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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!**

**How To Access Your Fertile Feminine**

**By L Morse**

Chinese Medicine and the concepts of Yin and Yang can be an excellent way to understand fertility.

In Chinese Medicine, Yang is masculine and Yin is feminine. It requires the right balance of Yin and Yang to foster your fertility.

Yin and Yang can be used to describe many things in our world. Here are some other examples of Yin and Yang:

Yang>>>Yin

Giving>>>Receiving Daytime>>>Nighttime Light>>>Darkness Movement>>>Stillness Activity>>>Rest  
Sun>>>Moon Time>>>Space Brightness>>>Shade Heaven>>>Earth Father>>>Mother  
Conscious>>>Subconscious Gold>>>Silver Thoughts as Action >>>Thoughts as Creativity

Yin is blood, egg quality, essence, and nourishment to foster a new life. Yang is smooth flow of Chi, warmth in the womb, and energy to foster new life. Yin nourishes Yang's flow, and Yang in turn carries Yin (nourishment) throughout the body. Yin is the capacity to receive. To receive sperm and nourish the growth of an embryo is predominantly a Yin function. To make choices that are nourishing to oneself is a function of Yin.

Being is Yin, Doing is Yang

In our culture, we are highly focused on productivity. I don't judge productivity as bad. Chinese Medicine sees productivity without rejuvenation as incomplete balance and therefore, less than optimal. I notice that when we are overly focused on productivity and "doing," we can lose balance. Losing balance is what is not optimal, particularly when it comes to fertility success!

Women who are working hard in a world focused on doing and productivity are putting forth a lot of Yang energy. Since Yang takes its nourishment from Yin, if we don't pay attention to nourishing our own Yin, then it's only a matter of time before our Yin energy is exhausted, and we slip out of balance.

## How To Access Your Fertile Feminine

Another thing I've observed is that women who struggle with fertility begin feeling like they are "less of a woman" because they can't conceive. This directly sabotages fertility because this is the kind of belief that depletes Yin energy. Feeding the belief that you are less of a woman becomes an energy loop that does not support feminine wholeness, expression, and fertility. If you've given energy to these kinds of beliefs, you must find ways to stop this if you want fertility success..

When we are depleted of Yin energy, fertility tends to suffer. When we continue to overwork our Yang energy without proper nourishment of Yin, then Yang becomes depleted, which also tends to cause fertility to suffer.

I'm sure you're getting the point here: Fertility success requires that you balance "doing" with "being." You must cultivate ways of nourishing yourself by finding ways of being in touch with, and honoring your femininity. You must balance what you do—activity—with being receptive and feminine—rest.

This is absolutely crucial in fostering health, balance, and fertility.

I urge you, then, every day, to identify at least three ways that you will nourish yourself. For example, you might commit to taking 10 minutes at lunch and just sit quietly under a tree. Or you might choose to take 60 seconds every hour just to breathe deeply and remind yourself that every day you are getting better and better.

Some days you might have extra time to dedicate to self-nourishment, and other days you might need to be creative and nourish yourself with less time. The key is to spend some time every day focusing on cultivating receptivity, nourishment, and being-ness. Begin a list of things that you sense nourish you, or that you would like to try so you can find out if they do nourish you. Start a "Things That Nourish Me" list in your journal, and continue to add to it as you discover new ways. This way you not only will have instant access to these ideas when you need them, but you will also be building your Yin and bringing it more into balance with your Yang.

Laurie Morse, L.Ac., the 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. For more info 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?

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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 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](http://InfertilityDomain.com). Visit Jeanette's website to learn more about

<http://www.infertilitydomain.com>



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