

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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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.

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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

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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.



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