

Example : Fertility Treatment. (This is not an inclusive list.)

1. Check nutrient status.

Zinc, vitamin D, omega 3, protein, B Vitamin deficiencies are common in both male and female.

I have not met one client trying to conceive that didn't have at least three nutrient deficiencies. All clients look and feel healthy and believe to have a 'healthy balanced diet'.

2. Address hormonal imbalance. A few examples :

Adrenals.

Are your adrenals under pressure? Stress hormones prevail over sex hormones. Cortisol prevails. We need to support the adrenals so that the sex hormones can thrive. There are several nutrients and tools that we can employ to bring down the adrenals.

Thyroid.

Sometimes the cause of the imbalance lies in the thyroid. Again, there are many natural methods we can use to re-balance thyroid hormones.

Thymus.

An overactive immune system is unhelpful when we are trying to conceive.

Hypothalamus.

A neuroendocrine gland. Similarly we need to address the nervous system here.

Pituitary.

This is the home of FSH and LH.

We find the correct herbs, nutrients or formulas to support and resolve the imbalance according to **your** body/biochemistry. There are plenty of herbs and nutrients and formulas that can help – but which one will work for you? This is where kinesiology comes in.

3. Food intolerances.

By the time we get to our 30's we often have one of these. Particularly if things aren't working as they should be. Every time we eat a food which our body doesn't like – there is an immune reaction. We do not want unnecessary immune reactions when we are trying to conceive.

4. Microbiome – gut and vaginal.

Sometimes the microbiome is not hospitable. This can usually be rectified by finding the correct probiotic strains for YOUR microbiome. We do this using kinesiology, no guess work.

5. Parasites.

Sometimes I find that parasites prohibit the natural balance. If your body is trying to fight something somewhere in the body. Is it an optimal environment to conceive?

6. Partner.

Yes his sperm may have the all clear but is it optimal? Is he low in Zinc or Omega 3? These make a huge difference.

7. Emotions and beliefs.

Is there a sub conscious belief that is preventing conception? This is widely known in the naturopathic community. There are hypnotherapists that work exclusively on removing these beliefs.

8. Blood sugars.

