

All I want for Christmas...

Are you making a Christmas wish for another baby? Hoping that by next year you'll be hanging up a second stocking on Christmas Eve? Secondary infertility can be an issue for couples even where there seemed to be no problem first time around. For some couples getting pregnant with baby number one took longer than expected and the thought of another long anxious wait is stressful and daunting. Natural fertility can be enhanced with homeopathic medicines. The Homeopathic Fertility Programme has a success rate of 85% for women who have tried to conceive for 2 years before starting the treatment.



In the UK we are leaving parenthood later than our parents with the average age of a first time mother up by almost three years to 29 years. For couples trying for a second baby this means that the majority will be in their thirties or forties, making age a significant contributory factor to secondary infertility. We've worked through our most fertile years securing a career and home for ourselves and our future family. While your fertility may not be that of your 20 year old self on an emotional level you are more likely to be in a loving partnership where you are both ready for another child. Embrace the positive aspects of your situation and work on how to maximise your fertility. You certainly cannot change your age but you can increase your fertility by using natural fertility awareness methods, optimising your nutritional intake and getting homeopathic support to help swing the balance back in your favour.

Even couples considering using IVF can integrate this natural approach into their pre conception health plan. Some couples will be returning to IVF to have a frozen embryo replacement and wish additional support to succeed a second time. With an average success rates are around 21.6% and only 10% at 40-42 boosting your natural fertility prior to a course of IVF is a wise move.

It's surprising that although homeopathy has been around for over 200 years and has two homeopathic hospitals in London and Glasgow both run by NHS that it's profile on fertility remains low.

Research on homeopathy for fertility appears in the NICE Evidence Tables with encouraging results with 9 births where homeopathy only has been used for women who would have used conventional fertility treatments - IVF and fertility drugs due to infertility. Male fertility was found to improve by using homeopathic medicines over one year - 196% increase in the density of sperm with good motility - within a German research trial which saw improvements in sperm quality as early as three months from the start of treatment.

Homeopathic treatment naturally starts before conception in preparation for a healthy baby; treatment is alongside Foresight Association's Pre Conception Health Plan - success rate of 75%. A constitutional homeopathic medicine is prescribed to boost your general health and alleviate the symptoms any health issues such as fibroids, polycystic ovary syndrome and endometriosis. The long term side effects of the pill can effect the fertile cycle. The Homeopathic Fertility Programme includes individualised homeopathic prescriptions with therapeutically indicated ones is used to rebalance hormonal levels and regulate the cycle, stimulate ovulation and improve the quality of vaginal mucus.

Where the issue is not conception but holding a pregnancy homeopathy can help. One or several miscarriages are heartbreaking for couples, homeopathy can support for you both through your emotions and to get physically ready before trying for another baby. Homeopathy is a gentle medicine with no nasty side effects; you can continue using homeopathic medicine during pregnancy, at childbirth and for your new baby.

In my practice, I specialise in treating clients with fertility issues, during pregnancy, childbirth, early parenting and throughout childhood. Homeopathic treatment is an individualised course of treatment, not classifying people into types or by conditions. Simply by finding their individuality a homeopath tailors a course of treatment for fertility to help a woman to become healthier and increase her fertility. **For more information on Homeopathy for Fertility visit www.edinburghhomeopath.co.uk or to make an appointment call 0131 664 98822**

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