

THE WORLD'S NUMBER 1 FERTILITY MAGAZINE

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YOUR JOURNEY TO PREGNANCY AND PARENTING

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MEN ONLY

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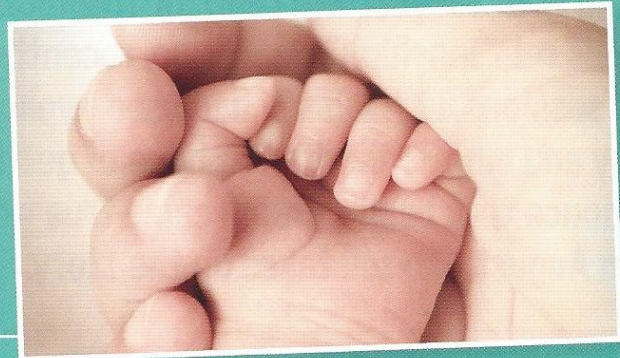
DR PHILIP WERTHMAN • BEHIND THE SCIENCE... TESTS & DRUGS • YES TO IVF?

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FERTILITY JOURNEYS 2014



FERTILITY JOURNEYS REMAINS A WORLD-FIRST - FIVE RENOWNED EXPERTS OFFERING THEIR TIME AND EXPERTISE IN HELPING FIVE COUPLES CROSS THE BRIDGE TO PARENTHOOD. AS PROUD AS WE ARE TO HAVE BROUGHT FERTILITY JOURNEYS TO THE WIDEST OF AUDIENCES, WE WOULD BE NOTHING WITHOUT OUR VALUED EXPERTS AND EXTREMELY BRAVE COUPLES.

The project comes with the intention of unveiling what each fertility process really involves – the pain, the pitfalls and the joy, from real people and real experiences.

So, another two months have passed, with our five chosen couples continuing their individual programmes. And we're delighted to report there is fantastic news for one of our couples, so please turn over for this issue's update.



HYPNOTHERAPY: Russell Davis • NUTRITION: Dr Marilyn Glenville • CHINESE MEDICINE: Andrew Loosely • DETOX: Simply Healing • EGG DONATION: IVF Spain

CHINESE HERBAL MEDICINE...

WITH ANDREW LOOSELY

We pick up where we left off with Louise, who in the last three months has started working with the founder of Natural Fertility Expert, **Andrew Loosely**. It's early days, but Louise is optimistic about what the future might hold.



Louise writes...

I'm now into my second month of treatment on Andrew Loosely's programme, The Baby Creating Plan, and I'm feeling ecstatic!

I've already lost 10lbs in weight and I'm so delighted, as the IVF clinic will only treat me if I lose enough weight before my treatment date.

The Baby Creating Plan is a Herbal Treatment Programme that is tailored to my personal needs and the herbs are prescribed by Andrew. This means that I take herbs throughout the different stages of my cycle, and he changes the herbs as my fertility health improves.

My energy is already higher, my psoriasis is much clearer, my cycle is better, and I'm feeling physically and emotionally really well!

My test results

Just before starting The Plan, Andrew requested a series of tests to see how well my body was working, and to identify any areas that might be out of balance. He requested a general hormone profile, a detailed thyroid test, and a series of vitamins and minerals to be tested too.

The tests had to be done on specific days of the month, with a simple blood test, and this is what he requested:

Test 1: days 1-3 of my cycle:

FSH
Estradiol
Prolactin
LH

Test 2: seven days after ovulation:

Progesterone

Thyroid panel including TSH, Free T3, T4, Free thyroxine and thyroid antibodies (Thyroglobulin and Thyroid Peroxidase)

Vitamins and minerals including zinc, B12, B6, folate, vitamin D

Test group 1 is to assess how well my ovaries are working and to see if there might be indicators of issues with egg quality.

Test group 2 is to see whether I have ovulated or if there are any issues with implantation. Andrew told me that this area is frequently overlooked, and often not thoroughly investigated in conventional medicine.

Progesterone levels need to be a minimum of 20nmol/L for ovulation and 30nmol/L for implantation, with 50nmol/L required for a healthy early pregnancy.

As well as having lost weight and feeling more energetic, my temperatures are as high as 36.3°C (in the follicular phase), which is really great news.



Until meeting Andrew I wasn't aware that these tests had to be completed on specific days. I've since realised that my hospital had been testing me incorrectly, as if I had a 28-day cycle, which is not the case. This means that my previous test results were pretty much useless.

My tests with Andrew are now back, and everything is good apart from my progesterone, which he suspected was low. It was 3.3nmol/L, which is 10 times lower than the minimum required for implantation to occur!

He assures me that herbal medicine can help this, by helping my body to restore its own natural production of progesterone, through increasing the natural resources that my body needs to manufacture it.

Alongside his treatment Andrew asks all of his clients to use BBT (basal body temperature) charting. I had to start mine before the treatment started so that we have a natural marker to compare my later results to. We discovered that my temperatures were really low at 35.5°C, which is much too low for any part of the menstrual cycle.

Andrew told me that the first half of the cycle (follicular phase) should be around 36.2-36.5°C, and the second half of the cycle after ovulation should be around 36.7-37°C. Anything below or above these levels in either phase is an issue and could cause problems with conception.

Although this all sounds a bit negative, I'm so pleased to be working with Andrew and to know that we have a way to balance this all out. It's just a matter of time.

Sessions with Andrew

Although I'm on an IVF Preparation Programme with Andrew to help me get my body into the best possible shape before I attempt my last round of IVF, he has advised that we continue to try naturally during that time and see what happens.

Andrew has worked with thousands of women over the years and frequently has a waiting list, so I'm delighted to be able to work with him so quickly!

I meet with Andrew every two weeks to have a follow-up session so that he can monitor my progress, check the herbal medicine, answer my questions and concerns and offer me guidance on things that I can do at home myself.

During a session he usually asks me a series of questions on the following subjects:

- My general health
- My energy level
- Appetite
- Bowel movements
- Urination
- Sleep pattern
- My mood
- My cycle in general

Louise and partner



With this newfound knowledge and working with Andrew and his team, I now feel that I have people who understand and support my journey and I feel as if I'm in the best hands possible.

- My period and the colour, consistency, and whether there's clotting, pain or other symptoms
- Ovulation and whether I experience cervical mucus, and if so what quantity and quality

Each session varies and he asks different questions depending on what he sees in my BBT chart. We also look at the charts together and he explains what's going on, and what still needs to be worked on.

For the first time ever I can say that I feel fully supported and that I'm in the best hands possible for my journey! It's such a different experience than the medical one I've been down for the last few years.

The results so far

As well as having lost weight and feeling more energetic, my temperatures are as high as 36.3°C (in the follicular phase), which is really great news. Needless to say I'm very excited by this as I now feel that I'm on the right track!

Andrew explained that according to Chinese Fertility Medicine, my body is underactive and is unable to warm itself sufficiently throughout my cycle - specifically during the luteal phase. This lack of warmth links to a deficiency of

progesterone, which is vital to address before doing IVF to encourage implantation. By using specific herbs he is able to internally 'warm' and activate my body, helping it work more efficiently and produce the right levels of hormones.

Andrew explained that although I received progesterone as part of my IVF cycle, it was a synthetic form of the hormone, which is not the same as my own progesterone. He explained that if my natural levels were low, the synthetic progesterone would not help address the underlying cause of the deficiency, and in some cases might actually make it worse, as it blocks the progesterone receptor sites on the cells. This could mean an even lesser chance of implantation if the cells are blocked, as my body then can't make its own.

If I can increase my natural levels, indicated by test results and higher BBT temperatures, then I stand a much higher chance of conception.

With this newfound knowledge and working with Andrew and his team, I now feel that I have people who understand and support my journey and I feel as if I'm in the best hands possible.

I feel that for the first time in a long time my dream of having a baby may actually come true!