

## Certified Fertility Counselor Course- Session 12- Alternative Treatments for Fertility and Infertility. The use of Medicinal Herbs

### Chinese Medicine

Chinese medicine has been used for many centuries and recently became more popular in the last decade to treat infertility and even boost fertility rates. Chinese medicine has a 70 percent success for treating infertility. However there are different types of Chinese therapies including acupuncture and cupping.

Acupuncture used with Chinese medicine is sometimes abbreviated as TCM. Acupuncture involves placing hair-thin needles into particular points on the body. These points, according to the Chinese tradition, run along lines of energy, or meridians. From the TCM perspective, the idea is that an imbalance of these energies in the body can lead to illness, including infertility. Correcting the imbalance by stimulating particular points along the meridians is thought to improve health. Women who are going through in vitro fertilization can benefit from Acupuncture, as it increases pregnancy rates by 23 percent.

Acupuncture can help with infertility if there are issues with ovulation. It has been shown to improve ovulation by 83 percent.

Cupping, used together with Acupuncture and Chinese medicine can help a couple to increase their fertility. The process helps relieve inflammation in the area of the body where the treatment is applied. This healing technique consists of creating a vacuum by placing a cupping glass on the skin which creates a suction on the skin stimulating blood flow to the area where the cup is placed. Chinese cupping treatment is often used to treat lung and respiratory inflammation, however has found to be extremely useful in cases of infertility as it helps detoxify the body.

### Meditation and Yoga

Because couples have the stress of day to day stressors, on top of the stress of trying to conceive, a lot of times meditation can help put the mind at ease and in some cases if performed on a daily basis, can help ovulation.

Yoga can also be beneficial to boosting fertility by getting the blood flow moving. Daily activities and yoga will also help the body's stress levels. Yoga can also be beneficial to those who have little inactivity or are overweight.

Fertility Yoga is not exactly as beneficial as in vitro fertilization (IVF) treatments or hormone therapy, although yoga can help women trying to conceive by helping them take a moment to relax and calm down. Fertility Yoga uses gentle poses that help ease anxiety. Women who do go through in vitro fertilization, experience anxiety, but by helping the body with Yoga to ease this, it may help the conception process.

## Herbs used for Fertility

There are many herbs that are used for fertility and infertility, either to boost or to heal the body so hormones will function as they should. The following is a guide to help the different herbs used in the reproductive systems.

### **High Estrogen Imbalances (Female)**

Chaste Tree  
Pasque Flower  
Pro-G-Yam Cream (through NSP)  
Sarsaparilla  
Wild Yam and Chaste Tree together

### **Low Estrogen Imbalances (Female)**

Black Cohosh  
Clary Sage Essential Oil  
Dong Quai  
Licorice  
Phyto-Soy  
Pregnenolone  
Red Clover

### **High Progesterone Imbalances (Female)**

Black Cohosh  
Clary Sage Essential Oil  
Geranium Essential Oil  
Phyto-Soy  
Rose Essential Oil

### **Low Progesterone Imbalances (Female)**

Blue Cohosh  
False Unicorn  
Pro-G-Yam Cream (through NSP)  
Sarsaparilla  
Wild Yam and Chaste Tree

### **Other Female Hormones-**

#### **Oxytocin Enhancers-**

Blue Cohosh  
Chocolate  
Clove Essential Oil  
Lady's Mangle  
Goldenseal  
Scotch Broom

**Oxytocin Inhibitors-**

Cramp Bark  
Jasmine Essential Oil  
Lavender Essential Oil  
White Willow

**Prolactin Enhancers-**

Alfalfa  
Blessed Thistle  
Fennel  
Marshmallow  
Milk Thistle  
Nettle Leaf

**Prolactin Inhibitors-**

Parsley  
Sage

**FSH Inhibitors-**

Hops  
Sage  
White Willow  
Wild yam and Chaste Tree

**Other Female Issues-****Heavy Bleeding**

Capsicum  
Bayberry  
Sarsaparilla  
Yarrow

**Painful Periods (Dysmenorrhea)**

Lobelia  
Wild Yam and Chaste Tree  
Caster Oil Packs  
Dong Quai  
Ginger  
Niacin

**Menopausal Issues- aid menopause**

Black Cohosh  
Eleuthero  
Evening Primrose oil  
False Unicorn  
Dong Quai  
Licorice Root  
Pro-G-Yam Cream

### **High Testosterone Imbalance (Male)**

Milk Thistle

Liver Balance (from NSP)

### **Low Testosterone Imbalances (Male)**

Eleuthero

Ginseng, Korean

Horny Goat Weed

Muir Puama

Pine Tree Pollen

Pregnenolone

Sarsaparilla

Tienchi ginseng

Tribulus

### **Other Male Issues-**

#### **Erectile Dysfunction-**

Damiana

Ginseng, Korean

Maca

Yohimbe

#### **Herbs to assist in fertility-**

Damiana

Maca

Red Raspberry

Red Clover

Skullcap

A lot of herbs work together, Herbalist Rosemary Gladstar recommends an herbal formula to help female fertility.

4 parts rehmania

1 part astragalus

1 part dong quai

2 parts false unicorn root

3 parts wild yam

1 part chaste tree berry

Normally taken as a capsule or tincture three times a day. Herbalist Amanda McQuade Crawford often uses fertility formulas, especially for those who have a diagnosis of infertility, or twisted tubes.

## Common Herbs for Fertility

### **Cervical Mucus (Female)**

Evening Primrose Oil, no more than 1500mg a day, taken with 4 glasses of water. This will enhance fertile cervical mucus. Should be taken a week prior to ovulation.

### **Cysts on ovaries and tone the uterus**

Red Raspberry leaf, taken as a tea, capsule or tincture. Used to tone the uterus, excellent after child birth to assist in the uterus to go back down. Helps alleviate cysts.

### **Maca Root (both male and female)**

Maca Root, grown in the Rainforest of Peru, this herb is beneficial to both male and female reproductive systems, and enhances sexual arousal. This Rainforest herb assists in balancing out male and female hormones. Leslie Taylor explains the breakdown of this powerful rainforest herb in her book *Healing Power of Rainforest Herbs*.

### **Damiana root, the sexual herb**

Damiana root is a shrub that grows in Mexico and is known to have an aphrodisiac effect. This herb is often used to help sexual enhancement, especially in men.

### **Dong Quai, a part of the Chinese remedies**

Dong Quai is best known for its blood-tonifying and blood-strengthening properties. It vitalizes the blood and tonifies the uterus and female generative organs. It is used for anemia (in both men and women), amenorrhea, dysmenorrhea, and irregular menstruation.