

Natural Fertility

The Male Fertility Factors

Sperm Count:	20-150 million/ml	<20 million/ml
Semen Quantity:	1.5-5 ml	<1 ml
Sperm Motility:	>60%	<50%
Sperm Morphology:	>15%	<14%
Semen Quality:	Liquefaction (30 min), Viscosity (liquid), pH	

Age: <25 years of age vs >35 years of age

Other numbers: Production & Transit
 Best Sperm Motility
 Best Sperm Count

Other causes for male infertility:

Auto-immunity	Allergy	Infection
Undescended testicle	In-utero damage	Varicocele
Blockages	Lifestyle	Chemicals

The Ideal Menstrual Cycle

Flow: 4-6 days

Follicular: Growing Endometrium
 Encourage the growth and maturation of 1 egg
 12-16 days
 (Average 36.2-36.5 C or 97-98 F)

Ovulation: 2-4 days prior to ovulation, start of fertile mucus
 (Thermal shift of 0.3-0.5 C or 0.5-0.9F)

Luteal: 12-16 days
 No Spotting, little to no PMS

Common Patterns of Imbalances (Simplified)

<p>Yang Dominant Type -Yin Deficiency -Heat</p>	<ul style="list-style-type: none"> • Restless/ample energy • Thin or lose weight easily • Heat intolerance • Headache, ear ringing • Good libido • Poor semen quality/quantity, poor sperm morphology • Premature ejaculation • Heavy menstrual flow on day 1, bright red blood • Short follicular phase • Little or no fertile cervical mucus • Normal or long luteal phase • Thinner endometrial lining
<p>Blood Deficiency</p>	<ul style="list-style-type: none"> • Insomnia • Scanty menstrual flow or late flow • Dry skin, nail, hair • Light headedness
<p>Yin Dominant Type -Yang Deficiency -Qi Deficiency</p>	<ul style="list-style-type: none"> • Chilled easily, cold extremities • Lethargic • Lower back & knee pain • Overweight or gain weight easily • Night time urination, frequent urination • Lower libido • Impotence • Low sperm count & motility • Premenstrual lower back pain, loose BM • Dull menstrual blood
<p>Qi Deficiency</p>	<ul style="list-style-type: none"> • Looser bowel movement • Tendency to allergies • Lacking in exercise • Bruise/bleed easily • Fatigue easily • Spotting • Dull, heavy, bearing down menstrual cramp
<p>Phlegm/Dampness</p>	<ul style="list-style-type: none"> • Sluggishness after meal • Fibrocystic breast, PCO/PCOS, cystic acne • Tendency to yeast infection • Overweight • Sensitive to damp weather
<p>Blood Stasis</p>	<ul style="list-style-type: none"> • Dark brown/black menstrual blood, large clots • Sharp stabbing menstrual/ovulation pain • Endometriosis, fibroids, hemorrhoids, varicose vein

Liver Stagnation	<ul style="list-style-type: none"> • Irritability, depression • Bloating before ovulation/menses
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IVF/IUI & Chinese Medicine

1. Hormone treatments
 - minimize side effects
 - calm the mind, return to parasympathetic state
 - support the Yin and encourage better liver function
2. Pre and Post Transfers
 - Prepares the uterus to receive blastocyst and relax cervix prior to transfer
 - Calm the uterus and reduce spasm post transfer
3. Positive hCG
 - support the process of implantation and early fetal development
4. Improve sperm and semen quantity and quality

Fertility Friendly Living

1. Stress Reduction
2. Sleep Hygiene
 - Yin Depletion
 - Liver Stress
3. Food Hygiene
 - Late night snacks
 - Overeat
 - Food allergens
 - Coffee, cigarette, alcohol, sugar
 - Junk food
 - Eat according to body type
4. Castor Oil Pack
 - Day 4-10 Uterus
 - Day 11-17 Liver
 - Day 18-24 Breasts
5. Adequate Exercise

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| 6. | Low Chemical Exposure | Polychlorinated biphenol
Dioxin
DDT
Industrial solvents/adhesive
Printing ink/paing
Other petroleum by products |
| 7. | Pharmaceuticals | Spirolactone, Ca blocker (Blood pressure)
Cimetidine (Ulcer)
Testosterone (Steroid)
Chemotherapy
Phenytoin (Epilepsy)
Nitrofurantoin (Urinary)
Grisovin, Griseostatin (Antifungal)
Anti-inflammatory |

Specific Nutrients

1. B vitamins
2. Folic Acid
3. Vitamin C
4. Selenium
5. NAC
6. Magnesium
7. Bee pollen/ Royal Jelly
8. Coenzyme Q10
9. L-carnitine
10. L-arginine

11. Pycnogenol

12. Zinc

Eating for Your Body Type

Pattern	Ideal Foods
Yang Dominant/Yin Def/Heat	Barley, millet, asparagus, sprouts, potato, seaweed, leafy vegetable in general, fish and shellfish, legumes.
Blood Deficient	All whole grains, alfalfa, beet, mushroom, dark leafy green (iron & chlorophyll), apple, apricot, fig, dark colored fruits, avocado, all red meat, eggs, molasses, black sesame, almond.
Yin Dominant/Yang Def/Cold	Sweet rice, quinoa, mustard greens, onion/garlic, radish, squash, sweet potato, cherry, peach, chestnuts, walnuts, chicken, lamb, venison, all spices/herbs
Qi Deficiency	Oats, rice, asparagus, mushroom, potato/sweet potato, grapes, cherry, date, fig, beef, pork, lamb, poultry.
Damp	AVOID: dairy, chocolate, fatty meat, peanut, fruit juices (especially tomato & orange), excess wheat, banana, sweets/carbs, raw cold foods.