



HAVE YOU AND YOUR PARTNER BEEN TRYING TO GET PREGNANT FOR YEARS TO NO AVAIL?

By Dr. Bo M. Nielsen

If so, you are not alone because infertility and sub-fertility (being less than normally fertile) is an increasingly common problem these days. Strictly speaking, infertility is the inability of a couple to become pregnant after two years of regular unprotected intercourse. In the UK, infertility affects about one in six couples or 3.5 million people.

ART only 29% successful

While there are assisted reproductive technologies (ART) available such as in vitro fertilisation (IVF),

they are expensive and come with certain risks for example birth defects, preterm birth and low birth weight. Also, at the very best, ART are only 29% successful.

Supplements double likelihood of pregnancy

In cases where the cause of infertility is unknown - about 24% of all infertility cases - nutritional supplements can be a beneficial side effect-free alternative. According to a UK study, the right supplements may double your chance of becoming pregnant.

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In this newsletter find out more about infertility and which supplements can help you and your partner become pregnant.

WANT TO GET PREGNANT? TAKE GRAPE SEED EXTRACT!

Many cases of infertility are due to irregularities in the male's sperm. Low sperm count, decreased sperm motility or sperm that is abnormally shaped can make it more difficult to fertilise an egg. There are various reasons for these

irregularities (see back page), but given our increasingly polluted environment and lifestyle, sperm is often damaged by free radicals and oxidative stress.

Antioxidants are known to neu-

tralise free radicals and grape seed extract has one of the highest amounts of free radical fighting compounds.

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Sperm quality improved by 38% with grape seed extract

In a scientific study grape seed extract improved the quality and function of sperm in sub-fertile men by 38% and 19% respectively. Grape seed extract is such a wonderful free radical scavenger

that according to the researchers it protects sperm from oxidative damage and results in a bigger chance of conceiving.

So, if you are trying to get pregnant why not try natural side effect-free supplements for infertility like

grape seed extract!

Doctor's Natural Grapavin contains grape seed extract with extra resveratrol. For added antioxidant protection, we have a double dose special offer that includes vitamins and minerals.



INFERTILITY PACKAGE SPECIAL OFFER



Increase your fertility naturally with our special infertility package offer, which helps increase the likelihood of pregnancy by increasing the number of healthy eggs and improving sperm count and quality.

Contains double dose Grapavin, Vitamins and Minerals for best effect.

Regular package price: £80
Special offer price: £66

SPECIAL OFFER FOR MAY ONLY: BUY THIS PACKAGE DURING THE MONTH OF MAY AND GET A VITAMIN D SUPPLEMENT COMPLETELY FREE!

For more information call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

VITAMIN D BOOSTS FERTILITY

If you suffer from ovulation problems and can't get pregnant, low vitamin D levels could be to blame, says a study.

Ninety-three percent of infertile women lack vitamin D

Ovulation disorders such as polycystic ovary syndrome (PCOS) are major contributing factors to sub-fertility and infertility. In a recent study, 93% of infertile women with ovulation disorders also had insufficient levels of vitamin D. According to the researchers, 39% of these women had levels of vitamin D consistent with deficiency.

What is an optimal level of vitamin D?

During the winter months most people don't get adequate sun exposure and this is especially true the further north we live. Even during summer, unless we can be in the sun for about 20 minutes every day, chances are our vitamin D levels are sub-optimal.

Most researchers agree that we should take at least 2000 IU of vitamin D3 (the biologically active form of vitamin D) every day to promote health.



Doctor's Natural Vitamin D Extra

Doctor's Natural vitamin supplement contains 800 IU of vitamin D3; but for added potency take our Vitamin D Extra supplement, which contains a daily dose of 2000 IU of vitamin D3 to help you become pregnant and boost your overall health.



What does Lena Andersson say about Doctor's Natural infertility supplements?

"After trying to conceive for so many years, I became pregnant in just three months with Grapavin!"

"My husband and I had been trying for a baby for a long time. After an unsuccessful IVF treatment that drained all the energy out of me, I was ready to give up on the idea of having a baby. I had a daughter from my previous marriage, but I knew how much my husband longed for a child of our own. I felt like I had failed and although my husband reassured me that it was ME that he wanted and not a child at any cost, I still contemplated the idea of just running and starting a new life, just my daughter and I. I know that sounds drastic, but I just wanted to avoid more disappointment. After long and hard discussions about our situation, my husband and I decided to stop all infertility treatments and just concentrate on us.

My husband is a physiotherapist and took a Doctor's Natural course in acupuncture and nutritional supplements. There he found out that in many cases infertility is not due to any physiological problem, but due to pollution, toxins and free radicals that can damage the reproductive systems of both men and women and prevent the embryo from attaching to the uterus. Also, all the painkillers I had been taking for another condition were destroying my uterus. Naturally my husband was very excited about this new information that could provide a solution for us.

So, I started taking Doctor's Natural Vitamins, Minerals and Grapavin as well as Vitamins C and E. My husband also took Grapavin along with Vitamins and Minerals. Three months later, bingo, I was pregnant! It was quite unexpected! Thank you so much Doctor's Natural for all the advice and the fantastic supplements that have given us a beautiful baby and a new happy life full of love!"



To find out which of our Infertility packages is best for you call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

SEVERAL PHARMACEUTICAL DRUGS CAUSE INFERTILITY

If you and your partner want to get pregnant, stay clear of these medications:

Viagra: ironically enough Viagra causes infertility! Various studies have linked Viagra to decreased sperm count and motility, which ultimately affects sperm's ability to fertilise eggs.

Antidepressants: a study shows that as much as 50% of all men

taking the serotonin reuptake inhibitor (SSRI) antidepressant paroxetine are sub-fertile because of damaged sperm.

Painkillers: men whose mother's took painkillers like ibuprofen, paracetamol and aspirin during pregnancy have a higher risk of being infertile due to birth defects such as undescended testicles. For instance the risk of undescended testicles in a baby boy is doubled

if a woman takes painkillers during her second trimester. This risk is considerably increased if different painkillers are used simultaneously.

According to a Swedish study, one of the most common causes of infertility in women is the use of painkillers. Another study found an 80% increased risk of miscarriage in women who used painkillers during conception and pregnancy.

Give your man antioxidants!

According to a study, men who take antioxidant supplements every day are 19% more likely to get their partners pregnant than men who don't take antioxidants. Vitamin C, vitamin E, carotenoids, folic acid, zinc, magnesium and selenium help to neutralise the damage caused by sperm cells by free radicals and oxidative stress. Doctor's Natural Vitamins and Minerals for men contain all these antioxidants plus many more essential nutrients for all your body's functions and processes.



WHAT CAUSES INFERTILITY?

MALE FACTORS

1. Abnormal semen such as low sperm count, reduced sperm motility or sperm that are abnormally shaped.
2. Testicular damage due to testicular: infection; cancer; surgery; undescended testicles or other testicle birth defects; injury; or a lump in the testicles.
3. Absence of sperm in semen.
4. Ejaculation problems.
5. Abnormally low levels of testosterone (hypogonadism). Testosterone is the male sex hormone responsible for producing sperm.
6. Pharmaceutical drugs such as Viagra, sulfasalazine (anti-inflammatory); chemotherapy, and anabolic steroids.

FEMALE FACTORS

1. Ovulation disorders due to: polycystic ovary syndrome (PCOS); premature ovary failure; thyroid disorders; cancer; and AIDS.
2. Damage to or problems with the uterus or fallopian tubes as a result of: pelvic and cervical surgery; cervical mucus defect; non-cancerous tumours (sub-mucosal fibroids); endometriosis; and pelvic inflammatory disease.
3. **Pharmaceutical drugs such as non-steroidal anti-inflammatory drugs (NSAIDs)**, chemotherapy, and antipsychotic drugs.
4. After the age of about 35, a woman's fertility decreases significantly.

- Male factor - 29.7%
- Female factor - 28.5%
- Multiple male and female factors - 10.3%
- Unexplained - 23.9%
- Other factors - 4.7%

MALE AND FEMALE FACTORS

1. Being significantly overweight or underweight.
2. Sexually transmitted diseases such as chlamydia.
3. Smoking.
4. Exposure to several pollutants such as pesticides, flame retardants and some household chemicals has been linked to lowered fertility.
5. Excess stress.

VITAMIN AND MINERAL SUPPLEMENT COULD DOUBLE CHANCE OF PREGNANCY

If you have fertility problems, don't forget your vitamins and minerals! Doctors from Leeds University say a daily vitamin and mineral supplement can double your likelihood of becoming pregnant.

Contemplating IVF?

Back it up with a vitamin and mineral supplement. According to the study, women who take a daily vitamins and minerals have a 40% chance of pregnancy compared to just a 19% chance of pregnancy for women who do not take supplements.

Taking a vitamin and mineral supplement will ensure adequate levels of vitamins - especially the ones with antioxidant properties like vitamin C and E - are present in the fluid surrounding eggs in the ovaries. This helps to protect the eggs against harmful pollutants in the body and increase fertility.

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