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# Fertility

Discover natural ways to optimize  
your chances of conception!

Ottawa Holistic Wellness

July 2019

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OTTAWA HOLISTIC WELLNESS

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## **INTRODUCTION**

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Fertility, or rather, infertility, is such an emotional subject, and devastating for those experiencing it. It affects many couples in our modern world.

*While there may be physical, structural reasons why you have difficulties, there are also many other causes for infertility.*

*Addressing reasons for female and male infertility.  
Allergies, toxins, lifestyle, diet, nutrition and natural treatments.*

*We look at some of the natural, holistic ways you can improve the chances of conceiving and of having a successful pregnancy.*



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# CHAPTER 1

## THE IMPORTANCE OF BLOOD SUPPLY FOR FERTILITY

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The ability to reproduce depends, among other things, on a complex interaction between various hormones. This in turn depends on adequate blood supply, as hormones reach their destination through the blood. Proper blood supply is a necessary component to all body functions and should always be on the top of the list when addressing any health challenges.

Things get interesting when we consider the fact that proper movement of blood through the circulatory system is influenced by the position of all other anatomical structures, such as bones, muscles, ligaments, and many more.

In other words, the integrity of the anatomical structure will determine the movement of fluids in the body. This is why we must look to the anatomy in order to understand why something in the body is not functioning properly.

The body is designed to be able to reproduce, which means there shouldn't be any issues assuming all the component parts are present. However, it is not uncommon to see someone who is seemingly healthy struggle with infertility.

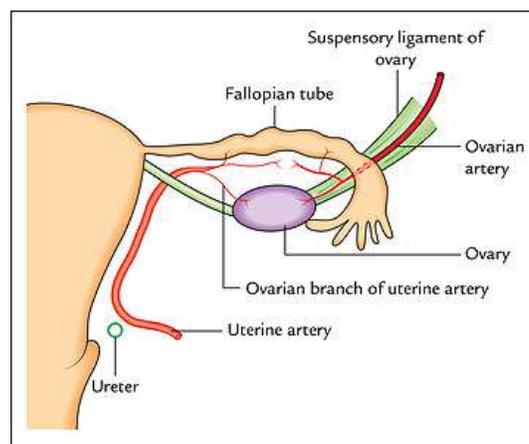
### ***Why is this?***

Knowing that structure (anatomy) determines function, the answer is somewhere in the anatomy. Let's consider how one of these anatomical structures (the artery) influences the function (fertility).

Consider ovulation as an example.

Without ovulation, no fertilization can occur.

The ability to ovulate requires hormones, and hormones must make it to their target destination (the ovary) through the bloodstream. The blood vessels that supply the ovaries must travel through a ligament that is called the suspensory ligament of the ovary. Knowing that important vessels and nerves travel through this ligament, it makes sense that any abnormal twists and turns put through it will alter the ovary's blood and nerve supply.



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Now consider the fact that this ligament attaches from the ovary to the lateral abdominal wall. Suddenly, the position of the abdomen, lumbar spine, and pelvis become very important with regards to ovulation!

In other words, if the pelvis and abdomen do not have equal range of motion left to right and in all planes, the flow of blood through this artery may be altered.

This same thought process can be applied to other important components of fertilization. For example: the contractions of the uterine tubes which connect the ovaries to the uterus. These contractions require estrogen, and they are necessary for moving the egg through the uterine tube where it can be fertilized. Seeing as estrogen is necessary for this, it is logical that proper blood supply to the uterine tubes is primordial.

This is where osteopathy steps in.

If there are motion restrictions or asymmetries in the body, the blood supply will be altered. An Osteopathic Manual Therapist (OMT) can re-establish motion and symmetry through gentle manual manipulation. This can allow your blood vessels to supply the tissues they are meant to supply, without interruption or obstruction. Of course this is only one very small component of a larger picture.

Fertility is a very complex subject and there are many different pieces to the puzzle, but blood supply is one of them. There are also many other examples of the importance of blood supply in both the male and female reproductive systems.

If you are interested in exploring the benefits of osteopathy during your journey, feel free to contact me or come in for a free meet-and-greet, I would love to chat.



#### About the Author

*Arianne Gosselin, Osteopathic Manual Practitioner, believes the body is a vital, living machine, which already possesses everything it needs to self-heal.*

*Her experience and training have shown her that, when the body is structurally sound, this ability is present and occurring without conscious thought.*

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## CHAPTER 2

# OVARIES, OVARIAN CYSTS AND FERTILITY

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### Ovarian Cysts And Fertility

In my third year of schooling as a Clinical Herbal Therapist I signed up for a cadaver anatomy class. I clearly recall discovering the ovaries buried deep inside the body.

They were like clams: delicate and complex in their smallness, vulnerable looking. The ovaries are one of the most common body parts that a herbalist supports.

### Ovarian Facts

The Taoists, an ancient wisdom tradition from China, believe that a woman's life force flows from her ovaries. At birth, a female infant's ovaries are completely formed. From the moment of her first breath, the female infant's ovaries contain all the possible lives she may birth during her life. This is important to consider.

The ovum, the egg, from which each life receives half its DNA, is formed while within Grandmother's body. A woman's ovaries carry knowledge of Grandmother's times.

### Epigenetics

In biology, there is a study called epigenetics that considers disease where there is no genetic explanation for the development of a disease.

The study of epigenetics suggests that when an illness comes on at a young age, for instance, lung cancer at 42 with no history of smoking or being exposed to carcinogenic substances over an extended period of time, it may be beneficial to consider what was going on in Grandmother's life during the time of her pregnancy with Mom.

There is speculation that unknown toxins or severe stresses in Grandmother's life, can dramatically influence the long term life force or DNA sequencing of not only her children's lives, but the lives of her grandchildren.

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## Long Term Planning

The First Nation's people believe that it is essential to consider the effects of one's actions on seven generations into the future. This practice of conservation and long term planning is currently favoured by those who express concern over the long-term effects of man made toxins on the environment.

Considering the study of epigenetics and the profound effect a Grandmother's life has on her grandchildren's health, it is not difficult to find validity in this teaching from First Nations.

## Relieving Ovarian Cysts With Herbs

One of the most common conditions a herbalist sees is ovarian cysts. For some women, ovarian cysts interfere with ovulation and result in fertility challenges. For others, the woman does not have a problem becoming pregnant, but the cysts are a source of extreme pain.

In either case, herbal medicine helps.

Several years ago I met a herbalist who had struggled with infertility due to several cysts on her ovaries. She used the root of a small shrub called red root (*Ceanothus americanus*) to clear up the cysts over a 6 month period.

Since then I have been able to help several women overcome both the pain and fertility challenges that ovarian cysts cause.

A good combination is red root with *Vitex agnus castus* to regulate periods and remove cysts from ovaries, along with valerian (*Valeriana officinalis*) to ease any cramping associated with ovulation.

Find out more about Herbs, "Nature's Medicine", and whether they could benefit you.



### About the Author

*Abrah Arneson has over 10years experience as a herbalist, and additional training in iridology, Bach Flower essences, and is a Reiki Master. She has taught plant medicine and is author of 2 books.*

*Believing that when we are heard and understood by someone concerned for our wellbeing, the possibility of wellness opens naturally, she listens deeply to her clients' concerns before offering recommendations particular to each individual's needs.*

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## CHAPTER 3

# FERTILITY: HORMONES AND NUTRIENTS

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Fertility rates have declined significantly in the past 50 years; while there are a variety of political and economical factors that have affected the drop, there are also environmental and (thus) hormonal factors at play.

### Fertility And The Liver

When thinking about hormones it is important to support the liver as it is responsible for breaking down hormones. So this is a safe place to start.

Simple ways one can support their liver is by adding half a fresh lemon to a glass of warm or room temperature water. Also, including Milk Thistle and Dandelion (either as a tea or supplement, or you can even eat dandelion greens if you harvest them before they flower) in your daily round.

### Fertility And Fat

Another key component in balancing a person's hormones is fat.

Fat has been demonized for the past thirty years or so and this is apparent in our increasing number of people struggling with fertility.

Fat is essential for our cellular health as it is the key to healthy cellular membranes.

The cellular membranes either allow hormones to pass into the cell with their luscious and permeable cellular wall; or hormones struggle to enter the cell because the cellular membrane is stiff and unyielding.

### *How is this difference in pliability determined?*

By the the quality of fats you are ingesting. Trans and hydrogenated fats as well as soy, corn, safflower oils, or any other man-made concoction obtained from a lab, result in a harder cellular wall that makes it more difficult for hormones to enter the cell and can lead to hormonal imbalances.

Increasing your Essential Fatty Acids, most specifically Omega 3 Fatty Acids (as it really is too easy to obtain Omega 6 and 9 from our diet and is is rare that anybody has to make an effort to increase these) in your diet can really help balance hormones.

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This delicious nutrient can be found in cold water fish, avocados, walnuts, ground flax seed, chia seed and hemp seed. One can also supplement with fish oil (or flax if you are vegan, but be mindful that it is a very sensitive oil and can turn rancid easily). When sourcing a fish oil we should look for one that comes from smaller fish (mackerel, sardine, anchovy, krill, etc) as smaller fish will have less toxins.

### **Fertility Promoting Nutrients**

Selenium is another relevant nutrient when considering fertility as it is the anti-oxidant that protects eggs and sperm from free radical damage, along with zinc, folic acid (for both sexes; it is not only the woman who can prepare her body for conception), increased anti-oxidants Vitamins A, C and E and a whole food B-complex.

### **Fertility And Estrogen**

Xenoestrogens (non-human chemicals that mimic estrogen) are found in plastics, pesticides, herbicides and fungicides, cosmetics, x-rays, fluoride and some furniture and carpets. Phytoestrogens are naturally derived 'estrogen mimickers' found in soy products, caffeine, chasteberry, black cohosh and red clover.

Both phytoestrogens and xenoestrogens disrupt our natural hormone balance in the body by congesting the liver and mimicking estrogen in receptors and can lead to estrogen dominance. Estrogen dominance can lead to conditions like uterine fibroids, endometriosis and polycystic ovary syndrome which can all affect fertility.

Two Tablespoons of ground flax (kept in the freezer) daily can help balance estrogen dominance.

Find out more about the impact of foods on fertility by speaking with your local Holistic Nutritionist.



#### **About the Author**

*Emily Stott is a Registered Holistic Nutritionist who is passionate about natural health, food and mindful living. She works closely with clients to create a unique plan based on their biochemical individuality; helping people with a variety of conditions and throughout the many stages of life.*

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## CHAPTER 4

# FOOD ALLERGIES AND INFERTILITY?

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There is nothing more upsetting for a couple who have decided it is time to start a family than to fail to conceive. There are many reasons why conception may be challenging.



In order to optimize the chances of conceiving and having a healthy, successful pregnancy we need to be at our best, physically, nutritionally, and emotionally.

One possible cause of infertility, food allergies, is often overlooked when addressing infertility in both men and women.

### Inflammation

Food allergies trigger the immune system and, therefore, increase inflammation and histamine levels.

The hormones involved in the reproductive system are very finely balanced. The presence of inflammation will have an impact on that balance, disrupting the cycle. Histamine has been shown to stimulate ovulation, however, too much will cause the egg to be immature when released.

Inflammation also affects the quality of the mucous in the vagina and around the cervix. The mucous contains a carbohydrate based food to fuel the sperm and is essential in providing an environment that is the correct pH for the sperm. Along with this the fallopian tubes can become damaged affecting the ability to conceive.

### Gut Health

The greater part of our immune system, around 65%, is found in the intestinal tract. When our microbiome, the gut bacteria and other microbes, are out of balance, and we have gut dysbiosis, Histamine can be elevated. There may be an excess of histamine producing bacteria, or SIBO (Small intestine bacterial overgrowth), a condition where the bacteria from the large intestine migrate up into the small intestine. SIBO will impair the effectiveness of the enzyme Diamine Oxidase, DAO, which destroys histamine.

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## **Auto-immune response**

When the body is reacting to allergens in food our immune system is over active. A fetus is effectively a foreign body, the immune system perceives it as threat, an invader, and will be triggered to attack. To counteract this, the uterus secretes cells to interrupt this immune response, however, they will be less effective when we have an over-active immune system which is being stimulated by allergies.

In addition, Celiac can trigger what is called Antiphospholipid Syndrome (APS). This occurs when your immune system mistakenly attacks some of the normal proteins in your blood. During pregnancy APS may result in blood clots forming in the placenta affecting blood flow and nutrients available to the developing baby. This can result in a miscarriage.

In men with celiac it has been found that sperm shape can be altered, causing them to be less mobile and viable.

## **Nutrition**

As mentioned above, food allergies impact the health of our digestive tract. They damage the structure of the gut lining and change the type and number of bacteria present, some of which disrupt or inhibit digestion and absorption.

For some people symptoms such as gas, bloating, diarrhoea or constipation are evident, in others there may be few or no obvious digestive symptoms. In all cases though, they will affect our ability to digest and absorb nutrients from food. In particular B12, fats, and fat soluble vitamins such as A, D and E. It is also important to ensure enough selenium, zinc, folic acid (Vit B9). Talk to your Nutritionist or Naturopathic Doctor about testing for nutrition and advice on any dietary supplements you may require.

## **Allergy Medications**

Allergy medications are usually anti-histamines. If you are trying to conceive it is important to know that there is a growing amount of evidence to suggest that they reduce fertility and the ability to conceive. A certain amount of histamine is required to ensure that the fetus implants into the uterus.

In addition, some research seems to indicate that anti-histamines reduce blood flow to the embryo. In addition, Research is still being conducted into whether allergy meds are related to birth defects. Some studies suggest there is a link.

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## ***Do You Have Food Allergies?***

Food allergies can manifest in many ways, and affect almost any system in the body so it not always easy to identify them as causing health issues.

Just some of the health concerns that can be triggered by allergies include:

Digestion: Stomach pain, Diarrhoea, Constipation, Gas, Bloating, Canker sores

Skin: Rashes, Eczema, Itching, Dryness, Cracked heels

Pain: Headaches, Muscle or Joint Pain, Cramping, Stiffness

Respiratory: Post nasal drip, Chronic cough, Sore throat, Tonsillitis, Sinus problems, Ear infections

Emotional / Mental Health: Attention Deficit, ADD / ADHD, Memory loss, Depression, Anxiety

Weight gain / loss

Immune system: Frequent Illness, difficulty getting over illness

Hormones: Menstrual cycle disorders, Infertility, Thyroid issues, Fatigue

### ***Conclusion:***

If you are trying to conceive, it is worth investigating any food allergies that may be holding you back. For both men and women, addressing food allergies in your diet will increase your chances of successful conception and pregnancy.

Book an Allergy test now or come for a Free introductory meeting with me or your Naturopathic doctor or Functional Medicine Practitioner to find out more.



### ***About the Author***

*Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!*

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## CHAPTER 5

# MALE FERTILITY

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***Did you know that approximately 16% (or 1 in 6) of couples in Canada experience infertility?***



This number has doubled since the 1980s. Some people still think that infertility is purely a female issue; however, you can trace infertility to either the man or woman or a combination of both.

Statistics show that three times out of 10, the cause is in men.

According to the Government of Canada, the 3 out of 4 causes of infertility in men include poor quality, low sperm count, and hormonal imbalances.

***However, what is causing these changes?***

Fortunately, scientific researchers have been begun to uncover previously overlooked causes of infertility in men.

Read on to learn about how diet and exposure to environmental toxins may be having a detrimental effect on sperm count, quality and hormonal imbalances.

### Overlooked Causes Of Infertility In Men

#### 1. Soy

Soy or soya is a common ingredient in processed foods. Researchers have found an association between Soy intake and male infertility in one human study.

In the human study published in the Journal of Human Reproduction in 2008, researchers found an association between higher intake of soy foods and lower sperm concentration.

#### 2. Benzene

Benzene is a common industrial chemical made from crude oil that has been linked to leukaemia and other blood disorders as well as causing infertility in male offspring.

In a study published in 2010, researchers concluded that Benzene appeared to increase the frequencies of aneuploid sperm for chromosomes associated with chromosomal abnormality syndromes in human offspring.

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### **3. Plastics**

Human exposure to plastics is widespread. Researchers have found an association between BPA, altered hormonal levels and reduced sperm count in two human studies.

In a study published in 2010, researchers concluded that their results suggest that there may be an association between BPA and altered hormone levels in men.

In a later study published in 2015, researchers found a modest but significant association between serum BPA and sperm count.

### **4. Pesticides**

Pesticides are pervasive in the modern world. You can find pesticides in our food, water and in our homes. Researchers have identified an association between pesticides, reduced sperm count and quality.

In a study published in 2015, the researchers concluded that there might be an association between exposure to pesticides, decreased sperm counts and motility and altered reproductive hormone levels in male partners of couples seeking for infertility treatment.

In a later study published in 2017, the researchers found that exposure to pesticides may result in alterations of sperm structure and function, thus contributing towards deteriorating in human semen quality triggering infertility.

### **5. Lead**

Lead can still be found in lead-based paint used in older homes, contaminated soil, household dust, drinking water pumped through leaded pipes, lead crystal, lead-glazed pottery, aeroplane fuel, some toys, and some inexpensive metal jewellery.

In a study published in 2007, the researchers found a link between lead and an increase in the concentration of immature sperm.

### **6. Triclosan**

We use Triclosan widely in personal care, household, veterinary and industrial products.

In a study published in 2016, researchers found that Triclosan may affect human sperm production and normal morphology.

### **7. Phone and Wifi Radiation**

Virtually every man I encounter has a mobile phone and usually carries it in their pants pocket. Radiation is not a good thing, so could close exposure to a cellular telephone hurt male fertility?

In a study published in 2014, researchers found a correlation between mobile phone radiation exposure and decreased sperm motility.

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When you use a laptop computer, do you rest it your lap? If you do, you may also be having a damaging effect on the health of your sperm.

In a study published in 2011, researchers found that exposure of sperm to a wifi connected laptop decreased sperm motility.

### ***What does this mean?***

From the studies highlighted above, there does appear to be a positive association between soy, environmental toxins, electro-magnetic frequencies and decreased male fertility. An association does not mean a direct cause, but exposure to these toxins could be considered a specific risk factor.

If you are a man experiencing fertility issues such as reduced sperm count and quality, then decreasing soy consumption and exposure to the above toxins and frequencies would be advisable.



### **About the Author**

*Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role.*

*He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.*

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## CHAPTER 6

# MALE FERTILITY: DIET, LIFESTYLE, AND MITOCHONDRIA

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The term infertility has no agreed upon standard meaning. Generally, if a couple has not conceived after 1 year of sexual intercourse they are labelled as infertile.



About 16% of Canadian couples fall into this territory of infertility; a figure that has doubled since the 80s.(1)

In about 3 out of every 10 cases, male infertility is the sole causative factor in a couples' fertility problems.

Some factors at play here include: poor sperm quality, low sperm count, sexually transmitted infections, chronic illnesses (eg. diabetes), smoking (both tobacco and marijuana), alcohol, and poor weight control (overweight or underweight).

Recently, an article published in TIME magazine highlighted a study on the long-term use of ibuprofen (Advil, Motrin).

Researchers found that, after 6 weeks, men taking daily ibuprofen experienced "compensatory hypogonadism".

Basically, increasing ibuprofen levels in the blood also saw a rise in the body's production of luteinizing hormone (LH). LH functions as a signal for the production of testosterone in the testes. However, study participants did not see a rise in testosterone production despite LH levels being high.(2)

When researchers studied the effects of ibuprofen on testicular function, they found the cells responsible for testosterone production (those that respond to LH) were suppressed.(2)

Another possible reason for male infertility is mitochondrial dysfunction.(3)

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Mitochondria are the powerhouses or batteries of our cells, and sperm is no different. Mitochondrial DNA mutations that result in poorly functioning mitochondria have been identified in males with fertility concerns.

Fortunately, there are nutritional interventions that show promise in their ability to increase the number of healthy mitochondria, boost sperm number & function, and help cope with the stress of fertility problems.

**L-carnitine** is an antioxidant responsible for proper fatty acid metabolism within the mitochondria. A deficiency of carnitine may lead to poor sperm count and motility (4). Carnitine supplementation may also help men suffering from erectile dysfunction through improved blood flow (5).

**Coenzyme q10** (coq10) is another antioxidant beneficial for mitochondrial function. Coq10 supplementation has been shown to improve sperm formation, function, and number in infertile men (6,7).

**N-acetylcysteine** (NAC) is an antioxidant that was first formulated for emergent cases of liver toxicity. NAC boosts the production of glutathione, one of our most potent antioxidants, in the liver and lungs. NAC can effectively reduce reactive oxygen species (ROS) and improve mitochondrial energy production in human cells (8). In two separate clinical trials, NAC supplementation was found to improve sperm motility in infertile men (9, 10).

**Zinc** is a trace mineral essential for male reproductive function, as it promotes proper development of sperm and ensures healthy testosterone production. Prostate tissue contains the highest concentration of zinc when compared to other bodily tissues. Recent research shows that zinc concentrates in the mitochondria of sperm cells and helps with their maturation and motility (11, 12). Zinc supplementation has been shown to increase testosterone levels and sperm count in infertile men.

Speak with your local naturopathic doctor or nutritionist for more guidance on supplementation, diet, and lifestyle interventions appropriate for your unique fertility concerns.

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### **About the Author**

Dr. Eric Viegas has an undergraduate degree in Health Sciences from The University of Western Ontario and has also completed doctorate equivalency from The Canadian College of Naturopathic Medicine (CCNM). He spent his years of study at CCNM devoted to acupuncture, botanical medicine, nutrition, homoeopathy, physical medicine, and counselling.

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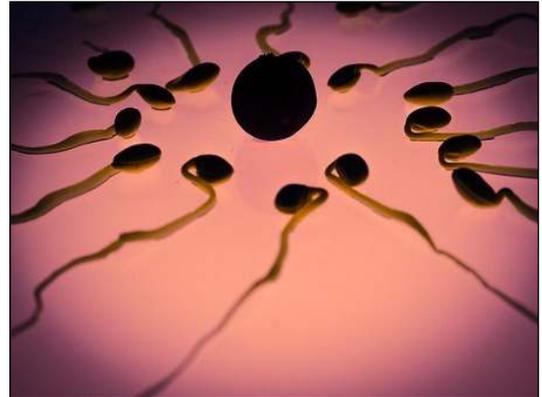
## CHAPTER 7

# IS MARIJUANA USE IMPACTING YOUR SEMEN QUALITY?

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As a naturopathic doctor who has a special focus in fertility, pregnancy, and post-partum I am frequently taken aback by the small number of men joining their partners for fertility optimization.

According to the Canadian government, 30% of all fertility issues originate solely in the male partner. However, the female partner is often the only one seeking care to enhance her fertility and chances of conception.



It is important for men to understand that their health is just as important as their female partner's health when it comes to planning a family.

Currently, there are more studies being designed to look at the impact of diet and lifestyle factors on male fertility.

In 2015, Danish researchers studied the “association between marijuana use and semen quality and hormone levels among 1,215 young, healthy, unselected men of whom 45.4% had used marijuana during the past 3 months”.

Their study revealed:

- Men who used marijuana more than once per week during the past 3 months had a 28% lower sperm concentration and a 29% lower sperm count compared to non smokers.
- Men who used both marijuana and other recreational drugs more than once per week during the past 3 months had a 52% lower sperm concentration, a 55% lower sperm count and their sperm motility was decreased by 5.8% compared to non smokers.
- Irregular use of marijuana did not seem to impact semen quality.

In a separate study, the sperm concentration and total sperm count was measured in 16 healthy men who smoked high doses of marijuana (8–20 cigarettes/day) for 4 weeks.

They observed a significant decline in sperm concentration and total sperm count which persisted into the 4 week recovery period (when no cannabis was consumed).

A 2006 study found that couples who had smoked marijuana 1 year before going through either IVF or GIFT treatments had 28% fewer oocytes fertilized.

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Women are most certainly not immune to the negative effects of marijuana on their fertility. However, due to the higher prevalence of marijuana use in men (16.3%) compared to women (8%), it would seem that this is more of a men's health issue .

As legalization of marijuana is now a reality in Canada, the use of marijuana in both men and women will most certainly increase. As a result, we may see a dramatic decrease in sperm concentration & sperm count, and ensuing fertility issues in otherwise healthy men.

### **The takeaway**

For couples who have no known fertility issues but are planning on conceiving in the near future, abstinence of marijuana 3 months prior to the first attempt is recommended.

For men who are currently trying to conceive and are experiencing fertility/sperm issues, complete abstinence of marijuana is recommended until pregnancy is confirmed.

To increase your chances of conception via IVF or GIFT, marijuana should be avoided for 1 year prior to the procedure in both partners.

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#### **About the Author**

*Dr Natacha Montpellier, ND advocates that to achieve our health goals, and ultimately our life goals, we must be active participants in our health care. She also believes that love, trust and empathy for oneself are vital for healing.*

*Natacha is passionate and committed to helping individuals see how they can transform their lives by living healthier.*

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## CHAPTER 8

# REIKI FOR FERTILITY

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*Perhaps you are experiencing issues conceiving or carrying a pregnancy to full term?*

The hormones involved in the reproductive system of both men and women are very finely balanced. Any disruption in our health, whether physical, emotional or energetic will impact this fine balance. It is therefore important to consider the mind / body connection.

This is where Reiki for fertility comes in.

Reiki is known to be useful for pain management, stress reduction, improved sleep and energy levels, recovery from injury and surgery, and for symptom control. It can be used alongside other fertility treatments and is beneficial for those trying to conceive naturally. It helps to balance our immune system, our endocrine system and assisting the function of our organs.

### **The Importance Of The Root And Naval Chakras**

The body is believed to have seven main centres of energy, the chakras.

The ones most important to reproduction are the Root chakra (Muladhara) and Navel chakra (Swadhisthana). These are located at the base of the pelvis and in our lower abdomen respectively.

There are many reasons why our energy can be disrupted: stresses and traumas, our hectic and demanding lifestyle, negative thought patterns, toxins in the environment, medications, foods (such as preservatives and pesticides) and hormones in meats and milk etc.

In particular, I see many clients with past trauma from childhood events and / or past relationships, or carrying trauma from their parents (genetic memories) and past lives. It may be sexual, physical or emotional abuse or simply being told that nothing is ever good enough and a lack of self esteem.

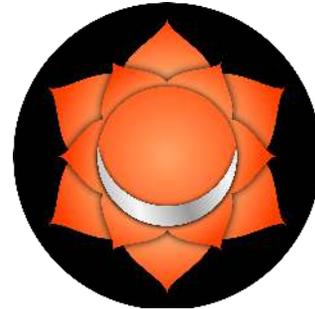
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With Reiki it is not necessary to know where this trauma originates, or to go and re-live any events. It is enough to simply acknowledge the emotions held within the body, to work to release them and to bring better balance and harmony.

In my experience, trauma will often lead to the closing or blocking of the Root and Naval chakras. This is a type of protection, a hanging on or closing down.

In this case clients of both sexes will often experience:

- Stiffness in their hips
- Lower back pain or pain down their legs
- Digestive concerns
- Reproductive issues

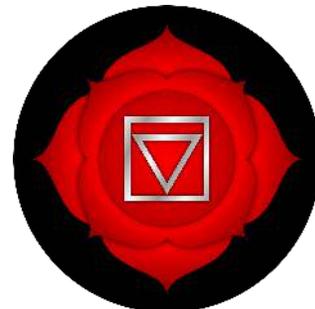


In addition, men may experience:

- Erectile dysfunction
- Low libido
- Inability to ejaculate
- Changes in sperm quality / quantity

And women complain of:

- Irregular or painful menses
- Fibroids
- Endometriosis
- Poly-cystic ovarian syndrome
- Pain and itching or bleeding with intercourse
- Low libido



In my practice I have also seen many women with cancer of the uterus, the endometrium, the ovaries or the breast, and in **every** case there was some sort of emotional trauma or abuse in their history.

### **Stress And Fertility**

It is widely recognized that stress plays a big part in fertility. There are many Studies that link elevated stress hormones with difficulty conceiving and experiencing a successful pregnancy.

In addition to releasing trapped emotions and trauma, a Reiki session will bring deep relaxation, a letting go of everyday stresses, it calms the nervous system allowing for regeneration and healing to take place.

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By releasing and resolving trauma it also allows the body to function at a much more optimal level, and for the person to become less reactive to events in everyday life.

## Reiki For Fertility

In conclusion:

Reiki works to rebalance your body, to release trauma that is stored within the body and to relieve stress. It assists in the optimal functioning of the whole body, including the endocrine system and organs.

Reiki for fertility will never guarantee that you have a successful pregnancy, but it can certainly go a long way towards preparing you physically and emotionally, and give you the best chance possible.

Of course, in some cases, there is a physical or structural concern that can only be addressed using Western medicine.

You may wish to experience Reiki for Fertility before undergoing more invasive and disruptive treatment.

Book a Reiki session today or come for a Free Discovery to find out more.



### About the Author

*Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!*

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## CHAPTER 9

# BABIES BORN WITH THE WISDOM OF TRADITIONAL CHINESE MEDICINE

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I can personally relate to the despair and emotional turmoil that comes with a diagnosis of infertility. In fact, it is said that the psychological impact in terms of anxiety and depression are similar to those diagnosed with cancer, high blood pressure, or recovering from heart surgery.

(1)



Through the lens of Traditional Chinese Medicine or TCM, infertility is seen simply as an imbalance in the body. Balance can be restored and this is what I want to focus on in this article.

Stories of hope, dreams coming true, the impossible being made possible, because although a natural pregnancy isn't going to be every woman's outcome, it is a lot more likely than what your medical doctor is telling you.

Given the right support system in terms of diet, herbal formulas, energy medicine, exercise, emotional and spiritual wellbeing, miracles can happen.

Some practitioners specializing in this field have a success rates of 70% with their patients. To put that number into perspective, a 27 year old has a 70% chance of conceiving naturally within one year. (2)

Angela Wu, an acupuncturist and doctor of oriental medicine, is one of those wonderfully gifted women with a 70% success rate. And many of her patients have come to her after all else has failed. A large number of these women have already gone through numerous unsuccessful artificial reproductive technological (ART) procedures.

From a TCM perspective, ART depletes us of our Qi, Blood and Essence needed to conceive. Running the rivers dry, so to speak. These are the same rivers we want to be abundant in Qi and Blood in order to conceive naturally.

Before sharing some inspiring success stories, I would like to share some other exciting and relatively newly found information about a woman's reproductive system. We have been taught that we are born with all the eggs we will ever have. In fact, it is now known that ovaries have stem cells capable of making new eggs in the right environment.

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Ovaries from a menopausal mouse which are transplanted into a younger mouse, start producing new eggs! (3)

**Amazing, right?** So, re-balancing and changing the environment our ovaries are currently in, could potentially be enough to make new healthy eggs capable of being fertilized and brought to term as the new life and baby we have been dreaming about.

Here are some of Dr. Wu's case studies, because miracles do happen and hope is a key ingredient in making them happen.

**Note:**

Acupuncture and TCM herbs are not the focus of these case studies, but were a part of the treatment protocol. All case studies are from Angela C. Wu's book "Fertility Wisdom" which she encourages you read after emptying your cup to make room for new ways of thinking.

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**Case Study 1:**

**(Don't) Let Them Eat Cake**

Marcia and Bill had been trying for 13 years and had doctors tell them there was no medical reason for why they couldn't conceive. From the paleness of Marcia's tongue, Dr. Wu could tell that her internal weather pattern, as we say in TCM, was of a cool and damp nature. This is common when we indulge in too many sweets and simple carbohydrates.

Ice cream is a huge no no in TCM as it is cold and sweet. Marcia's homework was to stop eating wheat, dairy and sweets and instead eat cooked foods including some meat and lots of vegetables. By the end of her third month on this new diet, Marcia became pregnant with her son Charlie.

A year later, Marcia and her husband decided to try for another child. With help from Western fertility treatments Marcia conceived, but sadly miscarried. Then Marcia and Bill re-embraced Dr. Wu's dietary advice and conceived again, this time giving birth to another healthy baby boy named Will.

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## Case Study 2:

### Giving Up A Birthday For A Birth

Kelly was athletic. She biked, swam and practiced yoga. She ate little meat and lots of raw fruits and vegetables. Kelly was able to become pregnant three times within about a year, but each time between the 8th and 11th week she miscarried.

Sad and discouraged, she consulted fertility experts who told her at her age of 39, her eggs were simply just too old and that her best bet would be to use assisted reproductive technology (ART). After two courses of Clomid, nothing happened.

Her tongue told Dr. Wu that she suffered a Cooler constitution made worse by eating too much raw food. Kelly was skeptical of Dr. Wu's advice of cooking all her vegetables and avoiding raw fruit and cold drinks, but she agreed to try out this way of eating and drinking.

Within a few weeks, Kelly was pregnant naturally. Now the question was, could she stay pregnant? Dr. Wu advised that, no she couldn't unless she gave up her athletic endeavours including yoga, so she did.

Then Kelly's father's 70th birthday came up and she wanted to fly to attend his party. Dr. Wu warned against this in these early days of her pregnancy while the little seed was trying to establish its roots.

"Let your gift to him be the healthy baby that results when you stay home through your first trimester." she said. This was hard for Kelly, but she followed Dr. Wu's advise and her family understood.

When Bobby was born everyone agreed it was a fair trade for missing her father's birthday.

## Case Study 3:

### Achieving The Impossible

Naomi was 39 when she met her partner Terry. Doctors advised her to move quickly if she wanted to conceive because her clock was ticking. When she and Terry had trouble conceiving she attributed it to surgeries she had had in her twenties. One ovary was removed as well as a cyst on her other ovary. Terry also had a low sperm count. Doctors recommended IUI or IVF for their best chances of conceiving.

Naomi and Terry wanted to try something more natural, so they turned to TCM. As is often the case, but not always, Naomi had a cooler constitution and so was asked to eliminate cold foods and beverages and eat warm, cooked foods and drinks at room temperature or warmer. Terry started eating soup made of black-boned chicken and seahorse. Seahorses are the only known species to carry and deliver babies and are a traditional Eastern fertility remedy for men.

After three months, Naomi conceived naturally just before her 40th birthday. Naomi stuck to the new eating and drinking program to prevent miscarrying in the first trimester. She carried to term and gave birth to their daughter Charlotte.



#### About the Author

*Emily Dunn studied in Ottawa to become a registered acupuncturist and has additional training in Dr. Tan's Balance Method, Master Tung's Points and facial rejuvenation for cosmetic acupuncture.*

*What inspires Emily as an acupuncturist is the ability to use a millennia old, drug-free method to help people relieve their symptoms and to facilitate natural healing.*

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