



SUE CALVERT
The Babymaker

**HOW TO OVERCOME
FERTILITY PROBLEMS**
and get pregnant

YOUR FEET IN MY HANDS
- a guide to conception

A Fertility Manual
for Self Help

by Susan M. Calvert
The Baby Maker
M.A.B.Th.C. M.I.I.R.
C.I.D.E.S.C.O.

200+ successful pregnancies | Simple steps to aid fertility | Applies to both women & men

Contents

Introduction	3
About me	3
About you	4
Success stories	6
About this guide	7
How to read your feet	7
Understanding the reproductive cycle - when is the best time to have sex?	8
Temperature charting	10
Checking cervical mucus	10
Questions frequently asked by men	11
Questions frequently asked by ladies	13
Maya Abdominal Therapy and its benefits	16
Herbs and natural remedies	17
Bach flower remedies to help manage swings in emotion and how to keep your stress levels under control	17
Aromatherapy oils traditionally used to aid fertility	18
Herbs to help the male partner fire silver bullets!	19
Herbs to help regulate periods and improve egg quality	20
Advice to help all types of problems, such as polycystic ovary syndrome, low sperm count and others	20
Advice on books relevant to your specific problem	21
Charities and other helpful organisations	21

Helping those with fertility problems

~~~

Struggling to get Pregnant? Painful Periods? Fertility or Prostate Problems? Back Pain? Digestive Problems? Skin Problems?

## Introduction

### About me

I trained in beauty therapy at the prestigious Henlow Grange Health farm in 1976, under the expert tutelage of Madame Leida Costigan. I gained a Diploma of Merit in Advanced Aromatherapy in 1978. I then studied reflexology at the International Institute of Reflexology in London, qualifying in 1988, the clinical medicine with Dr Christine Page, hypnotherapy with the Howard School of Holistic Hypnotherapy, and Reiki healing in Sarasota America, with Reiki Master Martha Gilbert in 1993. I am a fully qualified Reiki healer, master and teacher, I run healing courses and share my healing skills with those who wish to learn how to heal themselves, their families, and others.

In April 2010, I read about The Arvigo Techniques of Maya Abdominal Therapy.



As I was reading about this therapy, and its 3 fold benefits, Physical Emotional and Spiritual. It seemed to me to be the missing ink to my practice.

By now I had helped over 200 couple to conceive, however when presented with conditions such as Fibroids, blocked fallopian tubes, and other physical pathologies of the Reproductive and Digestive systems, it made sense to me to be able to work directly over the affected areas in addition to working distally on the reflexes of the feet.

Within a month I was learning all about this amazing treatment. I then travelled to the Rain-Forests of Belize to study with the founder of this Amazing treatment Dr Rosita Arvigo herself, learning further advanced techniques.

Clients had expressed in the past, a need to feel more in control of their situation, and the ability to take a more proactive role in helping to resolve their health issues. During a treatment of Maya Abdominal Therapy you are taught a self Care massage which you then apply daily to yourself.

I was now able to teach clients a valuable tool to use daily at home, between salon visits, to enable them to keep their reproductive and digestive system in optimal balance.

I previously ran three busy health and therapy salons in South Yorkshire England but I now prefer to work from the comfort and luxury of my home-based salon in Sheffield. This enables me to spend more time with my family.

I discovered my skills in the field of fertility when a client came for a reflexology treatment about 15 years ago. The lady was suffering from an over active thyroid gland yet wanted to have a baby. She was concerned that her thyroid medication would harm her unborn child. Her doctor had told her that the only way she could reduce her medication was to have an operation to partially remove her thyroid. This action seemed to be rather too radical, so she decided to look for an alternative way of treating the problem.

At around this time, she saw a magazine article about my reflexology treatments and contacted me via The International Institute of Reflexology in London. A year later, having had a course of my reflexology treatments, she was no longer taking any medication as her thyroid was functioning normally. What's more, during one of the reflexology treatment sessions, I picked up on the fact that she was pregnant.

## About you

The fact that you have ordered this guide means that you, or someone close to you, has suffered the heartache of infertility. We are led to believe, in our innocence, that when we make the all-consuming decision to start a family, it will be a case of no longer using contraception and "Hey Presto" we'll get pregnant. Unfortunately, as you and thousands before you have discovered, this is not necessarily the case and it is not as easy as you thought.



I wish to help you as much as possible and the best way to do this to do this realistically is to meet you and your partner in person.

I can talk to you on the phone and you can read as much information as is available to you. We need to work together to get to the root of your various health issues. The best way to determine these roots is to look at all your bodily systems and find out which are the weaker links, contributing to your fertility issues.

It is not just a case of coming for a treatment and all your problems will be solved. Your mental and physical condition need to be taken into account. I will discuss with you, your lifestyle and previous health issues which have contributed to where you find yourself now. So we must work together on a daily basis, making often, small changes, to get your body and emotions back into balance.



By the time a client books an appointment to see me for therapy, I am their 'last chance'. They have suffered endless miscarriages, failed I.V.F. treatments and are emotionally at rock bottom. They are suffering feelings of failure, guilt, indecision, low self-esteem and have put themselves down to such an extent that they are close to tears and have given up all hope of starting a family. My first job is to put them in their personal elevator and push the button taking them from Lower Ground Floor to First Floor, where they can start to mend their emotions and re-learn how to enjoy life. It is only at this level that amazing things can start to happen.



Try to plan your conception at least three months in advance. This will give you time to get your bodies into optimal health and give you a far better chance of being successful. Lifestyle changes will need to be made. For example, reducing stress levels. This may mean altering your working hours, or changing the situation in which you work. Can you imagine a horse breeder sending his prize animal to stud if it was stressed to the point of exhaustion? I think not. It is very important that you recognise stress and deal with your symptoms of stress. Ironically, the very fact that a client is so stressed can actually be a causative factor in their fertility problems.

When you are producing a lot of stress hormones, such as Adrenalin, Cortisol and Epinephrine, these stress hormones can physically disrupt your reproductive hormones, as they all compete with the fertility receptorsites.

In extreme cases of stress, the reproductive, nervous and digestive systems are severely

affected, hence periods stop, or the menstrual cycle is disrupted. We may see pathology of the digestive system such as Irritable Bowel Syndrome. I.B.S. Chrons disease or Colitis.

Dr Allen Morgan M.D. states, "What we do now know, is that when stress reduction techniques are employed, something happens in Women that allows them to get pregnant, when they couldn't get pregnant before."

Stress may be a significant causative factor in up to 30% of all infertility problems. Dr Morgan also stated that it is also possible that by reducing the stress hormones Cortisol and Epinephrin, which rise in periods of stress, this may play a key role in enhancing the proteins within the uterine lining, that are involved in implantation.

So now you can make the connection illuminating how your stress levels and your state of mind in general really can affect your fertility and why having relaxing and other physical

complementary therapies can be so very beneficial. My aim is to empower both you and your partner to have all the tools at hand to help yourselves between salon treatments, to be in optimal health and create this longed for addition to your family.

How often have you heard that a couple have given up trying for a baby, they decide to adopt, and a few months later the lady is expecting her own child? My theory is that once the intense pressure is lifted, the body can begin to normalise and everything slots into place!

I often think what a wonderful career path I have chosen as I witness, time after time, the clients who arrive in the depths of despair, often in tears, as they describe their journey so far. They leave the salon with renewed hope and optimism. The burdens of guilt and fear are lifted from their shoulders and a smile is on their faces. I wish I could wave a magic wand and make all your dreams come true. I shall give you as much information as I can to help you on your path. Please take all this information and use it to the best of your ability. This will help to bring your body back into balance and harmony.

## Success stories

At the time of writing this, I am delighted to report I have been told this week that three of my clients are pregnant. One lady let me know just three hours after doing her pregnancy test. She has been trying to get pregnant for four years. Another of the ladies had been unsuccessful for 12 years. She had had three failed I.V.F. programmes and was almost on the verge of giving up hope. I recommended some herbs to regulate her periods, which were a bit erratic, some others to help the quality of her eggs, and some herbs for her partner to strengthen the male fertility side. She said her partner had not been too good at remembering to take the tablets but when he did get into the routine it certainly did the trick! A few weeks later they went on holiday and the rest, as they say, is history. The third lady has been coming to see me for nine months and is very pleased to have her good news as her mother has been very ill and this was just the type of news she needed to help her recovery.

We also had a birth this week: a little girl, born on Monday, so it's been a terrific week. It must be these good results that have inspired me to get on with writing this manual that I have been promising to do for quite some time.



## About this guide

Hopefully, after reading this guide, you will be better informed about the options available to you to help you on your path. You will have much more information about what you can do to help yourself. None of the information in this manual is intended to replace a qualified medical practitioner. Please seek medical advice if you feel that you are suffering with any type of medical or fertility problem.

I now also teach both a one day workshop all about fertility issues and the best way to improve your and your partners' health and wellbeing. Also a 2 ½ day Self Care Course in Maya Abdominal Therapy. Many clients have found the information they have gained from these courses to be an invaluable help.

I wish you the very best of luck. May all your dreams come true. I shall be constantly updating the information, so keep checking the website for notes on updates:  
[www.thebabymaker.co.uk](http://www.thebabymaker.co.uk).

## How to read your feet

If only we took the time to really look at our own feet and the feet of our partners and those around us, we would be amazed at how much information can be amassed purely on the visual level.

Your feet tend to be a mirror image of your body, both in size and shape. They really are a good indication of what is going on in your body. As you become more familiar with the signs and signals that your body, in its wisdom, provides, you will be able to detect problems much more quickly and be able to take steps to rectify the problems. For example, have you noticed that those who are blessed with a tall slim figure tend to have long slim feet? On the contrary, those with a shorter, stocky build tend to have shorter, broader feet.

Look at the colour of your feet. A lot of redness may indicate inflammation in the related area. If the feet have a yellow hue, this could indicate a sluggish liver. If the feet are very pale and lifeless this would be an indication of low energy levels, or perhaps sluggish digestion or lymphatic system. A bluish tinge could indicate poor circulation, or low blood pressure. If your feet have an unpleasant odour, this indicates that your body is in need of de-toxification. The body is carrying a lot of toxins that need to be released. If your feet are very hot all the time, this can also indicate a toxic build up or a metabolism problem. Equally, if they are cold all the time this can indicate a circulatory problem or even, in a few rare cases, hypothyroidism. Swollen ankles can be an indication of a kidney disorder or a lymphatic drainage problem. If the feet are constantly perspiring, again this may be toxins, anxiety or a circulatory problem.

I often notice an area of redness or slight swelling on the inside (Medial) edge of the feet on each foot, just above the heel line area where the foot changes colour and texture. This area



relates to the bladder reflex. If you should notice that this area is red or slightly raised, it may indicate dehydration. So many of us are completely dehydrated, we drink far too much coffee etc and not enough just plain water.

To help you to understand what I mean, consider that To the blood stream unless you are drinking unadulterated water, the blood is trying to perform its job, like an Olympic swimmer swimming in a pool full of children.

If you consider your blood stream as a river carrying all the necessary nutrients and hormones to the correct receptor sites around the body. How on earth can the blood stream and hormones do their job if the river is not properly hydrated and flowing?

An experienced reflexologist can amass a wealth of information from just looking at your feet before she commences your treatment. Even the way your feet fall as you sit up on the therapy couch gives her an indication of your personality and flexibility! If a person has very stiff, rigid feet this may be an indication of a person with very high principles, inflexible in mind and body. They may have a history of arthritis in the family. If your feet are very flexible and are manipulated easily into any position, this may indicate that you are equally as flexible in mind and body. You will be quite a relaxed individual, able to adapt to most situations that are put before you.

So, as you can see, a reflexologist with experience can detect quite a lot of information about you without you having told her anything at all. Similar information is gleaned from the tone, colour, and texture of your skin when doing an aromatherapy massage. If the thought of having your feet touched makes you cringe, then other therapies are available to you.

Many people ask me if reflexology is a ticklish sensation but actually it is not. The pressure applied to the feet is actually quite a firm pressure and most people who thought they may have a problem with ticklish feet are actually pleasantly surprised. So go ahead, book a session of reflexology and see what your therapist can tell you about yourself.

## **Understanding the reproductive cycle - when is the best time to have sex?**

There is a lot of information available online nowadays telling you all about how to chart your cycle, the various reproductive hormones involved etc, so let's get to the facts. I don't want to repeat all that here.

Basically the important fact here is to try and determine the length and regularity of your cycle.

If you are not having a regular monthly period, then action needs to be taken as soon as possible. How can you plan to try and have sex around ovulation if you have no idea when that is?

One of the best supplements to help regulate the monthly cycle is Dong Quai. This has been used for centuries to balance the female cycle and is available from a lot of therapists, herbalists and health food suppliers. There may be a myriad of reasons why your cycle is irregular, for this reason when you have a therapy session, you should be asked a lot of



questions regarding your menstrual cycle and your lifestyle.

Between us, we want to find out if and when you are ovulating and therefore catch the egg at its optimal quality, not when it is just AFTER ovulation and on the decline.

When we look at the facts, there is such a short window of opportunity in which we can get pregnant (approximately six days per month) it's a wonder that anyone actually does! Never mind all the 'accidents' that you hear about.

The reproductive cycle in women begins at puberty. This onset may occur on average around the ages of 11 to 13 years old. It goes on monthly until the menopause, which on average occurs around the age of 50. The age of menopause can be hereditary so if possible, check with your mother when she started her menopause. It may prove quite useful information. These fertile years are the childbearing years and there is a chance of conceiving any month during this time.



So why doesn't it happen the first time you make love without contraception? A woman's ovaries contain thousands of eggs which are there from birth. Each month, if ovulation occurs, an egg ripens and is released into the fallopian tube. It is at this stage, hopefully, that it will meet a good strong healthy sperm and conception will take place. However, as you have discovered, this is not as easy as it sounds. The egg can only live for 24 hours and, although sperm can survive a bit longer (about two days), they do need to be in the right place at the right time for fertilisation to take place. This also means intercourse must have taken place during the preceding 12 hours to help the sperm to be in position to fulfil its task. So now you can see how important it is to know if and when you are ovulating. You cannot just guess and hope to fall pregnant.

There are many ovulation kits available. These are very simple to use and work by testing your urine flow on a daily basis to indicate a change in hormone levels. Please enquire at your local chemist and they will advise you on the most up to date kits available.

I am often asked about how to tell which is the first day of the menstrual cycle? Is it when the period starts or finishes? The correct answer is that the first day of your menstrual bleed is day one of your cycle. Ovulation actually takes place 14 days before, not after, your period. So what this means is, if you have a very regular 28-day cycle, your ovulation will take place on day 14. However, if your period is say a 31-day cycle, your ovulation date would be day 17 which is 14 days before your next period.

So, we want to try and have the sperm lying in wait for when that nice ripe egg bursts forth from the ovary in all its glory!! Most people conceive 5 days PRIOR to or on the day of ovulation.

This chart shows the best time for you to start trying dependent on the length of your cycle.

|                 |        |
|-----------------|--------|
| 21/22 day cycle | Day 6  |
| 23 day cycle    | Day 7  |
| 24 day cycle    | Day 8  |
| 25 day cycle    | Day 9  |
| 26 day cycle    | Day 10 |
| 28/29 day cycle | Day 11 |
| 30/31 day cycle | Day 12 |
| 32/33 day cycle | Day 13 |
| 34/35 day cycle | Day 14 |

This may be a little earlier than you have been trying in the past, particularly as most ovulation kits will tell you when your L.H. is at its peak. Shortly after this peak the egg quality will start to decline. If your cycle is any longer than 35 days you really do need to see me for some Maya Abdominal Therapy, to regulate the cycle.

I hope this helps to illustrate the problem of irregular periods.

## Temperature charting

Your temperature falls 1-2 days before ovulation, then rises 1-2 days after ovulation.

I am sure you have heard about people taking their temperature during their cycle. This is done because the temperature actually drops quite sharply at the stage of ovulation and then rises quite dramatically afterwards, so the rise in temperature is telling you that ovulation has just passed. Your temperature must be taken first thing in the morning before you get out of bed and before eating or drinking anything, as this is known as the basal temperature. If you have risen and been moving around then the readings will not be accurate. You should start to notice that after mid-cycle, your temperature will rise and remain at this heightened level until the start of your next period, when it drops to the pre-ovulation level again. There is a chart available from your doctor on which you can record this, or the charts are available online at [www.fertilityfriend.com](http://www.fertilityfriend.com) You may need to record for a few months during your period in order to get an accurate picture of your personal cycle, as external factors such as stress or illness may alter the readings.

## Checking cervical mucus

Checking your mucus secretions is also helpful. You may have heard the expression 'fertile mucus'. The name is given, as it implies, to the change in mucus that occurs only at ovulation when you are your most fertile. This mucus differs from your normal secretions. It is more like the white of an egg and it stretches in to a long strand if you were to hold it between two fingers and then slowly draw them apart. Just before ovulation, the mucus secretions tend to be of a more watery and thin texture and you may experience a sensation of dampness. Once ovulation has occurred the mucus returns to its more normal, sticky, dry texture which is not so apparent. The ovulation kits available from the chemist record the levels of a hormone called luteinising hormone which is present in the urine and reaches its peak just prior to

ovulation. This is really helpful as it tells you that you will be ovulating within the next 24 to 36 hours.

I am often asked if you can make love too often. Obviously this is a personal matter. If you are concerned, then it is best to try every other day around ovulation time, say from days 10 to 17. This is particularly helpful if there is a low sperm count.

## Questions frequently asked by men

Q 1) If we decide to use complementary treatments, should we both go for treatment or just the partner with the problem?

A: I recommend that initially you both go to meet the therapist to make sure that you are both familiar with the procedures offered and happy with your choice of therapist. The selected therapist may have all the relevant qualifications, but if either of you doesn't feel comfortable and relaxed in the therapy room then there is no point in you going for treatment at all. You must be able to talk to your therapist on a very personal level, so make sure you both feel quite relaxed and under no pressure. Furthermore, a reflexologist may be able to identify areas of the body that are out of balance before this problem has actually reached the point whereby it is manifesting in the body. Stress, for example, will show up in various places in the feet. It may manifest as a bad back, digestive problems, headaches, or in any number of different ways. You may not have made the connection but your therapist hopefully will, and will offer helpful advice.

Q 2) I have been advised to give up drinking. Does this really matter? Surely the odd night out on a bender won't do any harm?

A: I'm afraid it does. Alcohol should be reduced to no more than six units per week. Any more than this really does reduce sperm quality and count and may lead to abnormal sperm. Consider this: think about drinking a pint of beer and what effect it has upon you? Possibly not a great deal. Now consider giving that same pint of beer to a two-year-old child. Somehow I don't think you would do this as it would have such a dramatic effect. Now imagine giving that pint of beer to a developing embryo...or a tiny sperm cell...get the picture?

Q 3) Is smoking harmful? I can see why it would be for my female partner but surely not for me?

A: Yes smoking is harmful to both partners. Smoking is toxic to sperm. Cadmium from cigarettes can thicken seminal plasma adding to any existing problems. It is a well known fact that smokers take 50 per cent longer to conceive than non-smokers. Marijuana has also been found to decrease sperm quality and count. Marijuana inhibits the sperm's ability to penetrate the egg. Long-term users have high numbers of abnormal sperm. Tobacco also reduces testosterone levels adversely affecting sperm count, quality and motility.

Q 4) What effect do toxic fumes such as solvents, paint sprays etc. have on the body?

A: Paint sprays and other toxic substances have been known to cause a particularly high abnormal sperm count. So if this is your line of work, wear a mask to reduce the risk of

inhaling pollutants. Adult bodies adapt to the toxins, but sperm and embryos do not have that ability.

Q 5) I suffer from asthma and allergies. Could this affect our fertility?

A: Yes. Any type of drug can affect your fertility. Check with your doctor the side effects of any drugs you are taking. For example, antihistamines inhibit ejaculation in men and orgasm in females.

Q 6) Does the fact that I am totally stressed out affect my fertility?

A: Yes it does. Stress of any kind puts additional burdens onto your immune system, particularly your adrenal glands which, if you are stressed, are in a state of 'fight or flight'. Relaxation therapies such as aromatherapy massage, Reiki healing or reflexology in particular, will help, as with these therapies the therapist can work directly with the glandular system to put it back into balance. This balancing will have a calming effect on the glandular system and will help alleviate the symptoms of the stress.

Q 7) Are there certain foods I should avoid?

A: Yes there are. Any male with a low sperm count should avoid products containing phytoestrogens, which include for example, soya milk, soya yoghurts or any soya products as these contain female hormones.

Q 8) Is it a myth that I should eat foods rich in zinc?

A: No, this is not an 'old wives' tale', this is true. Zinc is very important. A deficiency in Zinc may inhibit testosterone production and cause a loss of libido and problems with sperm count and motility. Zinc is stored in the spermatozoa and the prostate gland. The testicles use it to aid in the production of sperm. However don't go overboard as an excess of Zinc (more than 50 milligrams per day) may cause a deficiency in copper. Zinc is found naturally in oysters, crab, beef, lamb, chicken, cheese and cashew nuts.

Q 9) Do men and women have the same priorities when it comes to keeping the reproductive areas warm or cool?

A: Absolutely not. We may have equality in many areas of our lives but the reproductive organs certainly are not one of those areas. In females the ovaries are tucked away near the midline of the body to keep them at a constant warm temperature. The male testes on the other hand are carried outside of the body in order to keep them cool. It is for this reason that it is not a good idea to be in the steam room on a regular basis or put a lap top on your knee everyday at work. The heat is damaging to the scrotal sac.

Q 10) I have had a vasectomy reversal. Do you think there is any hope for us?

A: Yes, though of course, it may take a little longer, as it takes a while for the sperm antibodies to realise that they do not have to be so keen, as they can continue to kill off healthy sperm. For this very reason alone it would be a good idea to have your sperm tested a few months after the operation. It may also be relevant to check your P.H. levels to make sure that your bodies



are compatible, as an imbalance in this area may lead to problems too. You may wish to follow a course of anti-oxidants. These products help put the body back into a better state of health and are available by mail order.

Q 11) Would you suggest any supplements that I might take between treatments?

A: There are various supplements that have been written about that help with motility and sperm count in general, however, due to new herbal regulations, I would need to speak to you in person regarding these.

## Questions frequently asked by ladies

Q 1) I tend to drink a lot of coffee, tea and Coke. Is this a problem?

A: Yes it is. All of these products are stimulants and usually contain a lot of sugar. If possible, all of these should be cut out of the diet completely. This is especially relevant if you suffer from polycystic ovary syndrome (PCOS). All these stimulants increase the production of insulin by the pancreas and may lead to insulin resistance. Remember that caffeine is a chemical. It affects the absorption of iron and calcium. Its diuretic effect also causes loss of potassium, magnesium, zinc and B vitamins. A high intake of caffeine has been proven to cross the placenta and cause excessive stimulation and miscarriage. It may also lead to adrenal exhaustion and chronic fatigue... sure you still want to go and have a coffee...! Colas are just as bad as they contain phosphoric acid which has been linked to an imbalance in insulin production. This may lead to bone weakness and poor skeletal development. Make sure you drink herbal teas diluted fruit juices and plenty of pure water.

Q 2) Do I have to give up smoking?

A: I would recommend that you give up all forms of recreational drugs. Smoking is a toxin to the system and has been linked to sudden infant death syndrome (SIDS). Smoking increases the chance of miscarriage and may lead to low birth weight. Smoking reduces your vitamin C and vitamin B12 levels in the body and has also been shown to adversely affect oestrogen production and egg bonding qualities.

Q 3) I know my partner should give up alcohol but should I give it up too?

A: I'm afraid so. Alcohol can cause toxins to build up in the liver, reducing the body's ability to produce the essential amino acids required for new cell development. So it is not just the men that need to take heed of this.

Q 4) If a therapist or herbalist recommends that I take some herbs would this be safe should I become pregnant?

A: Always check on the label and with the person that recommended them to you. Generally speaking, any herbs recommended to a client wishing to conceive would be to balance the female reproductive cycle or to regulate periods. Therefore, it would not be necessary to continue with them once you are pregnant, though until then, taking them should be fine. All herbs would be out of the system within three days of you stopping taking them.

Q 5) If herbs were recommended, how long would I need to take them for?

A: It depends on individual circumstances and how long you have had the problem. Generally speaking, a herbalist would recommend a month of treatment for each year that you have had the problem. So if your periods were irregular for three years you would need to take the herbs for least three months. It usually takes about three to six months to bring the cycle into balance.

Q 6) I have been told that I have thrush. What exactly is it and could it be a problem with my fertility?

A: The medical term for thrush is Candidiasis. It is an overgrowth of yeast in the system and can cause a burning sensation when you urinate, or, following intercourse, itching and a white or yellow discharge. Any imbalance in the body is going to lessen your chances of conceiving as quickly as if your body was in perfect health. So if you do have this problem it is a good idea to clear it up as soon as possible.

Q 7) How can I prevent or treat thrush?

A: If you already have the problem then you need to take the advice of a therapist and follow an elimination diet which will avoid all sugars and yeast products. You will be advised to follow a cleansing programme and then it is suggested that you repopulate the intestinal flora with friendly bacteria called bifidophilus. You would also be advised not to use any chemical or soap product when cleansing sensitive areas. Use an organic product that is safe in this area. Also try the homoeopathic remedies Sulphur and or Sepia.

Q 8) I have had several miscarriages and I still feel extreme grief. Do you have anything that could help my emotional wellbeing?

A: Yes, both on an emotional and physical level. On the emotional level, even if the bereavement was some time ago, the Bach flower remedy, Star of Bethlehem, is really helpful. It helps you move on and eases the heartache. There is also another remedy called gorse for extreme despair. A remedy bottle can be compiled with up to six individual remedies, e.g. pine for guilt, Star of Bethlehem for bereavement, larch for fear of failure, gorse for hopelessness and despair, walnut for change and white chestnut for persistent unwanted thoughts. These are taken as drops in water on the tongue. A visit to a caring therapist may be extremely therapeutic. Just talking to someone that understands your emotions at this time will help to heal the emotional scars. On a physical level, the Ancient Japanese treatment of Reiki healing is an excellent way of balancing the body and the emotions. Reiki healing calms and balances the heart chakra. If the heart chakra is out of balance it can lead to unresolved anger, inappropriate guilt, loss of purpose, emotional instability, and feelings of being generally disheartened. It is possible to either have a Reiki treatment or actually learn how to perform Reiki healing and treat yourself on a daily basis, as well as treating other family members and friends.

Q 9) If I am trying to conceive, in what ways should I alter my lifestyle?

As mentioned before, have a healthy well- balanced diet with lots of fresh unprocessed foods,

preferably of organic origin. Make sure you pay particular attention to organic fruits and vegetables which are packed with healthy life-enhancing nutrients. Eat healthy nutritious food three times per day, don't try to run on empty. Drink plenty of water to keep your body well hydrated, and your cells functioning properly, like healthy plumped up plums not little shrivelled raisins. Cut down on alcohol and any form of stimulants and smoking. Also, take life a little more gently. In this day and age we tend to be running all the time, on the go with very little relaxation time. It really is important to give your body time to relax and repair. If you are on the go all the time, dashing to meet deadlines and stressed out of your mind, just stop for a while and consider how you are going to have to change your hectic lifestyle if a little person comes along! Start to make a few changes now.



Try to reduce any areas of stress in your life to the absolute minimum. Get a good nights sleep, make sure you feel rested when you awake and not that you feel you need to sleep on for another eight hours! If this is the case, you really need to look at your lifestyle and nutrition. It is very important that you get plenty of fresh air and exercise. If you do not exercise on a regular basis start off with a gentle

walk around the block, then gradually increase the distance until you are walking for about 20 minutes per day.

Q 10) Where can I get more help and advice?

A: There are many good sources of help and advice out there. Firstly, if you have been trying to conceive unsuccessfully for more than a year, then your first call must be to your doctor to be referred to a fertility clinic for further tests. Both you and your partner must be tested, to check hormone levels, sperm count, motility etc. Male infertility is common these days due to a massive increase in chemicals and toxins in our food, cleaning products and general environment, both at work and at home. We all need to minimise these risks by eating organic products as much as possible and using non-toxic products in the home, such as Natures Concentrate available by mail order at: [www.naturesunshine.co.uk/thebabymaker](http://www.naturesunshine.co.uk/thebabymaker). Get into the habit of having regular relaxation treatments such as Reflexology and Massage to help your body to get back into balance and to retrain it to relax.



## Maya Abdominal Therapy and its benefits

The Arvigo Techniques of Maya Abdominal Therapy are an ancient form of relaxing and rebalancing abdominal massage therapy that has been used for centuries in other parts of the world, but is relatively new to the U.K.

**This ancient Mayan Therapy helps to re-align the tilted womb which can be the cause of up to 36 different gynaecological and digestive conditions.**

This massage helps to establish the present position of the womb. By improving the flow of both arterial and venous blood to this most important area, the body can begin to come back into balance and perform its vital functions to its best ability.

During an Initial consultation Sue will look at your entire lifestyle not just the presented symptoms.



If the womb is lying out of position it may cause a number of problem these may manifest in a number of ways.

- Painful periods
- Late Early or Irregular Periods
- Dark thick clotty blood at the beginning or end of your period.
- Failure of, or Painful Ovulation
- Endometriosis
- Bladder Infections
- Constipation
- Painful Intercourse
- Plus many other symptoms

You will also be taught a Self Care massage to do at home helping to keep the womb in position and helping to alleviate the above symptoms.



## Herbs and natural remedies

Herbs and natural remedies have been around for thousands of years. If you looked at the picture of a clock, imagine that 55 minutes would represent traditional herbal medicine and the last 5 minutes represents modern orthodox medicine. An awful lot of modern drugs originate from the whole herb. When a synthetic version of it is created, quite often only a specific part of the original herb is used and the rest of the drug is made up of synthetic ingredients, fillers, and preservatives.

A lot of research has become available now on the benefits of Vitamin D and its effect on fertility. I have compiled a fact sheet all about this vitamin so do please contact me if you would like a copy.

Do not assume that just because something is labelled as 'natural' that is safe to take. Check the ingredients and the dosage carefully. Herbs as well as drugs have a recommended dosage. Do check if you are taking a multivitamin, for instance, that you are not doubling up on ingredients. Also make sure that you are purchasing your herbs and vitamins from a reputable source. With these types of product it is often a case of you get what you pay for. A lot of cheaper products use copies of the active ingredient and a lot of fillers.

## Bach flower remedies to help manage swings in emotion and how to keep your stress levels under control

Bach flower remedies are homeopathic liquid drops that help to balance negative emotions. They are applied to the tongue with a small dropper and are extremely effective. Discovered by Dr Edward Bach in the early 1930s, the remedies are well used and respected within the field of natural medicine. There are 38 remedies in total, the most well known one being Rescue Remedy, a composite of five remedies used to comfort, calm and relax. Other less well known remedies include white chestnut for persistent unwanted thoughts, usually negative thoughts, which can have a detrimental effect on your general wellbeing. That feeling is when your mind is going around in circles like a record that is stuck. The remedy has the effect of taking the record off. I'm showing my age now, perhaps I should refer to the C.D. or the iPod! Or larch for fear of failure; this remedy is used when a person has had so many setbacks that they no longer want to try, as they fear a negative outcome even before they have started. The trouble is, your subconscious mind is very powerful. If you believe you will fail, your mind doesn't know that it is just your thought and it tends to believe you! Not a good start I am sure you will agree.

Pine is another good remedy to consider if you suffer with feelings of guilt. Perhaps the male partner considers that they are the person responsible for the infertility problems, due to low sperm count or poor motility, but feels guilt that the female partner will have to undergo medical procedures. This is a very common situation and the feelings of guilt really do not help the situation. Negative feelings in general put a lot of strain on the relationship. You both have enough to contend with. Anything that can help to lighten your situation should be a consideration.

Generally speaking, as with all herbal preparations, it is recommended that you take the remedy for about three months as a balancing agent, or for a month for each year that you have suffered with the negative emotion. Should you choose to visit a therapist who has trained with the Dr Bach Centre, they will explain in detail how the remedies work and which ones would help you specifically. Each person reacts to a situation emotionally in their own unique way and therefore each remedy is mixed as a personal prescription. Naturally it would be preferable to have a consultation with a therapist as a lot of information can be gleaned from this consultation, your body language, the speed of your speech, the expressions on your face and much more. However, if this is not possible, then a consultation may be given over the telephone and the remedy will be sent to you by post.

## Aromatherapy oils traditionally used to aid fertility

A famous aromatherapist once said that he felt there would be an answer to all health problems in nature. Just the mere mention of the word 'aromatherapy' conjures up pleasant thoughts of scented spas, relaxation, luxury and pampering. You have a choice. If you can afford it then indulge yourself at a health spa or a beauty salon. Don't deny yourself that treat. You deserve a bit of luxury and pampering; everybody does.

Relaxation is so important in helping our bodies to balance and normalise. For some reason, when we are feeling a bit down on ourselves, we sometimes don't value ourselves and consider that this is only for the rich and famous. Having worked in the field of beauty and complementary therapies for more than 30 years, I am stunned at the variety of clientele that visits a salon. It includes people from all walks of life and of all ages. My youngest client was three weeks old with colic, and the eldest so far was 81 years young.



A funny little story just popped into my mind. About 20 years ago, an elderly lady in her 70s called into the salon for a cleanse and make-up. She hadn't made a previous appointment and was just calling in on the off chance to see what we could do. She duly had her treatment and emerged looking 10 years younger. She was delighted and was giggling to herself as she had never worn make-up before and hadn't told her husband she was coming for the appointment. She said it would be the first time in 50 years that she had not been at home with his dinner on the table when he came home. A few days later she called back to the salon to tell us what had been his reaction. Apparently as she opened the front door she was greeted with the words: "Where the hell have you been?" She just smiled serenely at him and in his typical Yorkshire manner he said: "Well wherever it was, you look bloody lovely, so get tea on." Nothing to do with aromatherapy but it always brings a smile to my face!

The best thing about aromatherapy is that it is very simple to incorporate into your daily life, and yet it makes such a difference to the way you feel. Some oils have a wonderfully uplifting fragrance and are a tonic to the spirits, for example, bergamot oil. It smells abit like a nectarine and always reminds me of Bergasol suntan lotion and therefore holidays and sunshine. However, it has excellent therapeutic properties too. It is excellent for use in cystitis and urethritis as it has a natural affinity to the urinirary tract. Used at the first signs of an infection, it can often prevent the infection from spreading upwards. About five drops of the oil would be used in the bath or a very low dilution of the oil (1/2 to 1%) used as a local wash or douche.

Rose oil is another lovely feminine fragrance and is often referred to as 'the queen of oils', possibly because of its powerful effect on the uterus. Rose also has a natural affinity with the female reproductive system. Rose has traditionally been used to regulate the female menstrual cycle and to reduce excessive loss. This could be useful in cases of heavy periods, lack of muscle tone in the uterus and for those prone to miscarriage. The therapeutic benefits of this wonderful oil are not limited to females. Rose has also been shown to increase the production of semen. Again, it would be used in a low dilution and, if you are new to aromatherapy, you may well feel more comfortable using the rose oil already diluted in carrier oils such as jojoba oil. Tisserand Aromatherapy produce such a blend and it is available from my salon.

As you may imagine, if we have a queen of oils then there must be a king. There is, and that prestigious title goes to the very fragrant oil of jasmine. Jasmine is often thought of as a very feminine fragrance. Its appearance is very feminine with delicate white flowers but it in fact helps both male and female. Again it is a really good uterine tonic. It is excellent for period pains when massaged into the abdomen. Jasmine has also been used to ease the pain of childbirth when massaged into the lower back and abdomen during the early stages of labour pains. Jasmine is known to strengthen the male sexual organs. It has long been reputed to be an aphrodisiac; for those of you not too keen on eating oysters this could be the alternative! Jasmine is well known for helping with impotence, lack of desire and frigidity. This may well be as most of these problems arise from different forms of tension and jasmine is known to have powerful relaxing properties. It is an antidepressant oil, excellent for when you are feeling low in confidence. Like rose, jasmine is very expensive to produce and again, it is available in a diluted form. Make sure that you purchase any therapeutic oils from a reputable supplier as there are many cheap chemical imitations out there and they are unlikely to have the same, if any, therapeutic properties.

## **Herbs to help the male partner fire silver bullets**

There are certain herbs that have been used for centuries to help male fertility. Examples include yohimbe bark, saw palmetto, damiana and we all have heard that a man should 'have his oats' - oat straw leaves are also used. I tend to deal with a herbal company that manufactures specific blends of herbs to generally tone the male reproductive system rather than prescribing specific individual herbs. So far I have found this to work extremely well.

L' Argenine and L' Carnatine have been found to help greatly with both sperm motility and sperm count, please contact me for further details.

One of my male clients was happy to tell all his friends that his sperm count had risen from 20 parts per million to 80 parts per million within a month of taking herbs. Needless to say he was delighted and so is his wife as she has just given birth to a beautiful baby boy. The gentleman in question passed the referral on to a friend of his and the good news is that the second gentleman's wife is now also pregnant. I am a little reluctant to name the specific blend they used, as the company tends to change the name of its products occasionally. However, if you are interested in gaining more information regarding the herbs, please email me at: Sue@thebabymaker.co.uk

**I will be delighted to help in any way that I can.**

## **Herbs to help regulate periods and improve egg quality**

The herb most commonly used to regulate the female menstrual cycle tends to be a Chinese herb known as dong quai. It has been used in the Far East for centuries, not only to regulate periods but to tone the female reproductive system in general. For this reason, the same herb is used for heavy menstrual bleeding, cramps, pre-menstrual syndrome, and symptoms of the menopause such as hot flushes and night sweats. Dong quai is often used in blends with other herbal extracts such as damiana leaves, raspberry leaves, ginseng root and Macca extract.

I have had excellent results with the herbs mentioned above. Do remember that all herbs have a recommended daily dose, so check the dosage carefully. Do also please check that all the herbs you are considering are safe to use in pregnancy. Some will be safe to use up to pregnancy but should not be continued after conception.

## **Advice to help all types of problems, such as polycystic ovary syndrome, low sperm count and others**

Castor oil packs have been shown to be very beneficial in cases of P.C.O.S. endometriosis and various fertility related problems. The Castor oil is rich in properties that help to support the immune system and support the liver, helping with pain and discomfort, alongside regular abdominal massage. See recommended reading list. Certain physical problems can be greatly improved by paying a little more attention to your daily diet. How can you expect your weary body to create a new, vital, little person if all you give it on which to survive is processed foods depleted of any nutritional value? You cannot seriously expect your body to be in the peak of fitness if you live on take-away and pre-packaged foods all the time. There is no harm in the occasional one. As long as the main part of your diet consists of fresh produce, in particular fresh fruits and vegetables that are rich in vitamins, minerals, enzymes and all that good stuff that we read about in health food magazines.

Polycystic ovary syndrome (PCOS) is a lengthy subject on its own. More information about this syndrome can be obtained from the following website: [www.verity-pcos.org.uk](http://www.verity-pcos.org.uk). See also the section of this manual that deals with charitable organisations. PCOS is basically an imbalance in hormone levels, particularly testosterone and insulin. The insulin receptors in the body tend to lose the function of detecting when there is too much sugar in the blood



stream and therefore, it is vitally important to cut down on all sugary snacks, carbohydrates and sweetened drinks. Fizzy drinks tend to be loaded with sugar and are just empty calories that you can do without.

Drink fresh nutritious fruit juices not from concentrate, and fresh, clean, filtered water is extremely important. This is particularly so for men who have a low sperm count. Extensive, recent research into the state of our drinking water shows that a lot of female hormones are finding their way into the tap water system and into the rivers around the UK. This has resulted in our fish developing deformed genitalia. This is obviously not the ideal scenario, so I would advise you all to drink filtered or bottled water while you are trying to conceive.

Foods rich in vitamin C, such as fresh fruits and vegetables, have also been proven to help. POCS is often linked to thyroid or pancreas problems, so foods rich in kelp or bladderwrack, such as dark green leafy vegetables or seaweed, are highly recommended. Please do cut down on all forms of sugary drinks in particular colas, coffee and any other known stimulants as these play havoc with the pancreas.

## Advice on books relevant to your specific problem

### Recommended reading:

- "The Oil That Heals" William A. McGarey M.D.
- "The Coconut Oil Miracle" Bruce Fife M.D.

There is much good information available from local bookshops and of course on the Internet. What I would say is, before you buy any book, have a good look at it first and make sure that it speaks your language. I don't mean this in the literal sense of the word. What I do mean is that it speaks to your soul, your heart. Most bookshops will not object if you spend five or 10 minutes having a good look through, so don't feel embarrassed to do so. Check that the author is easy to understand and that it deals with your problems in a way that you feel you can implement into your life. It is of no value to you buying a book that is very high brow and technical if you can't be bothered to plough your way through it to find the relevant information. Don't buy too many books either as you may find that it gets you down as you come across conflicting information. This is a constant source of frustration. Happy hunting!

## Charities and other helpful organisations

When you are suffering the pain and heartache of trying for a baby, you often feel extremely isolated. You don't wish to burden your partner or family with your worries and fears. In this situation it is of great benefit to find a caring individual to whom you can talk in confidence, there by relieving yourself of the emotional burdens you are carrying. You may be fortunate enough to have a caring, empathetic therapist, councillor or friend. For those who do not, there is a lot of help available, so make use of it. Foresight is a registered charity that will take a sample of your hair and then advise you if you are lacking in specific vitamins, etc.

Foresight also does a helpful range of pamphlets and books related to infertility. Foresight can be contacted at 28 The Paddock, Godalming, Surrey, GU7 1XD, tel: (01483) 427 668.

For Polycystic Ovary Syndrome, contact :Verity, The Polycystic Ovary Self Help Group, 52-54 Featherstone Street, London EC1Y 1BRT or visit [www.verity-pcos.org.uk](http://www.verity-pcos.org.uk)

A general all round good site for information can be found at:  
[www.Tommys-campaign.org/information/usefull\\_organisations.htm](http://www.Tommys-campaign.org/information/usefull_organisations.htm)



And you can contact me, **Sue Calvert**, at:  
66 Pingle Road, Millhouses, Sheffield, South Yorkshire, S7 2LL,  
email: [sue@thebabymaker.co.uk](mailto:sue@thebabymaker.co.uk) or  
tel: 0114 236 8559

**The End.**