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# **Overcome Infertility How to Get Pregnant Naturally**



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**The End**

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**Chapter I - Understand Fertility, Infertility, Causes and The Causes of Cause of Infertility**

**\*\*Fertility** is a natural process to insure the survival of human species. Through natural selection, we produce many offspring when the reproductive system works at its peak in the suitable environment with plenty of food around. On the other hand, the reproductive system may completely shut down or work at its minimum state and we produce less offspring, when the environment is hostile including less foods around, war, epidemic, but regardless of all these factors, most women are capable of conceiving during their menstrual cycle before reaching the stage of menopause.

**\*\*Infertility** is defined as the inability of a couple to conceive after 12 months of unprotected sexual intercourse. It affects over 5 million couples alone in the U. S. and many times more in the world. Because of an unawareness of treatments, only 10% seek help from professional specialist.

### **A. Overcome Infertility --Understand Fertility**

#### **I. The rate of pregnancy**

Statistics show that before:

- 1) the age of 31, 73% will get pregnant within one year, and 90% within four years
- 2) the age of 36, 65% will get pregnant within one year, and 82% within four years.
- 3) the age of 41, 40% will get pregnant within one year, and 60% within four years

You can see the rate of pregnancy goes down with age.

Although women can get pregnant anytime during their menstrual cycle, the best days to get pregnant are 2 days before and after ovulation because the sperm can only survive 2-3 days (sperm may survive up to 6 days) in the uterus after ejaculating into the vagina.

#### **II. The natural process**

1. Men produce sperm as soon as they reach puberty and at any time of the month, but their sperm quality and quantity may dip occasionally, depending to their internal cycle, therefore it is easy to understand that some women can conceive with her partner at the age of 95.

2. The female is born with a finite number of eggs in their ovaries. When females reach the age of puberty, every month some of the eggs in their ovaries mature and are extruded and only one can get into the Fallopian tube for fertility, the rest degenerate and die. When the eggs are less than a

certain number in the ovaries, she enters the menopause state.

### III. The long journey

#### 1. The egg (ovum)

If the menstrual cycle is 28 days:

a ) In the early stage of the menstrual cycle the levels of estrogen rise. It stimulates the production of FSH(follicle-stimulating hormone) hormones from the pituitary gland and the follicles mature 2 to 3 days before ovulation. As the estrogen levels reaches it's peak, it stimulates the cervix to make cervical mucus which is friendly to the sperm invasion and the pituitary gland releases LH (luteinizing hormone) which triggers ovulation within 48 hours and the egg starts the long journey of travelling through the Fallopian tube toward the uterus.

b) After ovulation, the follicle starts to produce progesterone, the cervical mucus starts to become more sticky and unfriendly day by day to sperm invasion and the cervix opening to the vagina starts to close dramatically. The endometrial lining to the uterus now softens and is ready for the nourishing of the fertilized egg, if pregnancy occurs. Now you know how many experts tell you that the best days to get conceived is 2 days before and after ovulation, because sperm also needs about 2 days to get into the Fallopian tube.

c) If pregnancy does not occur,the corpus luteum ceases to produce progesterone and subsequently stop, the soft lining is shed and the woman menstruates. During menstruation the levels of estrogen decrease, which again triggers the increase in FSH and the menstrual cycle starts over again.

#### 2. The sperm

a) After ejaculating into the vagina, if the cervix is closed dramatically or the cervical mucus is hostile to the sperm, there is little change. One of them will make it to Fallopian tube. On the other hand, if the cervix is opened and the cervical mucus is friendly to the sperm, then the sperm will travel toward the opening of the cervix and one of the winners will enter the fallopian tube to fertilize the mature egg and travel toward the uterus for implantation in the soft lining.

b) After one sperm penetrates (by releasing acrosome, then acrosin so it can pass through the tough cumulus oophorus and break through the zone pellucida accordingly) into the egg and the egg is fertilized. It then continuously divides itself into a fetus then into a baby.

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## **B. Overcome Infertility --Understand Female Biological Clock**

Here are some important statistics

I. Fertility rate : Out of one hundred healthy couple

- 1) Only 25% of unprotected sexual intercourse achieve pregnancy during first menstrual cycle
- 2) There are 20% more for each month after ward ( from the 2nd- 11th month )
- 3) At the 12 months, the rate of conception decreases to 8%

For those couple can not conceive after the 12th months, they are considered as infertility couple.

II. Women are born with finite number of eggs, some women have more, some are less, every month during menstrual cycle approximate thousand of eggs are mature and only one can have the chance to be fertilized by there partner 's sperm.

1) Eggs and Age

Eggs in the ovaries decreases with increasing of age

Assuming there are 150,000 follicle in the ovaries

- a) Between the age of 18 - 30 around 120,000 left and this the time of optimal fertility
- b) Between the age of 31-37 around 100,000 left and the fertility rate is on the downward trend
- c) Between the age 38- 41 around 50,000 left and the infertility rate increases at the fastest rate.
- d) Between the age 41- 45 around 10,000 left and you reach the end of fertile.

2). Infertility risk and age

- a) In the late of 20 and early 30, 84 % are fertile and only 16 are infertile
- b) In the mid 30 - 39 , 75 % are fertile and only 25% are infertile
- c) By age 40 the 50% are fertile and 50% are infertile

Assuming the couple are healthy. Remember the older you age, the risk of reproductive organ malfunction also increase including endometriosis and fibroid.

III. Some unfertilized women and men sometimes ago are fertilizing, because of what ever reasons.

Here are most common reasons

1. Persuade a personal career
2. Try to be financial stability before having children
3. Too young to be a parent, raising a child needs efforts, time and money.
4. Enjoy the couple childless years before committing
5. Etc.

Most of women delay to conceive by taking contraceptive pill or condom or other methods to prevent unwanted pregnancy. Unfortunately, by the time they think that they are ready to have children, they are in their mid thirty, their period now becomes irregular ( may be caused by withdrawal symptoms from years of taking contraceptive pill ) and the risk of infertility is high according to the statistics.

Since our body need at least six months to adjust to the effects of withdrawal medicine, some women may take longer and some may never see their period coming back again. Statistic show that if a couple decide to have children and not conceive within 12 months, it may cause unnecessary stress which may make conception even more difficult. Therefore, planning yourself and if you want to have children, have it as early as possible. Otherwise, please consult with your doctor and aware that there are many type of treatment in case you are infertility.

### **C. Understand Male Biological Clock**

Even though the sperm in the male reproductive organ do not change much, the quality and quantity of sperm may be reduced by low levels of testosterone due to ageing. Therefore, you can see why a couple in their late 20's is easier to conceive than a couple with a wife in her 20's and a husband at the age of 40 and more. Study shows that the odds of male fertility rate decreases at an alarming rate of 11% every year and the chance for his partner to conceive declines even further.

According to the study of European Society of Human Reproduction and Embryology, the rate of miscarriage also increases substantially when the father was over the age of 35.

1. Nearly 17 percent if the father was over 34 years old.
2. Around 20 percent if the father was between the ages of 35 and 39.
3. Over 32 percent if the father was older than 44.

Most couple delay unwanted conception by having the female partner take contraceptive pill or by using condoms, or other methods. Unfortunately, by the time they think that they are ready to have children, they are in their mid thirties and according to the above statistics, the rate of fertility is low and the risk of miscarriage is increased substantially, not counting the risk

of giving birth to a child with a deflection, including chromosomal abnormalities. Like an old car, no matter how much money which you spend each year to fix it, it will never work like when it was new.

It is wise for a couple to conceive no later than the age of late 20's and early 30's to prevent any unnecessary stress caused by infertility within 12 months after they decide to have a baby.

## **D. Causes Of Infertility**

### **Immunity Causes of Infertility**

#### **I. Definition**

Malfunction of immune system interferes with the reproductive processes including the inflammation to cells. These natural processes are vital for preparation of ovulation, implantation of a embryo ( malfunction of immune system may cause abnormal endometrial lining) and production of sperm quality and quantity (Malfunction of immune system may cause antibody attack his own sperm), etc.

#### **II. How immune system causes infertility**

##### **1. Sperm agglutination**

Sperm agglutination is a condition in which sperms clumping together due to infection or antibody reaction because of immune system attacking the sperm thereby, reducing the sperm ability to fertilize the egg and increasing the risk of infection.

##### **2. Testicular injure**

Testicle injure caused by what ever reason may increase the risk of immune system attacking the man's sperm due to inflammation and infection.

##### **3. Testicular cancer**

Testicular cancer is defined as abnormal cells growth caused by inability of immune system failure to regulate cells duplication, become cancerous in the testicle leading to poor sperm count and decreasing the risk of fertility. Researchers believe men with poor quality of sperm production is considered as high risk to develop testicle cancer than others who do not.

##### **4. Antisperm antibody**

Antibody is an chemical made by our body to help the immune system to identify foreign invasion such as bacteria and virus. In case of anti sperm antibody, the immune system attacks fetus and the sperm which interferes the sperm quality, movement and sperm cervical invasion resulting in increasing the risk of infertility for women and men alike.

##### **5. Pyospermia**

Pyospermia is condition in which high levels of white blood cell count exists in the sperm. It is caused by infection of sexual transmitted disease somewhere in the body. Sometime such infection may cause the immune system recognizes the sperm as an invader and kill it.

#### 6 Aniphospholipid antibody

It is defined as a condition in which a class of protein attacks an early development of pregnancy.

#### 8. Antinuclear antibody

Antinuclear antibody is antibody directed against contents of the cell nucleus leading to miscarriage caused by immunity disorder.

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### **Ejaculation Causes of Infertility**

#### I. Definition

Ejaculation is a natural process of the male reproductive organs, it is defined as ejecting of semen from a penis in the final stage sexual intercourse or sexual stimulation. It is vital component and necessary step for natural conception.

#### II. Ejaculation causes of infertility

##### 1. Premature ejaculation

Premature ejaculation is defined as persistent or recurrent ejaculation with minimum stimulation before, during or shortly after vagina penetration against the person wish. Most men with premature ejaculation have a weak yang or yi kidney leading to lower quality and quantity sperm count resulting in increasing the risk of infertility.

##### 2. Delayed ejaculation

Delayed ejaculation is a medical condition in which a male is unable to ejaculate, either during intercourse or with manual stimulation in the presence of a partner. It is caused by psychological and physical problem including less interest in sex with his partner, sex is sinful, medication and nerve damage to the spinal cord.

##### 3. Retrograde ejaculation

Retrograde ejaculation is caused abnormal function of the sphincter muscle at the base of the bladder. During the ejaculation, the sperm travel backward into the bladder instead to the open of the penis head causing infection to the reproductive organs, including the bladder thereby, no seminal fluid emerges from the penis head.

##### 4. Anejaculation

Anejaculation is defined as inability to ejaculate caused by psychological or physical problem including sexual inhibition, nervous system malfunction or medication.

### **Recommended Reading**

[Increase Sperm Count Naturally](#)

[With Male Fertility Success, No Drugs, Surgery Or Humiliating Medical Procedures](#)

### **Lifestyle Causes of Infertility**

#### 1. Unhealthy diet

##### a) Unsaturated fat and trans fat

Intake of high levels of saturated fat and trans fat not only cause high levels of cholesterol in the bloodstream leading to heart disease and strokes but also decreases the liver in fat and protein metabolism and blood flow to the reproductive organs causing hormone imbalance resulting in disrupting the menstrual cycle in women and increasing the risk of erectile dysfunction in men.

##### b) Caffeine

Moderate intake of caffeine does not cause either infertility or miscarriage, but over dose of caffeine like drinking a lot of coffee will increase the risk of infertility and miscarriage because caffeine is a stimulant causing over production of certain hormones which affect ovulation and hamper conception.

##### c) Alcohol

Moderate drinking helps to improve blood circulation to the reproductive organ leading to increase the chance of fertility of men and women alike. Excessive drinking in women may increase the production of hormone prolactin which interferes with the ovulation leading to infertility. In men, alcohol interferes with production of testosterone leading to low quality of sperm and sexual desire causing male infertility.

#### 2. Biking

Biking may cause the scrotum problem including low sperm count. It is advice for people who like to bike in off road mountain to take precaution to avoid swelling, pain or damaging the reproductive system leading to infertility.

#### 3. Exercise

While rigid exercise reduces the chance of fertility because it interferes with the production of sperm and egg as well as decreasing the brain message to test and ovaries, moderate exercise improves it. It not only decreases the blood flow to the reproductive organs, but also signals the false message to the nervous system to divert all energy to organs other than reproductive system disrupting the flow of qi in the abdomen and

stopping ovulation resulting in increasing the risk of infertility.

#### 4. Hot bath and Sun bath

The male body temperature is important for sperm production, it only needs a temperature slight below the core body temperature to interfere with the function of the reproductive system . Hot tubs, saunas, steam room or working in the high heat environment may decrease quality and quantity of sperm resulting in increasing the risk of infertility.

#### 5. Herbs Abuse

Some herbs may be helpful to improve fertility by establishing normal hormonal functioning, nourishing & toning the uterus, reducing stress and relaxing the nervous system such as red clover, nettle leave, dong quai, etc. Others may increase the risk of infertility such as St john wort, please disclose all herbs taken to your herbalist or doctor if you are on infertility treatment.

#### 6. Tight underwear

There may be no proof that underwear causes infertility, but researchers believe that tight cloth causes high temperature, thereby reducing the sperm production.

#### 7. Weight

- a) Substantial weight loss interferes the production of the gonadotropin-releasing hormone which is vital for sperm an eggs development.
- b)Over weight or obesity effects hormone signals and increases the insulin levels leading to over production of male hormone from ovaries which interferes with ovaries in eggs releasing.

#### 6. Drugs and smoking

Drugs are high toxic and addictive, they are not only harmful to the nervous system and increase the risk of arteries blockage and lung diseases, bot also interferes the natural processes of the reproductive system including hormone imbalance, low the quality and sperm count.

### **Psychological Causes of Infertility**

#### 1. Slimness effect

The obsession with slimness at all cost may interferes the production of the gonadotropin-releasing hormone which not only causes delay or abnormal sperm and eggs development but also interferes with primitive process of natural selection in the brain leading to absence of period as blood redirected to other organs need causing nutrients deficiency.

#### 2. Failure to conceive

Many couple after several tries to conceive but fail or just having a

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