

# Infertility Roadblocks & Clinical Pearls

***"3 major roadblocks to fertility are also major roadblocks to many chronic illnesses: inflammation, hormone dysregulation and mineral depletion."***

Reproductive and hormonal issues are becoming more prevalent for both men and women. According to the American Society for Reproductive Medicine, one-third of infertility is attributed to the female partner, one-third attributed to the male partner and one-third is caused by a combination of problems in both partners, or is unexplained. PCOS, infertility and reduced sperm count are on the rise. I have some great clinical pearls for you. But first, I want to give you some analogies because unless patients understand the big picture, they won't follow your instructions long enough to get results. It won't surprise you that the three major roadblocks to fertility are also major roadblocks to many chronic illnesses: inflammation, hormone dysregulation due to toxins and mineral depletion.

Let's start with mineral depletion. Senate Document No. 264, 1936 74th Congress, 2nd Session was introduced to alert Americans that "the impoverished soil of America



no longer provides plants with the mineral elements essential to human nourishment and health." Mineral depleted soil means mineral depleted food. Very little has been done to rectify this problem. Dr. Weston Price found healthy tribal communities around the world consumed 4-10 times the minerals our diets had in the 40s. Mineral depletions have only gotten worse.

Next is inflammation. Americans unknowingly consume a diet that causes systemic inflammation. Let me give you an example. Seven or eight

years ago, Dr. Abbas Qutab, a good friend of mine, who holds multiple doctoral degrees, had a severe skiing accident that required surgery. Unfortunately for him the surgeon botched the job and now he needs a hip replacement. He follows a very specific anti-inflammatory diet that is free of gluten, otherwise he is in severe pain. We've shared meals together and he has told me "If I eat one dinner roll, I may not be able to lecture tomorrow due to the pain." But here is the kicker. He told me when he lectures in European countries he can eat gluten prod-

ucts for 7 or 8 days before the inflammatory reaction sets in, causing pain. As a side, he also takes KappArest and Bio-Allay to modulate the inflammation while he is waiting for the surgery. His surgeon is amazed that he can still function the damage is so bad.

The third roadblock is hormone dysregulation due to toxins. Environmental toxins are at an all time high. Many pesticides and herbicides mimic estrogen and bind receptor sites disrupting the hormonal feedback loops. Heavy metals influence neurotransmitters in the central nervous system inhibiting the release of hormones from the hypothalamus. Mercury can accumulate in the pituitary gland affecting the production and release of reproductive hormones. Heavy metals can also accumulate in the adrenal glands and block many enzymatic pathways causing increased androgen or reduced adrenal function. Cadmium toxicity can also be a cause of hyper- and hypothyroidism which can be another indirect link to infertility, so anything but clean food is not an option.

Because of these roadblocks, I encourage couples to follow an anti-inflammatory lifestyle with supplements for 90 days and re-evaluate. Optimally, I prefer to go 180 days to build cellular reserves before pregnancy. I discourage couples from getting pregnant right away. Because some of the lifestyle changes might be considered inconvenient, consider bi-monthly sessions just to discuss stress reduction, diet and compliance issues.

Dr. Sara Gottfried's book, *The Hormone Cure*, has a great equation "Fertility=Progesterone X Thyroid /Stress." Stress refers to cortisol, cortisol reduces progesterone and blocks thyroid receptor sites. When it's time to re-evaluate do a 24-hour urine collection to assess hormones preferably on day 21 to assess healthy progesterone levels.

I like to use Meridian Valley's comprehensive urine hormone profile which will give us all the information on estrogen, progesterone, cortisol and thyroid hormones as well as their metabolites.

I'm pretty excited to have three handouts for you. They will really help you master this important issue. One is the anti-inflammatory diet Dr. Abbas Qutab and I developed for the blood chemistry seminar he teaches across the country. I encourage couples to follow the diet together to get ready for the marathon of childrearing. The diet will detoxify naturally and free up hormone receptor sites. The second is a handout for optimizing thyroid function. And the third addresses the issues of infertility and PCOS. Many of the same issues that cause PCOS apply to infertility.

To increase sperm count, Dr. Harry Eidenier suggests Mg-Zyme, 4 tablets at bedtime and increase to bowel tolerance. Each of the following should be taken 3 times a day: 1 tablet of Cytozyme-Orchic, 1 tablet of Cytozyme-Parotid-TS, 2 capsules Bio-Immunozyne Forte and 2 capsules of the amino acid L-Arginine.

Dr. Eidenier says unless there's a disease process, he's very seldom ever failed with this particular program. Inflammation, hormone dysregulation due to toxins and mineral depletion are roadblocks you will face for the rest of your practice. As I mentioned, these are often the root of many chronic illnesses, but I am confident that you will be able to incorporate these strategies, especially when it comes to helping your patients overcome infertility.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.