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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fertility And Your Fertile Soil

By Laurie Morse, L.Ac.

So just what are the ingredients for the fertile soil in a woman's body that supports healthy

pregnancy and birth? This is an important question for a woman trying to conceive. Traditional Chinese Medicine (TCM) has some solid contribution on the topic...First, a woman's blood must be ample, nutritionally and hormonally healthy, and flowing unimpeded throughout the body and, in particular, the uterus. Second, her Chi needs to be flowing smoothly in all her organs, muscles and channels (including the uterus). Third, her mental and emotional energy system needs to be balanced in such a way that a woman trying to conceive, is enhancing her overall health versus burdening her overall health.

Whew, that's a mouthful. And what does it all mean? Well, let's look at each piece individually.

Ample, nutritionally and hormonally healthy as well as, Flowing Unimpeded throughout the body Blood: In Chinese Medicine we refill our tank daily with energy or life force, via our food, drink and breath. We must sleep at night in order to repair, rebuild, regenerate and rejuvenate our entire system. This repair work requires a foundation of nourishment that we supply ourselves each day.

One of our energy systems in Chinese Medicine, The Earth System which includes the organs Spleen/Pancreas and Stomach, is responsible for receiving the food and drink we ingest, breaking it down into usable nourishment for the blood (called transformation in TCM), and then transporting nutrients, via the blood, to our entire body. Optimal function of our body can only be as good as the quality and quantity of the food we eat. Quality refers to how healthy, vital and nutrient-rich the food we eat is. Quantity refers to the eating of food in proper portions. If we eat too little, we become deficient in nutrients. If we eat too much, our system becomes burdened in having to deal with the excess that cannot be transported or is unusable, for example excess sugar. If either deprivation of necessary nutrients, or over-burden becomes the norm, our system suffers greatly.

If deprived or over-burdened, at night, during rebuilding and regenerating, our system is mostly trying to keep up with robbing "Peter to pay Paul," or figuring out what to do with the excess and repairing the breakdown in our system from the excess. This is quite a wasteful expenditure of our energy when we need our energy available each day and night for the important job of keeping our organs, tissues,

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hormones, and cells operating healthfully.

If misuse of our energy goes on over time, our soil may become infertile. We absolutely need healthy blood on a regular basis and we need this rich, nourished blood flowing throughout the uterus. When our blood becomes tired, lacks oxygen, or is nutritionally deficient, it can become sluggish, slow down and even stagnate. This means our smooth flow of blood is compromised, thus compromising fertility.

Enough Chi flowing smoothly in all organs, muscles and channels (including the uterus): Chi is a Chinese word for life force, or energy, or molecular energy. It is what we are made of in that, if we have no Chi, we have no life force. Simple stated, when we are born we have a full tank of Chi, and when the tank is empty, we die. While alive and during the reproductive years, it makes sense that in order to create a new life inside of you, you must have a reasonable life force yourself. If you don't have enough Chi or life force in your own system, where do you think the Chi will come from to create a new life for 9 mos.? Nature, and infinite wisdom, just knows that if a woman's Chi tank is too low, then

reproduction falls below the line of possibility. It's a no-brainer, in that, for a fetus to grow it needs a certain amount of Chi and blood.

Mental and emotional energy systems need to be balanced in such a way that a woman trying to conceive, is enhancing her overall health versus burdening her overall health: Thoughts and emotions are as much Chi as your elbow or liver is. They are just a more subtle form of Chi. Much like the wind, in that, we don't "see" wind, but it exists because we see the effects of wind even though it is invisible. This more subtle form of Chi, like our thoughts and emotions, are just as important as the food we eat. Every time we think a thought or have an emotion, there is literally a chemical reaction in our body. To put it in simple terms, the by-product of these chemical reactions are either toxic and thus, burdensome to our system; or the by-product of these chemical reactions align with optimal functioning of our system.

When I teach a woman to observe herself in this more subtle form of Chi, it is often surprising to her that she is much more plagued with thoughts of fear, worry, or depression, in relation to her fertility, than she realized consciously. Some of it she was aware of, but the extent of it is more the eye-opener. The chemical by-product of these thoughts and emotions over a prolonged period of time, become burdensome to the system, contributing to a decreased flow of Chi and Blood. It requires practice to become aware, and then become intentional about our choice of thoughts.

"Ingredients," or choices, are either enhancing or inhibiting our fertile soil. Either our fertility switch is 'on' or 'off.' No woman purposely turns her fertility switch off, but, unknowingly, she could be making choices, day after day, that are preventing optimal and fertile soil. Start where you're at and begin making the best choices you can in order to fertilize your soil in such a way that pregnancy and healthy birth are a natural outcome.

Laurie Morse, L.Ac., author of the e-book "7 Strategies to Fertility Success," provides skills to help women turn their fertility switch on. Laurie is the director of Holistic Health Services in San Diego, CA. where she successfully treats fertility and provides fertility success consultations. For information go to:

<http://www.MyFertilitySuccess.com>

Increase Fertility With The Fertility Calendar And Herbal Plants

By Jeanette Pollock

Is getting pregnant your ultimate dream this time? Have you gone through all sorts of stress-relieving activities but then you just cannot increase your fertility? Have you engaged in an unprotected sexual intercourse with your partner for over a year now but then there is still no news of your upcoming baby? Why don't you increase your fertility with the help of the fertility calendar?

If you are facing several difficulties in getting pregnant, you are hence not alone. Such thing has long been a major dilemma for most women. The incapacity to get fertile is nonetheless a great risk to be faced by both men and women. Some failed marriages can trace their roots from one of the couple's incapacity to bear a child. Being childless can open certain emptiness in a married couple's life. It may sound clichéd but there is always a solution to every problem.

What is the fertility calendar?

What is there with the fertility calendar? How can you increase fertility with the fertility calendar? Basically, the fertility calendar predicts in which days you are most probably fertile so you can have a successful pregnancy. Experts recommend that you get into a sexual intercourse in your most fertile days. You must first be aware of your own cycle to get into the meat of your fertile days. The fertility calendar will make you see your fertile dates, the end of your menstrual cycle, your ovulation period, and the most probable due dates.

What can the fertility calendar do for you to increase your fertility?

By using the fertility calendar, you get to know a series of ways wherein you can put your own cycle into a chart. When you are aware of when your most fertile time is, you increase your chances of conceiving. The fertility calendar also allows you to conceive the gender of the baby of your choice. So if you do want a baby girl or a baby boy, start using the fertility calendar. How can this be possible? It is said that the sperm that contains the X-chromosomes are able to live longer and they swim a lot slower in contrast to the male Y-carrying sperm cell. Therefore, if you engaged into an intercourse at least 3 days before the ovulation, you may get a baby girl. But if you get into an intercourse a lot closer to the ovulation period, you get bigger chances of getting a baby boy.

Meanwhile, if you aim to delay your pregnancy because you wish to wait for a longer time before you get pregnant again, the fertility calendar will also guide you in your goal. Hence, unwanted pregnancies are also avoided by the use of the fertility calendars.

How can the herbs help you increase fertility?

Aside from the fertility calendars, you can always supplement your quest to increase fertility with the use of herbs. According to the customs, there are some herbal plants that pose a great influence on

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one's fertility. Among of which are the red clover, wild carrot, liferoot, wild yam, and partridge berry. There are women who can attest to the magnificence brought about by their drinking of these herbs.

There is nothing wrong to try the customary practice of drinking the herbal plants as long as there are those who can attest to its wonders and safety. Meanwhile, some free fertility calendars are available

in the internet. You simply have to download it and start tracking your own menstrual cycle and therefore learn to determine which your fertile days are.

Jeanette Pollock is a freelance author and website owner of InfertilityDomain.com. Visit Jeanette's website to learn more about

<http://www.infertilitydomain.com>

Organic Secrets



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