



Managing Fertility: What Approach is Right for You?

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For many people, one of the greatest joys in life is holding their newborn. There is an indescribable sense of wonder in knowing that you brought a human being into this world. While not everyone chooses to have a child, ideally everyone should have the choice to have a child or not.

The Statistics:

Unfortunately, some people feel like they don't have the choice to have a child. The term infertility is used when a woman has been trying to get pregnant without success for over one year if the woman is 34 or younger OR for over 6 months if the woman is 35 or older. According to the National Survey for Family Growth (Data from 2006-2010) there are 1.5 million women who are married and between 15 and 44 years old who are considered infertile in the United States. The cause of infertility could be male or female related. Currently, the estimate is that infertility is around 30% male related, 30% female related and 40% both male and female related or unknown.

The Options:

There are many options available (both naturopathic and conventional) for those experiencing difficulties getting pregnant.

Naturopathic

- Lifestyle changes (including diet, exercise and fluid intake)
- Supplements (including vitamins, minerals and amino acids)
- Herbs (including reproductive, anti-inflammatory, adaptogen and nutritive herbs)

Conventional

- Medications (including Clomid, Bromocriptine and Metformin)
- Artificial Insemination/Intrauterine Insemination and Assisted Reproductive Technology
- Surgery

The naturopathic options tend to start from the basic building blocks of health and are typically less invasive and gentler on the body. Thus, naturopathic treatments may be a good place to start. For some people, conventional treatments are necessary. Many times the benefit of conventional treatments can be increased by combining them with naturopathic treatments. This concept makes sense because naturopathic treatments are preparing the body to be at optimal health and therefore provides the best material to create the fetus and gives the fetus the best environment to grow. The healthier the starting make-up and growth environment for the baby, the healthier the baby should be. It is important to remember that the goal of having a child should include having a safe pregnancy and creating the healthiest baby possible.