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## **Enhancing Fertility with Naturopathic Medicine**

Many couples today experience difficulties with fertility, including challenges with becoming pregnant and carrying a healthy baby to term. Conventional medicine's strengths lie in its ability to find and diagnose structural and hormonal problems that lead to infertility. Interestingly, the causes of infertility are equally found in men and women's bodies- each sex comprising 30-40% of fertility problems. The remaining 15% of fertility factors are not usually diagnosed by conventional medicine and couples are left to fend for themselves.

Naturopathic Medicine offers solutions to couples who are experiencing infertility. Hormone balancing is done naturally, and many factors that play a role in healthy conception are addressed- including stress, environmental factors such as toxins, nutritional deficiencies, lifestyle factors, and problems with energy flow. Naturopathic Medicine aims not only to help with conception, but to improve parental health, aid in the ability to adapt to the changes of pregnancy and parenthood, and experience childbirth as a healthy, natural process. Laying the foundations of health before conception and during pregnancy also helps fetal and infant health, improving the development of the fetus and its immune system and preventing future health concerns in children.

Essential factors that couples need to consider when planning to become pregnant include:

1. Stimulant intake, including caffeine, tobacco, alcohol and over the counter drugs
2. Diet- including proper amounts of protein, fat, and carbohydrates to maximize fertility, optimal choices of fruits, vegetables and lean, healthy proteins
3. Hormone exposure- is there a history of oral birth control or steroid use, and are dairy and meats consumed hormone free?
4. Pesticides- is there exposure to pesticides on produce, outside, or in bug repellent?
5. Chemical and radiation exposure- consider toxins in home cleaners, x-ray and computer radiation exposure, gasoline and exhaust fumes, work toxins, dust and new home construction materials (paint, carpet, furniture) and particle board

Naturopathic Medicine looks at the whole person and treats to remove the cause of disease or disharmony, and also bring individuals to a place of optimal health in their lifetimes. Each person's health is assessed fully to insure that organs and body systems, such as the nervous system, hormonal system and digestive system are all working effectively. Treatments prescribed to patients work to improve and support function and solve the underlying problems of fertility, regardless of their origins.

Those who use Naturopathic Medicine for fertility experience better overall health, and give a gift of healthy foundations to their children as well. Parents who use Naturopathic Medicine find that they have a greater understanding of their bodies and their children's health, and are taught methods of supporting health in times of wellness and disease, and to take preventative measures insuring their family's health.

For more information on Naturopathic Medicine, please visit [www.ndclinic.com](http://www.ndclinic.com)