

## **INFERTILITY**

From an article by Dr. Lawrence Wilson

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Infertility, or the inability to become pregnant, plagues millions of women around the world. Infertility is also always a serious health concern, as it is a reflection on the health of the women and/or their husbands. I hope this article will reach thousands of couples who are concerned with having healthy children.

Note: A doctor may tell a couple that the man's sperm count is fine. However, in some cases, the sperm cells are weak, and not motile enough. This is why the wife cannot become pregnant. It is a subtle imbalance in the man's body that can be missed by standard testing. For this reason, if a couple is infertile, both partners should follow a nutritional balancing program in all cases.

Very often a nutritional balancing program will overcome infertility, in my experience. Other nutrition programs, in my experience, either do not work as well, or they cause a pregnancy, but they do not enhance the mother's health enough, and this can result in a birth defect or in a sick child.

Only nutritional balancing focuses first on the general health of the mother. When she has reached a certain level of health, assuming the sperm are normal, she will become pregnant, in our experience. This cause of infertility is, in fact, protective of the health of the mother and the baby.

### **CAUSES FOR INFERTILITY**

Fertility is a complex human process that involves mechanical factors such as the ability of the egg and sperm to travel along the fallopian tubes. It also requires adequate levels of the sex hormones to promote conception, and then to properly support and nourish the fertilized ovum. There is rapid protein synthesis during early pregnancy, so the woman's nutrition and that of the ovum must be adequate or errors of DNA replication will occur, often leading to miscarriage or birth defects. Pregnancy is a stress on the woman's body so all of her body systems must be in good enough shape to handle the stress, or she will often miscarry.

Today, problems in all these areas related to fertility are often due to nutritional problems. Most young women are just not well nourished. Their bodies are also often loaded with toxic metals and toxic chemicals that further interfere with their fertility.

Sadly, most conventional medical doctors don't pay nearly enough attention to these

sometimes subtle problems of young women. The public health authorities are likewise ignorant on this subject, and their preventive measures such as water fluoridation, vaccination and others often make the problem much worse.

Infections. Many women also have chronic and often hidden infections that affect the ability to become pregnant. These infections may affect the uterus, the fallopian tubes, the ovaries, the vagina or other structures involved in reproduction. Most are not detectable on blood or other common medical tests because they are very chronic or low-grade. Unfortunately, many begin as sexually-transmitted infections.

I know this to be true because when some women undertake a nutritional balancing program, old pelvic organ infections will flare up and then go away for good. Resolving these infections can easily take several months to several years or more. However, they can be a key to becoming pregnant or maintaining a pregnancy. They can be a key to male reproductive health as well.

### **INFERTILITY AS REVEALED ON HAIR MINERAL ANALYSES**

No single hair mineral pattern causes infertility, in my experience. However, the presence of certain patterns makes pregnancy more difficult. These include a four lows pattern, a low sodium/potassium ratio, and in some cases, a sympathetic dominance pattern. **As these patterns are corrected, fertility usually increases.**

At times, I notice an emotional stress pattern or trauma pattern on a hair mineral analysis of women who cannot become pregnant. When this type of block to pregnancy has been resolved, as often happens automatically with a nutritional balancing program, pregnancy may occur easily.

### **SERIOUS PROBLEMS WITH MEDICAL FERTILITY PROGRAMS**

The main problem with fertility drugs and mechanical or in vitro fertilization methods is that they do not address the deeper issue of the complete health of the mother, and therefore the future health of the infant.

As a result, infant mortality, birth defects, delayed development and serious problems of children are skyrocketing in America and around the world. This is very unfortunate, but I would say the cause is largely medical ignorance of the issues discussed in the paragraphs above. In fact, most young women today are in terrible health, judging by the hair mineral analyses that I review on a daily basis. I am surprised many of them can bear children at all.

In the field of animal husbandry or the livestock industry, it is well known that a common problem of malnourished animals is an inability to reproduce properly. This applies as well to human beings. Ranchers also know that to produce the healthiest offspring, they must feed and nourish their herds as well as they can. It is time we learned this about human beings, as well, for it is the truth.

Enhanced nutrition for pregnant and nursing mothers, in fact, is the rule in some of the most healthy indigenous societies around the world. These groups of people go to great lengths to nourish young women and mothers-to-be in special ways to assure healthy, successful pregnancies and healthy children. We can do the same, using modern scientific nutritional methods. Unfortunately, just following a "balanced diet" or even an all-organic food regimen, is not enough, however.

### **INFERTILITY CAN BE A BLESSING**

Many times, an inability to become pregnant is a blessing that is telling a woman she is nutritionally unfit for pregnancy. Avoiding pregnancy for her is helping her to avoid stress, illness and often problems in her babies. If she will embark on a complete nutritional program using a hair mineral analysis to guide the correction process, in most cases she will be able to become pregnant when her body chemistry becomes balanced.

I would urge any woman who is even remotely concerned with fertility or ever getting pregnant to consider undergoing a complete nutritional balancing program to improve her overall health now, even as a young teen, for example. It can take at least five years to remove a dozen toxic metals and thousands of toxic chemicals from the body. This is the best way to prevent many problems with pregnancy and to improve the health of world's children, as well. I wish that women, and their physicians, would think about their fertility problems in this light.

### **PROBLEMS OF PREGNANCY**

Nutritional balancing is also helpful for complications of pregnancy such as morning sickness, gestational diabetes, high blood pressure, pre-eclampsia and eclampsia. All these can often be prevented or minimized by following a nutritional balancing program before and during pregnancy.

I am often asked if there is a possibility of toxic metals that are eliminated by the mother during pregnancy damaging her baby in utero. We have never had this occur, based on several hundred pregnancies, at the very least, over the past 30 years or so.