

Can you help if I have a serious problem?

Low sperm count	Generally responds well to natural treatments.
Low % of motile sperm	Causes are identified and addressed. In most cases, responds very well to natural treatments.
Poor sperm morphology	Reasons are sought and resolved. Sperm morphology is frequently improved during the course of the program.
Fragmented sperm DNA	Antioxidant therapy and toxicity reduction has been shown to improve sperm DNA. Egg DNA should also benefit though can not be measured.
Irregular cycles	Respond very well to natural treatments.
Hostile mucus	The underlying immune, nutritional and hormonal imbalances are addressed and the problem can usually be resolved.
Sperm antibodies	Investigations are made into the type. Response varies depending on the type and amount. Generally very successful, when occurring in the female.
Endometriosis	Depends on severity, however generally a successful long term treatment and often used in conjunction with surgery.
Ovarian cysts	Depending on the type, many spontaneously resolve although some require surgery. Natural treatments are conducive to resolution.
PCOS	Polycystic Ovarian Syndrome usually responds well to nutritional and herbal medicine.
Fibroids	May not be a barrier to conception, depending on position and size, although the underlying hormonal issues are considered and addressed. Surgery may be necessary in some cases.
PID	Pelvic Inflammatory Disease - causative agents are identified and treated during the initial stages of the program. This may require antibiotics.
Both tubes blocked	A serious challenge to natural fertility treatment, although mild tubal damage can often be addressed successfully. In more severe cases, the Conception Program is offered as a complement to reproductive technology.
Candida/thrush	Responds well to natural treatment.
Stress	Different techniques are used to reduce lifestyle stress and the inevitable stress of infertility.
Miscarriage	Identification of risk factors is undertaken, including additional pathology tests where miscarriage is recurrent. Preconception health care can successfully address most causes, and rates are greatly reduced.



I had a case of severe endometriosis ...

“ After a year of unsuccessful conception attempts and doctors already recommending IVF, my husband and I decided to give the Natural Fertility Management program a try. I had a case of severe endometriosis and my husband had a varicocele (which was greatly affecting his sperm quality and motility). Whilst on the program my husband's problem improved greatly & was all within normal range. With some medical intervention & the program, my endometriosis was also put at bay. As we were approaching the end of one year on the program, we were just about giving up on the idea that a natural conception was achievable, but it actually happened. Thank you [naturopath] for always being positive and having faith that this was possible for us. ”

Mrs L.S., Sydney NSW

If you have queries about other conditions and whether the Conception Program could assist, please book in for a (free) introductory consultation.