

Natural Help 4...

Sterility



What is for Sterility?

Sterility, also referred to as [infertility](#), is defined as an **inability to conceive a child after trying to do so for at least one year**. Sterility can **affect both men and women**, with the cause involving either one or both parties.

For a man to be fertile, the **testicles must produce enough healthy sperm to be ejaculated** effectively into the woman's vagina.

For a woman to be fertile, the **ovaries must release healthy eggs regularly**. In addition, her reproductive tract must allow the eggs and sperm to pass into her fallopian tubes to **become fertilized and implanted in the uterus**.

Factors that Contribute to Sterility

There are many factors that contribute to sterility such as **age, lifestyle, physical, and environmental conditions**. Sterility is an emotional journey for the couple trying to become pregnant, and feelings of [anger](#), [guilt](#), and [depression](#) are not uncommon.

Diagnosing Sterility

If you and your partner have been **trying for more than a year** to become pregnant, **or both of you are over thirty** and battling, it is good idea consult your gynecologist, obstetrician or urologist for further investigation.

It is important to **undergo a thorough fertility evaluation** to determine the problem.

Testing for Men

In the case of men, a general physical examination will be performed, with discussions concerning **medical history, illnesses, disabilities, medications and sexual habits**. Tests such as semen analysis, hormone testing, transrectal and scrotal ultrasound may also be performed.

Testing for Women

Women should **track their ovulation** by recording their basal body temperature for several months, checking their cervical mucus using a home ovulation test kit.

Additional tests to determine sterility include blood tests, an ultrasound of

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

the ovaries, hysterosalpingography to check for physical problems of the uterus and fallopian tubes. A laparoscopy can check the ovaries, fallopian tubes, and uterus for disease. In many instances, sterility may be unexplained, but fertility treatments will be able to help.

Once a diagnosis has been made, you and your partner can consider the various treatment options.

What Causes Sterility?

Sterility is **classified into two groups**, primary and secondary.

- **Primary sterility** means that a pregnancy has never occurred.
- **Secondary fertility** involves one or both partners who have conceived previously, but are now unable to do so because of a possible physical or medical condition impairing fertility. A woman who keeps having **miscarriages is also considered infertile**.

Risk factors for both men and women are the same and these include age, stress, being underweight or overweight, diet, smoking, alcohol and drugs.

Age plays quite a critical role, as fertility peaks for both men and women in their mid-twenties. Male fertility starts declining in their thirties, while women older than 35 years may experience problems conceiving.

Certain medical conditions such as diabetes, thyroid disease and anemia may also affect fertility.

The Most Common Causes of Male Sterility

There are several causes of male sterility, including:


- Abnormal sperm production
- Impaired delivery of sperm
- Testosterone deficiency
- Genetic defects
- Undescended testes

Also, erectile dysfunction or low libido can make the process of procreation that much more difficult.

Common Causes of Female Sterility


The most common causes of female sterility include:

- Fallopian tube damage or blockage
- Ovulation disorders
- Polycystic ovary syndrome (PCOS)
- Endometriosis
- Early menopause
- Pelvic adhesions
- Benign uterine fibroids



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Help for Sterility

Sexual problems such as impotence or premature ejaculation should be addressed. If a lack of sperm is suspected, surgery, hormones and assisted reproductive surgery can correct the problem.

It is also important to **increase the frequency of intercourse** by having well-timed sex regularly to improve fertility.

Infertility in women may be treated with ovulation drugs, surgery, artificial insemination or assisted reproductive technology (ART). Other methods of ART also include donor eggs and embryos or gestational carriers (surrogate mothers). These treatments are quite costly and it is best to choose the one that you are most comfortable with.

Many of these treatment options may have harmful or unpleasant side effects such as nausea, headaches and weight gain. Fertility treatments have also been known to increase a woman's chance of having twins, triplets or other multiples.

Natural and holistic treatments have been used for centuries to enhance fertility in men and women. Herbal and homeopathic remedies are **gentle enough to support the reproductive system** and its delicate mechanisms while still **promoting libido, sexual stamina and sex drive**. In addition, men should **ejaculate regularly** to improve the quality of sperm.

Remedies for Men

Herbs for men such as Epimedium grandiflorum (Horny Goat Weed) **promote male potency**, act as an aphrodisiac and can **increase sperm production**.

Centella Asiatica (Gotu Cola) helps to strengthen connective tissue and the walls of blood vessels, and **improve circulation of blood to the penis**. It can also help the seminiferous tubules, which manufacture sperm, by **improving blood supply and providing nutrition to the male organs**, thereby **strengthening erections and sexual desire**.

An important Ayurvedic remedy called Tribulus terrestris (Gokshura) is an excellent overall **tonic for the reproductive system and also treats infertility**.

Remember to **consult a reputable herbalist or homeopath** about a fertility treatment that suits you best.

Remedies for Women

Herbs for women such as Vitex agnus-castus (Chasteberry) help to **balance hormones by stimulating the pituitary gland**, which produces sex hormones such as estrogen, progesterone, and testosterone.

A traditional Chinese fertility herb, Cimicifuga racemosa (Black Cohosh) may **help to improve hormone functioning** and is also used in the prevention of miscarriage and in the treatment of menopause.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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[Mom's Blog](#)

[Health or High Water](#)

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In addition, *Eleutherococcus senticosus* (Siberian Ginseng) has many medicinal uses that helps to **improve overall systemic health**. It may also help to **correct hormone imbalances, boost libido and sexual pleasure, and support uterine functioning**.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with



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pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Fertile XX: Supports hormone balance, healthy uterus, ovaries, fallopian tubes and reproductive function.

Herbal fertility tonics have been part of traditional medicine all over the world for many thousands of years. Fertile XX is a 100% safe, non-addictive, natural herbal tonic containing a selection of herbs to **promote and support fertile conditions**.

Fertile XX has been used for many years to safely maintain harmony, health, and systemic balance in the **female reproductive system**. Fertile XX also supports

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

a healthy uterus, ovaries, fallopian tubes, and **reproductive functioning**.

Regular use of Fertile XX **supports normal hormone balance** in the female body and encourages **healthy egg production** and regular ovulation while also supporting overall systemic health.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XX](#)

Fertile XY: Promotes healthy functioning of male sexual organs, sperm and testosterone production.

Fertile XY is a 100% safe, non-addictive natural herbal remedy containing a selection of herbs that **support sperm production** and function.

Fertile XY has been formulated to the **highest therapeutic standards** and manufactured under strict pharmaceutical conditions to encourage and **promote virility and seminal potency**.

Fertile XY has been used for many years to safely maintain health, and **systemic balance in the male reproductive system**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XY](#)

Bringforth Life Flower Essence: Allow creative forces to blossom in women struggling to conceive or who have had frequent miscarriages.

Bringforth Life Flower Essence is a 100% natural, safe and effective formula of pure and undiluted flower essences to improve fertility and encourage healthy conception. Created for **women who are struggling to get pregnant** or who have had frequent miscarriages.

This essence helps to locate the sources of fear in the subconscious, allowing the creative force to blossom. By lifting deep feelings of abandonment, rejection and fear and releasing negativity, this essence helps to **overcome subconscious fears of pregnancy and parenthood** and allows the creative force to flow freely.

Bringforth Life Flower Essence is formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions, in consultation by our clinical psychologist, using ingredients specially chosen for their safety and effectiveness.



[Read more about the Native Remedies Full Spectrum Approach™](#)

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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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