

# Baritz Wellness Center, P.C.

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## Fertility (female)

10/20//10, 10/21/10

The causes of female infertility are many and varied. They include endometriosis, polycystic ovarian syndrome, infections such as chlamydia, pelvic inflammatory disease and thyroid dysfunction. However in many cases there is no known cause for the lack of conception.

Holistic care is directed to address any known causes of infertility, improve hormonal imbalance, strengthen and tonify the female reproductive system, treat nervous system where appropriate and improve general health and vitality.

### Address the basics

- Conception can only occur a few days each month; care must be taken to have intercourse during the fertile window
- Eat a healthy diet high in fresh vegetables and lean meats; and low in carbs such as bread, pasta, potatoes and rice.
- A woman's reproductive system usually takes at least 3 cycles for full response to holistic interventions.
- A holistic fertility program should be continued for 12 months.

### Grade the results

- Look for improvements in menstrual cycles, libido and/or sexual response after three cycles, some women respond sooner.

### Core Program

- **Ovex P<sup>1</sup>** 2 caps 2x/day  
Ovarian extract, includes many substances produced by the ovaries; used to strengthen and support the ovaries.
- **Wheat Germ Oil<sup>1</sup>** 3 pearls 2x/day  
Vitamin E has been shown to increase male & female fertility; wheat germ oil is the most biologically active form
- **Fortil B12<sup>1</sup>** 3 pearls 2x/day  
Rich in Tillandsia (Spanish moss), its effect is due to a high concentration of sex hormone factors.
- **Folic Acid B12<sup>1</sup>** 1 cap 2x/day  
Provides the recommended 400 micro grams; folic acid supports spinal cord neural tube formation in the first trimester<sup>3</sup> and CNS development thereafter.
- **Tribulus<sup>2,5</sup>** 1 tab 3x/day (taken on days 5 to 14 of the menstrual cycle)  
To improve ovulation; in one study 31 pregnancies were recorded in 100 couples with infertility within 12 month of starting Tribulus; average time to conceive was 5.2 months<sup>4</sup>.
- **Herbal Blend<sup>2,6</sup>** 7.5ml 2x/day  
Includes herbs that have been used for 100's of years to improve fertility and sexual response

### Additional Treatment (as required)

Address any known factors of infertility

***To have a custom program created for you or for a free consult call 508 583-2565***

1. Standard Process Products for more info: [www.standardprocess.com/display/sponlinecatalog.spi](http://www.standardprocess.com/display/sponlinecatalog.spi)

2. MediHerb products for more info: [www.standardprocess.com/display/mhonlinecatalog.spi](http://www.standardprocess.com/display/mhonlinecatalog.spi)

3. American Pregnancy Association: [www.americanpregnancy.org/pregnancyhealth/folicacid.html](http://www.americanpregnancy.org/pregnancyhealth/folicacid.html)

4. Bone K, Townsend Letter for Doctors & Patients 2004; #245: 49-52

5. Advise the doctor if Tribulus causes digestive upset.

6. Best not taken with progesterone drugs such as HRT or Birth Control; may aggravate Dysmenorrhea; do not take if you have HBP, edema, congestive heart failure or low potassium; may cause stomach upset; do not take with HBP MEDS, CORTISOL, DIGOXIN, PREDNISOLONE, DIURETICS; take 2 hours away from meds as it may retard absorption; advise the doctor if you have any of these conditions & the blend can be reformulated to accommodate your needs.

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