

FertilityRoad

YOUR PATH TO PARENTHOOD

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IS TRAVELLING FOR TREATMENT RIGHT FOR YOU?
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IN THE
USA**
SPECIAL FEATURE

FIVE POINT PREGNANCY PROGRAMME

top-tips to help
you shape up
and get baby-fit

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3 tranquil trips
to start you on
your path to
parenthood

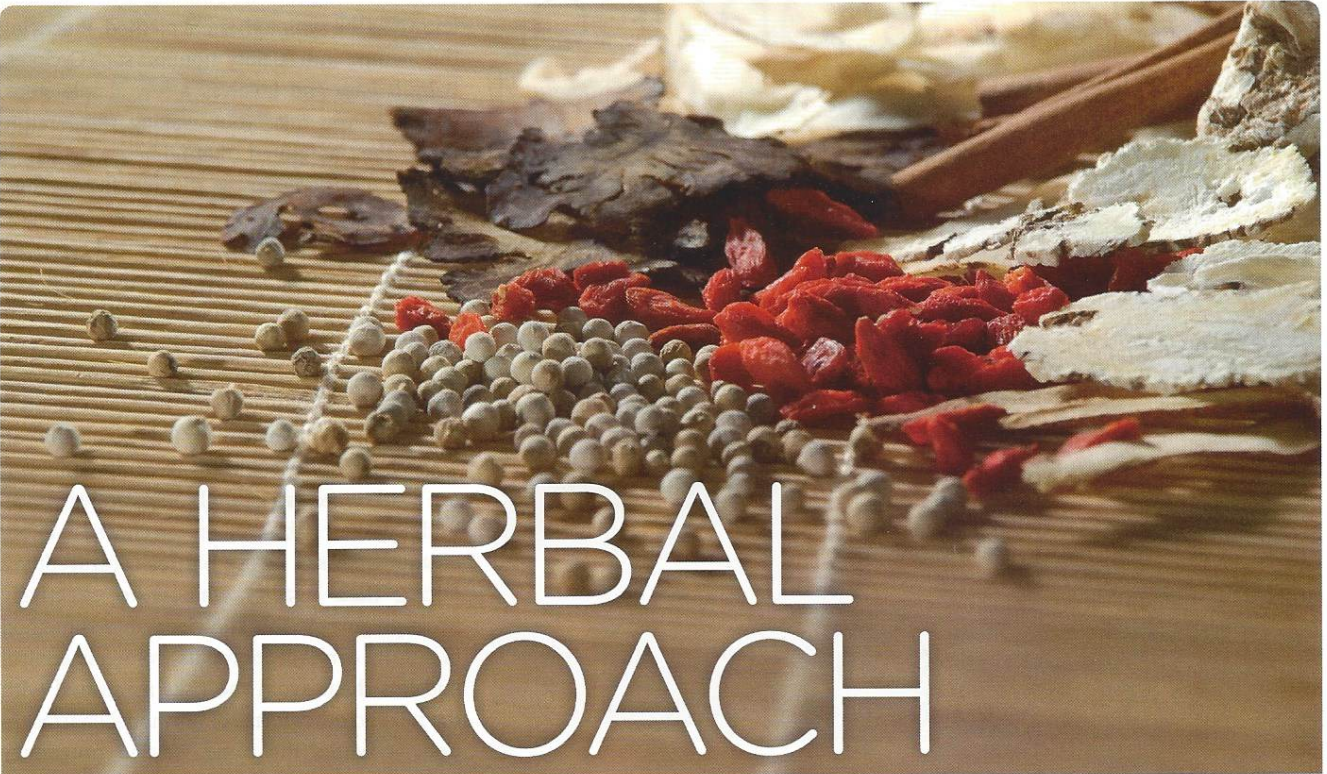
Ricky Martin

Fast track to fatherhood



GUIDES/ALTERNATIVE

Helping you plan for every stage of your journey...



When having difficulty falling pregnant, many couples seek alternative options such as herbal medicines to boost their fertility, and improve their chances of conceiving naturally. The correct use of herbs, aiding fertility, can be an effective way to balance and nurture the body, making it an increasingly popular method when trying for a baby.

Unregulated for many years, the ancient healthcare system is about to go through a new regulatory process, setting down guidelines that will make it safer for couples to consult a licensed herbal practitioner in the UK. The new guidelines will also help to recognise and secure the use of herbal medicine for future generations to come.

● Can herbal medicines really help with fertility?

The taking of herbal medicines can be a safe and effective way to help improve fertility as it can address underlying imbalances in the body that could be reducing the chances of conception.

Once approved and regulated there will be a much greater recognition of this ancient tradition working in conjunction with treatments such as IUI, IVF, ICSI and egg donation, where herbs and remedies can supply extra support the body needs, and thus increasing the chance of successful pregnancy.

● Are all Herbalists qualified?

Although herbal medicine uses only natural plants as treatments, it can still be misused and should only be prescribed by an experienced practitioner. The majority of herbalists in the UK are qualified but there is no law to currently enforce this, meaning that anyone can practice without any formal training.

● How do I find a qualified practitioner?

Until the new laws are put in motion, herbal practitioners in the UK have registers of their own. These registers list all the trained herbalists who are authorised to administer herbal medicine to the general public.

Training to become a qualified herbalist can take up to five years, showing the enormity and complexity of the herbal medical system and science involved with the plants being used.

When looking to use herbal medicine to increase the chances of pregnancy, it is important to seek a practitioner who is a specialist in the field of fertility and experienced in combining herbal medicine with IVF treatments to gain optimum results. These practitioners must provide an up-to-date certificate which shows they are trained and follow a code of ethics laid down by the register: [FR](#)

● UK Registers ensuring safe practice

Unified Register of Herbal Medicine:

www.urhp.com

Association of Master Herbalists:

www.associationofmasterherbalists.co.uk

Register of Chinese Herbal Medicine:

www.rchm.co.uk

Andrew Loosely is a UK Natural Fertility Expert and a qualified and registered herbalist and acupuncturist specialising in fertility. To claim a **FREE** copy his latest book, *The Ultimate Fertility Guide*, please visit www.NaturalFertilityExpert.com