating or walking in nature; find a physical outlet or hobby to look forward to; perhaps invest in a dog. Talk over all issues - find a good counsellor.

7 - STILL UP TOO HIGH AT BEGINNING OF PERIOD

This is often found in cases where the periods have not been regulated first. Whilst this can appear to take time, it allows the baby making area to get totally ready for the event. Usually there will probably pain as Stuck Blood (which is a term more known as fibroids or endometriosis) - there is more blood in the system than should be at the beginning of the bleeding, hence the elevated temperature still.

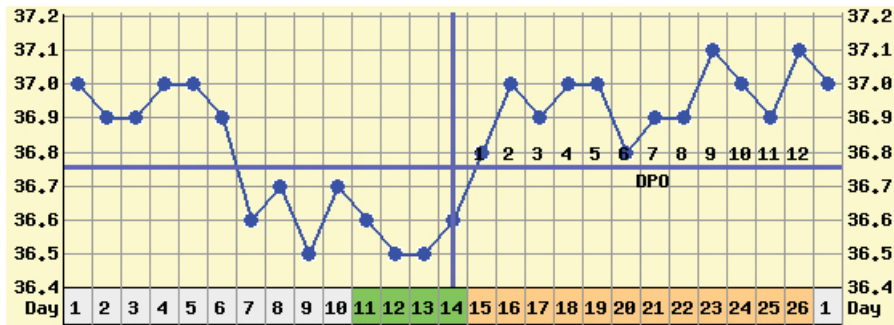


This means that there is **Heat** in the **Blood** and it is probably endometriosis, fibroids or some other form of **Stuck Blood**. **Chinese herbs** are the fastest way to clear this out.

Refer to the **Stuck Blood** section of this document. It is tempting

to engage 'cut it out' thinking, but the energy signature you are carrying will remake it. Better to change the inner instructions further back along the process.

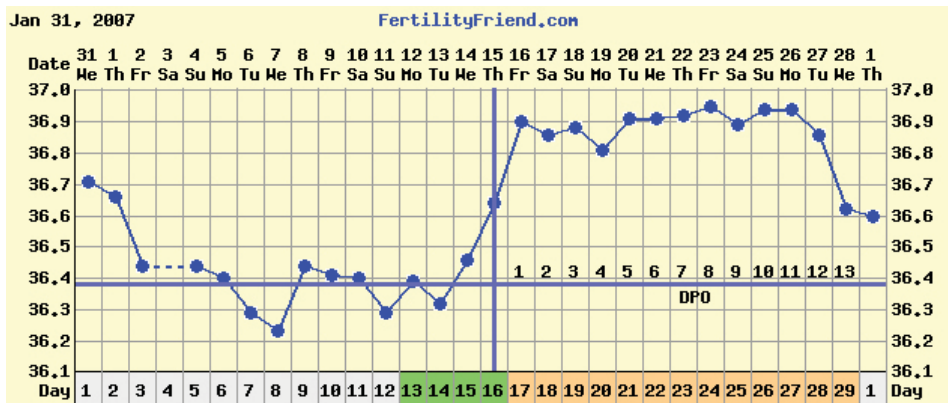
OR



WHAT TO DO - sort out the menstrual Stuck Blood. Attending a good Chinese herbalist/acupuncturists is the easiest answer. The more surgical/chemical route Western medicine offers do not get to the reason endometriosis has appeared. Removing the physical/mechanical matter does not ensure your body will not instantly remake it again, with the same results - impaired fertility. Far better to actually clean the whole body out using a more holistic approach.

8 - OVULATION - NOT A GOOD DIP

The sperm need things to be cooler to survive when they arrive. Once the egg is fertilised, the temperature has to rise again. This means that if you are having reproductive, as opposed to recreational sex, having this just BEFORE ovulation, rather than at the tail end of it, may be of more value. Sperm, especially female sperm, live for several days in a supportive environment.



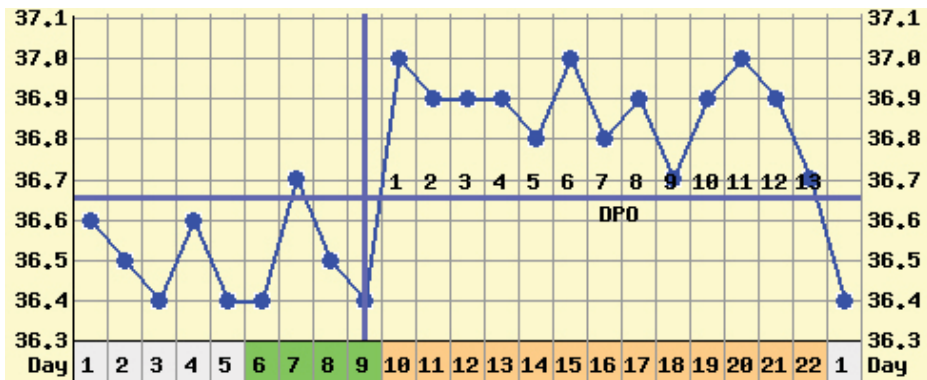
This could look really good if we ignore the apparent high readings at the beginning (usually a sign that there is endometriosis/fibroids and still too much heat when bleeding has started) and the lower and longer than optimal follicular phase. But where is the obvious dip for ovulation (i.e., where the green is showing on the chart)? As we are all different individuals, this woman may still get pregnant. We are looking at ideals here - and USUALLY it is necessary, according to charting specialists, to have a drop to .4 or .5 from the normal follicular levels - which SHOULD BE at 36.6/7 - bringing it to 36.3/2.

Second phase here is very good, although the average of the follicular phase is lower. This means her progesterone (**Kidney Yang**) is supporting the endometrial lining well.

WHAT TO DO - sort out the menstrual **Stuck Blood**.
 Attending a good Chinese herbalist acupuncturist is the easiest answer. The more surgical/chemical route Western medicine offers do not get to the reason endometriosis has occurred. Removing the physical/mechanical matter does not ensure your body will not instantly remake it again, with the same results - impaired fertility. It is far better to actually clean the whole body out using a more holistic approach - by including rhythmic exercise, breathing, intentional visualisation and more creative love-making and relating.

9 - TOO SHORT A CYCLE

Having a too soon/quick ovulation normally means that the egg may not be/is not ripe enough, that it is of poor quality and has been evicted possibly due to deficient Yin/Jing and the inherent heat that arises with this. It is likely the warm feet at night, poor sexual lubrication and sensation, and hair and teeth issues could all come up positive if you examined fertility markers (**Jing**) found elsewhere. Being upset about a past miscarriage, the current lack of pregnancy, or just the desire to become pregnant can be enough to set this up.



Another reason here may be too much inner heat. This is usually from emotional causes, overwork and general lack of a happy, restful life. Your temperature will not necessarily reflect this - I speak here of **Jing** exhaustion (too many close together IVF cycles 'fries' the **Jing** severely, causing accelerated ageing - to say nothing of the angst and dashed hopes).

PMT, over-bleeding in the past or still now and any of the symptoms on the diagram, may show ongoing **Heat** from **Stuck Liver Qi** as one of your issues. (Usually there is a mixture, so yes, you probably have bits of lots of these imbalances; that is normal).

Over-bleeding during a recent miscarriage and not feeling vital again could also be causing this - especially if you have started forcing the body again by returning to IVF or other reproductive assistance too soon for your body to have repaired itself.

Other **Heat** signs that may be evident within the body below -

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

HEAT IN BODY


Shen
Loud, aggressive, maybe hyperactive, very moody, angry, rageful, temper outbursts, very volatile people

Head
Exploding, severe migraine type headaches. Possible connection with Liver Yang Rising

Sleeping
Nightmares, very disturbed sleeping habits

Complexion
Red, florid, perhaps with burst blood vessels (red not purple), pimples, rashes

Digestive
Bad breath, maybe gum disease, tooth decay, smelly discharges and gases, hot, burning sensations, requiring cold to cope, hot, spicy aggravates, constipation with hard, dry stools



Eyes
Hot, reddened, dry eyes
Possibly spontaneous bleeding from any orifice

Skin
Itchy, reddened very hot skin rashes. Possibly boils and carbuncles

Body temperature
Hot to touch, may radiate heat, wanting to be cold, in a draught, drink chilled fluids

Pregnancy
All the above in addition to spontaneous uterine spotting or bleeding, or placental detachment

Menstruation
Early puberty.
Flooding, gushing, short time between cycles, over bleeding

Urination
Dark coloured, possibly blood tinged, hot or burning to pass

WHAT TO DO -

1 - Clear out the heat. Diet is only one aspect.

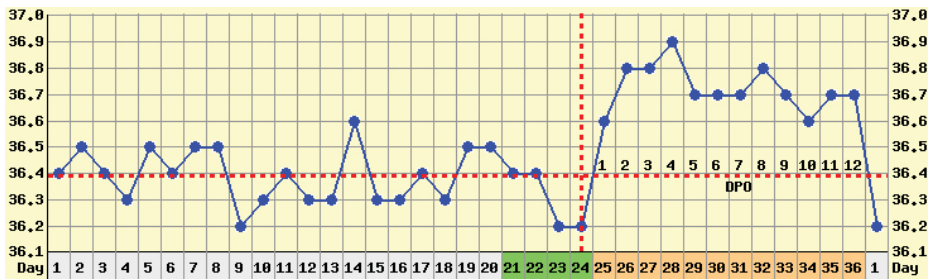
The major one is usually the emotional patterns and undercurrents and hence the self medications. Caffeine and chocolate and sugar and alcohol and other heating/non nutrient substances all have to go.

2 - Ensure non-chilled pure water is drunk in abundance

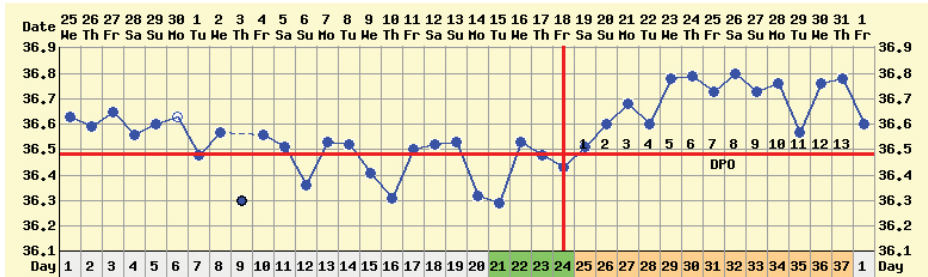
3 - Choose non-violent ways to communicate with yourself and all around you.

10 - TOO LONG A CYCLE

Here you can see that ovulation took ages - hence a long cycle. Please remember that this is a theoretical construct. Women get pregnant at various points throughout a cycle normally and no one is any the wiser. This is just a guide. Here I show you what ideal is - and I am suggesting adjusting yourself back to optimum to ensure that any possible unscheduled mishaps can't occur as you are so well. In this case, the early (follicular part) is too low. Optimally, it should be 36.6/7. The second (luteal) is not stable- it should ideally stay up around 37/37.2 until the period, or throughout the pregnancy.



ANOTHER VARIATION

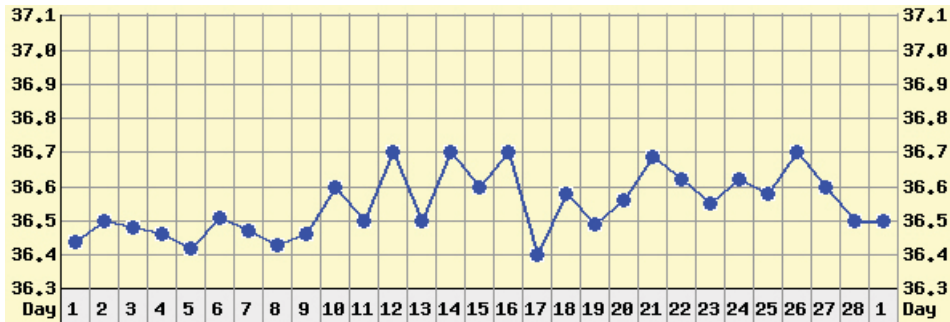


This gives a long cycle - not only are there less chances to get pregnant in the year, but also there is maybe no egg even though a period does happen eventually. The egg is taking too long to ripen. This is a quality issue also.

WHERE IS THE OVULATION DIP in the second one? (Please review Jing and Blood again). This is more likely to be a case where deficient Blood and Yin are present - regardless of the named medical conditions that have been suggested - but maybe without the heat. So, possibly, the feet are not too warm and maybe there are less anger /nightmare issues, but still poor hair and fingernails.

WHAT TO DO - build better quality Blood energy.

10 - NO SIGNIFICANT CHANGE THROUGHOUT THE CYCLE



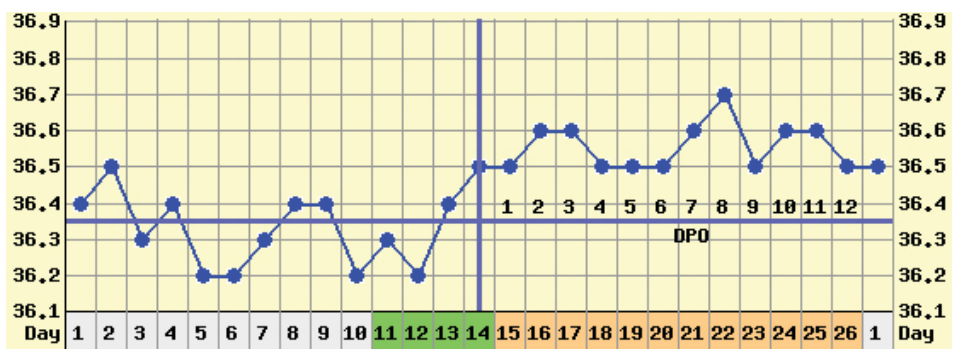
Look to the **Jing** section again. This indicates that you are not really cycling. This may also be a function of the low thyroid issue also. This can appear to suggest you are not fertile, that there is no ovulation. It may have happened as a response to being on the pill or some other form of contraception, and the body needs to re-establish itself. It could be that the system is too fragile at present and is not ovulating because it needs a good tonic, some rest, and more decent 'comfort' food if you are bordering on slender.

This is indicative of your need for an overhaul. Follow all the **Blood** and **Jing** building information because there is insufficiency of raw ingredients at present, so your body is withholding losing any more of what is already not enough to go around. If you are not over-exercising, restricting your fat/food intake and are apparently healthy, consulting a good naturopath and acupuncturist to adjust your **Blood** and **Qi** is a good beginning. You are not necessarily in 'menopause', maybe just a holding pattern, due to some upset that needs undoing.

Trying to enforce a false normal (by undergoing IVF) on a system that has shut down will probably only have you going through the motions, rather than attaining a well pregnancy, baby and motherhood. Nature is stopping you for a reason. (See also 'old eggs' and 'secondary infertility').

WHAT TO DO - I suggest you review the Blood information. From the acupuncture model, normal periods (which include the entire cycle being perfect) happen only when there is sufficient Blood energy and Jing to work with. Whatever is holding you back needs fixing BEFORE baby-making is possible. Getting egg stimulation, without correcting why your body is not doing it naturally, is likely to be a very expensive exercise. Money, Jing, emotions, sexual intimacy and good cheer will all have been spent uselessly.

11 - (SOME CHANGE - NOT ENOUGH, BODY IS TRYING ...)



Here there is only .5 of a degree from the lowest to the highest, and the average for the second half is the same as that of the first - so this is an unlikely fertile cycle.

WHAT TO DO - As above, attend to your body and when it is normal, sex will create babies as it does when the body is well honed and vital. All these charts show bodies not well - but just not with a 'disease', besides modern life and the attendant childlessness.

If you change what you are doing in your life, what you eat, when you sleep, how much exercise you take - all this directly impacts on your state of Blood and Qi and hence your periods and state of eggs. For men, their sperm is incredibly sensitive to all these things and can instantly change for the better, so that they are more fertile.

The first part of the cycle **MAY** be altered with IVF and other reproductive medications. But ignoring the BBT means that mum's body may not be able to maintain her and the baby - however stunning the created embryo was.

The second part allows pregnancy to implant and flourish.

If the quality of the egg and the metabolism are not corrected, then pregnancy - however much forced with progesterone, cannot occur.

THE SECOND HALF OF THE CYCLE

LOW LUTEAL/PROGESTERONE ISSUES

Concentrating on the second half - it needs to be a half a degree more and come up fairly immediately. If it is not at 37/37.2, miscarriage in the early months may be more likely.

Progesterone levels dictate whether you achieve and how well you support pregnancy.

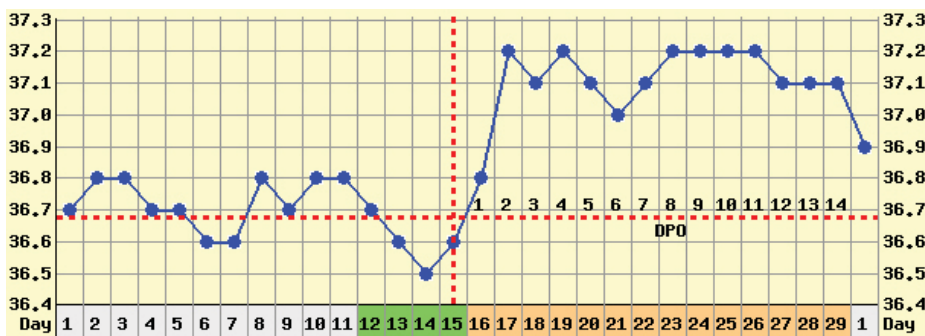
This equates as **Kidney Yang** in acupuncture terms. It is highly unlikely that without external progesterone a lot of women with low first halves will stay pregnant. This means that sorting this out, prior to trying to conceive, will save you from the horror of repeated miscarriages or IVF failures.

The second part after ovulation is where the possible fertilised egg has to move through the Fallopian tube, to embed successfully in the endometrial lining. This has been well plumped up through the good quality Blood energy and enhanced through the action of Progesterone - the pregnancy protection hormone. There are various potential mishaps here - mostly, from an acupuncture framework, having insufficient **Yang Qi**. This is loosely correlated to the metabolism - the Thyroid connection again.

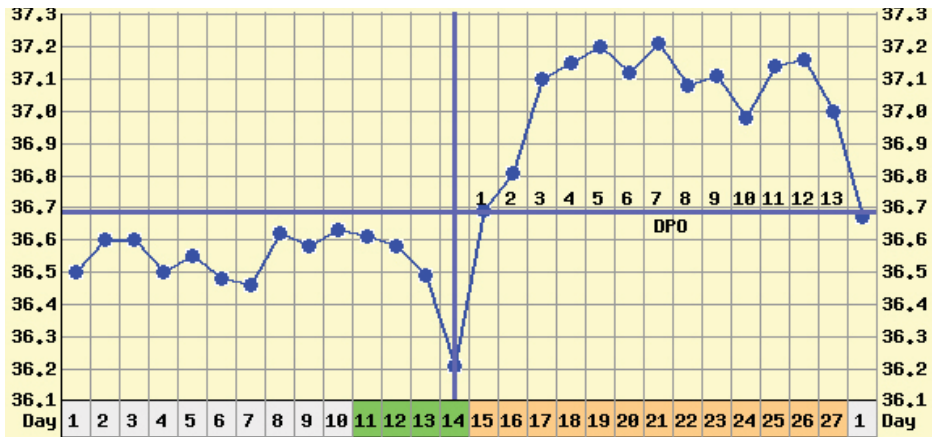
What to do?

Progesterone replacement may not be an option for you. I cannot stress enough that the underlying habits and life choices **MUST** be changed if you want to live well. This temperature report card is allowing you, cheaply, to see what is happening and realise that even if you are booked into assisted reproductive care, pregnancy cannot be guaranteed **UNLESS YOU ADJUST THIS**.

(NORMAL AS A REMINDER)



OR . . . something akin to

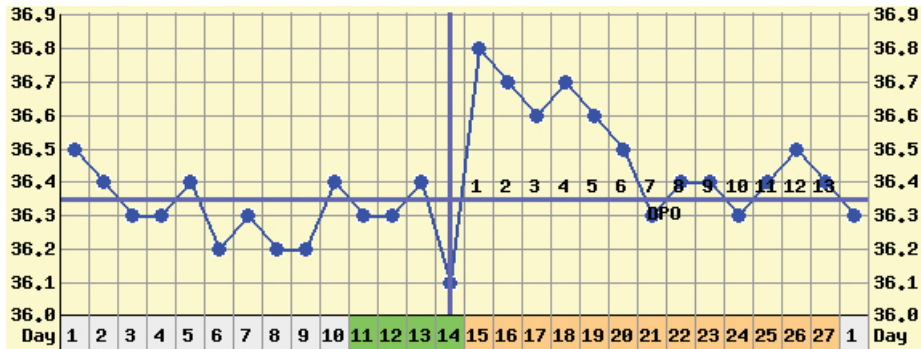


Please note with all of these second phase (luteal - **Kidney Yang**) defects that the initial phase is not supporting normal (36.6/7), leading to a lower and weakened second phase.

Whilst I am referring you to the second phase, PLEASE note the lower overall temperature. This is the Thyroid issue that underpins just about everyone who walks through my clinic - whether they are trying to conceive, or just get some energy, normal moods or bowels movements. It is endemic and seems to be the new 'normal', although showing medically as being OK - just under the radar and hence as very unwell - but not ill.

WHAT TO DO - Simplify your life - return to the uncluttered and calmer lifestyle of fewer possessions and less stress, and eliminating too many things to do/be done. More exercise if doing none or a little. If overdoing it and you have very little fat on your frame, slow right up and eat a lot of fat and protein. Eggs and menstrual blood are formed from this 'extra' and you are using it to stay in a very apparently 'fit', but non-fertile state.

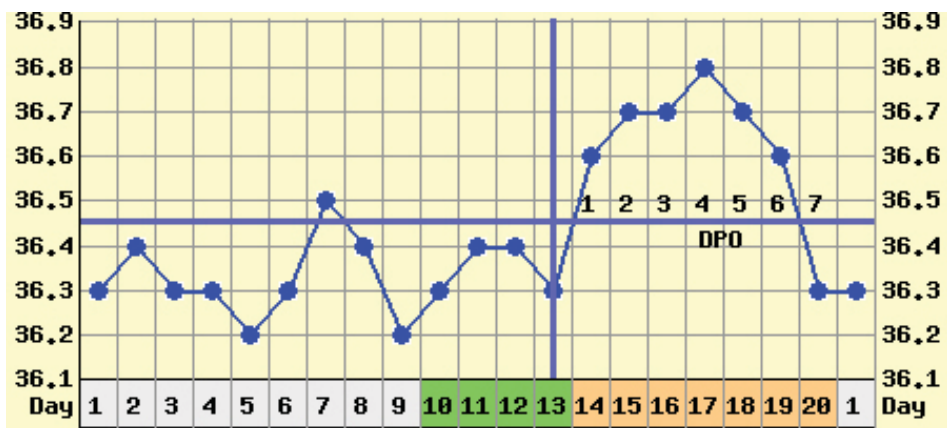
12 - LUTEAL/PROGESTERONE PROBLEMS - not maintaining peak



Great ovulation, (although too low an initial phase, not averaging 36.6/7) but not sustained progesterone phase. Here there is a decline too soon. Optimally it should have been at 37/37.2 CONSTANTLY. Even if conception occurs, implantation will not, because progesterone - as seen through the temperature elevation - is not present. This is often the issue in failed IVF transfers regardless of how stunning an embryo. We need the 'oven' to be warm enough. -You may protest that you were using the progesterone they gave you, but it was synthetic and does not fool your body. You need your own to work well.

13 - LUTEAL/PROGESTERONE PROBLEMS - too short

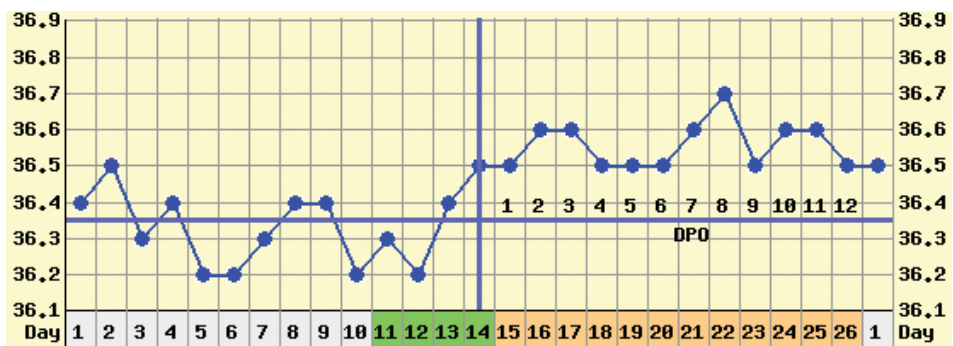
Again, we see a low, and slightly shortened first part of cycle, which although long enough (3 days) is not supporting the second implantation process. Only seven days after ovulation, a period arrives.



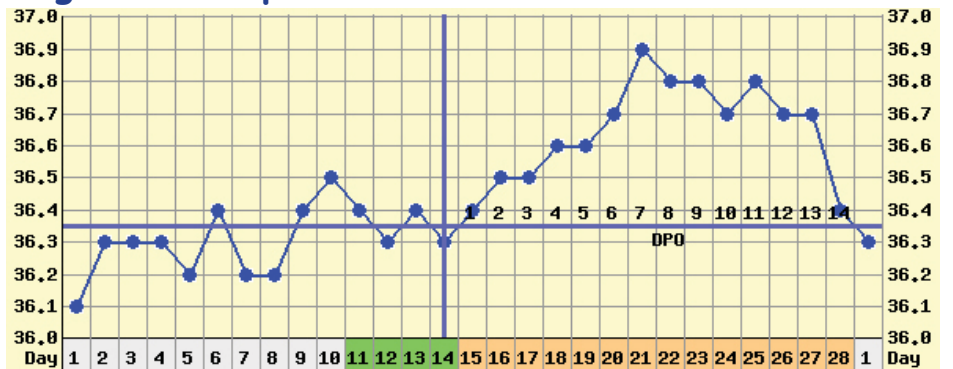
WHAT TO DO IN ALL THESE LUTEAL DEFECT CASES.
 Seek natural medicine help - Vitex may be appropriate in all of these luteal phase defects - but I would suggest a more sustained and multi disciplinary approach - especially as orthodox medicine has no answers here. Chinese herbs are brilliant with this problem - as is acupuncture and moxibustion.

14 - LUTEAL/PROGESTERONE PROBLEMS - too low in general

Here the temperature gets up ONCE to where it should be averaging in the first part of the cycle. The entire cycle is too low, and the second part is struggling.

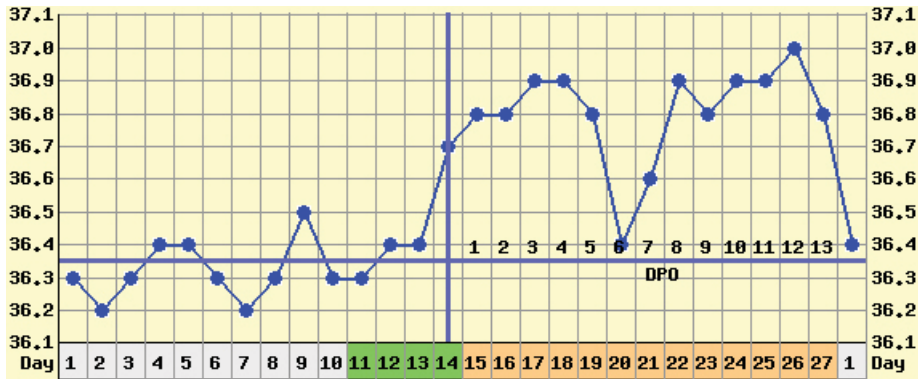


15 - LUTEAL/PROGESTERONE PROBLEMS - too long to reach peak



(Also starts too low, LOW THYROID LIKELY AGAIN and where is ovulation?)

16 - LUTEAL/PROGESTERONE PROBLEMS - too unstable

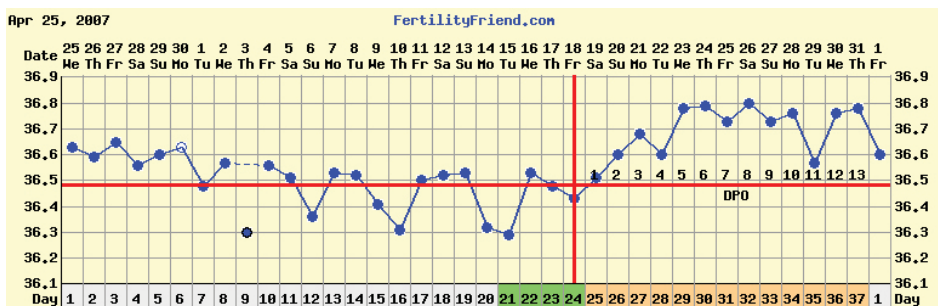


Both of these show a too-low first phase - think possible low thyroid again. Although the second phase peak has some high (normal) readings in this case, the overall is not sustained, so even if conception were to occur, the lining would probably not support pregnancy.

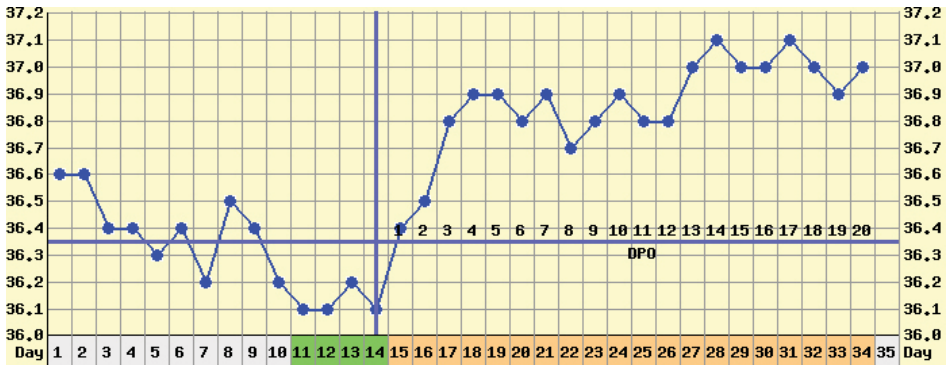
An example from clinic -

17 - THE EFFECT OF STRESS

After a few months of correcting everything, we had a perfect textbook cycle - looked almost too good to be true. A regular life creates a regular chart - orderly and, some might say, a boring existence. Then an opportunity to work arises - two part time jobs. This created the stress of change. The subject was following EVERYTHING as before but there was too much LIFE input.

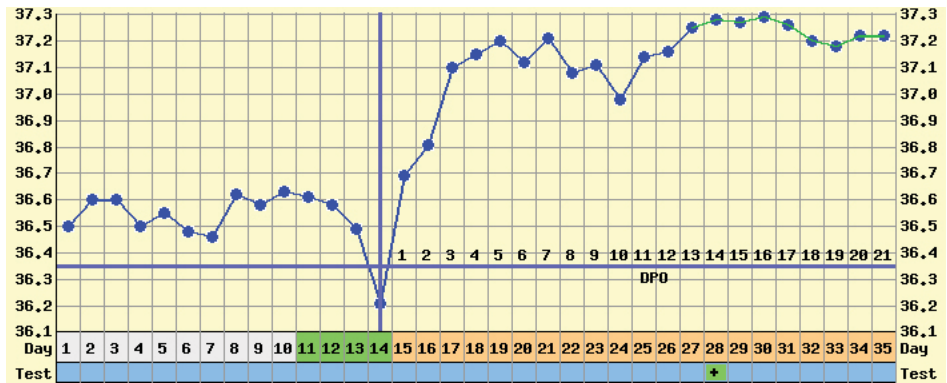


18 - TOO LONG A SECOND STAGE AND NOT PREGNANT



At a glance, this encapsulates the pattern, but there was a weak first (follicular) phase, with a possible ovulation. This may be due to a high prolactin (possible milk out of breasts if they are squeezed) hormonal reading, or other possible need for seeking natural assistance to return to perfect balance.

WHAT SHOULD GRAPH BE LIKE WHEN PREGNANT?



WHY HAS NO ONE TAKEN THE TIME TO EXPLAIN THIS TO ME BEFORE?

Possibly because it is considered 'old fashioned' and that it is not worth bothering when the blood results are more reliable. These days, with new and expensive reproductive medicine apparently offering the ability to control all aspects of the process, it is a simple enough thing to hand over all responsibility and have a cycle enforced upon a woman's body.

This leaves you in the very real dilemma of not having corrected the initial reasons why Nature is not being fruitful at your house. The metabolism (thyroid) issues that become immediately obvious looking at the temperatures are not being addressed, frequently leaving couples with good quality embryos that, time after time, just do not 'take'.

Correcting the BBT chart before attempting IVF or other assisted reproductive techniques is likely to be a guarantee of pregnancy success - with or without the expense of modern medicine. It does take longer to correct why you have not conceived naturally, or carried a pregnancy to term, but you are far healthier for the effort, whether pregnancy results naturally or whether you then seek IVF help. If you do then need to go through the assisted reproductive route, you are far less likely to have side effects, and more likely to easily become pregnant. All the quality issues and the 'oven' ones will have been resolved. This is something that, so far, is outside the scope of the orthodox medical realm.

The other spin-off is that the baby you make is more likely to be a superior model, as the very best of foundations have been laid (please review the Jing information).



HAPPY PARENTING!!!!

OTHER BOOKS YOU MAY FIND HELPFUL

OTHER RESOURCES

This list is not exhaustive and is intended just to get you started. There is a wealth of information out there. Try to find sources who are people not just reporting information, but who are actually practitioners.

Where you may start:

www.acubalance.ca

www.easybabies.com.au

www.thehealthcentre.com.au

Need to format references in standard format

Jann Mehmet? has done extensive research into Chinese herbs and acupuncture in male infertility

Better Babies series - Francesca Naish and Janette Roberts

Ruth Sharkey's *Guide to Natural Conception* - Ruth Sharkey

The Way of the Fertile Soul - Randine Lewis

Google ideas (in addition to those given in the text):

'It Takes Two' by Dr Judy Ford, or anything from Shola Oslo

FURTHER READING

There are other manuals I have written for those who wish to know more. **Helping Yourself to Health and Vitality** takes the reader into why we eat and how to get the best start to healing - fuelling yourself differently, and why it is to your advantage to follow what Nature intended. This was my first book in this group because we all need maps on what to do when what you have done so far hasn't worked well. This book is appropriate to any age and interest - especially those troubled by weight and energy issues.

Also in this series is **Getting Out of Your Own Way**, an explanation into why things 'stress' us and how we can freely flow. This covers such issues as healing from IBS, reflux, depression and periods.

These topics are covered in even more depth in **Woman Tides** (see below). **Freeing Yourself** is about the programmes that tend to run us; that we are stuck with and within - all of which need changing if we are to grow out of always having the same sorts of problems arise within our relating, and thus our emotional life.

Woman Tides is for those who want to normalise their being woman. It tracks the beginning - including pre teenage years - through to the eventual ceasing of periods into a zestful free woman stage. THIS MAY NOT BE DONE FOR A FEW MONTHS - in the meantime, available is "**Living In It**" - a manual I published many years ago to allow patients who were interested in their own healing to help themselves more. This is available in eBook form from my shop.

What Dads Can Do manual and accompanying DVD has already been put in hard copy (pub. 2005) and will be soon available in eBook format, as it is a very heavy tome (.6Kg) and costly to ship. It comes complete with a DVD **Massage - What Dads Can Do**. The book is printed on very good quality art paper, in three colours and section sown (very sturdy), so it can be used as a reference for generations to come. Conscious Conception, the earlier book I intended to write, is superseded by this current one. WDCD thus has much pre-conceptual information to be used in conjunction with this book.

Getting There is a DVD presentation of the quality issues I raise. The DVD **Massage - What Dads Can Do** and **Birthing - What Dads Can Do** form parts of this set and are available from me on www.easybabies.com.au

Birth - What Dads Can Do DVD is a workshop explanation of why pain happens, and how to minimise its likelihood well before going into labour. It is a complete birth preparation and alternative child-birth education tool, easily followed by even the most unprepared couple awaiting their baby.

ALSO AVAILABLE

Connected Midwifery is a 3 DVD (8 hours duration) presentation with accompanying PDF containing the PowerPoints, manuals and workbooks used. Although the intended audience is midwives (hospital and home), doulas and other birth attendants, should you be a massage or other support therapist, or just someone who has had their interest piqued by what you have read so far, it is all pitched at the beginner and follows logically.