



PRE-CONCEPTIVE HEALTH

12 May 2004

CAUSES OF INFERTILITY

- Inadequate diet
- Drugs, including alcohol
- Genito – urinary infections
- Immune System failure
- Health complaints. i.e.
 - i. Thyroid disease
 - ii. Poly cystic ovarian syndrome
 - iii. Endometrisos
 - iv. Sexually transmitted diseases
- Radiation
- Previous terminations
- Toxicity in the body
- Stress
- Emotional turmoil

PRE-CONCEPTION HEALTH CARE

- Must commence a minimum of 16 weeks prior to conception. This is the period of time taken for eggs and sperm to complete their growth cycle (166 days for sperm to germinate)
- Mum's and Dad's should both be involved.

Aimed at:

- Treating some causes of infertility
- Optimising the health of the developing baby
- Prevention of miscarriage, still birth and congenital defects that develop through nutritional imbalances. i.e. absence of nutrients or presence of toxins or infections.

ALLERGIES THAT MAY AFFECT CONCEPTION AND DEVELOPING BABY

- Prevent sufficient nutrient absorption
- Lead to reduced immune function in parent
- Possible transmission to child
- If both parents allergic, 60% probability of allergic child.
- Congestion in fallopian tubes and overproduction of mucous in systemic system.