

Avoiding Early Pregnancy Loss



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Disclaimer: The information in this eBook is intended as a general guide only and is not a substitute for individualized health care. It has been written to fill a gap that is missing in your life – how you can help yourself. We live with the consequences of the actions we choose – and often it is decades before it is obvious what we have set in motion.

I recommend that you really think through any options given to you and to consult your health care practitioner, midwife or doctor. Any health concern outcomes for yourself or your family in relation to general health and wellbeing – and especially in all matters relating to pregnancy, birth and parenting – are yours to reap happily or to rue at leisure.

Second, third and sometimes more opinions may be needed. I suggest following Nature first. In most endeavours, the effort you put forth is obvious by the results.

Be patient – and give it some time. Decades of damage cannot be fixed quickly. If you find you do not get what you intended, trying something different is always an option. This may well be the ‘something different’ you have needed for so long.

TABLE OF CONTENTS

FOREWORD	1
ABOUT THE AUTHOR	2
INTRODUCTION	3
1 – HOW TO AVOID AN EARLY PREGNANCY LOSS	6
2 – WHY A LOSS WHEN THE BODY STARTED BABY?	10
3 – FOR HER – NORMAL PERIODS ARE KEY	19
4 – THE ACUPUNCTURE MODEL	20
5 – THE NEW WORLD PREGNANCY DILEMMA/REALITY.....	26
6 - EARLY PREGNANCY LOSS – BLIGHTED OVUM	29
7 – EARLY PREGNANCY LOSS – ECTOPIC PREGNANCY	30
8 – EARLY PREGNANCY LOSS – MOLAR PREGNANCY.....	32
9 – WHY MUM CAN’T HOLD A PREGNANCY	35
10 – PREGNANCY LOSS – INCOMPETENT CERVIX/ SPLEEN YANG HOLDING QI TOO WEAK.....	45
11 – IMMINENT MISCARRIAGE: WHAT TO DO.....	49
12 – HOW ACUPUNCTURE TREATMENT CAN HELP.....	59
13 – HEALING POST MISCARRIAGE/IVF FAILURE	65
14 – HISTORY OF MISCARRIAGE /FAILED IVF ATTEMPTS	68
15 - ARGUMENTS AGAINST ‘GOING NATURAL’	71
APPENDIX 1 – SPLEEN & KIDNEY YANG WEAKNESS	72
APPENDIX 2 - MEDICAL REASONS FOR PREGNANCIES FAILING EARLY.....	76
APPENDIX 3 - INCOMPETENT CERVIX/SPLEEN YANG HOLDING QI TOO WEAK	84
APPENDIX 4 - BLIGHTED OVUM	86
APPENDIX 5 - ECTOPIC PREGNANCY.....	87
APPENDIX 6 - MOLAR PREGNANCY	89
APPENDIX 6 – MISCARRIAGE PREVENTION	94
CALL TO ACTION	95

Foreword

I started writing this book as a *tool* for those who found themselves in a position of a 'maybe' or a definite early pregnancy loss. The book just grew and grew!

If it were me who kept having apparently perfect embryos (to look at) that were not developing into babies, I would want to know **why**. If it were me that couldn't get past a certain point in pregnancy – again – I would want to know what to do to become a happy mum!!

You may wonder as you read this book if I can help you with your baby journey as some of what is written may seem really basic. Well, it is!!

When a woman is well, fertility just happens. (Proviso: She needs a good sperm maker!)

If early pregnancy loss has plagued you – or if you find yourself still not a parent despite trying – please be aware that there will be a reason. It is a matter of following the steps that lead to BOTH becoming very well. Conventional medicine tells us that we are 'well' if disease is absent. But true wellness is where you feel you are 'bursting out of your skin' with great health. Your aim is to make the best baby possible. How?

A happy couple, the right ingredients and following the recipe is of utmost importance.

Please consult the other resources you received with this kit.

Your life is easy to alter – do things differently.

Follow Nature.

Heather Bruce

About the author



Heather Bruce has spent many decades working with anyone who wants 'more' when faced with apparently 'hopeless' health challenges. Anyone who wants to take responsibility back for their own healing.

Heather began her acupuncture training with a six-week-old baby in tow. Her then recent maternal adventure was a counterpoint to what she was being taught – male perspectives from a male culture overlaid with the perceptions of modern male medical 'authorities'. She discovered almost no reference in her original acupuncture training to maternal care, to birthing women or to the new mother.

When she graduated from acupuncture training in 1978, Heather realised the importance of teaching how all were disturbing their own balance — and thus contributing to their own problems — not trying to 'fix' things 'for' them.

She began writing and presenting her own training materials to teach her colleagues and help make up for this deficit. In Brisbane, Australia, she co-wrote and taught an undergraduate acupuncture course, while also writing and delivering postgraduate seminars.

Heather is the mother of four adult children. Over recent decades, she has witnessed the tsunami of interventions that have disempowered women and disconnected them from their innate mothering wisdom. The third of Heather's children was a seriously brain-injured baby who was also autistic. Heather spent the first eight years of Kathryn's life turning over every stone to help her daughter live well and achieve functionality. Kathryn inspired Heather to strive for more for all – especially those who feel that they are in a hopeless bind. If you wish to know more on this, www.my-mothers-heart.com

Being a naturopath and herbalist, a [Mayan/Arvigo © therapist](#), and a senior acupuncturist, Heather combines many approaches and responses to all health conditions. She has spent many decades working with anyone who wants 'more' when faced with apparently 'hopeless' health challenges.

In 'Avoiding Early Pregnancy Loss', you may find many of the different ways Heather shows her way through the unexpected convolutions that you may find are not to your immediate liking. A sense of grace and wonder in all things may be needed, along with a sense of humour to navigate all that your life has to throw also at you. There are many short cuts to good health.

These can be found in other writings at www.heatherbruce.com.au (meditation and cancer support), fertility and pregnancy support at www.easybabies.com.au, nutritional and traditional self help guides are on www.simple-natural-solutions.com Her Pregnancy, Women's Health (Periods) and Fertility Apps can be used as navigation tools so you can access the insights that may make a massive difference to your life. They have been placed on this site <http://heathersays.com/apps/>

Enjoy your own personal road to health and vitality!

Introduction

I have written this for those who are serious about the making of a better baby. My aim is that this book will motivate you to search for the reasons *behind* the infertility or early pregnancy loss. Then change it – as nature intends sex to make babies, and you have somehow inadvertently broken this.

You may be longing to be happily pregnant. You may have had success before and now not. You may have thought attending an ART clinic was the fastest way to make your family – maybe skipping the getting healthy first step. (All farmers make sure their breeding stock is in perfect condition, and the best possible studs are found). This is generally how nature seems to mess up and you end up in tears. You may have thought that baby making was simple. Now it no longer feels that way.

Maybe when making babies there are a few more steps in the modern world than ever used to be? Become more conscious?? Wonder is needed to have a well pregnancy and a healthy mother and baby? Maybe it is far too late to start paying attention to what you do and eat **once** you are pregnant. Your baby was being made months before conception.

You may have explored this topic before. What you will notice here is I introduce to a vastly different perspective – the totally natural approach. Like a farmer in times past – or any one who needed to grow their food – quality matters and is sometimes a matter of survival. Following my work, you will learn what YOU can do to help yourself. You will discover that easy, and natural steps can take you back to where pregnancy is assured to make a happy family. It is most likely that you need a life change to make your family - *not a medical intervention*.

Believing that miscarriage or infertility is genetic or is just ‘one of those things’ leads to feelings of hopelessness, distress and despair, and gives no reason to make changes.

Orthodox medicine by its very nature focuses on the symptoms of the underlying problem. It tends to be reactive, quietening down minor warnings - which often really need heeding! Because mainstream medicine does not search for the causes, finding the answers is thus left to you. The (‘diagnosis’) ‘what’ is happening is established – but not ‘why’, and thus what to do to stop reoccurrences. You are told ‘try again’. Something in your gut may scream out ‘NO’!!!

We may expect instant gratification in the society in which we live. We may not be educated about the importance of the state of health of the prospective parents **before** conception. We are not told that there is serious work to be done on **both** parents’ part before we conceive. (That’s right - you too, dad!) A breeding farmer will only use the best stock – male and female – and go to great lengths for prize offspring. Armed with this new knowledge and support, you can take control.

CONSCIOUS CONCEPTION is the best insurance possible! Today we look to such interventions as fetal testing and scanning for peace of mind. These tests might diagnose for us but they don’t fix any problems – that was the instigator. Are the tests even safe? These quoted sites will show how scanning is dangerous. Please investigate yourself.

INCONVENIENT QUESTIONS

You may be reading this book because you – or those you care about – have become aware that the perceived possible perfect outcome is slipping away. You may feel cruelly touched by circumstances. You may be thinking -

- *Who am I to question the experts?*
- *I will want the care of an obstetrician – they specialize in childbirth don't they?*

It is true that an obstetrician is one specialist – a surgeon – for when things are in trouble. But this is forgetting that Nature does not get it wrong - we do. Add in plenty of rest, abundant pure non chilled water, nourishing foods and a structure that is aligned - this makes easy babies, easily birthed and easy to raise. This may be outside the scope of practice for all medically trained specialists, and even nurse midwives. Looking at what is innate, and assumed from our past may seem 'outdated' yet it got us to here. Now lost in apparent need for 'studies' - 'evidence based medicine' and science – not what always worked. It may thus seem odd to you that I spend some time in the past traditions: of women's wisdoms. These are where the healing is to be found.

What are your chances of being a bonded happy mum with an easy baby?

Here is a novel idea - follow nature. The blueprint/plan all have within as mammals?

An obstetrician is a specialist of abnormal births – not **natural / normal** births.

That is the midwife's vocation.

Perhaps leave baby in peace as s/he gradually and mysteriously grows. If you start with the best ingredients, in your own perfect health - there is no reason for 'genetic' or other hiccups. A pregnancy going to term easily birthing a healthy bub into your arms is what you intend on this journey.

Before medicine **took charge** all babies were graced with a quiet and tranquil growing time. Here I bring you the secrets to having a worry free, peaceful pregnancy and a safe ride for your baby.

Challenging such 'obvious' thoughts will bring into sharp focus questions on how you choose to run your life: who you regard as an authority and the part you see yourself playing in creating your own outcomes. Most are happy to mosey along – and some take on the mantle of parental responsibility.

Such circumstances often force us to question the status quo:

For example: If we look at issues such as

- *the vaccination debate*
- *the cot death puzzle*
- *modern hospital birthing and*
- *medicalised pregnancy care*

We may begin to realize that all along we have been motivated by 'quick fixes' - although nature wrote other rules - ignorance and fear and along with a serious lack of informed choice. All that can change – when we start asking the **inconvenient questions!**

Of course, we could proceed without making any changes and be 'lucky' enough to have a good pregnancy and birth. Maybe though, we won't get so lucky. How is that? It could be the start of a

slippery slope – not perhaps apparent at first. After all, we want more than a healthy baby – we want a healthy, robust child who will grow into a healthy, robust and well-adjusted adult. So much rests on that beginning – the best ingredients!

To help you – I have produced a lot of resources to freely use – and some costing not much.

[Fertility App](#), the [Pregnancy App](#) and the [Period App Helping Mother Nature – A Fertility Guide](#) and its accompanying eBook [The Pregnancy Map](#) all contain guides to making necessary changes as well as being a wonderful source of background information.

Be encouraged by the fact that nature works with you. While nature uses many of your valuable resources it is not geared to use these resources without reward. Give nature the resources it needs and it will reward you. Which do you think is the wisest course? Working with nature or hoping for the best?

CASE STORIES AND COSTS

We all learn through story telling. Sometimes it may be upsetting as you identify with what has happened to you. But there is also the **freedom in the sense of empowerment** that comes from the story telling as it allows you to find, and act on answers yourself.

I have included in this book a number of real cases. The names have been changed. The purpose behind this story telling is to help you see yourself. You will also see how common it is to have such problems. Best of all, it will help you realize that these problems are easy to resolve. All we need is common sense and a different *solution based medical model*.

What are the costs?

- Your time
- Your effort
- Your sacrifice (well, it might seem a sacrifice at first) as you make new choices

Perhaps you could have guessed all the above. But there is one more that is not so obvious and it is the major cost of all –

- **Your resistance**

When it comes down to it though the costs don't hurt at all.

For example:

- You have to eat – so eat **baby making foods**. (Yes, [there is such a thing](#))
- You have to live – so choose **baby making habits**.

1 – How to Avoid an Early Pregnancy Loss

The **secret** to making vibrant, healthy and robust offspring is simple - ***start with the best ingredients.***

To **avoid** making a high maintenance person who tends to succumb to random health issues through life is simple – ***start with the best.***

- The best sperm
- The best eggs and
- The best environment possible – a happy, healthy mum to be living in a supportive culture.

Why Start With Less Than the Best?

Fertility is a
measure of
health.

Health and
wellbeing are
not a matter
of luck

Orthodox medicine tends to see ‘infertility’, or the loss of a baby as ‘the problem’. More traditional societies and their medicine would see the entire picture. A more holistic approach would then pick up the sense one makes out of such events – and places it within a spiritual context, differing according to the different belief systems each tribe/group hold dear. Expensive testing, hormonal level monitoring and other medical interventions do not target the real problem. The real problem is bigger – the overall life challenges, the toxins that now invade all living cells and the necessary care of the prospective parents ensuring they are in the best possible shape **before** they conceive.

What can make a **bad beginning**?

SPERM - Let’s talk start at the beginning. Men are needed.

Some men produce **350 million per ml**. The usual sperm analysis I see in clinic is around **10 million per ml**. Ideally a 200 million per ml sperm count would be a great start. You might be thinking “but 10 ml /ml is heaps – what’s the big deal”? Well, in Sperm World 10 million/ml is not heaps. **QUALITY is just as important as quantity. That’s the big deal.** A sperm with one head and one tail does not guarantee a good baby – or a baby at all. The quality of the DNA **inside the sperm’s head** is the crucial component. Perhaps watch [The Great Sperm Race](#) (BBC documentary). Also [The ‘Disappearing Male’](#).

Let’s go back to the average sperm analysis I see in my clinic. The average percentage of sperm that look visibly normal is just 5% of that 10 million. Sometimes (3 years on – my edit in 2015) – 1% normal looking of 3 million/ml. What if you did conceive – but with one of the inferior sperm? Food for thought!

What would you choose if you could: A random, hopeful sperm from a body that is struggling to make any, or a perfect specimen from a pool of hundreds of millions of vibrant healthy little swimmers? Sperm is usually easy to change – just improve health – how?? Perhaps invest in better sperm making [information here](#).

Over the years medical testing has been lowering the standard ('pass mark') as to what is an acceptable level of normal sperm **and** the minimum amount of sperm deemed normal. When sperm is not strong or healthy enough to do what it is designed to do, then expensive ICSI (Intracytoplasmic Sperm Injection – manually injecting a visually selected sperm into an egg) becomes more likely. What sort of guarantee is there that any resulting pregnancy will be the best it can be if the sperm leaves much to be desired?

Sperm are being made constantly and are affected instantly by lifestyle and dietary choices. A man's age also affects his sperm. Toxin exposure rapidly affects the highly vulnerable sperm. So the older a man becomes the more deleterious the effect.

The good news is that sperm production and sperm quality can be greatly improved with nutritional supplements and avoidance of things harmful to sperm. You can read more in depth information on this subject in - [Helping Mother Nature – a Fertility Guide](#) which, has [Supercharge Your Sperm](#) within it. [Research into Improving Sperm Quality](#) is part of the package. Maybe start with the [detox eBook](#).

It is usual for a woman to believe she is the one with the problem. Of course, that can be the case. But we are seeing shocking reduction in great sperm and this issue is not being addressed. Truly, no serious farmer would be working with such frankly reproductive rubbish. Bulls and all studs have to be the best the farmer can afford. Often the woman is told that she is the problem – that she needs to calm down, relax (and whatever other story that is told) – when the real infertile partner is led to believe he is 'OK'.

Have you heard that you are 'too old'? That your FSH is too high? That your AMH is too low? That you are running out of eggs? Have you been told that your eggs age? Your eggs are in a state of suspended animation until about 4 months before they start to mature in preparation for release. So, like your partner and his responsibility in making good sperm, you are responsible for improving your eggs. How? It is all about what they are exposed to so as to enable them to express their maximum potential as they mature. Healthy life choices. A good place to start is by taking charge of what goes into the mouth and getting rid of toxic residues deposited in your cells.

The Role of Healthy Living

Women come to me for all kinds of issues – and getting pregnant may be the **last** thing they want at that point in their lives. I always ask all women what form of contraception they are using, as I know that once they begin to improve their health – **their fertility will improve!** They may not thank me - and many have had accidental babies. How? They may have previously been using contraceptive practices such as 'withdrawal' and monitoring natural mucous management. In times past, these would not have been good enough – and when both are well, sex makes babies. Once their health improves these measures may no longer work.

Natural Medicine is part of healthy living because it dictates that if you have a healthy regard for lifestyle your body responds in kind. Altering habits gives a different result and that goes for any health issue! As a natural health practitioner I regularly see disease that through the lens of mainstream medicine has no apparent causative reason. Yet always lifestyle and diet are critical. Whether it is arthritis, diabetes, continual migraines or poor sperm quality – there is always a nutritional component.

Most would agree that healthy living plays an extremely important role in a quality life. It's a pretty basic statement. Here I am adding to the predictable, and what you read next may be totally different to anything you have been exposed to so far.

What is also very different about this message, is the **Energy Model**; where emotions, climatic changes and past life experiences all meld to form who you are and what you are able to do. The role of healthy living is to assist our bodies to work happily in the way they were meant to and, in the context of this book -

Well and happy = sex = babies!

What Makes a Better Baby?

When I look at *great* pregnancy results – healthy, happy babies – there is a common theme. The parents are happy and healthy. This could be your starting point. Particularly if you want better babies, born full term. With a happy mum, easily breastfeeding and enjoying being a mum.

- Are you both well?
- Are her periods perfectly normal?
- Do you sleep well?
- How is your digestion?
- Are you on any medications?
- Do you have any sort of medical condition?

This is not an exhaustive list of course. But the list serves well as an example of common issues that need to be addressed before attempting to make that great baby. We've touched on the role of good quality sperm and eggs – but they can't be made well without issues as above being resolved.

Sometimes we may need to dig deeper still. There may be past mistakes or events that have impacted on our emotional health. Such issues also impact on our overall happiness. We may need to look at products or services that work on undoing damage from our past.

A few obvious ones are . . .

Everyone else seems without trying - to get pregnant all around you.

('It is not fair . . . ' often starts running your life)

Sex stops being fun and instead is mechanical as you 'must do it now. . . '

All have a bright idea of how you could 'fix' this.

Being Upset With the Waiting

1. The passing of time:

You may have been reminded that you are aging. How this impacts on your fears. Yet nothing is said about the **cause** of aging - as all focus is on the passage of time. Aging is a *wearing out of the body*. The **rate of aging** is influenced by your [Jing](#) (constitution). The knowledge that you have so much control over this will relieve the anxiety that comes from the fear of time running out. This is discussed in more detail in the next chapter.

2. To complete your marriage:

Should either of you feel a baby would be the glue in a failing/ under-committed relationship - ask your friends and family as you may find that lovely though they are, for relationships, babies

are like bombs going off. Babies are incredibly time consuming and their demands are forever. Despite the love, they are hard work also.

As you work through this, it may be helpful to invest in a puppy. It may sound too simplistic, but the reality is that we have an instinct to tend. As a couple we can feel so helpless when that instinct is not being fulfilled. To some degree this longing can be assuaged with another life to care for. It will also give you a little taste of the demands on your life as a couple and may help you to see whether it positively or negatively influences your relationship.

While waiting, you do have the opportunity to learn about, and optimize your own life quality and your own [Jing](#) (constitution). Besides, baby can only be made once – and the longer you wait, being ever more conscious, you can be making a stronger foundation – for the beginning new life. The less hassles await you, the more you pay attention to good nutrition, better exercise and in being more diligent with toxins out, not in, you will have vastly less potential likelihood of false starts.

The waiting can serve as an invaluable opportunity to learn how to deal with the life very differently.

Whilst this knowledge can make you feel as though it is your fault – it does, on the other hand give reason to be encouraged. It gives you the power to change the outcome! This is GOOD NEWS!

Most expect a pregnancy that has no mishaps – a dream run with a glowing mum experiencing an easy birth and joyous maternity. That's how it should be. The dream outcome is far more likely when we have a healthy regard for nature. The dream will be a far more likely if both parents are in vibrant health before pregnancy. Healthy bodies were made to bring forth new life. Some other works to complement this are – [Maternal Changes for Baby Readiness](#) and [Quality Baby Making](#).

Look to the [fertility App](#) and the [period App](#) as a quick solution to any problems that are plaguing you. Invariably they will point you to other life choices – especially better raw ingredients, restful sleep and drinking fresh clean water. Life essentials.

Seek the help of a [natural fertility coach](#) to make this process simpler.

2 – Why a Loss When the Body Started Baby?

Possibly something was, and maybe still is, wrong. Animal breeders start breeding programs with the best stock available. In an acupuncturist's world we are focusing on the state of the [Jing](#) and quality of the [Blood energy](#). Just like the stock breeder, we want babies to grow up to be the best that they can be.

Sperm – It Only Takes One – But is it Good Enough?

“We’re back to the sperm AGAIN” – I hear the prospective dad say – “surely she is making way too much of this issue.” No I am not. I am **very** serious about this. It is a new mind set for most new parents as the medical world (a lucrative retail opportunity) tends to not mention it. A bit like the Henry VIII th sagas.

In my clinic I see repeated over and over again woman telling me that ‘he is OK’ because of the *medical interpretation* of his sperm **numbers**. Let’s try and get our head around these numbers:

The *medical acceptance* of what is a normal sperm is one that **appears** visually normal. That means it has one head and one tail. (This is without knowing the DNA quality **within** that sperm because we can’t see that!). The ‘pass’ mark according to the medical world is just 4% visually normal sperm. That means 96% **abnormal is acceptable!** Would you fly with a pilot who has 4% as an acceptable pass mark on his pilot’s exam? “BUT” – you are told – “only the best sperm will get to the egg”. But do they **always**? Think – at least a quarter of all conceptions fail. If an abnormal (sub fertile) sperm gets to the egg, then the potential for a tragedy is put in place for both mother and father to lose and grieve over. No man wants to do that to himself and especially not to his partner.

I cannot stress enough that in **almost all cases** the problem is either:

- (a) Issues with both prospective parents
- (b) Totally a problem with sperm

Very rarely is the problem **just** with the woman.

I recount here a story that is a classic within the medical intervention model. The apparent wonders of helping a woman get a baby on board can create other unwanted issues. I personally am the mother of a massively brain injured adult daughter and know of the heartache that never goes away. What are the doctors thinking? Surely we want the very best start, and the very best all the way through?

*One woman assured me they were not parents because she had endometriosis. His sperm test was 1% **normal sperm** and the medical commentary description of this sperm was ‘**dreadful morphology**’. (Meaning bizarrely abnormal head formations). Yet this was **discounted** by the medical staff as the reason for the absence of conception. The gynaecologist was inserting this diabolically mutated mix into her, as IUI (Intra Uterine Insemination) at \$940 a pop.*

What great early pregnancy loss potential! A very brave or foolhardy egg would accept one of these sperm! It is understandable for anyone to believe something is ‘safe’ or ‘OK’ when condoned and encouraged by medical staff. Keep in mind when considering advice that there is no money to be made from an easy and trouble free pregnancy and birth.

The prospective dad above was a plumber, and exposed to all heavy metals.

Heavy metals interfere with the DNA expression and cause reactive oxidative stress and sperm defragmentation. This is reversible. What to do? I put him on the [liquid activated zeolites](#) and got him to transform his 'soft drink' liquid intake for starters.

If his sperm defragmentation levels had been done, and he had been started on -

- lots of **detoxifying agents** plus nutrient rich super foods and was
- managing/stopping where possible the exposure to even more heavy metals, and
- eliminating soft drinks, caffeine and alcohol

Improvement could have been monitored over time with further medical testing of the defragmentation levels. When the levels were of a sufficient state of improvement **conscious conception** would be far more likely to have a perfect outcome.

True, it does take time to undo decades of damage. But with the use of multiple interventions it can be done. However, these interventions are not viewed as 'medical' by the mainstream as it generally ignores the roles that nutritious food and good habits play in health and wellbeing.

I suggest all sign up to get at least a year's worth of [these products](#) – as they gently safely (and actually) pull out a lot of the heavy metals that were never designed to be within us. They work; safely, effectively.

*One man whose partner had significant health challenges that were stopping conception took my advice and made changes to help the baby cause. Besides finding that he was vastly more alert, healthy and toned, his previous semen analysis went from 100 million and about 50% normal to 225 million and 95% normal – **in just three months.***

Perhaps we need to be more like the farmer and transform our guy into the best stud possible – or at the very least to an acceptable breeding state – *before* trying the baby game.

WHY ARE COUPLES REFUSED SPERM TESTS?

I see many men in my NZ clinic who make the life changes I outline. When they go back for a retest this is often refused as the medical community assumes that the sperm quality is a stable factor and cannot be changed (when this is patently not so!). Women continually are given blood tests for hormones. Men can always be enhancing the quality of their sperm – so they can help her over the 'baby line'. Changing their habits will make better sperm health, and improve their own quality of life regardless.

All men who have consulted with me in NZ have become fathers – despite their initial –

- dreadful sperm results and history of
- years of no resulting pregnancy and/or
- years of miscarriages.

One couple terminated pregnancy as the baby had a major chromosomal fault. They were very motivated to have a healthy child – or none at all. Although she was 45 when she finally naturally conceived – as it turned out it had all been about HIM. After seeing me, he began to show overall improvements. [As an example his BBT (Basal Body Temperature) was an appalling 34.8C (a whole two degrees under normal)]. His sperm gradually got better, and the result was a perfect baby. Start with the best!

What to do?

If a man is told his sperm numbers are so low that there is 'no hope' – this simply means that there is no medical intervention offered. It just means looking elsewhere for the solution. Unfortunately the doctors in the case above refused to retest him. At least his BBT was within normal reach prior to baby's conception. We all know that a 'before' and 'after' test is usual standard practice for other afflictions. Maybe because conventional medicine tells us that sperm can't change.

RECIPE – HOW DID THESE MEN BECOME DADS?

1. Drinking lots of PURE water
2. Cutting out ALL cigarettes, alcohol and caffeine
3. Eating far more veggies and lots more protein **with the fat** – fat is necessary for hormone production
4. Earlier to bed (asleep around 9pm – no TV)
5. Lots more sex, in different positions and forgetting about the apparent fertile times – reestablishing the fun and intimacy
6. Taking an excellent multi vitamin twice daily
7. Liquid or powdered Zinc supplement, fish oil and a strong Vit E with extra selenium
8. Using a good [detoxifying agent](#)
9. Improved fitness – 10,000 steps per day being the base line plus **either** good workouts at gym **or** playing a very active sport about 4 days per week.

No one is making any money here – just better beginnings for better babies!

If the medical specialists assert there is no *mechanical reason* for infertility, stillbirths and miscarriages, you are left bereft – and feeling hopeless and helpless. Here I am suggesting that the very least, working in what underpins your fertility – your health - you will feel better. Better health - more likely easy babies. Please stop believing medical excuses, and get to work - enjoying making the changes that can result in better babies. Please remember this is changeable with lifestyle choice changes.

SPERM DEFRAGMENTATION

The test for sperm defragmentation is a diagnostic tool that can alert a man to what is wrong and give a base line to work with. The ideal result is a zero % abnormal. Although there are arbitrary cut-off lines, I personally would not like someone with even 15% abnormal chromosomes to be helping me make my children. (Remember the medical establishment sanctions a 96% abnormal count as a 'pass'). The likelihood of early pregnancy loss or worse – a damaged baby who struggles to live or dies in utero – is too upsetting to contemplate. Reactive oxidative stress is repairable – please see [Research into Improving Sperm Quality](#)

WHAT TO DO?

Water

Drink more. At least 3 litres daily – not fluids - pure, non chilled water. At least a litre pre breakfast. Another glass half hour pre eating and another two hours after. To assist your digestive juices. That simple – no other fluids - just invest in the best water you can find – no fluoride or other additives. Hopefully with heaps of other dissolved minerals – especially magnesium and silica if possible (to assist pulling out the aluminium that has no business being anywhere within us).

Toxins

Adhere to the better sperm 'recipe' above as a general rule of thumb. In addition avoid eating foods that contain numbers as ingredients (processed/packaged foods) and make a serious effort to stop using chemicals in the house by using chemical free, organic cleaning products.

Please don't be put off. When we research the subject of toxic waste build up within us it tends to have a very empowering and motivating effect on our determination. The research is easy – start with www.ourstolenfuture.com or read '*Slow Death by Rubber Ducky*'.

Professional Help

Orthodox medical specialists do not receive training in even basic nutrition and its connection to health and healing. So can we expect them to 'connect the dots' when it comes to making quality sperm and embryos? In their model nature is not being **nurtured** – it is being **forced**.

The care you need to seek is holistic care under the direction of a good natural fertility worker. What orthodox doctor will tell you that Vit E, Vit C and Glutathione all increase sperm health and can be easily added to your daily diet? What is the reproductive medical field so littered with failure? Not working as a farmer would - start with the best and give it the best nutrition to make the best babies!!

A sensible person will not be seduced by TV advertisements for a pharmaceutical company's pregnancy multi-vitamin that is apparently loaded with folic acid. (Which should not be taken as most of us cannot process folic acid as we have the MTHFR gene - leading to needing to eat way better instead – male and female. Please stop doing this, even if you are told to do so – the medically trained personnel are not trained in nutrition – and the old ways were the best – food – the best possible only. Perhaps start here – why not folic acid?? Possibly as we are supposed to eat food . . .

Please seek help from ones who address the underlying causes. The various medical answers' are reactive, not addressing better nutrition and undoing the energy disruptions that would allow better baby making on all levels.

Let's go back for a bit to the toxic influences and heavy metals we previously mentioned. This foul residue is stored in the fat cells. (Check out the internet for 'toxic sperm' and 'toxic breast milk'. You'll also see what all that fire retardant material has done to your fertility). Although these toxins can be safely removed, orthodox medicine is not about this aspect of health improvement. There are no patented drugs that can do this.

Two products that have made a huge difference to my life and that of my patients are

1. [Liquid activated zeolites](#) and
2. A [Glutathione accelerator](#)

Why would you do this?

It works. Fast. Allowing the nutrients from your intake to actually be used as you expect them to.

Over the decades I have watched medical fashions change. Nature's natural laws do not change. Nature requires that you look within. As a specialist in healthy living I see the benefits of treating the whole person. When we consult just an orthodox medical specialist for one just part of the body we cannot expect to get the results that nature is capable of.

I regularly see patients whom I have helped many years before and meet the children who are here because of the regime I planned for them. Here is an example:

Ann recently came to see me with her 11 year old child. She had been desperate to conceive. She was 39 at the time. (As we have discussed this is not the issue!) Her husband's sperm count was just 1 million and was not in good condition. As a teenager he had suffered from a virulent kidney infection and had been told he would never father children. This couple had been trying for 10 years, and were about to give up. His sperm numbers were not acceptable for IVF at the time and ICSI had not then been started.

He took on board the lifestyle change, the Chinese herbs and had my treatment. It takes a good three months to alter sperm and after 5 months he began to give up. She felt pregnant! His response "How is that possible?" As we've discussed he was not able to get another test done to see the improvement in his sperm. Please remember that the body makes sperm from what is left over – give the body more quality raw ingredients and who knows??? Sperm is easy to change.

The woman is not making this baby alone – conception that ends in miscarriage is not hard to understand when

1. Without a test for sperm defragmentation there is no way to know if he is making a useful contribution
2. If testing is finally done, the bar is set so low in terms of sperm quality and quantity it is no wonder so many pregnancies tragically end.

Mainstream medicine considers 15 million per ml with 4% normal is fertile. (It was 20 million/ml and 15% normal looking a short 4 years ago). Under closer scrutiny the numbers may be a lot worse. Some women conceive regularly, only to miscarry at about 6 weeks. Healthy would be 90% normal and 300 million/ml. A pregnancy under the woeful sperm readings **should not have happened**. So what is the required sperm count/quality to produce a healthy baby?

- Minimum – 50 million/ml
- Preferably – 200 million/ml
- Minimum – 50% normal
- Preferably – 70% normal

ISCI is injecting sperm that is unable to do the job itself.

So we have the answer to why so many women miscarry or fail to conceive right there.

In one couple's case he was producing 1% normal sperm. Although this case was 5 years ago when the bar was set at least 15% normal to be fertile, he was told he was 'super stud'. After two months' of eating more protein and fat with reduced alcohol, less caffeine and plenty of supplements, she became pregnant. His sample had reached 4% looking normal. It was an amazing result that she got pregnant at that count, but why have there been two weeks of bleeding and a bumpy start to the pregnancy? Will it continue to grow into a normal baby? Time will tell. Why would you want to sit and hope? You don't do this when buying a car, or building a house . . .

Men – please do not sit back, and leave it all up to her, because you have been given 'the nod' by your doctor. The quality of your baby is dependent on your contribution – and it's a 50/50 deal. Be determined to be the best – in peak condition like a breeding stud bull.

'Unexplained Infertility'

In the past the medical reason given for failing to conceive was 'unexplained fertility.' It was obvious to all of us working in this area that it was pure medical laziness that allowed this label to even exist.

Let's now look at some of the conditions or factors that can inhibit conception. Just because they do not have a 'medical' answer does not mean they are not easily corrected – they can be!

POSSIBLE ANSWERS – EASILY FOUND

What is often ignored can be obvious:

1. A retroverted uterus
2. Hostile vaginal mucous
3. His body making anti-sperm antibodies
4. Her body too hot internally – thus killing sperm
5. Many other easily investigated health (not illness) issues

There are methods of identifying these common conditions that are not utilized by mainstream medicine. For example: by tracking the [BBT](#) (basal body temperature) and ovulation (in this case the lack of an ovulation dip) we can identify that the woman is too hot internally.

[I can walk you through](#) any one of these conditions at length so that you will be equipped to change the situation. These issues are not solved via medical drugs and they are not surgery based. They are simple life and personal habit changes. The body will heal if you give it the tools and the time it needs.

Maternal Age or Gynecological Condition

These days a woman's 'biological clock' is said to be the issue! *Apparently* it's all over by 40, and 35 is almost 'too old'. Never mind the health, age or wellness of the prospective dad! Remember it is **the couple** that is not pregnant – not her. What about [his accumulation of toxins](#) and his age?

This is a crucial point to remember – your **rate of aging** is of far more importance than your **calendar age**. If you have been taking care of yourself with exercise, some meditation and a good diet your

eggs will be youthful. Perhaps look to your own common sense – as it is about your state of health not birthdays taken.

One who has in the past ‘partied hard’ (maybe still is) and has perhaps used street and prescription drugs to cope with the consequences will be making sperm and eggs with the residue of all of this. The digestive system may begin to give you some grief from all your hard living, so you take antacids, meaning you can’t know digest your food properly. This further weakens the quality of the body. Good digestion means good nutrition means good sperm, and better eggs. These come out of their state of suspended animation and begin to mature with much better resources - low AMH explained – need better health to mature what your grandmother made for you, when you mum was within her being made.

Would you go ahead and buy a house without the building and pest inspection, and trust your luck?

A sobering thought is this: In the IVF/assisted reproduction world – the emphasis is on any pregnancy rather than the quality of the little human being. And depending on which decade you tried, or are trying to become pregnant, the emphasis is put on *luck*, *age* or *genetics* – not on lifestyle and nutrition.

Recently, a woman whose husband was 23 years older than her told me that IVF did not work, as her eggs were considered ‘too old’. Never mind that this couple had also been told that his sperm was ‘too tired’ to swim and thus needed to be injected into her eggs. He had some really serious health issues and really looked his age.

Why believe this rubbish? Would a farmer be so silly? Would anyone who lived off their own farming efforts? Who is thinking of the lifelong health and wellbeing of their prospective children?

Is it ONLY about the numbers? Could it be caffeine loading?

Melinda came to me after 4 miscarriages – so upset she had not been able to have sex for 9 months, as she couldn’t bear another loss. When asked she said ‘he was fine’. I admit I was surprised that his sperm count was over 300 million/per ml and was 46% ‘normal (looking OK with one head, one tail)’. (However, no sperm defragmentation test was done so all we were seeing as ‘normal’ was sperm with one head and one tail).

*The medical advice was to go to IVF. There was something wrong here as the **same** sperm and eggs that were not working naturally would be used. So she decided to consult with someone who had a different version of reality.*

*His **only** source of liquids was caffeinated ones – ‘energy’ drinks, soft drink and coffee in between. **No water at all**. He was on antidepressants, was overweight, sat on his bus seat all day and did no exercise and ate whatever was to be found ‘on the road’. Despite that appalling lifestyle he was making the numbers! They **looked** quite healthy – yet she was miscarrying all of their babies.*

*She herself was drinking at least **six** short black coffees a day and had low BBT for the luteal phase. We started with her as he was not interested in helping out – after all, his doctor had told him he was ‘super stud’ – despite all the dud starts.*

Still with no sex and after several months she felt very different and wanted to try to be a mum again but he was still drinking all that caffeine. Eventually he got with the idea that he was part of

the baby. For 4 months he drank only water and followed the better baby sperm recipe above and she became pregnant. So far so good ...

*At eight weeks she was bleeding. When you read the next chapter you will learn about acupuncture energy information and will see why the [avoidance of all 'cold'](#) is so **crucial**.*

(The short answer – stop exposure to daily invasions of cold.) The pregnancy continued and she is now a very happy mum. In her case – two reasons for these repeated miscarriages:

- 1. Caffeine*
- 2. Cold*

Neither of these issues would have been addressed had she taken the medical advice to go to IVF and spend thousands of dollars she didn't have – only to make more dud babies for her to lose. Why? No one is paying attention to the toxins in the environment that is masking even 'good' sperm results - he had 46% looking normal – but they were caffeine affected. It is not easy to find 'evidence' to tell you that drinking no water, only caffeinated drinks is bad – except when guys only drink water often, as here, the sperm then make babies that work.

As stated, the standard of what is good sperm is 'free falling'. The numbers of visually good sperm is now well within the single digits. (And remember a visually good sperm is **not** necessarily carrying great DNA). It may make a positive pregnancy test but a baby in the arms – and a good one – is the aim.

***Anne** was about to turn 40 who had suffered FIVE miscarriages. (40! That magic number? No!) Well, maybe it is in Medicine Land. We all live life at a different pace and we all age at a rate tied into many factors; only one of them being the number of our birthdays!) See [Maternal Age eBook](#)*

She had no trouble conceiving (every month) but was losing her babies at 6 weeks and 3 days. The supplements and herbs helped her feel more of everything she needed to be ([Blood energy](#) – see [Helping Mother Nature – A Fertility Guide](#) book). After some acupuncture and counseling she was calmer, feeling better and her [BBT](#) became normal.

She fell pregnant and was so happy each month – only to miscarry all over again.

*I had been strongly suggesting a sperm test all along – especially more so as I had done such a good job of turning **her** around. However we were **still** dealing with a medical model that asserts it is ALL about the woman.*

He had had a vasectomy some years before that had been reversed. They had three children together already and number four was wished for – the doctor refused the sperm test – point blank – many times. After all, the reasoning went, he was getting her pregnant – she was 40 after all – so it must be all about her egg quality. Where is the science here? Where did breeding logic go? Farmers all know it takes two.

*The doctor's answer – take Clomid!. She countered - "So I can miscarry **2 or 3** at a time?" No further debate from the doctor – next answer "Go to IV." Are you thinking: "Well, that's not logical. Why suggest an ovulating drug when she is already producing eggs?" If so, you are right!*

After another cycle resulting in another miscarriage, she saw an IVF doctor who FINALLY ordered a sperm test and although she specifically asked for an antibody testing, it was not done.

*The result came through while she again pregnant and hopeful – **only FIVE PERCENT normal with only 11 million per ml.** She was SO FERTILE she was falling pregnant with his no good sperm only to lose the potential baby each time – so much for ‘advanced maternal age’!!!.*

Had a sperm defragmentation test been done it would have shown that we could have improved his sperm quality by lifestyle changes and increased her likelihood of having a full term baby.

See [Maternal Age versus Baby Readiness](#) to answer questions on the ‘advanced’ maternal age /poor ovarian reserve/low AMH/high FSH issue. Conventional medicine also attributes infertility to the presence of the inflammatory and easily naturally remedied **endometriosis**.

Endometriosis

Medically speaking endometriosis is not easily managed. However, we must remember that mainstream medicine is looking at this issue as a reproductive one only. When looked at from a ‘whole body’ perspective endometriosis is very different as it is an entire body, not just a pelvic issue.

The extra tissues are growing for a reason – withdraw the reason and the body can undo what it has grown. Medicine ignores these ‘why?’ - causative factors. Despite attempts to *remove* the overgrowth – back it comes. Normal menstruation is covered in the next chapter. If you have specific worries about endometriosis and this is not enough, then I speak of [Stuck Blood](#) - this is that. There is more in my eBook [Endometriosis – A Woman’s Body’s Cry For Help](#). Either way, you will find out why this is easily remedied and how to do it yourself. Your cycle and all that goes along with it should be simple – not fraught with distress and anxiety.

Please look for simple solutions the [Periods App](#).

Help nature. Provide all raw ingredients (what we needed for health) and the cycle will normalise, and babies will flow - if he is fertile. The same factors that mess with the sperm are at work giving problems to the menstrual cycle – it is easy enough to go simple and spend a few months getting baby ready – and the endometriosis will clear.

Lack of basic ingredients to run a normal cycle and too many toxins for the cycle to run smoothly - thus the baby making factory appears broken – this is what you need to focus on – not believing more surgery /chemicals will help you make babies - you really have to start from well and happy place first!

Endometriosis will not abate until you sort out what caused it – and the same with infertility – when all is ready to work – as long as he has done his homework – you both are in the best state of health.

Nature does not expect women to be crippled with monthly traumas.

We are doing this slowly wrecking the environment. Some are more sensitive to what is happening than others. Please ensure you are in the best breeding condition possible (thus do not start with ART/IVF) regardless of your age – as the problems once pregnant are not so easily attended to, and may have dire consequences for your babies. Help nature to make things right for you – spend the extra time – and babies will be easy.

3 – For Her – Normal Periods Are Key

A normal menstrual cycle reflects the state of inner health and wellbeing. Good amounts and quality of Qi and blood must be produced *and* circulated regularly to have great periods. Tension and unhappiness disrupt the menstrual cycle. Feeling neurotic, you may not realize that you are just suffering from insufficient resources - what an acupuncturist would call [Blood Deficiency](#) and also possibly [Stuck Qi](#).

It can be very tricky to work out how non-optimal periods began and what lay behind it all. However, it is crucial that all body functioning is returned to normal **before** considering making babies. What a tragic waste of effort and emotional/financial drain going straight to IVF, when abnormal periods have not even been addressed.

To put it simply, adequate amounts of [Blood energy](#) give a woman her ability to be a woman – *easily*. When she is well, everything works well. When her vitality and balance is lost, potential baby making and breastfeeding problems can start. These may not be important from a medical viewpoint but are quality of life issues. Dealt with prior to pregnancy makes living a happy woman’s life far more likely.



Please read more on the [Period App](#) and within the [Helping Mother Nature](#) eBook

4 – The Acupuncture Model

Most talk of hormones and the need to get these ‘balanced’.

Did you know that hormones are just messengers? That they can say is not so useful without the body nourished and circulating well? Here comes a change of pace – we will look at a model of health that assumes wellness as being the key state, and any movement away from this as being the cause of trouble. When we move back to alignment with our blueprint – then babies and life just flow effortlessly.

This model gives you a *complete* picture of all that is going on – and not just your reproductive area. It explains what happens to us, and gives insights into how we can help ourselves. It also helps us see much of what is unsettling our quality of life. Usually when you notice things, it is not yet ‘bad’ enough for doctors to be involved. They are common factors for all women – pregnant or not. The terminology may sound strange but you will recognize yourself in the pictures as everyone’s body breaks down the same way.

The organs are said to have grids across and through the body. The organ *function* or the sphere of *influence* arising from the organ energy is not all that needs to be considered. This may sound technical so at the end of this work is a set of meridian pictures and a précis on what each organ grouping does. See [Appendix 1](#).

It is likely you have bits of all of these symptom pictures. We all ‘break down’ in much the same way – and depending in our own strengths and weaknesses, life choices, what we do in a day - some will be more prevalent than others. However, all the problems you are experiencing are actually ONE thing when seen from an **energy perspective**. Many different medical specialists – one essential issue.

The acupuncture model shows how each part of the body is said to be governed by an organ system. **Liver Qi** creates a harmonious free flowing of all things. We all need everything in our body to flow. If it does not, even if the Liver Qi was happy before - now it is not. Anything that disturbs the equilibrium in turn upsets the Liver Qi – leading to an upsetting of the menstrual cycle and/or how the woman feels. An example is contraceptives – in particular ones that shut down hormones. Fertility and/or pregnancy complications become more likely.

The **Liver Qi** is always affected, when something disturbs how we *feel* or *stops us expressing* what is really going on. A word of caution – it can be difficult to know where a problem began and many categories can show up at once, so please do not try to work it out exclusively.

Perhaps this example will make it clearer:

*It is possible that you could be seeing a chiropractor for neck, shoulder or back issues, a dentist for tooth grinding splints, a gastro specialist for Irritable Bowel Syndrome, a neurologist for migraines, an optometrist for your worsening eyesight or irritations, a psychologist for your rage outbursts and the GP who can’t figure out why your vague abdominal pains continue. The acupuncturist sees these issues as **manifestations of your Liver Qi not moving well**. One cause and one solution.*

Often an acupuncturist will get the Liver Qi moving well again, dispense some herbs to ensure it stays moving. With some exercise and environmental changes you may make excellent improvement.

Regularly we may use chocolate, alcohol and caffeine being used as a daily 'stress' coping medication. Yes, they make you feel better at first as they **force** the Liver Qi to move. Although we may know about their damaging influences, we continue as they give us an instant short term fix and we get hooked on the feeling as well as the taste.

Stuck Liver Qi shows some – or all – of the problems shown below. Notice that most symptoms arise when one is 'stressed'. This happens because the body responds to these stress cues by shutting down. When upset, Liver Qi can go in various directions – upwards will cause mood, eye and blood circulation distortions or sideways which will affect the digestive system.

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

<p>Reactive, feeling thwarted, irritable, angry outbursts, emotional & mental inflexibility, always 'right'; sleeping disturbances, feeling disconnected and 'out of sorts'</p>	<p>Surges, especially in moods resulting in occasional sense organ disruption (esp ears & eyes) Headaches, migraines</p>	
<p>Possible irritation, maybe itchy & uncomfortable, visual differences</p>	<p>Sense of Self</p>	<p>Blood circulation to head</p>
<p>Lumpy, sore, often cyclic changes.</p>	<p>Eyes</p>	<p>Planning & decision making</p>
<p>Feeling suffocated and feel like/can't take a full breath. Feeling of oppression, as though something sitting on chest.</p>	<p>Breasts</p>	<p>Digestive</p>
<p>Irregularity in all aspects, including sometimes 'normal'/sometimes not. Flow may stop & start again. Cyclic disturbances of everything, often called PMT.</p>	<p>Breath & diaphragm</p>	<p>Abdomen</p>
<p>Possible infertility as menstruation is not perfect. More likely to have pregnancy complications</p>	<p>Menstruation</p>	<p>Muscles & tendons</p>
<p>More likely to have pregnancy complications</p>	<p>Pregnancy</p>	<p>Finger & toe nails</p>
<p>Cranky, irritable, difficult to be with, as highly unpredictable. Physical body reflects this</p>	<p>Sexuality</p>	<p>Ridges, thickening, changes in growth</p>

STUCK LIVER QI

Everything is magnified, or may only be evident, when 'stressed', when then the extra body reactivity will start a snowball effect of discomfort and overall grumpiness.

We put on a 'nice' or 'happy' face when really we feeling anything but! Our Liver Qi is affected by this inner bottling up. Over time this repression brings you down with stress related illness – perhaps IBS or ulcers and more, which are attributable to the Liver Qi invading the Spleen and Stomach energy.

The result is that the **quality** of life, blood and other ingredients diminishes. You may see yourself in the picture below as carrying many [Blood Deficient](#) categories. This knowledge helps us to see how important it is to build ourselves up, and to rest outrageously!

When we think blood deficiency we think anaemia. This could be the case but it is not necessarily so.


Deficient Blood is often a result of dieting or restricting food over a long period. When our Blood energy becomes less than it needs to be, this in turn can cause 'neurotic' behavior. This behavior results in changes – in eating and in our personality, which can become 'strange'. Once we are in this 'loop', it may be difficult to imagine our emotional life ever being stable.

When our blood energy is not able to nourish the [Shen](#), we experience anxiety attacks, sleeping disorders, palpitations and feeling as though the world is against us. How does this feel/look? See below.

DEFICIENT BLOOD (ENERGY)

Not necessarily anemia, but includes this

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

<p>Blurred vision, dry eyes, spots in front of visual field, visual disturbances. Dizziness/vertigo/soft noises in ears</p> <p>Dull, reddened skin, mild itching, skin sensitivity and irritation, rashes, dry and wrinkling skin.</p> <p>Insufficient quality and/or amount</p> <p>Late cycle &/or short flow. Scant amount, light red or brown in colour, possible cessation of periods</p>	<p>Easily disturbed, frightened, anxious, nervousness, neurotic, palpitations, general mental and emotional instability</p> <p>Shen</p> <p>Eyes</p> <p>Skin</p> <p>Lactation</p> <p>Menstruation, Reproduction</p>		<p>Dream disturbed sleep, insomnia, light sleeping, restless, awakens and can't return to sleep, awake between 1 – 3 am</p> <p>Sleeping</p> <p>Blood Circulation</p> <p>Hair</p> <p>Complexion</p> <p>Muscles & tendons</p> <p>Finger & toe nails</p>	<p>Light-headedness, fainting, dizziness, vertigo.</p> <p>Colour fading, premature greying, hair losing health, strength, shine, growing slower and shorter. In severe cases, dried out and straw like appearance</p> <p>Pale, dull, unhealthy looking</p> <p>Muscle spasms, tremors, tics, cramps, tightness, numbness, tingling. Maybe thinness or emaciated</p> <p>Dry, flaky nails, poor, slow growth</p>
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HOW TO BECOME BLOOD DEFICIENT

Worry (digestion, circulation and respiration all reduced quality).

Malnutrition – dieting history, anorexia or bulimic past.

Digestive problems of any description, lessening the quality and amount of nutrients available.

Loss of actual blood – especially a history of flooding, or very long heavy bleeding from any source. Can be a once only birthing haemorrhage.

Stuck Qi creating Stuck Blood, so less in circulation than there should be.

Heat from any source, drying out the yin and Blood energy.

You will no doubt find yourself and lots of friends and relations within these pictures. All of this is easily fixed – if you look to health and ingredients – not to someone putting the equivalent of a cover over the warning light – as all these say – ‘Help! Fix me! (From a body perspective). Please do not despair – you are normal, if you find that you have aspects of all of these. It would be surprising to have you reading this and all be in balance.

When we label illness, without knowing what sets it up - we can tend to view the Blood Depleted problems such as miscarriage, breastfeeding woes, post natal blues and the like as bad luck. But when we look through the right ‘lens’ – a model that allows us to include slight deviations from perfect – then we can see how they are set up. In addition this model allows us to discover the remedy – in this case, clear out why the Heat is there and build the Blood back up again. It could also involve undoing the reasons behind the Stuck Liver Qi. It becomes clear how to ‘tweak’ some of these areas yourself – as you know yourself better than anyone.

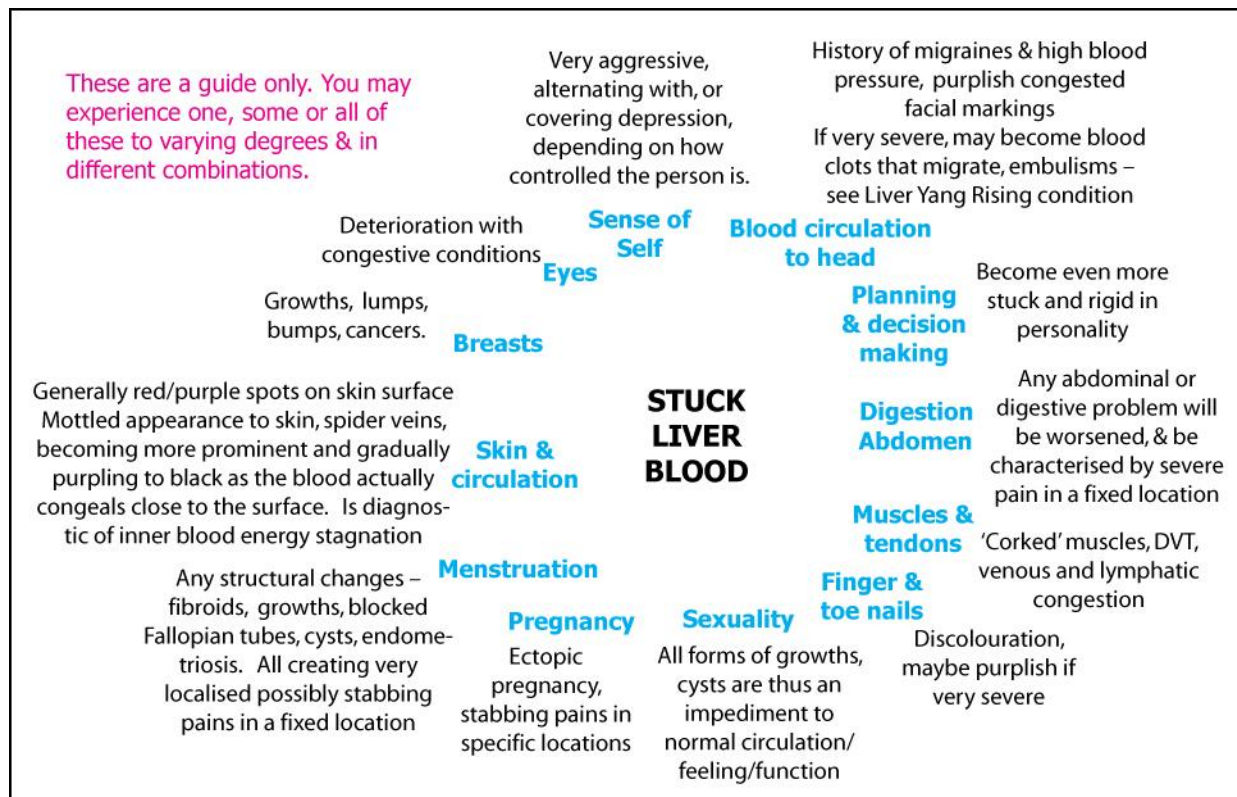
When Stuck Liver Qi has been around for some time then Stuck Liver Blood begins. One reason that may cause this condition could involve an unstable, unhappy early life. Living in the 21st Century with its array of toxic substances can be another.

Stuck Liver Blood

Stuck Liver Blood is often seen as fibroids, cysts, endometriosis – in other words, deviations from normal uterine anatomy. Your pain will always be in the same place and will be severe. Stuck Liver Blood is often found in exploratory surgery as bits that are growing where they should not. They may be cut out only to grow back. This is particularly true with endometriosis. On the other hand, Stuck Qi pain is more generalized and achy and is characterized by bloating. It is not yet bad enough to make physical changes but is just as disagreeable to endure. Keep in mind though that to some degree we all deviate from normal and may go through life *apparently* perfectly ‘well’.

Hormonal disruption will produce many of these symptoms and learning **how to minimize the damage** of the chemical invasions we are subjected to is the trick.

It is very common for a woman to seek my help after having tried numerous other avenues. The medical approach has been to ‘fix’ the physical issues without taking into account that these are a result of emotional and energy distortions of perhaps many years duration. This approach can leave a greater physical mess. The body has attempted to fix itself whilst the underlying problems still occur. The patient has suffered and is still suffering great distress.



It seems that nowadays it is extremely rare for a woman to be in optimal health when she conceives. Therefore, she has a situation where her previous health imbalances react with pregnancy changes. Some of these currently viewed ‘normal changes’ are not optimal – just ‘normal’ as all are so unwell. Health is the expression of your life force impacted upon by your life choices - which you can change. A pregnancy that coincides with both Liver Qi and Blood upsets can then result in many problems. The subsequent tissue and body weaknesses, and mishaps are then put down to ‘bad luck’. But – you can change all of this!!!

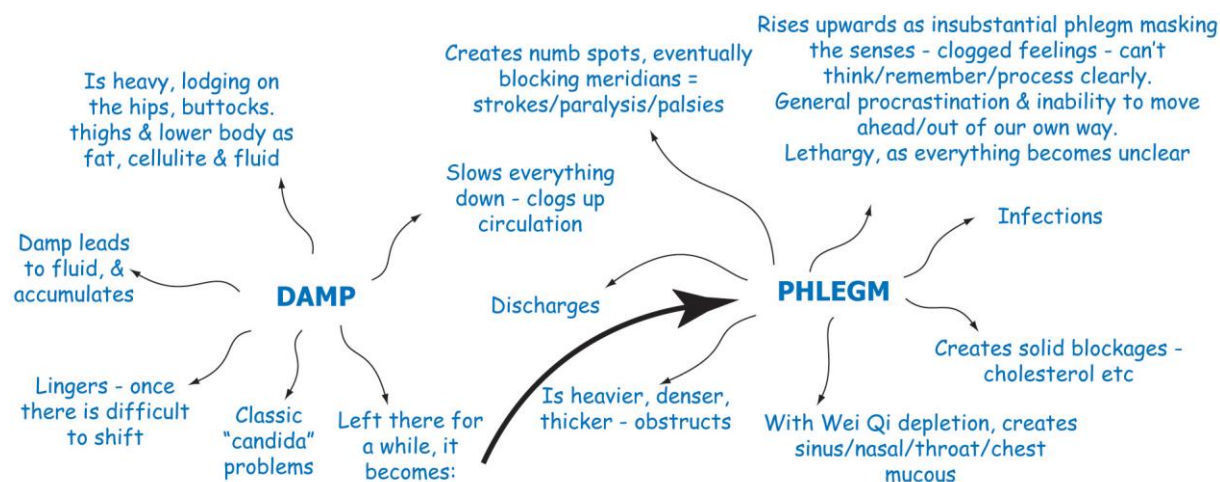
Pregnancy is a time when a woman is remaking herself. It is a time when she could be able to settle into the role of being a mum and putting herself first. She can only grow this baby once. During this time she can actually become stronger and healthier – and this will stand by her for the rest of her life. The alternative – ‘getting everything’ done before baby comes – stretching herself to the limit – will deplete her.

The Spleen Qi Not Working Well

This covers almost all later ‘high risk’ pregnancy problems, so please do not miss reading this!! The Spleen Qi is what holds babies, organs, tissues and blood in place. It is what we use to digest our food and transport the products of this all through to nourish ourselves. It is how the ‘food factory’ can work. Damage to our Spleen Qi/Yang in particular comes from over work, exhaustion and/or too much [exposure to cold](#) resulting in ‘the energy of damp’.

[Heat within](#) may then begin to accumulate, as the dampness exists. The diagrams below show what can then happen. Blaming these symptoms – whether mild or severe – on aging, genetics or childbirth misses this. We were designed to be strong and vital. When you know what has happened to you, it means you can undo the damage and this knowledge empowers you to take charge.

Another area that can be affected is *the energy of congestion*. Here we are talking about candida, mucous, phlegm, heaviness and lethargy. Fat, cellulite and fluids stored in the wrong places are a result of the impairment of this energy. That is one reason why infections can stubbornly hang on. So then we may have a blocked ‘mess’ that could perhaps block tubes – for either sex. Does he have blocked tubes that need aspirating? We begin to see the myriad of complications that can arise when our body is out of balance.



This is low thyroid function and feeling not right – often for decades, as it is not well diagnosed in modern medicine – but all the issues that arise after it are.

Perhaps look to ingredients, and how their counterparts have muscled in. Check out [Bromide Dominance](#). Using [iodine](#) as a topical solution to the contact we unavoidably are overly exposed to with all the halides now in the environment. Iodine in plentiful supply allows the cycle, the ovaries and life to work as designed. Sometimes, ‘just’ add topical iodine – on all breasts, belly and ovaries – and watch instant relief – especially when troubled with cysts, endometriosis and

fibrocystic breasts and the like – it is only a lack of the ingredients for life that creates all these ‘medical’ problems - it is just a lack of farming know how that sets you up for all that is being ‘managed’ by the medical establishment. [Free Iodine eBook here.](#)

The good news is that an overall ‘body tangle’ can often be relieved when we use Chinese herbs (to resolve dampness) and various massage, moxa and needle techniques. With the right ingredients and help, the body can undo what it has done. You will need more iodine and selenium to help use it though as well as change radically all that you are presently calling ‘food’. Is it worth it? Only you can make these changes!! Brighter babies need [iodine](#) – as does all breast and hormonal changes – and prostate health - all tissues and especially healthy fluid metabolism need the topical iodine.

Another notable symptom will be lack of clarity. Although this will most likely spill into all aspects of life, it will be especially noticed in the area of thinking and is generally connected to metabolism.

It’s a vicious cycle – a disordered body may crave sweet things – but then the problem is intensified once the sweet substance has been ingested. The energy of damp is worsened by the sweet tasting substances or to the cold temperatures of certain foods and fluids. This leads to an addiction for comfort eating and a sloth-like disposition. Ice cream, fruit and juices and all things that clog the body worsen the ‘problem’ – things such as cysts, tumors, blocked tubes, infections etc. When you crave these sweet – and cold – things, your [Spleen Qi](#) is in trouble. Inflammation results.

Using the sour taste will control this craving – eg, drizzle straight lemon juice into your mouth when you have a hankering for the sweet taste. Better still – load yourself up with fat in your diet – serious – you make all hormones and repair all neurological tissues – and make great sperm and eggs – with fat. Not low fat – always – full fat – and absolutely no sugar/fruit or even complex carbohydrates. You will find a new you waiting with fuelling yourself differently. Go for veggies and heaps of dietary fat.

Orthodox medicine ignores the fact that dietary indiscretions and food obsessions are worsening things. Understandably a woman may believe she is ‘doing everything right’ yet still is ill.

It is unlikely you will only have one picture of imbalance, so do not try to hone it own – “Is it this or that?” It is likely to be everything. It is very common to have bits of all of this – some perhaps more prominent than others. Although not a well portrayal it is a normal picture of the average person.

You do want the best for your unborn child. You may need to heal first. Help your body restore its own healing mechanisms. (Possibly the reasons for your baby blockage is allowing you to become a much healthier person and then you will have much better babies!!! Transform your future.

We now move on to specific medical ‘problems’ – please be aware that these are all as a result of what I have covered above not being attended to prior to becoming pregnant. If any of these have happened to you – please put making babies on hold and find a natural health care provider who is holistic and life long care orientated – not calling themselves a ‘fertility’ practitioner – as this is medically influenced. Healthy babies come from attention to overall good health.

The [Mayan massage](#) and [Arvigo](#) line of work will give you the self care and the beginning of the pelvic healing that may be needed – see if you can find someone in your local area as this is gentle and respectful healing done by you at home,

5 – The New World Pregnancy Dilemma/Reality

In times past, sex meant babies. Mostly perfect ones from full term healthy pregnancies at that, as life was simpler. Cleaner - more life respectful. All had more sleep, more water and more plain living. All respected nature and pregnancy and knew that what happened in pregnancy impacted upon the baby forever after. No one needed help to get pregnant and all birthed simply as nature was expected to provide - as she always had. Too well usually.

By not ensuring all is perfect before conception - all of the conditions listed below may happen. It is not 'bad luck', but very bad planning/management. This is not a blame game, but a warning - why hope for the best? It is less likely to happen than it did in times past – and you can change all of this

Physical blockages to mum-to-be's pelvis. Adhesions from past surgery such as laproscopies, and C - sections can be loosened by abdominal massage and treatment from a [qualified Mayan massage therapist](#). Acupuncture with massage and moxa can also help. Restoring normal skin sensation and hence [Qi flow](#) back before attempting another pregnancy is safer than hoping all will work as it did not before (hence the C section). Please find a Mayan massage therapist. This will give you all the tools that you can then use for the rest of your life – as most traditional cultures all gave girls at puberty.

Small cautionary note – please fix the C section scarring – especially what is not seen inside – before starting up another pregnancy. The Stuck Qi and Blood can cause ongoing health problems. C-sections have a much higher risk of ectopic pregnancies ([Stuck Liver Qi/Stuck Liver Blood/Phlegm /Damp](#) and other disasters. It is well documented that secondary infertility can be a byproduct after C-section.

In addition you can 'self-help' using moxa and massage suggestions found elsewhere in this book. Carry these out several times a week. Remember – with assistance the body is a great healer.

Who is aware that fetal scanning is unsafe for all? All seem now to wait to tell anyone about a pregnancy until a scan happens – but – do you know what these do? Are you imagining as there is a blanket 'you have to get a scan'/'have you had a scan' – that it is even necessary? What will you do if the scan says what you do not want hear? Are you so sure you can kill your unborn? (A very confronting question – but the reality is – unless you intend to do so – do not put your precious cargo at such risk.

Wait and see like all your older relations always did – let the mysteries unfold by themselves). Becoming more aware will put you at odds with everyone else – but are they right? This again is the 'who is your authority?' question.

Scanning Dangers

Nobody seems to know, or care that the scanning process is dangerous to the baby. Why was it that a scan would not be undertaken until 13 weeks in years past? It was called 'the 13 week scan'. **Because your baby is still differentiating until week 13!**

There are no statistics to say mother or baby wellbeing is enhanced by scanning. Yet scanning is now considered to be a medical necessity.

Many research projects have been ringing warning bells. Scanning damages a baby's DNA. This is due to it heating the tissues and is essentially 'frying' or 'cooking' baby. ANY exposure is too much and

damages the Jing – your baby's inheritance. Please investigate - as the vested interests and all medical obstetric practices are missing that the DNA is altered forever in scanning and you do not need to know – nature will attend in due course to all problems – your job is to not need to scan – by being responsible before pregnancy, consciously not 'trying for a baby' but setting out to make a better baby.

Remember that medical procedures are services rendered for a fee. They rely on your belief that they do these procedures for the good of you and your baby. You may be unknowingly (up until now) be putting your baby at risk – because all have stopped trusting nature. Please research yourself you live with all consequences. Fee for service medicine is not necessarily working in your baby's favour.

First of all, check out these websites:

<http://www.alternamoms.com/ultrasound.html>

<http://midwiferytoday.com/articles/ultrasoundwagner.asp>

<http://www.babycenter.com.au/pregnancy/antenatalhealth/scans/safe/>

It makes more sense to enhance your baby's wellness before it was conceived rather than to go down the 'lucky dip' road and do something *potentially damaging* to your baby just to see if it was okay.

A potential baby is not good enough when we know we can do so much more. It is extremely ignorant and/or arrogant for dad to think there is no need for him to do anything – even if this is sanctioned by orthodox medicine. This is especially hurtful and heartbreaking for a woman who is trying to do all she can to become as well as possible.

Remember the farmer – the stud breeder who is especially particular about the feeding of their beast and using only the best bloodstock lines. Why would it be any different for human babies?

The grief and unresolved emotional angst impact upon the ability of the heart to send inner stores of nourishment to the uterus from then on. Anything that you can do to undo your emotional load will only help the arrival of the baby you so long for.

Miscarriage is incredibly debilitating for everyone – and yet it is preventable. Problems in early pregnancy invariably arise when the health of either parent is compromised. One possible reason for a miscarriage is this very sad condition called *blighted ovum*.

The medical 'reasons' (often 'we do not know') for problems in easy pregnancy is found at the back of this work in the [Appendix 1](#). If you search online, you will see very similar information. Please start by improving your health, detoxing on all levels, and getting the rest, good life going that your relations would have always had, prior to this fast world we are all now calling 'normal'.

Easy babies will then follow easy pregnancies and easy natural fertility.

Not starting from the beginning

Playing the modern game of seeing if you can TRY to make a baby. What would it mean to be instantly pregnant? Nature was on your side, and all systems were ready for better baby making, The opposite? What about when 'trying' has to happen? (Ask your older relations about accidents' – you were quite possibly one yourself - especially if you were the first or last child).

One of the many pitfalls . .

Starting a pregnancy without backup from your body.

What do I mean?

[His BBT](#) is not as it should be – begging for trouble – as his immune system and gut health are reflected in the sperm count catastrophe – and even if he is as fertile numerically as he was supposed to be 30 years ago - what is lying underneath?

An infrequently asked question – why is there trouble in baby making?

[Her BBT](#) and [periods](#) (a report card of how well her body is doing) is not ready for carrying a pregnancy full term easily. Find out what you can do to ensure a successful and an easier pregnancy next time.

What to do?

You want to have the best baby possible the first time. This is why you are reading this – to avoid what may have happened to yourselves or others about you – and as with running a marathon – preparation is the key. If either of you have any health problems – fix these first - this is why I say – find a natural health care provider – as they have the overall picture and can work with you – often for months to ensure that when pregnancy happens –it is all as it was designed to be – with a better baby at the end.

Our ancestor's ways of life graced them with multiple, healthy babies who are now hale and hearty elderly people. They lived simply and ate naturally. Survival of the fittest was also in place – in the words of my mother – 'the quick or the dead' – we have to be making better babies for the future we have no idea about – not the least possible to 'make it being a fetus.

1) - Step back from 'trying' and look to what you want – not any baby but the best you can make – and the easiest route is to ensure that you both are so well you may never have felt that good before. You need to find a natural health care model that assumes health is your natural setting and undo all the apparent problems that you may think are 'normal' first – especially if there are digestive issues, or if either of you are taking any medication for anything, as whatever it is, is only being managed, not investigated to work out why you even 'need' to be assisted with the process of living in your body.

2) – Get the Apps [found here](#) - the problem solving ones that allow the responsibility back where it needs to be – on you and what you do then can radically alter what you get next.

3) - Start working with a local to you natural health care provider who offers continuity of care – lifelong in other words – so that their focus is on everyone's health – forever - not the snapshot of making money through supposedly enhancing fertility. Fertility is only as good as your health is anyway.

4) - Perhaps contact me as the [Natural Fertility Coach](#).

I have developed a [Natural Fertility Coach mentoring programme](#) to take you through the entire pregnancy process - getting baby ready and then through a naturally easy pregnancy out into easy parenting (as you have not broken the template hence baby is easy).

6 - Early Pregnancy Loss – Blighted Ovum

A blighted ovum is where conception takes place but a baby does not develop and the fetal sac is empty. Better preparation – unlikely to happen. Nature does not waste your resources. Please make sure that you are baby ready first. The title is again another 'let-him-off the hook' issue. The sperm is so little – yet carries half of what will be the baby. The egg is so massive and thus – if a pregnancy did start - it is more likely that the combined issues or the sperm alone – caused this – so the ovum (egg was 'blighted' baby not good enough sperm to make a baby – thus pregnancies can go on – for the grace period where the 'yolk' of the egg keeps it alive till when the strength of the new life is to kick in – and can't – around 6 weeks – when the 'baby' stops developing – or is 'blighted' as there is nothing there at all – just the placental beginnings.

What may be missing nutritionally? [Vit E](#) – it stops rats from reabsorbing the young - a mammalian survival technique – having a pregnancy is a huge drain on mum – hence I keep saying - best state of health possible before even thinking 'a maybe baby'.

Potential Baby Being Good Enough

Please get the Fertility App [found here](#) as this will take you on a global trip around the issues in nutrition and why babies are maybe not so easily placed in your body – a quick reference as navigation – invaluable!!!

As already discussed the strength of baby is **half** dad's responsibility. A baby may be naturally removed/ aborted when there are developmental glitches. **Before conception getting a good semen analysis result is your best bet here.** I realize I repeat this often, but it can't be over emphasized. The norm today is to get pregnant and hope that the 12 week scan will show a healthy fetus. Please see the scanning chapter above.

Likely mum did not have strong enough [Blood energy](#).

Also possibly had not looked after her health well for the preceding six months or so.

The better sacred foods, fat and minerals and quality sleep – the better eggs and health of the 'garden' that is need to 'grow the baby

All has been explained with rest of the package of my resources – and the eBooks – if there was no egg in the follicle – there was not enough resources to make it plump with the potential new life – back to ball in your court. Do not blame 'heredity', but your past lack of interest and awareness as to what makes a better baby.

This is again, a plea to look to [her cycle](#), and his health matters - especially digestion.

The [Mayan massage process](#) can only assist in all of these – especially getting the right blood and nerve flow to the ovaries, and lifting all other structures that may be impinging on supply of all nutrients to them.

7 – Early Pregnancy Loss – Ectopic Pregnancy

WARNING. IVF and prior C-sections create greater likelihood of ectopic pregnancies.

Ensuring that all Qi and Blood are flowing smoothly prior to conception means menstrual and emotional issues are resolved. [Liver Qi](#) again.

When the Qi is not flowing, the fertilized egg does not have enough help to descend into the uterus and attach to the endometrium. The *patency* (ability of the Liver Qi to flow) is all important here. Please re-read [Chapter 4](#) on the acupuncture model to reinforce your understanding. It is now totally pertinent and important to normalize your body, for example:

In acupuncture energy terms, a 'stuck baby' equates to Stuck Qi/Stuck Blood/Phlegm/Damp

Some **Spleen Qi deficient markers** are :

- Being slightly overweight
- Somewhat flabby/squishy/fluidy
- Prone to discharges
- Food sensitivities

This is low thyroid function and you must use topical iodine. See a [Mayan massage worker](#) and energy acupuncturist to help clear your abdominal area of all obstructions before conception.

If you have endured an ectopic pregnancy, no doubt you want to avoid another and to find out why it happened to you initially. The purely mechanical versions of body workings used by standard medicine do not explain why things happen – they only address how they physically appear. See [Appendix 2 – Medical Reasons for Pregnancies Failing Early](#) as evidence of this mindset.

Understanding the acupuncture model will help you clear up these issues and tackle the underlying reasons for them. It is so worth the effort!

Acupuncture Model's Explanation of an Ectopic Pregnancy

In acupuncture Ectopic Pregnancies are seen as '[Stuck Blood](#)'. The Qi is disordered. It has been compromised, congested and slowed down. Other symptoms typical of Stuck Blood often lead to operations/surgical interventions. Surgery should be the *last – if ever* option - not something to rush into.

Remember that age is not as important as condition when most women present with reproductive issues well in to their 30s. Many couples today do not intentionally attempt to conceive until in their 30's by which time blockage has had time to develop. This is **not** because the woman is older, but because her body's perfect balance has not been maintained.

Usually the reproductive organs are not being used for their intended function causing this congestion and blockage along with other factors mentioned. These blockages need undoing and *they can be undone*. So it is not the age that is the culprit. The body is designed to conceive just as easily in these later years.

It is little known that IVF can lead to:

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- Ectopic pregnancies – sometimes leading to a total loss of the woman's tubes
- Damage to a woman's health and chance of ever conceiving naturally

Several years ago I had a rush of women who had lost tubes after IVF pregnancies. I discovered that **IVF has a much higher rate** of tubal pregnancies than normal conceptions – in particular when using frozen embryos.

Hannah had gone through IVF and her precious daughter was one of what would have been twins. An ectopic pregnancy had resulted concurrently and after that tube was removed it was discovered a few weeks later that she was still pregnant. She had had twins to start with!!! She tried IVF again a few years later and another twin pregnancy resulted. This time both the tubal and uterine pregnancies were lost. Hannah now had no tubes. She tried again and another non-tubal but very untenable ectopic pregnancy had to be aborted.

The shame here is that going straight to medical 'help' does not undo why the 'help' is needed - the forcing of a baby into a broken 'baby factory' is what this does. It sometimes works, and in this case, it did not so well. Great human cost. Before embarking on IVF revisit or take a first time look at natural solutions. This is 'better baby insurance' and the preventative work you do may well result in pregnancy all by yourself!

Ectopic pregnancies happen outside of IVF also happen. They usually present as pain or bleeding around the 6 to 7 week mark. Although not usually resolved naturally the body may harmlessly reabsorb the pregnancy, which is the outcome we would strive for if in this situation. (More [Vit E](#) again). I use a combination of Vit E and Selenium in one capsule – 2 x 2 daily – the extra selenium in this form also assist the iodine to be absorbed into the thyroid gland for ease of reproduction and of life. Chinese herbs and acupuncture have the potential to help the body do this. (Great news as your tubes will come through unscathed!)

When preparing a lecture for a 3rd year acupuncture class decades ago I learned of a Chinese hospital's account of getting their first scanning machines. A woman had come in with an ectopic pregnancy and they traced the progress of the acupuncture treatments and Chinese herbs as they dissolved the blood clots (fetus and placenta). All was reabsorbed leaving her with an intact set of tubes and a normal pregnancy two months later.

How much cheaper, less invasive and non-traumatic! How sad that we do not have the option of western orthodox and traditional medicines working alongside each other.

Prevention of Ectopics

Become aware of your emotions. Clean out all blockages within. Start with a clean pelvic region. Work on it as though it were pregnant – and give all the respect to the contents and the woman as if she were. Use [castor oil packs](#) in the months leading to pregnancy – to allow the anti inflammatory and detoxing to happen gently, safely and cheaply. Follow these up with [belly massage](#) – and [use the moxa](#) to allow all the pain to leave when you have the butt massage [found here](#). Prepare the soil before planting!!

And it works! Also allows better sexual expression as all that was blocking this is undone. Enjoy!!

8 – Early Pregnancy Loss – Molar Pregnancy

A Molar Pregnancy is mass of cells that cannot become a baby, as the chromosomal mix is wrong. Again – please consciously prepare for babies rather than see what happens – as this sometimes does.

Bad Start – Potential Baby Not Being Good Enough

Yet again I urge you to work at getting a **good** semen analysis before even contemplating getting pregnant. The body will usually abort a fetus that is not developing properly and while there can be other outside causes the reason for this developmental glitch usually rests with the quality of the parents before conception.

So for whatever reason – mum, dad or both being unfit – or [outside environmental factors](#) – or some of both - you now have a bunch of cells that has started and then failed to make a baby. There are varying degrees of molar pregnancy but that is little comfort and this is something you will want to make sure does not happen again.

What to Do

The first thing to do is NOT to try pregnancy again until it is safe to do so. There are medical restrictions, which it is best to follow. Don't just *hope* it won't happen again as a great baby is not a matter of luck.

Do EVERYTHING you can to improve your health – BOTH of you! Let's dot point some of these actions you need to be addressing:

- Zero tolerance of toxic substances and numbers (listed in ingredients) in food and drinks.
- Eat only food in its natural form. Buy ingredients and assemble them yourselves – so you know what is being ingested - and no 'numbers' on the labels – there is so many non nutritives being offered – they even stop real nutrients getting absorbed by their very presence. Gets you to buy/consume/eat more though . .
- Live and eat as organically as you possibly can. Some recommended reading – '*Slow Death by Rubber Duck*', '*Our Stolen Future*' and '*Healing the New Childhood Epidemics*' may appall you but your *awareness* of the toxic load we all carry and your understanding of its effect on our children will motivate you to tackle this issue.
- Detoxify via the use of a [detoxifying agent](#)
WHY?? Nutrients often cannot make it into our cells as the sites they are to occupy are 'full with heavy metals and other poisons that we feely absorb – destroying our health gradually, and the ability to even make babies.
- In addition to general life decluttering/detoxifying you need to **pull out** toxins within your body. [Liquid activated zeolites](#) do a powerful job of pulling out mercury and other heavy metals that have no place inside us. Too much 'good living' and/or exposure to toxic substances will cause chromosomal damage and reactive oxidative stress to both sperm and egg.
- Boost your cellular energy. The mitochondrion inside the cell produces energy. A product such as [Glutathione](#) detoxifies and instantly transforms the energy availability in your body through the mitochondrial support. Cells need their energy to do their job!

Both of these products pull out toxins safely and effectively. (Note: Breast milk carries toxins stored in fat and this is not safe for baby. The [zeolites](#) and [Glutathione accelerator](#) do not discharge the toxins via this pathway and are thus safe to use during breastfeeding.)

AN EXAMPLE FROM MY PRACTICE

M & K: *"We married in 2002 and tried for a family straight away. After six months I had two operations for severe endometriosis. Doctors told me the endometriosis would have no effect on my 'baby making' organs so we tried for another six months. Now the doctors were concerned as, according to them, I should be on the pill to deter the return of endometriosis.*

IVF was suggested. I felt as though I had just handed over my body to science as I was pumped full of drugs through needles in my stomach. I suffered hyper stimulation after the first attempt because the drug dose was too high. Then we endured three failed IVF cycles. The emotional roller coaster was too much for me. The doctors could give us no reason why a pregnancy wasn't eventuating and so we decided to give it all a rest.

In November 2006 I fell pregnant naturally and we were overwhelmed by the shock and excitement. At seven weeks I began to bleed and an ultrasound showed our baby had no heartbeat – this was a Molar Pregnancy. As if that was not distressing enough we had to wait another year to make sure the Molar Pregnancy did not turn cancerous.

Whilst I had always been keen to try alternative medicine my husband was skeptical. He had come from a background of studying science. By now though he was willing to give anything I wanted a go.

After a short time of consulting with Heather we learnt that my luteal phase was too short for the egg to implant. Five years of medical investigations had not picked this up. My husband's sperm results were not good and so he embarked on Heather's healthy living plan. Before long we were ready to give it another go as we both felt amazingly better. We had blood tests during this time, which was almost a year, and then we started trying again.

We were BOTH taking Heather's magic herbs and sticking to our healthy diets and after about 4 months we had the fabulous news that we were expecting our little miracle.

I had miscarriage scares and put myself in Heather's hands – this was an incredibly precious baby for us. I took my vaginal temperature first thing in the morning and did not go to work if I felt at all odd.

My belly was often cool to touch so I was still banned from anything cool by mouth. Heather diligently cupped my belly and replaced my Yang – and essentially did whatever else she needed to do. After the first three months (also using progesterone cream) I was well and happily pregnant.

Needless to say hubby had lost some of his skepticism and was now quoting Heather when I wasn't doing something exactly right, for example 'You should be drinking unchilled water' and 'What would Heather say about that?'

*Thanks to Heather we went on to accidentally conceive another baby just over a year after the first miracle and now we are looking at permanently **stopping** anymore coming through. Two is enough!*

It was a long journey but we have come out stronger, healthier and parents of two lovely children and none of it would have happened if we had both not really made the changes and cleaned up our lives."

Decades of experience has proven to me that when couples:

- Agree mum can stop work outside the home
- Downsize and live simply
- Take time to be together, and
- Drink way more pure, unchilled water - only beverage
- Get lots of rest

A baby more quickly results!

The Man Again!

Attitude can be a barrier. Here I will recount a life story that may 'ring a bell' with your situation, and the man in your life. It need not be hopeless, as attitudes can be gently broken down and if this is your reality with your man, then this may need to be addressed.

*A recent client's partner has a 5 year old by another woman so felt it was not necessary for him to be tested. He was 44. As men age their sperm making cells deteriorate. So I suggested this was not an age to be complacent. The likelihood of chromosomal abnormalities was higher – eg. Downs' Syndrome, cleft palate, autism, schizophrenia. On the mention of Downs' she told me he had one child so badly afflicted that it was still born. Yet despite this and the obvious benefits of diagnosing the sperm and being able to **see improvement** if needed with supplements and life changes, he still saw no reason not to just try naturally and see what happened. Is this good enough for you?*

Does he realize what potential horror he may be subjecting her to? Does he believe the current epidemic of life affecting toxins have 'passed him by'? Does he believe he is special? Was his previous fathering of his 5 year old child all his doing or was his then partner able to 'get him over the line'? IS 'OK' good enough? I am sure many take more care when selecting features from an updated phone, or a new car.

Dads need to be brought to the realization that in these toxic days in which we live, a 'lucky dip' approach is not a safe enough. Or responsible. This reasoning is neither scientific nor logical.

Women are coping with medicine's (not a farmer's) view of low/poor quality sperm as 'being fine'. They are coping with assisted reproductive technology – a continual round of medical intervention. Very often they are coping with infertility nevertheless, early pregnancy losses, sick babies or stillbirth. This is a huge emotional strain. Why? So dad can feel good about himself and his supposed fertility?

Why do I keep mentioning this?

When I am asked to help save a pregnancy that is threatening to miscarry, it may be that the pregnancy is actually 'blighted ovum' as discussed in a previous chapter. In this case nature wants to rid the body of what is, sadly, reproductive rubbish. Mum, dad and I can be so focused on saving the pregnancy that we are in opposition to what nature knows is necessary. When I know that dad's sperm is *really* fine, I know what we are working with.

9 – Why Mum Can't Hold a Pregnancy

Here is when the [simple thermometer test](#) holds its own. Very easy to see if you are strong enough to even be pregnant. Blood tests are not helpful here. The [iodine on body topically](#) is also very important as cheap, safe and an effective guide as to what you need to do. It may be time to change gears on what you perceive a body to be able to do, and how you can alter its functioning. It is all in your hands really.

Here we are dealing with a situation where a woman may not be strong enough to carry a pregnancy to term without (or even with) a lot of help. In her situation, it may be too much to go through life as normal and expect to make a baby with her weakened system – working full time as an example.

Here we see the wisdom of the Chinese energy system it is simple to understand and works!!! Supporting what is called the [Spleen Yang](#) function of holding will anchor baby in.

A crucial point to remember – [exposure to cold](#) weakens Spleen Yang.

This applies to ANY cold, including drinking chilled water.

Here we are approaching life as we live it – and we can change everything directly.

Holding Baby In

Here I am approaching the matters of our heart as though baby has been perfectly made, and it is mum who is in a weakened state. What you need here is the perspective that will allow you to settle down and rescue your baby. (See [Chapter 4](#) here on “The Acupuncture Model”).

SIMPLE HORMONAL HELP – CHECK YOUR BBT

Progesterone increases massively to support the pregnancy during the first three months – ‘the danger zone’. Progesterone is the pregnancy protection hormone. Although the pregnancy may get past this point, there may still be pregnancy and postnatal maternal glitches if there are other underlying factors. What seems to be poorly understood medically is that if the [BBT](#) (Basal Body Temperature) is low, this is a likely flag for problems in all the subsequent stages of pregnancy and beyond.

Please note that during IVF, it is routine to administer *synthetic* vaginal progesterone for a few weeks prior to the procedure - although the vaginal pessary may often fall out. No investigation as to is it needed? Does it work? Are there better ways? Just the protocol.

If the BBT is *too low* or if the luteal (second) phase is *too short*, this indicates a lack of progesterone. There are excellent topical creams that can be used to assist here both prior to conception or, if you are already pregnant during the early months of pregnancy. Best to get these levels right before conception.

For peace of mind learn your BBT before conception. During the second part of the menstrual cycle the vaginal temperature taken first thing in the morning should be constantly elevated at 37, preferably 37.2 degrees Celsius. Once pregnant, your temperature should remain at that level. Worrying about possible miscarriage due to *maternal factors* (not baby factors) may be reduced, if your metabolism, thus your progesterone levels are high enough. Monitoring your BBT regularly is far more effective than taking blood tests and gives peace of mind – you get to monitor your efforts and results yourself.

WEAKENED YANG

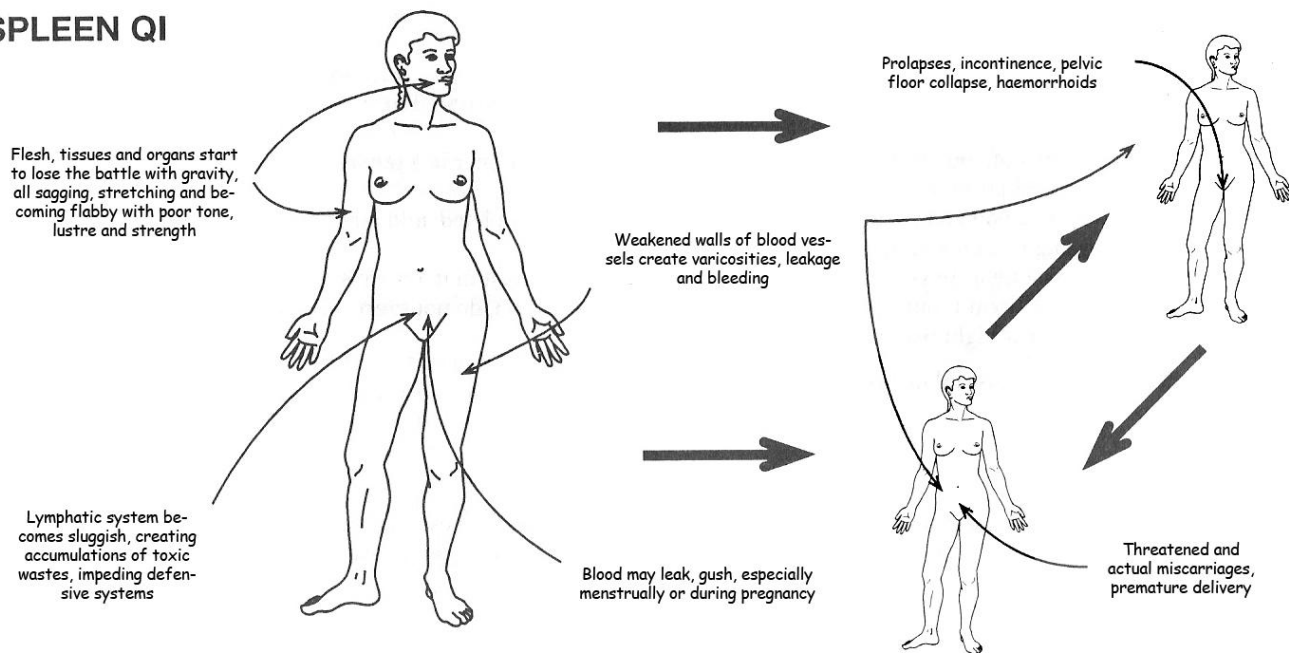
Why I stress – get well first!! You may have always had a few of the symptoms pictured below. They can arise in late pregnancy and beyond. These may have been viewed as being ‘genetic’ - and even ‘normal in pregnancy’. Please remember there is much overlap between inherited weakness and our choice of eating and life style – these too are sort of ‘genetic’ as often they are learned habits. None of the problems below are reasonable to have in pregnancy even though it is seen as being normal – as it all means the body’s warning signs are not being attended to.

The [Kidney Yang](#) supports the [Spleen Yang](#), and neither is likely to be very strong if a temperature below 37C is recorded throughout the pregnancy.

Understanding the reasons behind these nuisance symptoms allows mum to do all possible to ensure her and baby’s health (such as building herself up and realizing the importance of enough rest). Such knowledge empowers you by presenting choices that enables you to help yourself rather than just live in hope.

SPLEEN QI has many roles – one of which is to hold everything in place. It is not just tissues, organs and blood that need to be held in place – but babies too! When the Spleen Qi is upset then this function will be compromised. Look also at the following chapter on ‘incompetent cervix’.

SPLEEN QI



Symptoms that are often seen by orthodox medicine as ‘just a part of pregnancy’ are warning signs of a weakened Spleen Qi. Up until now you may have just seen these as ‘part of who you are’. In reality they are a signal that you need to be looking after yourself a lot differently.

This covers most of what you find yourself feeling and being. Please be aware that this is all fixable and easily changed with lifestyle choices. Particularly [not being too cold or exposed to cold](#) through choice.

OTHER SPLEEN YANG DEFICIENCY SYMPTOMS

Poor appetite: (Late pregnancy may slightly offset this) - If mum feels vaguely (or frankly) nauseated by even thinking of food then the Spleen Yang/Qi needs assistance. Without a healthy interest in food, the [Blood Energy](#) cannot flourish and baby may be compromised, the placental flow lessened and after birth mum may not be able to produce plenty of good quality milk. A weakened [Spleen Qi](#)/Yang is responsible for prolapses, incontinence and hemorrhaging further on in the pregnancy.

Loose stools/apparent diarrhea: Unformed stools and undigested food within signal the [Spleen Qi](#) is not up to supporting life/transforming well. Use of nutrients is compromised.

Fatigue, especially after eating: A weakened Spleen Qi may be capable of doing only one thing well. Doing less after eating at least ensures that food is still processed.

Vague/Memory failing: This is often joked about as 'normal' during pregnancy and breastfeeding. What is really happening here is that there is too much load on the Spleen Qi, and non-essential to survival roles are discarded or given lower priority. Thus the Blood quality and [Jing](#) suffer as a result.

Abdominal distention: Gurgling, discomfort, dull pain especially after eating may indicate the digestion is weakening and deteriorating. If your belly is really cold to touch your inner 'food factory/oven' cannot support you with all that coldness there. Warmth within assures us of appropriate Spleen Qi strength. Avoid putting anything cold into your belly as the body has to heat it up to body temperature to digest it – this takes energy and is a waste of your Yang which is likely already compromised.

*Taking care of the Spleen and Kidney Yang
will heal many medical conditions that are routinely treated with medication.*

WEAK SPLEEN QI/YANG can either lead into – or come from – a general Yang deficiency. This is otherwise known as [slow or low thyroid function](#). This condition underlies **most** complaints and yet it is a very misdiagnosed / under discovered consequence of modern life. Weak Spleen Qi and low thyroid function are easily missed due to the fact that they have generalized entire body manifestations. Modern day living makes it so much worse as we overwork, eating/drinking cold, raw and sweet things and do not rest when the body demands it. Morning sickness can be very severe when the digestive capacity is not capable of handling the growth of another life as we fulfill all the expectations that demand we continue on as we were before falling pregnant.

We rarely think about what keeps blood, tissues, urine and organs etc to stay where they should. Yet during birthing this is crucial. What are called the 'old wives tales' such as to avoid 'sitting on cold concrete' were actually based on observation. Anything cold may well trigger a bleeding episode during this time. Piles (hemorrhoids) may be another manifestation of too much cold stored inside or having damaged yourself. Look again what I [have collated here](#). Using topical iodine is magic for these.

LOOKING AFTER SELF MAY NOW BE SEEN IN A VERY DIFFERENT LIGHT

Maybe realizing that modern medicine does not seek to heal – it medicates. These medications do not help the body return to normal – they force another reality upon the body. Think about the anti-depressants, reflux and antacid medications, anti-inflammatories, laxatives, allergy drugs and all manner of fertility drugs. None address the root cause. Here I offer an alternative offering understanding - the given the right conditions, can unblock its own healing potential. .

We may need to back up a bit and see what actually upsets the wellness balance in a body. Major causes of disease - besides emotional imbalances (those hormones are only messengers - the climatic issues - cold entry is always a large one – make all the difference. You may understand this now as the

cold weakens your holding everything together function, your digestive capacity, your circulatory system (thus also fluids where they are not supposed to collect) your temperature regulation, and your immune function. Inviting cold in, or getting cold and having it lodge within you is not a great state to be in.

CLIMATIC FACTORS

The East Asian system of medicine, that acupuncture is based upon, sees external climatic exposure as one of the major causes of disease. The body has to keep the stored cold out of circulation. The energy used to try to correct this is energy needed for nourishing and holding onto the pregnancy and your blood in veins and not collapsing. All Asian medicine shuns cold around women – and especially birthing women'. Current orthodox 'best practice' is to view cold compresses, ice to suck, chilled foods and drinks as totally normal – refreshing even. Postnatal problems that modern western medicine considers unlucky or random, are generally [Yang Qi depletion](#). If you study the events before the appearance of symptoms, this becomes obvious, as menstruating and birthing women are vulnerable to [cold invasion](#).

Being exposed to air conditioning that is *too* cold, having bare feet on cold floors and drinking iced water all carry consequences. The stored cold energy builds up in the body in small increments. This means that the apparently 'normal' pregnancy side effects we could well all be the result of the past exposure to and now latent presence of cold. Avoiding all cold ingestibles could relieve the morning sickness and the tendency to feel totally 'wiped out' during early pregnancy. Definitely will help relieve the [lower back pain](#) – avoid all ice!!!

A complication of this is when the Kidney Yang complex becomes involved.

Kidney Yang Deficient Symptoms

Needing to pee a lot – especially at night. After 7 months along, when baby is taking up considerable space then this can be expected. However, contrary to popular belief, it is not normal to need to urinate more than usual during early pregnancy. This is a sign that the Kidney Qi is weakened and needs support. The Kidney Qi and Jing are depleted further as mum's sleep is broken during the night to constantly go to the toilet. As mentioned earlier [Jing](#) is mum's legacy to the baby and keeps her well and able to be pregnant at all.

Weak or aching lower back. It may be viewed as 'normal' during pregnancy to experience unstable/weakened knees and legs. But it is actually the beginning of an overall depletion of her inner resources. She may have cold intolerance and poor circulation with cold hands and feet – a great indication of low thyroid function – Yang Qi again.

Lack of any interest whatever is sex. Even with direct stimulation, sensual numbness may have set in. To preserve its most precious essence and Kidney Qi the body shuts down non-essential (for survival) functions.

The uterus is 'too cold'. Many women suffer from a cold belly. It can present as simply a cool-to-touch belly right through to sexual frigidity with little sexual sensation and sexual motivation. Having a low BBT /luteal phase/progesterone are low thyroid function consequences – who is looking? Not the medical specialists who are tasked with 'reproduction' issues – as if the general state of health and digestion and metabolism are not in this equation. Please look to taking your [BBT](#) In pregnancy it should be 37.2/3/C

Cold Consuming Yang

Lack of Yang Qi is a major reason for bleeding out of turn and thus a fetus is expelled. The Spleen Qi's abilities are compromised by trying to 'lose weight', skipping meals, having a history of dieting, or eating

disorders, and can show up as general tiredness. You may also display exhaustion, paleness, nausea, with weak and flabby tissues, and prior to pregnancy you may have suffered from varicosities/prolapses. Eating any sweet, cold and raw foods will increase the symptoms: they are the foods that are craved.

During the first three months of pregnancy, your body is remaking itself to support the pregnancy's final months, and your body may demand rest - maybe by throwing outrageous nausea at you. **Please listen to it.** If you get the 'exhausted' message, please go to bed and sleep. It is typical to feel this way after lunch or in the late afternoon. Also read the eBooks ['Morning Sickness'](#) and ['Hyperemesis Gravidarum'](#).

Vomiting or producing excessive saliva indicates that the stomach energy is rebelling upwards. Exertion may create a further weakness and nausea/vomiting continue.

Kerry and her husband had gone through a very traumatic first miscarriage. They had been under my care for about 6 months prior to conceiving again. She kept up her temperature routine faithfully. This was not enough.

She began spotting again. Every time it happened her temperature had fallen under 37C. (Take vaginally first thing on waking for accurate diagnosis). Each time her belly was cold and thus each time, she came in for an acupuncture (cupping navel and using moxa to replenish her Yang Qi). This continued for many weeks. She also used progesterone cream and when she finally chose to lessen her hours at work her pregnancy flourished. Sometimes you need to see that the amount of you left over to make a well pregnancy does not fit with all that you choose to also do.

A cold belly often presents after IVF transfers and other hospital like/theatre visits. Ensure in your life that at all times, there are no cold draughts or other forms of cold are anywhere near you. It may sound like an over-reaction, but **the major causes** of pregnancy and maternal problems are cold entry, and being upset and not expressing it.

This presents as [Stuck Liver Qi](#) and it gets out of control and in turn attacks and weakens the Spleen Qi. Very often having a state of poor Yang Qi (Spleen or Kidney - it does not matter) means that very bad nausea and vomiting also result. Meaning more than one misery to contend with – easy – [stop the cold invasion!!](#) Sound too simple? It is and you can feel and watch it happen to you.

Yvonne was so upset – she had twice miscarried and was spotting in the eighth week of her third pregnancy. She had sold her business and was focusing only on her pregnancy, yet it looked as though she was losing yet another baby. She arrived with the cold belly I so often see. She was cupped and given moxa treatment and instructed to use the moxa at home as shown in my book [What Dads Can Do](#). The next day she was spotting only slightly. Focusing now on the appalling nausea, I learnt she was eating mostly cold and raw fruit. Stopping this made the final difference. She went on to have this baby and another very soon afterwards with no more dramas.

Tania had an embryo transfer and as often happens, her belly felt really cold to touch. She had been warned of this and had taken steps to keep warm by using a hot water bottle for her back and wearing extra cloths. Cupping her navel and using moxa further warmed her belly and no doubt enhanced her chances of her successful implantation.

We need a kitchen oven to be at the right temperature – in a similar way, our inner 'oven' needs to sustain the blood flow to the uterus. It needs to be at the right temperature. When you understand this, you are empowered to make some decisions that you may not have before. What will be your priorities? Will you go to work? Will you curtail all those extra activities and sleep when you feel like it? The body is wise. It tries to slow us down. Perhaps listen?

I have had many cases where the apparently impossible resulted in a well baby, after treatments.

Ann experienced something akin to waters breaking during her fourth pregnancy while she was at the supermarket and went home to grieve the 'inevitable'. A family member mentioned my name, as I had been instrumental in all obstetric turnarounds for this family. Initially Ann needed three treatments a day. She began to hemorrhage yet the hospital scan showed a really strong heartbeat. Between stopping all activity, taking the supplements and herbs along with much treatment her baby girl was born very well and became the strongest of all her children.

As confusing as it may sound, a **lack of balance** can create heat at the same time as cold. We need normal metabolic heat, which the foundation of life (Kidney Yang) gives us – the 'oomph' so to speak. The 'sick' heat is a low-grade feverishness that comes from pushing ourselves too much. Imagine running a car with the foot on both the brake and accelerator. Eventually something wears out. Life can be like that – rolling from one body crisis to another – pushing rather than pacing.

Conflicting symptoms commonly co-exist. Don't be deterred. It is usual to have a bit of everything as life catches up with us and causes this inner heat. You can get bogged down trying to fathom it all out. Heat builds up over time. Inner frustrations – not getting what we think we deserve – creates emotional angst. Often we 'self-medicate' turning to very sweet substances, instead of just drinking more clean non chilled water. The process of inflammation then begins on all levels. The [Inner Heat](#) can be seen similarly to an overworked car engine running with not enough oil.

The heat that arises from this inflammation causes many things – one of which is [Heat in the Blood](#). Heat in the Blood can lead to miscarriage. Please remember that you have much power to change your life.

Hot Blood (from either parent) Leading to Weakened Jing

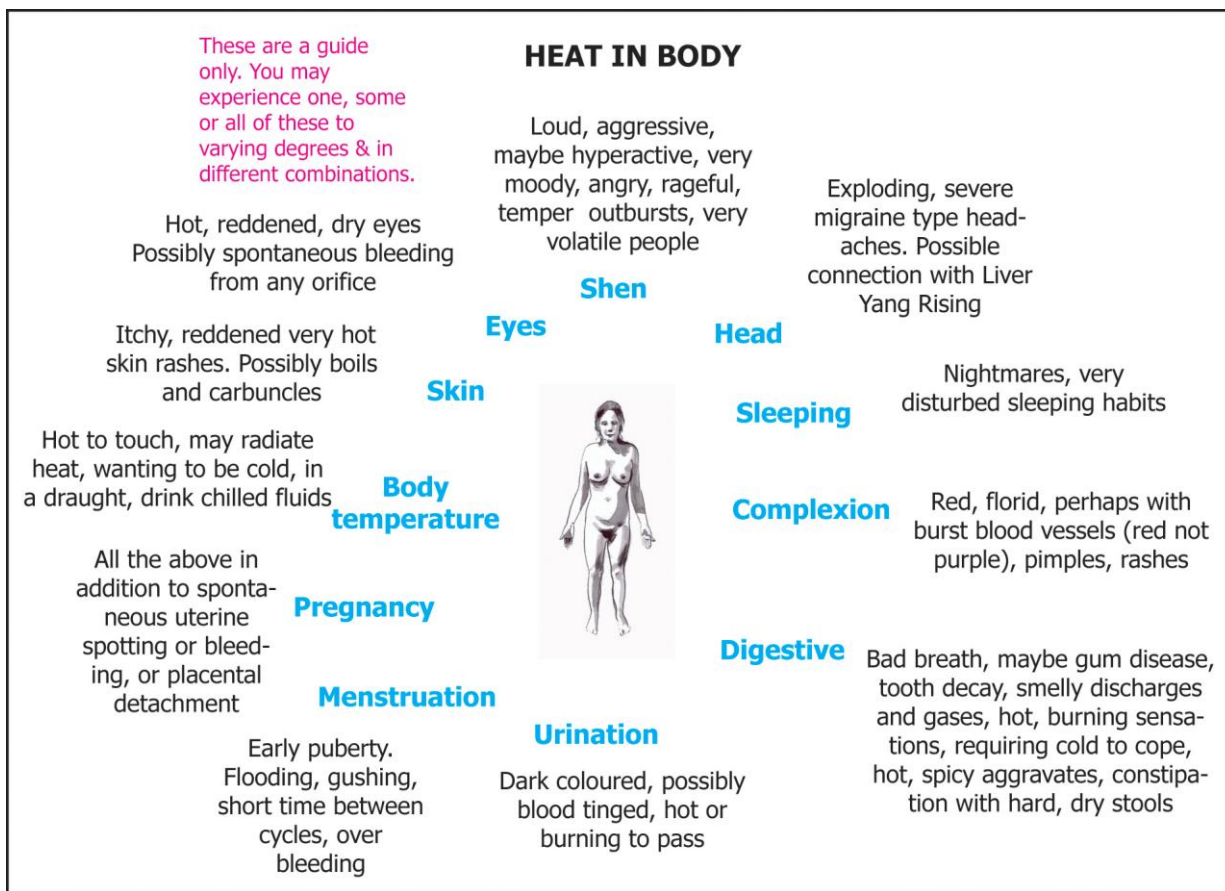
Heat overload in the body shows up in many forms. Your newborn may have been and may still be [hot blooded](#). This will be a difficult child to raise, and likely to grow into a very tempestuous teenager. Especially if you have consented to premature cord clamping - where baby may lose up to 40% of his/her breathing blood. This is a guarantee of mild fever – not enough fluid to live well with.

Heat in blood plus
aspects of Kidney
/Spleen's Qi /Yang
deficiency and /or
lack of strong Blood
/Jing to make baby

Adding sweet and/or chemical enhanced foods instead of plain eating will enhance this. Often leading to an ADHD diagnosis. This child may have inherited this from a stressed mum during the pregnancy. Baby needs a baby friendly birth, and hospital at the end of your pregnancy. Please be warned - you can make changes now to ensure a happier baby.

Avoid all interventions and chemicals. Nature provides all to ensure powerful contractions to birth baby safely through the natural exit. The use of any drugs before, during or after birth inhibit this process: vaccinations given to baby within hours can be profoundly affect baby – showing signs of toxic heat.

The following picture shows manifestations of heat (poisons within) that arise from many of the lifestyle choices we may have previously viewed as normal. They may only show up at times of stress or transitions – especially when baby is teething, or when a teenager – or of course at menopause. So much of this is just dehydration. If you are thirsty and only drink then – you are in a state of permanent stress from lack of pure fluids to flush away what is not needed to run your machine well. Hence below.



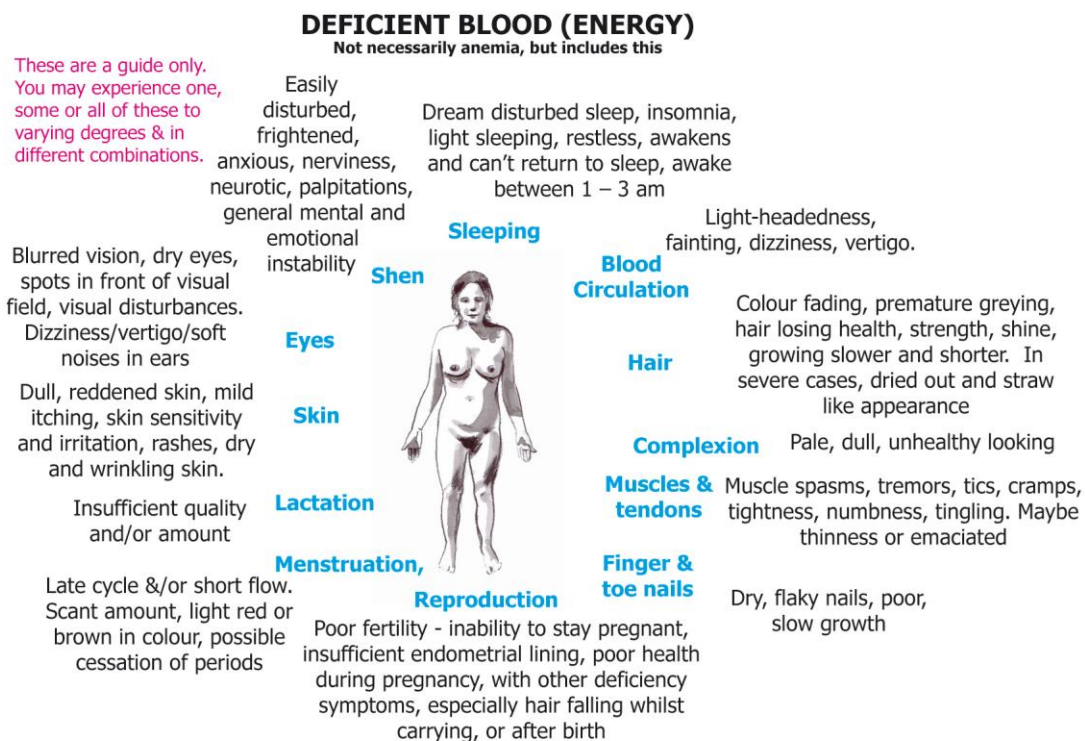
Whatever we suffer - acne, constipation, gingivitis, psoriasis, insomnia, nightmares, migraines, flooding periods and so on, when we approach each symptom individually via *different* medical specialists we are missing the point. All these symptoms stem from an Inner Heat that is driving the blood to become reckless. The Shen (spirit) is upset. This leads to insufficient fluids to nourish all – the skin included.

MISCARRIAGE TENDENCIES AND BEING VERY EMOTIONAL ARE TWO OF THESE HEAT DISRUPTIONS

One of the most common avenues from whence this ‘heat’ appears is our modern acceptance of 24/7 ‘entertainment’ and not respecting the sun’s hours. It used to be the norm to be blissfully asleep by 9pm. There were no electronic devices to interfere with our sleep patterns. You may need to make conscious efforts to use these natural healing and restorative habits. ‘Down time’ is very productive.

When we choose to eat such heating vibration foods as curry, ginger and other spices when already in a weakened state, this can generate heat. Repressed emotions are another heat generator. In this case you may experience heavy, often short cycle bleeding, skin rashes, pimples and great emotional volatility prior to conception. Calling this ‘hormones’ is to misunderstand how a well body works.

We all have hormones, but we don’t all have Heat due to Stuck Liver Qi and unresolved life issues. Hot Blood then drives the blood out of the vessels where it is usually contained, ending in a state as below. All may go through these changes. All are reversible, and all show up as being dominant at different times of your life, day, or month.



HOW TO BECOME BLOOD DEFICIENT
Worry (digestion, circulation and respiration all reduced quality).
Malnutrition – dieting history, anorexia or bulimic past.
Digestive problems of any description, lessening the quality and amount of nutrients available.
Loss of actual blood – especially a history of flooding, or very long heavy bleeding from any source. Can be a once only birthing haemorrhage.
Stuck Qi creating Stuck Blood, so less in circulation than there should be.
Heat from any source, drying out the yin and Blood energy.

I have included the above diagram again to reinforce what being less than well is like. Often this 'Deficient Blood' condition is how the woman has been all her life. Please remember that pregnancy is a time when she can remake herself. Now is the time to stop trying to force your body into something it is not strong enough to do and heal yourself before trying to conceive.

Unfinished emotional business mounts up. Much angst is swept aside in our busy lives. Choosing to say nothing, hoping it will blow over or pretending it didn't really bother or shatter you only works for so long. Eventually something triggers a reaction.

When this 'backed up' anger or fury is not defused prior to pregnancy it can result in postnatal problems and the very sad condition of psychosis following depression can result. (This can also be the reason why women find the worry/irritation tends to bubble over in premenstrual times.) Blaming hormones is so simplistic. The situation becomes worse when we medicate against the problems over time allowing them to gain strength and further diminish our Blood energy.

To further emphasize how heat can be so damaging during pregnancy we know that in the past an early unwanted pregnancy was often terminated by laying in a very hot bath with a bottle of gin – getting drunk creates heat within and this heat was further ensured by immersing self in a very hot environment. By understanding this principle we then see how inner heat can cause premature rupture of membranes and bleeding during pregnancy. Hard to contain/hang on to baby with all the inner excess heat – and so easily fixed – more clean non chilled water to drink – all day, and eating good fats, having great gut flora, choosing to eat no foods that covert to sugar (including grains - hence avoiding gestational diabetes) and having plenty of rest.

NOT STRONG ENOUGH TO BE PREGNANT

Here we look at a situation where a woman will hold her baby for only around 24 weeks. Jenny below presents as a mum being under normal size: having possibly weaker constitution. Add to this insufficient maternal [Jing](#) plus the addition of heat and difficulties arise. Adding food choices that add to this [internal Heat](#) drives the [Blood to be Reckless](#). Please stop all sweet foods. (They cause inflammation). For this mum 24 weeks was 'full term' despite total rest during pregnancy.

Jenny was a very small person. She battled chronic constipation (lack of fluids and inner heat.) She was three months into her first pregnancy when she came to see me. (At the time I did not know she was addicted to very hot curries.) There was a very small space for baby to grow and I was not surprised when her waters broke at 24 weeks and she had her baby boy. Whilst he was in the special care nursery she continued to see me to boost her milk production.

*One day she happened to mention she was off to have a really hot curry. I told her it would go through the milk and upset baby's gut and advised her against it. She remarked he must be used to it by now as she had always eaten them. This factor could well have destabilized her **already precarious** body's ability to hold a long gestation.*

She became pregnant again years later and again had her baby at 24 weeks. Eventually both babies were fine. In her case she had a combination of a very small frame, an inner constitutional weakness (Jing to pass on to her baby) and the hot foods she loved. The combination was enough to cause her babies to arrive early.

SOLUTION SEEKING

So let's look at some of the factors to consider when seeking solutions:

- Monitoring progesterone during the second part of the menstrual cycle (ovulation to period)
- The overall temperature (indicating normal metabolism and thyroid function)
- The quality of the Jing (as written about previously in these writings)

Once issues are identified, solutions can be implemented. For example:

- Without obsessing, focus on your weight being within the normal range. Carrying a lot of extra fat will likely result in a less easy pregnancy.
- **Do not diet** – eat plenty of foods that will create a healthy baby in sufficient quantities. You may need education and guidance here, which is readily available.
- Exercise should not be obsessive either – our goal is health and vitality – a fit body that can sustain and nourish a growing baby. So keep active and exercise in a balanced manner.

Pre 2004, I saw no gestational diabetes, or pre-eclampsia when running a very busy fertility /obstetric clinic. Even the apparently high-risk cases – older women, IVF and those with difficult histories, were remarkably well after following through on my dietary and supplement taking advice.

The **quality** of your child's entire life rests with you and you only get one shot at it. You can only make that baby once. Excellent health is assured through good preparation. Please allow enough time to prepare your bodies before you conceive your baby.

A small thought

If you think that you are in a mess as you can identify with all of this – you are probably right - there is no perfect person out here who would be reading this.

I have included it not to scare you, but to show you that you are actually in charge, and your simple and natural progression back to how people always lived is more than enough to allow nature to win, and you to have an easy life - look after yourself - in ways you may have never thought to.

10 – Pregnancy Loss – Incompetent Cervix/ Spleen Yang Holding Qi Too Weak

Please refer to chapter before, before reading this.

A stitch may be medically inserted in an attempt to allow an apparently 'incompetent' cervix to contain an 'unstable' pregnancy. Perhaps ask - what causes an incompetent cervix? Anything that upsets the Spleen Holding Function – and remember, the [Yang Qi](#) supports this.

Maybe previous surgery to remove pre or cancerous cells has impaired the ability of the cervix to hold baby in place. Another procedure that may well damage the cervix is the LETTS. Whatever the reason – and it may not be apparent, as your cervix may have been previously mangled in the interests of your life – there are ways of achieving cervical healing naturally rather than depending on a stitch.

Aside from holding everything in place, the Spleen Qi also governs the connective tissue integrity. It may be just rest – as for some, going to work – or even being out of bed – can jeopardize their pregnancy.

Saving a pregnancy was a foregone conclusion pre 2000. I always had with very successful outcomes.

Before –

- the deterioration of sperm,
- the age of emails and iPhones
- the expectations of being on call 24/7

When –

- the environment was friendlier
- the stress levels were less
- the sleep was adequate
- life was simpler

I now have a system of markers that allow me to assess whether the issue is mum (Spleen Qi holding problem) *or* a quality baby issue. Diagnostic tools such as tongue, palpitation and pulse are a part of the assessment, together with palpating the acupuncture points at the ends of the ribs. No soreness at the given points means the weakness is not in mum's body but is a baby problem. Back then – almost 30 years ago – almost no one fell into this category. Life/the environment was a lot more baby friendly.

Today I am very reticent to help out a couple *unless* I have been working with them, know their history and what his sperm was like. Who knows what damage mum's body is trying to rid itself of? So many people today seem to think that the toxic harvest of the past few decades will not touch them or their potentially precious baby.

What is Happening With An ‘Incompetent Cervix?’

Sitting in fear and subjecting yourself to tests and intervention is one option.

- Further worry and expenditure as your mind, finances and energy are messed with
- Dangerous scans – (see <http://midwiferytoday.com/articles/ultrasoundwagner.asp>)
- Less blissful rest (maybe **no** blissful rest)
- A detrimental effect on baby. Medical investigation naturally upsets mum and this is dangerous to baby as it means less blood flow to the placenta when mum worries, or is tense

The alternative option is to build the maternal [Spleen Qi](#) and body Yang back up to the levels that they should be. (Assuming the intention to actually healthy sperm). Getting yourselves baby ready first; so in their own adult lives they have stunning teeth and health and it is all your doing!!! Build a better baby.

Easy pregnancy and salvage/rescue is almost a daily occurrence in my practice. All pregnant women are given a herbal Blood tonic to assist building their Blood energy to ensure a strong foundation for maternal and lactating bliss. During early pregnancy I automatically strengthen mum’s Spleen and Kidney Yang through the use of herbs and acupuncture and ensure that she knows how to take care of herself.

This is not mainstream obstetric medicine – this is *preventative medicine*. It works on the principle of doing no harm whilst ensuring baby is as perfect as possible. As mainstream medicine’s general answer to problematic pregnancies and fertility issues is “don’t know” - the obvious is overlooked. Both the mum and dad must – like farm animals - become as healthy as they are capable of becoming.

Mainstream medicine does not focus on the DNA strength *prior* to conception. Yet this is the obvious time to prepare for the quality of the baby – not after it is conceived and the ingredients are set. About 25% of miscarriages account for this oversight. Please do something different. **Consciously conceive**. You will be far less likely to be part of this statistic.

What Damages the Yang?

I will briefly readdress what has been mentioned – **Yang is damaged by the cold lodged with.**

This can arise from the daily chilled drinks, walking barefoot on chilly tiles, too cold air conditioning or even the use of some long forgotten ice pack on a damaged body part.

Most of my patients present with ‘a cool belly’. The usual treatment is to ‘cup the cold out’ and add Yang with moxa. Mum is generally transformed and leaves feeling well, happy and a lot warmer. (Inner cold can be pervasive even in summer). Take your [vaginal BBT](#) – you may be surprised to find that it is below 37 C which means that there is more ‘normal’ problems of pregnancy that could be easily fixed and thus life made a lot easier for all - simply by attending to the use of topical iodine on her belly/breasts and thus ensuring bright and healthy babies. Download free eBook on topical Iodine [use here](#).

Prevention and preparation are the keys.

Perhaps look at what is here on [simple natural pregnancy](#) and also download the [pregnancy app](#).

I emphasize yet again – *Enhance your pregnancy – don’t just hope for the best!*

Later Pregnancy Stories – Still the Same as Early On Losses

I have included below some generally considered 'hopeless cases' that again highlight how appropriate intervention – and not medical monitoring – can come to the rescue.

In the first case we have a woman who was just not strong enough to support both her and the baby without the support of daily acupuncture and obligatory bed rest. When you give the body the right help it is truly amazing what is possible.

1. **RACHEL's** energy was not strong enough to support both her and a growing baby. She had sought help from her sister who was an acupuncturist. The sister had saved her own infant son from childhood leukemia using daily acupuncture treatment. Rachel had experienced multiple miscarriages. She had attempted to save her last baby by being stitched but there was infection and the baby died. This time she went to live with her sister who gave her daily acupuncture yet here she was, losing her baby at 24 weeks – despite again being stitched. I was consulted and stopped the imminent birth with acupuncture and baby went on to be almost full term. Why the difference? Simply that I, as her sister's teacher, was better equipped to delve into a more subtle and successful treatment. The daily treatments from her sister had held the pregnancy this long. All that was needed was a more experienced/highly competent acupuncturist.
2. **ROSE** was facing the horror of another possible stillbirth as her waters had broken at 26 weeks. At the hospital she was placed in a freezing cold environment. She had no emotional, fluid or food support. She was simply told her cervix was thinning and she was contracting. How was this helping? I popped in a few needles and started Reiki (energy healing) for several hours and the contractions disappeared. We talked through the past baby death and focused on this being a very different case. She began to feel positive and as though there was a little soul to be saved within her. The next morning her cervix was the full 4cm long. It had not been this 'competent' all pregnancy – only three quarters the length it should have been. She experienced no more contractions and baby was born easily at home where she felt the safest, at 39 weeks.
3. **KERRIE** had previously seen me for major perineal damage that simply was not healing. Her son was over a year old by this time. Within a month we had the area healed, allowing her to resume sexual activity. She came to me when a 3rd pregnancy ended in miscarriage at just 14 weeks, completely devastated.

She followed my conception advice and visited me when she again fell pregnant. Her belly was too cold so I cupped the cold out restoring her yang energy with moxa and herbs. Dad used the moxa stick several times each week as per the What Dads Can Do manual.

A panicked phone call (she lives in another part of Australia) meant that I orchestrated a save from afar.

She was 20 weeks and going well, so what had set this up? It was a harsh winter and she was moving house doing far more than usual. She had lifted the elderly heavy dog into the car and felt something within her 'give'. She began to bleed soon after. The midwives suggested she come in – but could only offer bed rest.

We addressed the presence of inner cold wrecking her Spleen Yang and salt was placed in her navel and moxa used to rescue her Yang Qi. After this, the sore points I use as markers

felt easier, her tongue was not as pale and the contractions eased. There was still some bleeding the following day and she had another acupuncture treatment. I suggested she now find a Reiki practitioner to assuage her distress and help her to heal on all levels. She did this and everything settled down.

She stayed happily pregnant, taking things a lot easier. Her partner ensured she stay in bed for a week to give her body time to adjust to staying pregnant. She took Chinese herbs and lots of supplements including very strong fish oil and so finished out the remaining easy pregnancy. Her perfect baby was born easily at home with no extra dramas.

What would have happened had she gone to hospital? She would have been that much colder. The water, the air and the general demeanor of all things medical do not consider the heightened vulnerability to cold of women: especially when pregnant.

4. **CAROLINE** and her husband were to have a weekend away prior to becoming parents. In preparation she had a deep tissue massage but felt something internally 'give'. When they arrived the labour started and over the next few days it was obvious baby was coming. He was birthed and whisked away. The horror of the next few months commenced as they went from attempting to keep him alive to being told his brain was too damaged, and he would be hopelessly injured to coming home with a well intact baby who was a trial to breastfeed.

When she was ready to think about pregnancy again she conceived only to miscarry. Many times. She strengthened herself and fell again and repeated the exercise. On both occasions she tried acupuncture, Chinese herbs, stopping work, kinesiology and visualizing. (There was no mention of dad's contribution)

She changed tack. Whilst she continued strengthening, and supporting herself as mentioned above, she also spent time with a specialized counselor. It was not so much a problem of 'incompetent cervix' or the like, but the fact that her life generally was in a state of disarray. She coped by being at work where none of it was 'in her face' and she was the expert rather than the grieving, damaged mother. This had to be addressed.

When she fell pregnant she went on holiday trying to 'chill out'. Her 5 year's old son landed forcefully on her belly at just 10 weeks while she was relaxing in the sun – nothing apparent happened! Baby appeared at the usual 40 weeks and all was well.

Heal the heart, and the body follows. A major downfall in obstetrics is the lack of information as to the cause of these problems and women's lives are being destroyed because of it. The 'old fashioned' information is discarded, yet so much of it can protect a pregnancy and give rise to an easy birth.

The most outstanding of these issues is cold. It is likely the single most important issue to address. More on this subject can be found in [**Cold – What It Does to Prevent Healing**](#) eBook with this package.

When you are pregnant or have just birthed – do not allow anyone to come anywhere near you with anything cold – especially if it is for supposedly 'therapeutic' reasons. It will not only be damaging at the time, but will cause more problems down the track.

11 – Imminent Miscarriage: What To Do

Here I am looking at what has set in motion the possible loss of a pregnancy – not how to measure its demise/progress. Medical monitoring is not a proactive stance. What you find below has worked in my clinic over decades. It is best done without the ‘help’ of the latest technology. Going out of the house instead of helping yourself will not improve your pregnancy chances. None of the medical procedures can anchor baby in. What you find below very well might.

We have to find out why – not measure how it is happening.

The body will try to provide baby a good start, if mum’s [Kidney Qi](#) is blooming well to begin with.

Importance of Paying Attention to Early Warning Signs

If Kidney energy (basis of all life) weakness develops further then Kidney Yang, Kidney Yin and finally Kidney Jing issues arrive. Here we have potential for miscarriage or early or threatened early labour. These weaknesses don’t magically appear – there is always a gradual unfolding. So much of this book focuses on the reasons – a preventative approach.

It is best to have ‘all your ducks lined up in a row’ so to speak *before* you are actually facing an imminent loss. As has been stated, preparation is the key. However, if you find yourself experiencing a possible early pregnancy loss, miscarriage or early labour, early rupture of membranes, fear and panicking will hasten the process. Here are some *action words (bold and italics)* to remember.

- ***Breathe deeply and slowly*** to recharge yourself.
- ***Control your fear.*** The fear induced energy is sufficient to further weaken your Kidney Qi. The Kidney Qi is part of the Yang Qi complex, which holds the cervix closed. Sphincters let go when in panic. Recall how deep fear can liquefy our bowels or open our bladders. The opening of the cervix can be likened to that when we are gripped in fear.
- ***Focus on what you want*** – not what you do not. Direct your energy to healing yourself.
- Remove all sugar/sweet taste foods and fluids and ‘treats’ from your grasp – these cause inflammation, leading to the [Spleen Qi](#) falling and the baby potentially leaving early.
- Find a source of good gut bacteria to quickly recolonize your gut as baby’s immune system and very being are only as good as your [microbiome](#). Avoid antibiotics where possible – find a natural healer who knows how to support wellness in pregnancy – not diagnose and manage illness.
- ***Take comfort*** in the knowledge that over my 36 years of experience I have seen early waters break and heal and gushes of bleeding eventuate in a full term pregnancy with acupuncture and allied assistance. (The babies were always well and vigorous – often more so than its siblings as mum had thoughtfully rested more and made herself available for correctional treatments.)
- ***Seek out*** a competent pregnancy acupuncturist (as opposed to a medically trained person who has done a short course – this is vitally important). I stopped one of my own children

from coming 10 weeks early (2cm dilation) by the use of just 2 acupuncture points. There are many very healthy children alive today due to my judicious acupuncture intervention. It is easy – restore the norm.

- **Access** a Chinese herbalist. They may support normal by improving mum's ability to hold onto the pregnancy and increase baby's chance of survival.

If baby has come early and the lungs are immature, Chinese herbs can accelerate their maturation. Herbs are potent and need to be specifically prescribed by a qualified Chinese herbalist. Chinese herbs are *life supporting tonics* so by far a better option than medical drugs.

Rest and very high-grade fish oil will also help. Taking more [Vit D](#) and [Vit C](#) – this will at least keep you together – as with topical [magnesium](#), and very frequent hits of [Vit B complex](#). Add in fats and good foods and plain water. Please read '[Healthy Eating in Pregnancy](#)'.

Low thyroid function hits at the core of all 'high risk' pregnancy issue – and starts with low luteal phase /progesterone – take your [BBT](#). Look to topical application of [iodine](#) – and a lot of it. (Not just a bit on the arm – but all over the breasts and belly: circulate the area you use daily: at least the size of your palm).

Avoiding all foods/fluids with a sweet taste will assist in holding baby in. Now you see why I spent so long writing about the Yang and the Spleen functions. This does include fruit ('she can't mean that' you are probably thinking). The sweet taste, whether from cane sugar, corn syrup or fruit juice all weaken the Spleen holding energy. Sweet in all forms is an inflammatory agent. Not only will avoiding all things that damage the Spleen Qi – cold, raw and sweet will help keep baby in, as will also mean eating more vegetables, fat and protein, all of which build healthier babies. Grains and cereals also should be avoided and avoiding these will also ensure better quality and quantity of breast milk.

If more than 3 months pregnant when experiencing red blood loss medical investigation to ensure maternal safety is firstly needed. Once that is determined, [follow the advice here](#). And below

Evasive Action When Miscarriage Seems Likely

Firstly – do not panic. It may well be a maternal metabolism or wellbeing issue, where rest and good nutrition can help. If so, it is likely easy to change the course of what might happen by looking after yourself a lot differently. Avoid fetal scanning, [as this is dangerous](#). When in crisis being kind to your body, and baby is about the steps listed below – not getting all worked up and damaging fetal tissues through the scanning process – it is not 'safe'. . If the body is cleaning itself of a baby that was not well made, worrying is of no use. If on the other hand, a rescue is possible, all this worrying and fear may well interfere with the rescue.

The reason that medical investigation is so important if bleeding appears **after** the first trimester is to ensure the placenta is not separating from the uterus. When this happens a mother can potentially bleed out in a few minutes – usually in late pregnancy. Once the dangerous possibilities are ruled out, natural, traditional mother care and acupuncture intervention is then very effective.

Please check the sample pages [found here](#) first – if you do not have a copy of the ["What Dads Can Do"](#) manual – I strongly suggest you pause and get [the eBook copy](#) . .

What to do. .

The major triggers of early contractions/bleeding are *fetal damage* and *maternal health issues*. In either situation, including early onset of labour, the cause can be one or a combination of the following:

1 Qi/Yang is not strong enough

In this case the body has prioritized mum's needs over the pregnancy.

Solution: Stop work, stay in bed, forget the housework, don't feel guilty, no sex. Allow your body complete rest to grow a well baby. Let's recap some of the triggers previously mentioned:

- Overdoing things previously – lifting/overworking/juggling life's normal load of work plus this pregnancy and not getting extra sleep to compensate
- Too many children too close together
- IVF attempts too close together
- Invasion of cold/ depletion of Spleen Yang Qi – overeating/drinking chilled liquids, being cold, walking on cold surfaces, sleeping in a draught, finishing a shower with cold water.

2 insufficient quality Jing; this is a continuation from above & is much more severe

Solution: Extreme shutdown from 'normal' workload. Pregnancy may struggle on and mum will find some reserves somewhere, but this is at the expense of growing a superb baby.

- Drink much more water.
- Abandon all external work and worry
- Eat sacred foods and as seen in 'Healthy Living for Pregnancy'
- Acupuncture and Chinese herbs are very effective.

3 There is Heat Energy in the Blood

Heat in the blood causes it to go reckless and leak out of the tissues. We can create this heat by becoming emotionally constipated. Emotions – which should be energy in motion - get blocked, thus causing congestion that creates inner mischief. Anger is suppressed, issues left unresolved, inner chaos is the result of built up irritations, festering bitterness and resentment.

The major contributor is usually emotional stagnation, (putting distressing things 'behind' us).

- Possibly decades of multiple partners and the resultant emotional turmoil.
- Past contraceptive measures – especially when used to shut down a problem in the earlier years (menstrual difficulties) – create side effects and do nothing to address the preexisting Stuck Liver Qi and Blood scenarios.
- Assisted fertility – resulting in a pregnancy that may be forced on a system unable to sustain it. The side effect of the drugs whilst not attending to why natural could not work – added to the emotionality of it all – especially the co factors above – and pregnancy may need support.

This may be worsened through the loss of Blood resulting from these inner frustrations, driving the Blood out at period time.

Self-medication often follows; sugar, alcohol and caffeine adds to this problem. Choosing to eat hot vibration substances such as curries, and chilies, may exacerbate this. Dehydration (most drink insufficient water) compounds all, as does exposure to all the chemicals modern life adds in. The reasons that underlie past problems such as endometriosis may still mess with her ability to hold a

pregnancy well. This itself creates loss of Blood as the [low thyroid function](#) means over bleeding, loss of resources, and the pattern emerges of inner depletion.

It is very possible to have both Inner Heat and the presence of cold (as below) together.

Solution: Drink lots of pure water – not chilled. Eat pure food, bland and natural. Resolve life angst. Take up meditation or yoga. Cut out all sweet tasting substances, as these are a source of inflammation – your uterus being one of these. Consult an acupuncturist.

4 Presence of Stuck Cold

It is common for a woman to be 'messed up' from invasion of external cold – deliberately – as in 'icing' any part of her body – and the cold lodges – or through being depleted - a lower than optimal BBT can show this up. It correlated then with low progesterone and this is the pregnancy protection hormone. All becomes was 'out of sync', despite medical intervention, and thus the disorders have become far more entrenched.

Repercussions from previous surgery or intervention should be attended to prior to pregnancy. Consult a competent acupuncturist together with abdominal massage as per the [What Dad Can Do](#) package. See a Mayan massage therapist before pregnancy to learn how to care for your self very differently – including vaginal steaming - this is heavenly!

Solution: Avoid all further cold invasion: have all foods and fluids body temperature at least. See an acupuncturist who is trained in removing cold safely – this as part of the traditions all held in China pre their cultural evolution. Your therapist may not be aware as it is not in textbooks, and is not commonly taught. if your own therapist is not sure, get them in touch with me as I teach this easily. Avoid all cool air – especially when sleeping, do not walk about without footwear and In general be mindful that cold energy lodges creating life problems. Granny was right!!!

Basal Body Temperature (BBT)

What a **great tool** this is! This tried and tested method gives a clear indication of what is happening internally. If you find your morning temperature dips slightly (from the ideal 37 – 37.2 by a few points) whilst pregnant you know you need to stay home and rest. Examine closely what may need changing such as the presence of cold as discussed and avoid the inflammatory causing culprits such as sweet tasting foods and drinks to avoid internal irritation.

How much easier than going from blood test to blood test waiting for hormonal level results. The anxiety and stress that ensues from going to doctors' surgeries and worrying whilst waiting for results is avoided.

Positive Action

Worrying and leaving the house to take tests and scans for reassurance is not positive action. Doing the 'right' things, rather than watching and waiting, will more likely result in shifting the potential trouble.

The heart/uterus connection is an energy link. It is very real. Anything that distresses a mum will pass through to her baby. Seeing medical people who offer tests and scanning – all not trusting her body, or Nature, can make this a lot worse as fretting then happens. The Kidney Qi is damaged through this fear/ terror/shock route. At this time it is vital that all feel loved, supported and protected.

We've discussed how worry and fear allows vital life-force to leak. Trying hard not to worry is not much better – it's stressful. Being actively involved is the way to *naturally* relieve the worrying.

Active things to do

1. **Make sure you are warm and stay warm.** Avoid cold drinks and food. Takes warm showers if cold weather has chilled you. Put a hot water bottle or wheat pack on the lower back if your belly feels cool to touch – even better find an acupuncturist who can cup the cold out.
2. **Drink a lot more water and avoid all beverages except warm herbal teas.**
3. **Take out all sugar and foods that convert to sugar.** This alone may ensure pregnancy continues. Allied – find a good gut bug enhancer – perhaps consult a good naturopath rather than buying one from the shop. Loss of [health enhancing bacteria](#) is a huge issue for all in this modern world, where slow foods and traditional eating has been lost. Not antibiotics - [look after your gut](#).
4. **Add in heaps of dietary fats and protein.** Every three hours – sardines in avocados is a wonderful start. Warm bone broths and stews, soups and nourishing 'bone sticking ' foods- not fruit (sweet and raw) and yoghurt (cold, sweet) or smoothies or juices (sweet, cold and raw).
5. **Add in a good quality fish oil and Vit E supplement** – both enhance your chances of staying pregnant. Of course eating more oily fish and whole nuts and seeds will also supply these.
6. **Find a good source of Vit D. supplements** – preferably 5,000iu strength. Take at least 50,000iu daily for several days, then drop down to 30,000 iu for a week and then 10,000 iu daily, with a day a week at 30,000 iu. Check your blood levels in a few weeks. Hopefully you are up over 100n/m/l – if not keep more coming in till you are and stay there - this will allow the absorption of the minerals so needed in pregnancy.
7. **Magnesium supplementation**, ideally as a [topical application](#) – if oral, preferably as a powder as it absorbs well. This will calm nerves, help sleep and assuage muscle spasms – *which in themselves may be due to severe magnesium depletion.* [Magnesium baths](#) also.
8. **Find a source of liquid iodine** (Lugol's or similar) and paint on your belly; about a palm sized patch – if it instantly absorbs – keep adding it on – and change location of your patch – breast is also great. This will enhance your thyroid functioning and all cells in the body need this – perhaps take your [BBT](#) – it should be vaginal, as soon as you awaken – 37.2/3C – if less than this – (as is likely for you to be reading this) see a natural health care professions as your progesterone levels are not great. See a few pages on for more.

9. Have a supply of **folic acid** tablets on hand. Depending on the severity of your problem – sometimes taking several four times daily with a **B-complex** supplement. *Folic Acid should not be taken without B vitamins or the B group vitamins will be thrown out of balance.* Whilst the presence of the MTHFR gene is now new news – this ‘recipe has been assisting my patients for decades. Of course all should be eating a lot of greens and eggs to cover these (folicinic acid may be substituted).
10. Additionally take several doses of **Vitamin C** – one gram at a time. Ideally flood yourself with green foods and plenty of fat (not oils).
11. **Rest and sleep** as much as possible to allow your body time to heal itself.
12. If you have a moxa stick, follow instructions for a [sacral moxa fan](#). It is very soothing and may help stabilize the pregnancy, by boosting the Yang Qi.
13. Individually prescribed **Chinese Herbs** help boost the Kidney Yang which is the energy equivalent of progesterone (recall that progesterone is the pregnancy protection hormone).
14. **See an acupuncturist.** Please – *helping to restore the Spleen and Kidney Yang is easy!*

Affirmations - “Why am I so healthy as to be so well, happy, healthily pregnant?”

Extra thoughts

- 1) - Look always to rescuing your Spleen and Kidney Yang. ([Refer to Appendix 1](#)). I have covered these steps in the section in ‘Positive Action’ above, but I am emphasizing them once again as they are so important. This regime often works – dependent on the quality of sperm and egg that started your baby. Our best insurance is to be as conscious and proactive as possible before baby was begun. Weakened maternal factors can be strengthened with fortnightly acupuncture treatments for three months. Such conscious effort gives us the best baby possible.
- 2) - An energy worker/Reiki channel or acupuncturist can assist in restoring your body to normal functioning.
- 3) - Medical monitoring alone is dangerous. It creates worry and stress as well as lots of Inner Heat for the fetus during scanning. Whilst a scan may be seen as a tool to reassure and calm mum, these tools are for those who share the medical view that ‘luck’ is what runs their bodies and pregnancy outcomes. Essentially, we are putting baby at risk in the name of maternal reassurance.

Out in left field

The thought of linking with a baby as having a soul force may seem strange but may also allow you to get out of the personal panic and connect with a greater purpose in your life.

Some women do sense the spirit of the new being and some feel its fusion within when conceived and its departure if it dies. Why should you not have this connection if you open your mind to the possibility?

When resting *mentally direct* your gentle and deep breathing into your fetal palace (uterus). *Visualize* a golden web of light being spun around and throughout the area, enmeshing the uterus in healing energy.

Talk to and surround with love and compassion the spirit of your future child. Allow the presence of whatever you perceive God to be as the source of all healing and strength to fill your vessel and heal all wounds.

You may need to override your beliefs, habits and aspects of your personality by allowing the process of life, which is beyond our conscious comprehension to dictate your next steps. Be at peace and beyond the fear.

What **feels** safe? Perhaps imagine being your own baby within your own belly. Become more conscious and a lot less trusting of what is being fed through the media and all medically slanted literature. Pregnancy is what women were born to do. Perhaps question where, and why the contemporary cultural and medical perspectives came from – they replace so much of the life-affirming wonders of pregnancy.

Parenting will demand these choices from you so start practicing your own style. Seek answers and find what is appropriate. What worked well in our great grandparents' day probably still will. Follow nature – always follow what is natural and in your blueprint – not what you are manipulated through fears to accept – just in case.

Mammalian survival pre-programs you for being present. Who is to say that this is the only pregnancy you will ever manage? Who is to say, in this time and place, what is in store in any future minute? That the human life cycle is not perfect in the entirety of the scheme of things, that THIS particular soul only inhabits the earth plane, through you, for however short a time – is this the only way you or your partner may wake up to what you are hoping will happen without effort on your part? Maybe to actually look after yourself and thus baby developing in a respectful way? Not getting all of your life done as though you were not making another being).

Consider this: This spark of pure consciousness (baby to be) may need to evolve in you beyond your present focus, which may be petty and shallow. It may transform you into the more mature person you may need to be as this baby's mother.

Change
perspective –
what if you were
CREATING
the problem?

This raises a serious issue – personal responsibility. The media have created the image of a glamour queen/yummy mummy. This is at odds at what a baby really needs; mum to be *present and focused* on him/her. Possibly you wish to be in control of all things and fear arises from the unknown and ignorance of what is actually happening. None of us can be in total control so perhaps now is the time to let this go.

Regardless of how dire the outcome initially appeared I have seen very few threatened miscarriages not go to a full term healthy baby.

The outcome has always depended on how well mum heeds advice and follows instructions. She needs to settle into being a mum rather than a stressed out being - however successful at work.

A threatened miscarriage is a **warning** not an inevitable outcome. It makes perfect sense to listen to what the body is trying to say.

It might seem unthinkable but consider a different perspective for a moment – what if you were *creating* the problem? If so, it also means that you are the answer!

When we are worried we tend to **focus** on what we are worried about – in other words, the outcome that we so fear. In reality though, the worry is drawing in the very thing we dread. We need to focus on what we **want** – the desired outcome. What harm can it do to operate differently for a short while? Put on some relaxing/reflective music and place yourself in a calm meditative state. Perhaps [download my guided meditation](#) and rest in the sun – rest in bed – rest . . .

Consciously move your focus from emotional and panicked parent to ‘effective helper responsible for baby and its highest possible good’ Try to block out the negative chatter and or ‘logic’ that may evade your consciousness. Baby is less form, and more spirit at this point, and will respond to encouragement – this is not just about you and your hopes and dreams – take a maternal stand and protect your baby.

To help keep your focus let’s revisit some of the strategies along with a few more than can help:

- Visualize a golden light and web of energy being spun around the uterus to support its precious load. Surround baby with love. Not fear/panic. Distress – imagine yourself within your uterus – how would you want mum to feel?
- Find a picture of a pregnant womb. Enlarge it, and colour it with a golden safety net, and put it where you walk past it all day as a constant reminder of ‘perfect’.
- Keeping *positively* focusing on what you want
- Communicate via your inside senses with the baby’s spirit surrounding it with love and light. Support its journey – whether it is to be or not – with loving and unconditional compassion.
- Change gear and prioritize baby and yourself above all else.
- (Remember that a miscarriage threat may be nothing more than a wakeup call for you to consciously get on with the next stage of your life). Prioritise pregnancy.
- A few drops of any form of vibrational remedy – as *Rescue Remedy* is, could be dispensed in all water drunk for both parents. (It is easy to overlook the carer, who may mistakenly see himself as coping, too busy or too manly).

It is important to listen to/go with what a pregnant woman feels, as usually she is totally tuned in.

If the miscarriage seems to be happening or is partially completed: What to do About the Physical Pain?

Never use ice. Blood has to move and cold paralyses the Qi. Numbing sensation with cold is the worst thing to **ever** do in a woman’s body. [Cold invasion](#) is the major cause of most things that are painful and debilitating in a woman’s body – and it may not be noticed for several decades from the time it was applied. Gentle heat will soothe.

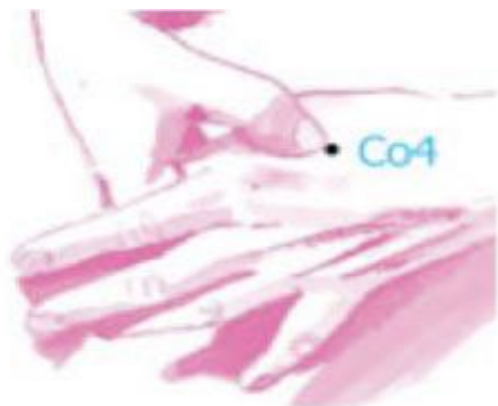
Magnesium. Magnesium powder found in health food shops will be helpful. The more you use, the calmer you will feel. You may possibly get loose bowel movements, which is a minor thing in relation to being in severe pain. Use the topical – you can then pop it on at least 10 times daily – usually I

suggest on your butt/outer thighs – as the skin there is tougher – less likely to feel tingly with the oil on it. Also as our hips need twice as much, hence they are first to break when older.

Vitamin C. In small doses [Vitamin C](#) may stop the tendency to over bleed. About 500mg an hour initially will help. Cut it back to every few hours if and when bowel tolerance is reached.

Heat may assist the circulation. Pain often results when circulation is congested – particularly if your belly is cool to touch. (This may well be why the miscarriage is even happening)

Acupressure. Using some of the points that work well in labour may help this pain also. Press these points very firmly on both or either side. You may need to do so for a few minutes.



To Prevent Possible Hemorrhage

- Revisit the information on Spleen Qi/Yang and avoid all things that further weaken it
- Take the supplements mentioned above
- Beth Root as a herbal tincture from a herbalist or homeopath can help
- Using a moxa stick from Chinese shops, your local acupuncturist or part of the [What Dads Can Do package](#) or as an [instantly downloadable eBook](#) will also help.
- A point at the root of the corner of the outside of the big toe nail is **Sp 1**.



Grind into this point with your fingernail : this will help stem the flow.

It has been used successfully in third stage to save a uterus – to be used again for the brother to come through – instead of having an emergency hysterectomy

- It definitely helps if the uterus is not contracting down after birth to stop the bleeding, so it should also work here. It can cause no harm so just go for it.)

WHAT IF ...?

If you still feel pregnant even after significant cramping and loss, which includes clumps of matter, it is possible one twin came away.

Ruth was admitted to hospital and lost her baby. At home she felt pregnant. She was still ill and had very sensitive nipples. Eventually she went back to hospital and a scan revealed she was still pregnant. She had an easy pregnancy from then on resulting in her third child.

It is not the norm for a pregnant uterus to clamp down and stop hemorrhaging whilst still pregnant but in Ruth's case it happened and resulted in a well mother and baby.

Fiona was in her early 40's and wanted baby number two. She eventually conceived. During one of her weekly sessions with me she told me the radiographer had told her she needed a D&C as she had a 'missed miscarriage' on board and her baby was dead. She was confused as she still felt pregnant. I suggested she go elsewhere for another scan without mentioning the diagnosis she had received. She was astounded to find that she still had a healthy, heart strongly beating fetus. The pregnancy continued and the baby was fine.

Very occasionally one baby is lost and there is still another

Robin bled and lost the baby. In hospital they told her baby was gone. She went home but still felt pregnant. A week went by – the bleeding had stopped, and she (third pregnancy) was still feeling pregnant – a scan revealed a perfect baby – who is now 30years old!!).

What if you do over bleed?

Sometimes there is a great deal of blood lost, and it is not replaced easily.

It takes a lot to make blood and the body in this depleted state, along with the grieving, may be in a large mess for a while. Best to visit an acupuncturist along with a Mayan massage therapist if possible as the combination of the two will make a massive difference to you.

Blood energy is what runs a woman's body and her sanity. Please read [on Blood energy' role in the body here.](#)

The time to recover can be shortened. In the meantime, please get him to get a sperm test and then actively enhance his health, as another one of these is not a matter of 'hope for the best' – but actively ensure that only the best baby gets started. Please review all I have written on this in the earlier chapters. Some women take years to recover from their loss as it is exacerbated by the Blood loss and the inability to then sleep or live well.

This does not have to be you.

Please take charge of yourself, and find a natural health person who is able to assist you help yourself – [the Mayan work](#) is a great start as you will learn all about what you do daily at home.

12 – How Acupuncture Treatment Can Help

- Acupuncture can correct many of the underlying reasons for the body rejecting a pregnancy.
- Acupuncture can maximize pre pregnancy wellness.

If the fetus was begun from a place of wellness, (not ICSI or IVF – but a ‘bedroom do it yourself’ baby), the average threatened miscarriage may just be a warning. However I have noticed that it may not be such a good idea to try to save a fetus now, if no sperm test was done. ‘Lucky dip’ principles are applied now and no one really passes any test with 3% pass mark – least of all a better baby. I am sorry if this is a bit blunt, but there is no other way of putting this. No farmer would be this stupid. For example:

*Amanda’s first pregnancy through IVF resulted in a baby with Turners Syndrome. (XXY chromosomes). The pregnancy was to have been terminated but the baby died before this event at 14 weeks. Amanda instantly had two more embryos from the **same batch** implanted and came to me to help her stay pregnant.*

She was 30kg overweight, had had gastric banding which had not worked – she was still living on sipping ‘diet’ caffeinated soft drinks and coffee, and nibbling large blocks of chocolate all day. She did not eat well, was not well, and her husband was in a very similar position. How could top quality babies result?

How could the acupuncture she desired help save her next baby? The baby’s DNA/Jing had already been set in motion and the foundation was no good.

She miscarried again at 13 weeks and doubtless none of that batch of embryos were any good. Both potential parents may have ‘qualified’ for IVF – they had the money to spend – but physically they were in no state to make another person.

Medicine will say ‘no idea’ why an embryo that looked good didn’t make it.

No farmer would be that stupid – they would go broke.

Fee for service medicine on the other hand thrives on failure and return business, whilst not correcting the problems – please start thinking, as it is you that gets the superior baby or the one that limps all through life – you are in the position of determining quality control.

Possible Cases for Concern When Initially Pregnant

- Menstrual-like cramping
- Back aching in the lumbar region
- Any form of brown or red vaginal discharge
- Feeling less/not pregnant – bloating, breast tenderness
- **BBT** temperature dropping to under what it was a few days ago but not related to the external drop if it has gotten colder at night

Seeing an orthodox medical doctor for the above symptoms will mean ‘watchful waiting’ via dangerous and expensive scanning, and multiple blood tests. All of which will worry you. All of which mess with the

ability of your body to nourish the fetus and yourself. Gut upsets, not sleeping, and generally not being at peace is not the best for a potentially unstable pregnancy – please seek natural health care where all of you is attended to – not just your womb.

Damage Done by Fetal Testing

Fetal differentiation (cells begin to specialize) occurs up to about the end of the 13th week. This means that the fetal DNA is highly vulnerable – and more so the earlier towards conception – why are you messing with the blueprint – just to feel better about what you are feeling?

Scans increase the temperature of all tissue and having this procedure done before fetal differentiation is complete is very dangerous for baby. Although we are told the heat is ‘under one degree Celsius’ this is still not a normal process and any heat damages the Jing. If your pregnancy was already under threat, then scanning will make this more dangerous. [Jing](#) (DNA) damage has been shown to happen with scanning.

Who in obstetric medicine will make this known? There is money to be made from scanning. Here are some websites that provide further information on the possible dangers of fetal testing.

<http://www.midwiferytoday.com/articles/ultrasoundwagner.asp>

<http://www.alternamoms.com/ultrasound.html>

<http://easybabies.com.au/is-your-baby-precious/>

<http://www.greenhealthwatch.com/newsstories/newslatest/latest0701/ultrasound-hurt.html>

<http://www.aims.org.uk/Journal/Vol16No4/ultrasound.htm>

<http://www.sarahbuckley.com/ultrasound-scans-cause-for-concern/>

Perhaps ponder

Is it worth putting baby at risk just for you to be reassured? The time and resources spent on scanning, blood tests and medical monitoring can be better used on acupuncture or with a body/energy worker. These can help by allowing your body to nourish the baby via improved placental flow.

Stress can congest all flows. Stress and worry will also impair the gut function and along with disturbed sleep due to worry baby’s environment will be further compromised. Add to this mix the heat damage from fetal scans and we can see how far we have come from growing a baby the way nature intended.

I had a patient who was carrying twins – in the name of ‘health’ she agreed to 12 scans by week 30. This is the last thing her babies needed. Scanning dries out the amniotic fluids – why not ensure babies are better? The sacral moxa fan and gentle massage in the sacral area all increase the local blood flow.

Acupuncture Alternatives

In acupuncture, threatened miscarriage is called 'SLIPPERY FETUS'. The treatments approach the problem from two angles:

1. To strengthen the relevant energy that nourishes the pregnancy (*Covered in [Appendix 1](#)*)
 - a. The [Spleen Energy](#) (Qi/Yang) which is the energy holding everything in place and
 - b. The [Kidney Energy](#) which is the pivotal component of the gestation process
2. If necessary, to cool the [Blood Energy](#) slightly (Inner Heat)

Neither of these conditions refer to a baby that was formed from not good enough sperm and/or whose Jing (inheritance) has been seriously affected by mum's poor health. There is no improving what is set in stone. Intervention at this stage may not correct what should have been perfect prior to conception.

Inner Heat is a major cause of bleeding out of turn. It can be caused by:

- Worry and lack of rest
- Lack of good care prior to pregnancy and/or prior to the miscarriage warning (eg pushing past what is reasonable and not allowing ourselves to take it easier)
- Eating sweet foods/fluids, alcohol, processed foods and substances that are not good for you.

We can cool this Inner Heat by:

1. Avoid the heat producing substances mentioned above
2. Avoid anything that aggravates your emotions (delay 'having it out' with your sister/workmate or whoever – baby is more important)
3. Drink lots of extra pure, non chilled water
4. Rest, rest, rest
5. Reduce your workload – leave work altogether if at all possible – any extra load is too much. Your main job is to keep your body well to grow a well baby

Possibly for you at the moment attending a treatment session is too exhausting. Treatment is vital in helping your body to strengthen. Perhaps the local acupuncturist makes house calls. Most acupuncturists also use Chinese herbs which taken often will be like having little acupuncture sessions all day. These are totally safe, are tailor made for you and have in my clinic made huge differences in whether a pregnancy lasts, going on to make gorgeous baby, or not.

Practical support

- No housework – even if you are at home
- Meals and cleaning to be laid on
- Whatever number of acupuncture or other natural body enhancing treatments you need – even twice daily initially if this is what is needed to stabilize your energy.

Price? What is the price of a lost pregnancy and having to start again?

You are probably getting the idea by now.

There are various possible causes – none of which are considered relevant by mainstream medicine. Let's briefly review:

We've talked about the BBT and how it is an indicator of whether the body is working properly or not. As this may be new to you it means you have no way to know how you measured up in this area prior to conception.

We've talked about 'normal' sperm according to mainstream medicine - a woeful 3-4% being deemed 'good enough'. (Hence you are here looking at why early pregnancy loss . . .).

We've talked about the avoidance of a sperm defragmentation test by mainstream medicine despite the fact that the head of the sperm contains the DNA. Also that it is easily improved through the choices you make all day about life and eating.

We've talked about our body's energy framework and no doubt this is all new to you too. A deficiency in one or some or maybe all of these areas is enough to trigger a miscarriage scare.

We've talked about stress and current or previous serious upsets and how the bottling up of these emotions compromises our digestion, our sleep and our [Shen](#) leading to other physical problems.

When we take into account the above and **add to that** our lifelong habits of lifestyle and eating we can begin to see how these energies can begin to collapse. In turn, the cervix can begin to open, as it **does not have the holding energy to keep it together**. So we can have a threatened miscarriage despite having a perfect baby within.

On the other hand, conditions such as 'blighted ovum' or DNA damage from not good enough sperm will result in a miscarriage that should not/cannot be saved.

The Mother in General

The digestive system supports the pregnancy, but the digestive system cannot work properly when mum is not feeling calm and peaceful. Frequent doctor's visits for pre-existing conditions – or continual trips to fertility doctors /clinics do nothing to encourage easy happy living. The time spent with the acupuncturist resolving to help heal these underlying imbalances is a worthwhile investment.

You may not have realized that when a woman is pregnant her body is [healing itself](#) – as it grows the new baby it will alter her body substantially if we leave it alone or support it correctly so that it can do its job naturally. Cut back on work, and go at your own pace in your own space. This again is an investment – not a waste of money.

Understanding the importance of clearing out the cold and building the Jing and Yin and Yang along with the Blood Energy gives women the knowledge, which in turn empowers them to conceive and grow a better baby. When we understand these basic truths, *conscious conception* becomes paramount as mum attains to the best state of health possible.

There are many **very common dramas** related to pregnancy that are connected to being very [Blood Deficient](#). These are preventable.

How often do we hear of nervy, anxious, 'precious princess like' behavior; post natal depression; hair loss; breastfeeding problems, carpal tunnel, structural aches and pains and general debility on all levels – especially emotional stability and sleep related disorders?

Acupuncture treatment can help in all of these areas and more....
Ensuring/encouraging a healthy pregnancy concluding with an easy birth.

There are some easily attended to problems that a good acupuncturist can help you with.

Weak Kidney Energy. Western medicine sees aging as the problem. So we buy into this idea and then start 'the race' because we think time is running out for us. Weak Kidney energy is then further weakened when we run this course – and in fear! Other reasons can add to the problem. Consider:

- (a) Baby making **attempts** (particularly IVF cycles) *too close together!* (Once again time running out!) Please do not let this thinking drive you. Imagine driving faster to the next service station because you are short of fuel. You use more fuel and worry more! When you 'race against time' in the baby making game you are literally seeing how fast you can use up your remaining eggs at the expense of egg quality, and your energy leading to accelerated aging - [weakened Kidney energy](#).
- (b) Babies too close together resulting in sleep deprivation and a body making milk without a break. You get little chance to regenerate between pregnancies.
- (c) Emotional problems. Emotions are seriously affected by lack of Blood quality, which in turn is affected by the angst of not conceiving and using artificial hormones at unreasonable levels in an attempt to fall pregnant.
- (d) Prior falls or accidents and excessive lifting damage the Qi in the body and thus its ability to hold blood, tissues, organs and pregnancies in place.
- (e) Ingesting anything that is heating – caffeine, alcohol, sugars, most drugs etc. These all weaken the body's ability to grow babies.

Do you have [warm/hot feet at night](#)?

This is a warning sign of early aging and possible sperm/egg quality issues. It can be an indication of weaker genetic potential (or [Jing](#)) and thus when pregnant there may not be enough good quality [Blood energy](#) and Yin and Jing to settle the fetus into its journey.

Usual Characteristics of Kidney Energy Weakness

- Overwork
- Over-worry
- General exhaustion at all levels
- [Blood deficiency symptoms](#) (as already outlined – *not the same as anaemia*) due to poor diet, deficiencies from attempting weight loss, past over bleeding/hemorrhage especially after a previous pregnancy.

Should a pregnancy be achieved in this condition, there may be little maternal reserve to nourish it well.

Stuck Blood in the abdominal region can manifest itself in all sorts of ways. Even minor surgery such as navel rings can cause this condition and of course, general surgery is obvious. Any physical blockage you can think of such as fibroids, endometriosis, cysts, obstructed tubes etc may be a physical indicator of Stuck Blood in this area.

The pill is efficient at creating these huge problems – remember [Stuck Liver Blood](#) flows on from the Stuck Liver Qi. How often we see abnormal periods after a woman stops taking the pill. It is common for woman who suffer these conditions to think ‘it is just them’ when more likely it is the overlay of medication, surgery and so many aspects of life that we can change. (For example, a lifetime of putting others’ needs ahead of self and continually pushing one’s own needs aside will eventually result in [Stuck Liver Qi](#).)

The diagram above shows detrimental problems and conditions that may seem overwhelming. But these are reversible using Chinese medicines and acupuncture. Pre-conception care is a choice and hopefully you will choose this path.

Considerations

A woman may look like a would-be model, but a little-girl figure is not suited to a well pregnancy. Gaining a few kilos can well make all the difference.

It’s important to fully understand the **egg maturation process** so at the risk of being repetitive, let’s look at this again. All your eggs are already made and waiting – **but** when it is their turn, they begin to *mature* and this takes about 4 – 5 months.

If mum is unhealthy and stressed during her egg’s maturation time what result will she get?
If baby making is on the agenda what good is it to start doing things ‘right’ from that moment on?
This little person will wear the consequences of your preparation (or lack of) for the rest of his/her life.

This is a HUGE responsibility.

The best baby insurance?

Conscious preparation

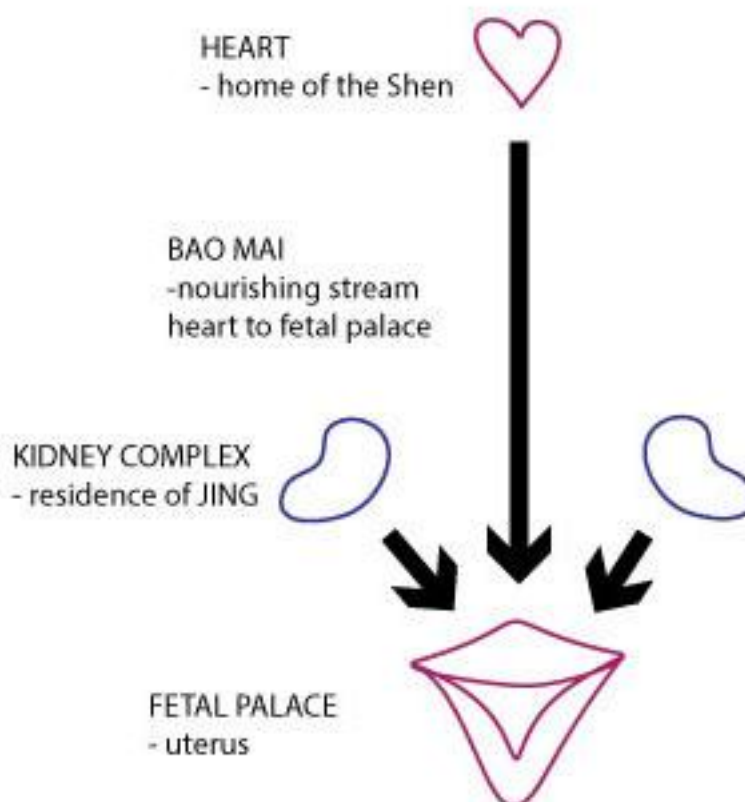
Also see the [Fertility App here](#)

13 – Healing Post Miscarriage/IVF Failure

Others cannot appreciate how long a time it may take to recover from a miscarriage or IVF failure if they have not experienced it for themselves. Even your man may struggle with this. If you cave into this 'pressure' by attempting to 'just get on with it' as though this little life was never there the pain will never really go away and may seriously impede your future baby making attempts.

There are many positive steps you can take to achieve a sort of 'cleaning up the nest' – on all levels, before embarking on your next baby making attempt. If you – and your partner – can truly immerse yourselves in these endeavors you will gently move into acceptance. Your loss experience will be finalized whilst your unborn baby remains in your heart. You are then ready to truly 'move on' and try for another precious baby.

Your uterus and 'baby palace' are nourished by a flow of energy from your heart region. When this is stopped up with grief and distress, it is not supplying what is needed for great new life – or possibly even decent periods or good blood, nerve, lymph, Qi flow to nourish the eggs as they mature.



We all grieve very differently and healing and touching is the key to allow the normal oxytocin hormones to be released and to comfort you both.

Privately working through and hiding away feelings will not help heal the heart/uterus split you have experienced, and which could also be maintaining the baby drought. Suppressing feelings is often a

blockage to good sex and the sanctity of the marriage is not as safe as it could be. Women need to feel included, loved and special – and so do men!

- It is important to acknowledge that your baby existed – was part of your life for a period of time; however brief. Support groups with others in your situation can be of immense benefit. It will be easier to express yourself fully as you are amongst others who truly know how it feels.
- It can be very helpful to write a journal about - and a letter to - the little soul that touched your life for so short a time.
- Heal as a couple as much as possible.

What have you always enjoyed doing together? Spending time – such as a walk together after dinner and bonding as a couple is likely to lead to more heartfelt connection, better sexual experiences and the general enjoyment of being together.

There are some ‘stumbling blocks’ that need to be faced and dealt with *if* they apply to you.

1. After the trauma of repeated IVF attempts and/or pregnancy loss, the glue that holds you together may be tenuous. Premenstrual or hormonally charged women can be a force that may not be sensually inviting. Your body may not be seeking sexual activity at this time – libido is a measure of Kidney energy and yours may be diverted into baby making. Add to the mix the numbing effect caused by grief as continual periods present rather than babies. After miscarriages sexual activity may weaken your general energy. This can lead to possible mechanical damage to the cervix which may play a part in the ‘slippery fetus’ scenario ([refer to page 57](#)) Are you beginning to realize how important it is to get ‘back into balance’ before attempting another baby? Take heart - it can be done.
2. Sometimes couples seek assisted reproduction because sexual sparks are missing in the relationship. This may be understandable after perhaps years of grief, disappointment and unfulfilled yearning for a baby. Continuing in this mode though will not make parenting as joyful and easy as it can be – even if you do succeed. Spending time and effort rediscovering the intimacy and fun in your relationship will not only better prepare you for parenthood but may well be a big player in reestablishing fetal stability. When mum is happy, calm and peaceful the spirit is nourished and the body better equipped to create new life.
3. Watching TV together doesn’t cut it! This is not the road to building sensitivity. It is the touching, massaging, heartfelt communication, or doing a shared project together that will enhance your union. If this level of intimacy is threatening for one or both of you the reality is that you are not ready to be totally present. Baby’s sense unexpressed feelings. Part of an average baby’s distress is the unexpressed ‘ugliness’ within the couple. The couple may be able to mask this to other adults but babies are extremely sensitive. There are some remarkable books that help you to understand this. Children are a reward of all that is within and between you. There must be room in your relationship for more than just their physical needs. Perhaps – for you – rethinking the baby-making and looking at the health of your marriage may be the first priority. A possible future separation is far easier without having to consider children and their rightful needs.
4. We’ve talked at length already about normal sperm and how we can make stunning sperm. I’ve made it very obvious that what is accepted by medical specialists today is nowhere near

good enough. (When I originally put these words to paper in 2008 the benchmark was 15% and now it is down to 3%!).

It will go a long way towards your healing if dad comes on board with this one. If he can face that he may be a major cause of the loss – and is at least prepared to find out once and for all – then you will feel comforted and more confident that next baby making attempt will have a much better chance. If dad's sperm is already 'stunning' (which is highly unlikely), then you will know where to truly concentrate all your efforts. Win/win.

Weekends Away

Whether you already have the closest relationship or need to work on it the romantic weekends away are a twofold benefit:

1. You need to heal *as a couple*. Your relationship may be 100% fine – but losing a baby takes time. Heal together, and gradually come to terms with your loss together. You can only do this by spending wonderful, quality time together.
2. Due to the stresses of failed baby making over the years you may have drifted apart without realizing it. Spending time together, away from all else is a great start.

Pretend you are courting again. Escape your rut and have something to look forward to. Regular, mini-honeymoons where the chores and burdens of preparing for another week are forgotten – find your secret to truly unwinding. If your norm for getaways is partying and alcohol – don't! When your baby does happen these things will be far less a part of your life anyway, so embark on clean, healthy and early nights – not just for baby making preparation – but for parent reality preparation!

How wonderful if you could organize these getaways as an ovulation event. Often baby making is as simple as having a relaxed and happy interlude with PLENTY of loving, fulfilling sexual relating.

It may help to get a copy of [*What Dads Can Do*](#) (eBook available [immediately here](#)). The hard copy comes with a massage DVD and Moxa (a Chinese herbal stick that relaxes, energizes and heals.) Together you can play with improving sexual sensations along with healing any reproductive blockages.

14 – History of Miscarriage /Failed IVF Attempts

Stop trying to make hopeful babies, and do everything differently.

Nature is telling you something.

A reproductive specialist is not who you want to see – a natural health care professional is.

Sign up for the [Better Babies Programme](#) and get baby ready before 'trying' again.

Growing as perfect a baby as possible is something that is often overlooked in the race to conceive (any baby) - a rush for a positive pregnancy test. It is after that unfortunately that the lack of the preparation shows – and here we are - discussing not being in the same situation again.

In times past if **both** prospective parents had **abstained from caffeine, alcohol and marijuana**, and had consumed a regular balanced diet of minimally processed foods, and had regularly taken various pre-pregnancy supplements, there was little cause for concern. Things have changed. Evidenced by the plummet in sperm 'apparently fertile' markers – as all are lessened as prospective dads. The fall is shown as being 'average' - not perfect – just the same as all others. Not fertile – and early or late pregnancy loss is often the result – the baby who was started is not capable of independent life.

What can be done? Lots - as a cooperative effort

Often it is that the potential father has not taken the matter seriously, still engaging in 'his' habits, as though his contribution to the process was slightly irrelevant — this pregnancy business all being a 'woman's thing'. Orthodox medicine – not veterinary medicine – where the stud is the most important aspect – and huge profits are made selling off the straws of frozen semen. Not in agriculture where the best breeding is well spent investment – but here in baby making – pot luck may be seen to be the usual way.

Unfortunately, it is the woman who experiences the results of this fallacy – the threatened, and often subsequent frequent miscarriages. It is also the woman who, (as we have been so well socialized in this culture to do), feels guilt, as though had she done something better, this would have not occurred.

The 'this' may be continual miscarriages, or apparent inability to be pregnant.

However, it may well be the errant Dad to be creating the mischief. By refusing to stop smoking, drinking alcohol and caffeine he may be setting all this up. One way to find out!!! Change everything – eat more nourishing foods regularly, life is about using your body - take exercise, drink much more pure water, sleep well and prioritise self, maybe taking enhancing supplements, All can only help.

Mum is usually the one who has taken every precaution, stopped eating/drinking anything remotely dangerous, has taken handful of vitamins, minerals and herbal preparations. Yet she is the one who is totally wired into the emotionality, the hormonally driven consequences of a less than expected pregnancy outcome.

But you say – we have to use IVF/ART. . .

Even if there is a *mechanical barrier* to fertility, you still need better ingredients – and the sperm is so easily improved - along the way – he gets healthier. . . and this is not a bad thing.

Prior to the advent of IVF I, and many natural healers saw nothing unusual about helping those who had blocked tubes undo them, to then naturally conceive. Massage and herbs have always been used – in no traditional culture was nature ignored. Respecting what the wise women knew has been lost.

Fertility is a health issue, not a medical one. Look to any farmer, or person who supports their own food supply.. Their lives are totally dependent upon getting this right - the ART specialists have a job only as long as it doesn't work . . . Reproductive clinics are now listed on the Stock Exchange in Australia - a conflict of interest that is massive, and ignored.

Looking for natural ways to undo any tangles in the body before starting down a path of forcing the body into doing what it may not want to is sensible from where I stand as a [natural fertility coach](#). Most tend to seek the medicalised alternative options, by attending a fertility clinics, forgetting that their body is saying 'no' for a reason. . .finding out "why?" then stops the likelihood of the trauma of repeated failures.

It may also be that your 'faith' in 'natural therapies' has been crushed, as you may have tried this route before. It is a paradigm shift and maybe you were not ready them – you do need to stop to explore being well. This is a time issue also – relax into 'being' not just valuing yourself as a 'doing' creature so much.

Transformation may happen. The focus is a better life not on getting her pregnant. Being baby ready may really alter how you are. Maybe this is the easy road to parenthood – where presently do you intend to fit a baby in your life? Consider this . . .

So far - **all** New Zealand couples so far come to me in have been successful? All – 100%!! Consider:

- The cause and effect agricultural model is still part of life there
- More people in NZ have their roots in farming – or know those who do
- More people garden and grow their own veggies at the very least
- It is more difficult to avail yourself of IVF intervention
- There is thus less distraction arising from IVF specialist claims of success

*I had one couple, who only went through IVF. His sperm was **shocking**. Her cycle was not perfect. Western medicine was playing with her hormones to 'improve her cycle'. A perfect cycle was not the answer to sperm that would never get her over the line. They had a time limit. They were going back to work in Third World countries and wanted baby number two to complete their family before leaving.*

Four months of supplements and some life changes made some difference to this man's sperm but not enough. It was not working quickly enough. He was a scientist and was continually arguing the case as he could not see the science behind the repair work that was happening – albeit rather slowly. Because my methods were not condoned by medical science he was doubtful. I kept encouraging him to do the research and look at the facts, as medical science obviously was not doing this.

So after four months I threw everything I could at him. The financial restrictions were put aside. The dietary modifications were followed. We changed the heat inducing habits to those that support sperm health. We did all we could and of course, his health improved immensely and he is naturally now a father again. He was sure it needed to be IVF so that is the route – and the sperm were so much better, the made embryos and spare ones after baby was conceived.

Compare this to the merry-go-round of going to work, stressing about the mortgage and the unfinished projects, the quick meals and nutritional compromises and so on. *Please remember* that infertility is a

big money making business. The 'old fashioned' ideas are discounted or derided in this age of technical wizardry.

Please remember that a session or two with a natural health care professional will not magically counteract the effects of bad sperm, stressed/distressed women and couples, nutritional deficiencies and toxic overloads. These issues **must** be addressed, and take time to alter.

Consult the [natural fertility coach](#).

It may sound odd – but why do we not follow the veterinary models?

An animal breeder knows all about nutrition and adding in no stress on the animals – including the stud!

What to do?

- Eat a good cooked breakfast (I know – “not having time is part of the problem” – make time!)
- If you are too stressed, or ill in the morning to face food – fix it! You can help yourself – and need to before the stress of baby comes.
- Eat less at the end of the day meal. Your body is made to regenerate during the night. It should not be using energy busily processing food
- Turn off the gadgets after 7pm – *especially TV/internet*.
- Have a life together – even a calming walk around the block.
- Drink **plenty** of *unchilled pure water* – flush out the lifetime worth of toxins
- Make some daily exercise party of life

**Enjoy being with each other and in life –
babies happen when all flows.**

15 - Arguments Against 'Going Natural'

Thought: *If this worked, reproductive science would be doing it.*

Answer: *Retail. . . .*

How will they change the tenets of medicine for this to happen?

- Firstly, who will pay for the research, as there is no money to be made from a natural approach. Hence nothing natural is actually studied.
- Secondly, conventional medicine relies on the idea that you have no choices as it tells you that all is preordained genetically, as if the genes are all the processes involved.(BUT Epigenetics [how the genes are expressed] - is all about what you do in your daily life. So changing this will profoundly effect how your offspring's Jing/genes will be formed.)
- Thirdly, conventional medicine also relies on the highly lucrative pharmaceutical agents or surgery intervention as the only options.

Thought: *Time is running out*

Answer: How long does it take to repair from a missed opportunity? Whether a miscarriage or loss at *any* stage of the pregnancy why keep running the risk of continual setbacks which will take even more time in the long run. How much better to insure yourself first with the best baby insurance of great sperm and a perfect cycle with a happy mum to be?

Thought: *Getting older?*

Answer: True, aging means becoming less well, more clogged up with toxins and hence less fertile. But so much of this bodily damage is reversible and hence aging is not the obstacle you have been led to believe.

Thought: *But I need the substances to cope/calm down?*

Answer: How will this help with a baby perhaps needing 24 hour care? Look at what I have written about natural fertility, supercharging of sperm and why your previous baby making may not have worked. It is time to do it differently. Waiting for a few months to get the sperm and egg/menstrual cycle right is the best insurance you can take out.

Thought: *Who do I trust?*

Answer: You have the same problem with any undertaking. Getting a recommendation may not work. Finding someone who belongs to a group that says it is 'the best' may also be hot air and whistles.

What have you got to lose by living better and relaxing?

Appendix 1 – Spleen & Kidney Yang Weakness

If you read this first – you will see why the medicalised route is not for you – they have no idea why miscarriages happen thus what to do to change a tragedy into a healthy baby and mum.

Seen as an acupuncture adventure, pregnancy is really simple. The healthy/normal life balance is changed to become the new norm of pregnancy - there are new rules. Whatever balance mum had before pregnancy may be strengthened, or weakened depending on the time of year she is pregnant as well as her diet and life habits. Really!! All traditional cultures planted by the season – so too with babies.

No two pregnancies may behave the same way. Besides her experiences impacting on her expectations and behaviours, she is pregnant with a different (more used/experienced) body each time. Within this, the role of the Spleen Qi/Yang to hold all Blood, tissues, organs and fetuses in place still apply.

Signs of SPLEEN QI/YANG Deficiency

These two (Spleen and Kidney Yang Deficiency), overlap with low metabolism ([low thyroid function](#)) – and that is another story. [The solution may be very simple.](#)

Body experiences of depleted Spleen Qi/Yang are:

- Lethargy, listlessness
- Can't be bothered moving – body feels too heavy
- Foggy, slow thinking
- Obsessional thoughts/tunes in head
- Unexplained increase in weight, diet and exercise aside
- Digestive weakness, showing up as allergies, Candida
- Desiring sweet taste, especially between/after meals
- Bloating
- Nausea
- Gurgling and gases in gut
- Undigested food in stools
- Diarrhea
- Swellings and growths
- Bleeding and resultant exhaustion
- Weakness in muscle tone leading to
 - Varicose veins
 - Haemorrhoids
 - Tissues and organs sagging

- Prolapses

They are warnings. You may have had some of these symptoms in varying severity before pregnancy, or they may have appeared during pregnancies. They may get worse as you get more depleted with each successive pregnancy. You can reduce this process (also seen by some as ‘aging’) by supporting your Spleen Qi/Yang. This way prolapses, incontinence, varicosities and hemorrhaging may reduce.

**The answer is the use of what is being used up -
and faster than she may be replacing.
Iodine is essential - and painted on topically.**

Poor appetite. This may be slightly offset by late pregnancy. If Mum isn’t interested in food or feels vaguely (or frankly) nauseated by the thought of food, her Spleen Yang/Qi needs help. Without a healthy interest in food, the blood energy cannot flourish, and the baby will be compromised. Mum will be unlikely to produce abundant good quality milk. Or heal well herself after birth.

Loose stools/apparent diarrhoea. This may seem normal, but having unformed stools is a sign that the Spleen Qi is not doing its job of transforming ingredients well, meaning that you get less goodness from your food. This is worse if there is undigested food (tomato skins/kernels of corn) found. At least start taking a good quality digestive enzyme with your food.

Fatigue, especially after eating. The weakened Spleen Qi may be only capable of doing one thing well. Maybe you are also becoming vague, and your memory is failing (baby brain). This is often used as an excuse during pregnancy and breastfeeding, but is actually a sign that there is too much load on the Spleen Qi and ‘non-essential’ (to survival) roles are discarded or lowly prioritized. Your and baby’s Blood quality and Jing suffer as a result.

There may also be abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating, as transportation and transformation (digestion), may show signs of Spleen Qi deterioration, which may be a prelude to the conditions above later in life.

What to do?

The following suggestions may sound silly. But acupuncture and its associated health care system have stood up for thousands of years. Traditionally, all cultures had what worked, until westerners came in with ‘improvements’. All traditional cultures followed life and nature and these time-honoured ways are still useful. The Chinese/East Asian medical system is what I am using here – as it works.

Avoid that which weakens the Spleen Qi/Yang. Your having strong Spleen Yang holds babies in; tissue integrity and blood staying in vessels are all reliant on this. Cold invasion, cold exposures waste your Yang Qi.

You can take some steps yourself such as not feeding yourself anything that will further damage the Spleen energy. Avoid foods that are sweet, cool/cold in temperature and anything raw. Eat lots of what builds great babies and mothers – fat and protein, heaps of vegetables and nuts, seeds and oils.

Also avoid cold leaking into your body. If your sleeping partner insists on air conditioning/fans/cold air blowing in at night when you are sleeping, temporarily sleeping apart will help you. Nighttime is when the protective Qi/Yang Qi has gone internal and can’t protect you whilst it is being nourished itself.

Avoid bare feet on cool floors and any chilled ingredients – especially chilled water. Cold is not your friend; it [damages the Yang](#). These small increments are often enough to 'tip the scales' thus resulting in miscarriage due to the lack of holding Qi.

Finding yourself an acupuncturist may be the fastest route to improving your health. Having weakened Spleen Yang may seem to be vague and non-life threatening - just 'quality of life' ones. Orthodox medicine involves many potential specialists to deal with what they see as unrelated issues.

Body experiences of depleted Kidney Qi/Yang are:

These are often seen as the common body experiences of general ageing. When pregnant, the potential aging process can hasten if mum does not have enough resources available to her. All may dwindle with age but the rate and severity depends on the individual's constitution and previous life history.

- Teeth
- Hearing
- Eyesight
- Memory
- Brain function
- Hair colour, quality and growth
- Bone density
- Lower back, and general back integrity
- Sexual feeling and appetite and abilities
- Loss of general spark, zip and vigour

Kidney Qi dwindling may also show as:

- Up and down at night to pee, or needing to pee often in the daytime and/or in small quantities;
- Leakage of body fluids, inadvertently.

Take more rest especially reduce what you think you need to be doing. Past making changes in lifestyle choices as your supporting the digestive and regenerative functions and taking Chinese herbal tonics, your wellness program that may include maintenance acupuncture sessions. Such choices will reverse – or at least slow the gradual descent into decline that all expect of their bodies.

These symptoms can be alarming during a pregnancy in that being pregnant may hasten things. This is particularly so when carrying multiple babies, or continuing to work during pregnancy especially when you are, experiencing yet another pregnancy before being fully recovered from miscarriages, a previous pregnancy or previous IVF attempts. All of these really can wreck your Jing and Blood levels. So also does not sleeping well and/or still breastfeeding a toddler. The body needs the extra support and mum needs the knowledge that will allow her that support!

When to Think Of Kidney Qi/Yang Depletion

In addition, common pregnancy issues that are simply Kidney Qi or Yang deficiency ones are

- Tiredness
- Overwhelming exhaustion
- Feeling drained, especially flagging in late afternoon
- Weak back, especially at waist level

KIDNEY YANG DEFICIENT SYMPTOMS

Feeling the cold

- Having a cool to touch belly.
- Always having cold hands and feet.
- Perhaps always being cold.

This may be who you have always been. Take your vaginal temperature first thing in the morning. During pregnancy it should stabilize at 37 or a little over.

Needing to pee a lot, especially at night. This may be seen as 'normal' in pregnancy, and so it is when the baby is over 7 months along, and taking up a lot of space. However, prior to this, and often in very early pregnancy, women sometimes are up several times a night, or very often during the day. This not only is a sign that the Kidney Qi is weakened and needing support, but the lack of quality sleep, as interruptions are occurring, weakens her kidney Qi and thus Jing further. (Good argument for getting older children into stable and separate sleeping arrangements).

Weak or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and weakened. Whilst she may see this as being normal - for her - it is actually the beginnings of an overall depletion of her inner resources, hastening the ageing process. She may have cold intolerance, and poor circulation, with cold hands and feet (see above general pregnancy disclaimer).

Lack of any interest whatever in sex. This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non-essential (for physical survival) drains on its most precious essence and Kidney Qi.

These symptoms are easily remedied. Look after yourself. You can only make baby the once. It will cost you more to start again with another pregnancy, than to take stock, stop, and do what your great grandmother would counsel you to.

Looking after yourself does NOT include multiple blood tests or fetal scanning. Worrying yourself whilst being stressed, leaving the house, having to find a park, and paying for all this is not as useful as undoing the damage wrought through your busy, unconscious life. Scans for baby are extremely loud, heating, causing Jing (DNA) damage. Why would you? For your reassurance? What about your baby's safety? There are no studies to prove fetal scanning causes NO DAMAGE. If baby's survival is looking a little tenuous – why increase the problems s/he is experiencing/enhance the chances of miscarriage?

Calming acupuncture or Reiki would actually help baby to stay by altering any inner disturbances already present and relaxing your [Shen](#) strengthening you to cope. Look back to [Making Quality Babies](#)

Appendix 2 - Medical Reasons for Pregnancies Failing Early

Warning!!! This is the medical version. Please see [Chapter 1](#) for Quality Baby Making. I have added my comments to the following easy-to-find-information pages from the web, **in red** as I do not think it helpful to seek answers from a system that does not know what to do to help you. *Texts taken from the web are indicated in italic.*

Please read through this to start your thinking processes – then read what is in the body of the work you have before you. Because my writings are so different and claim to give answers and practical solutions available nowhere else, it may be tempting to not pay attention. But my approach is time tested (any animal breeder does not just look at the female, or give his breeding stock average food and supplements in hope). Baby making should similarly be cheap, simple and natural.

WHAT MODERN MEDICINE SAYS: 1

From Wikipedia: <http://en.wikipedia.org/wiki/Miscarriage>

'Causes of miscarriage

If a miscarriage happens during the first trimester of pregnancy (the first three months), it is usually due to problems with the unborn baby (fetus). If a miscarriage happens during the second trimester of pregnancy (between weeks 14 and 26), it is usually the result of an underlying health condition in the mother.

First trimester miscarriages

Most first trimester miscarriages are caused by problems with the chromosomes of the fetus. Chromosomes are blocks of DNA. They contain a detailed set of instructions that control a wide range of factors, from how the cells of the body develop to what colour eyes a baby will have. For a pregnancy to be successful, a fetus needs to have 46 chromosomes in total: 23 are from the father's sperm, 23 are from the mother's egg.

*Sometimes, something can go wrong at the point of conception and the fetus receives too many or not enough chromosomes. The reasons for this are often unclear, but it means that the fetus will not be able to develop normally, resulting in a miscarriage. **Heather's note** Make sure nothing 'goes wrong' – prevention through adequate conscious preparation – not hopeful trying.*

Jing (the energy that drives DNA etc) as spoken about all through this work.
Conscious preparation with change of life and dietary habits improves it. There is always a reason.

'It is estimated that up to two thirds of early miscarriages are associated with chromosome abnormalities.

Heather's note: The 96% visually abnormal sperm is a great place to start. Improve it first!!!

'Placental problems

The placenta is the organ that links the mother's blood supply to her baby's. If there is a problem with the development of the placenta it can also lead to a miscarriage.

Heather's note: Placental problems (placenta previa, as an example) may be linked back to the sperm quality. Improve the circulation to mum's pelvis after ensuring that she has sufficient good quality raw ingredients to make better Qi and Blood from.

'Risk factors

An early miscarriage may happen by chance. However, there are several known risk factors, which increase the chances of problems occurring.

Age

One of the most important risk factor for miscarriage is the age of the mother.

Heather's note: All depends entirely on your state of health – which is not age related. We all age at different rates. No mention is made here of the dad, whose elderly and toxin soaked sperm-making cells produce a higher incidence of chromosomal disorders, and children with autism, schizophrenia, Down's syndrome and cleft palate, etc.

- *'In women under 30, 1 in 10 pregnancies will end in miscarriage.*
- *In women aged 35-39, up to 2 in 10 pregnancies will end in miscarriage.*
- *In women over 45, more than half of all pregnancies will end in miscarriage.*

Heather's note: Paternal age, which usually means increased exposure to toxins, is not considered in any orthodox works. Women tend to partner with older men. The woman's age may give an indication of how old the dad is. BUT - her chronological age is not her biological age – she may have 'aged' very slowly (Jing and her constitution) or very quickly – due to her choice of life habits. A good rate of success depends not on age, but on postponing pregnancy and focusing on both parents getting well first.

'Other risk factors

'Other risk factors for having a miscarriage include:

- *obesity*
- *smoking during pregnancy. **Heather's note:** Heat damages Jing in all these instances*
- *drug misuse during pregnancy (particularly cocaine)*
- *drinking more than 200mg of caffeine a day: one mug of tea contains around 75mg of caffeine, and one mug of instant coffee contains around 100mg of caffeine*
- *drinking more than two units of alcohol a week: one unit is half a pint of bitter or ordinary strength lager, a small glass of wine or a 25ml measure of spirits*

Heather's note: *why would you do anything to compromise quality/make a baby badly?*

'Second trimester miscarriages

Long-term health conditions: There are several long-term (chronic) health conditions that can increase the risk of having a miscarriage.

- *diabetes (if it is poorly controlled)*
- *severe high blood pressure (hypertension)*
- *lupus (a condition where the immune system attacks healthy tissue)*
- *kidney disease*
- *an overactive thyroid gland (hyperthyroidism)*
- *an underactive thyroid gland (hypothyroidism)*
- *coeliac disease (a condition that affects the digestive system)*

Heather's note: *Becoming well before trying to conceive would resolve all these apparent increased risks. All are within the normal scope of practice of a good acupuncturist to resolve with your changing life habits prior to pregnancy. You will start then with a healthier baby, and an easy pregnancy and birth.*

'Infections

There are some infections that may increase the risk of having a miscarriage. These include:

- *rubella (German measles)*
- *cytomegalovirus*
- *toxoplasmosis (a bacterial infection)*
- *a bacterial infection of the vagina called bacterial vaginosis*
- *HIV*
- *sexually transmitted infection such as chlamydia, gonorrhoea and syphilis*
- *malaria (a tropical disease spread by mosquitoes)*

Heather's note: *Change your state of health. Your immune system then corrects all of this itself. When pregnant the immune system goes into a different mode so you are more likely to then 'catch' things – be warned – your gut strength of is of great importance to you and to your fetus/baby when breastfeeding.*

What you eat, how you live, whether you choose to listen to the fear, not information based warnings around immunisations (you need a strong body to cope with life, not chemically altered contaminants in your blood stream). Health comes from within.

'Medicines

Some medicines can also increase the risk of miscarriage:

- *misoprostol (used for conditions such as rheumatoid arthritis)*

- *retinoids (used for eczema and acne)*
- *methotrexate (used for conditions such as rheumatoid arthritis)*
- *non-steroidal anti-inflammatory drugs (used for pain and inflammation)*

Heather's note: Before trying to conceive why not turn your attention to the health issues that you are trying to manage with medication. Focus on a natural health perspective rather than a medical one, as the medical model is not health restoration, but medication driven. Fertility is a measure of health and medications have no way of improving it. The medicines/ pharmaceutical drugs will mask the symptoms - they do not cure the reasons behind the disease process. If you get well first you won't need them!

'Antibodies

Antibodies are proteins that are produced by the immune system (the body's natural defense system) to fight infection.

Heather's note: Stop and think about this. Why are extra antibodies there in the first place? Chronic infection is a strong indicator of mistaken life style choices. No time to seek the help needed to work this out and follow through? Think of the time it takes to recover from miscarriages. Much better start as you wish to continue – with the best possible. Seek natural health care to get into baby readiness (both of you).

'Some women who have had three or more miscarriages in a row (recurrent miscarriages) have a higher than usual level of an antibody called antiphospholipid (aPL) in their blood. The aPL antibodies are known to cause blood clots. These blood clots can block the supply of blood to the fetus, which can cause a miscarriage.

Heather's note: Why not get a health check and start living as though you were the baby? As pure as possible is the only way to resolve this. Our bodies do not spend the energy as though they are under attack unless they truly believe that they are. Once again, this is likely to be a result of your lifestyle and the rush you live in. Some women will have as many miscarriages as pregnancies as his sperm is toxic. He is half the baby. His caffeine and other habits may be all that is needed to change to grow babies.

'Having a high number of aPL antibodies in your blood is known as Hughes syndrome.

Heather's note: Any inflammatory situation creates a likelihood of miscarriage as the body may well start attacking itself. The baby is made of 'foreign' tissue - half someone else – and when the body is not totally well – it is easy to become overly protective and go into 'attack' mode. Stop ingesting all sugar, correct your gut flora, find a good natural life health care professional and start again in health.

Womb structure

Problems and abnormalities with the womb can also lead to second trimester miscarriages. Possible problems with the structure of the womb include:

- *Non-cancerous growths in the womb called fibroids. **Heather's note:** Why not get these attended to with natural medicine? You then have a far sounder foundation on which to build your pregnancy. [Mayan massage](#) to allow you to undo what has happened yourself at home – with the additional help of steams and castor oil packs,*

- *Scarring on the surface of the womb.* **Heather's note:** Maybe from previous surgeries, especially products of conception in previous miscarriages not removed well. A very strong case for getting his sperm checked well before it is needed to make his children. See a [Mayan massage therapist](#) to allow healing to happen gently with your own work as self-care is a large part of this effective and traditional work.
- *Weakened cervix.* **Heather's note** – [Spleen Yang Qi](#) holding function – [See appendix 1](#).

'In some cases, the muscles of the cervix (neck of the womb) are weaker than usual. This is known as a weakened cervix or cervical incompetence. A weakened cervix may be due to a previous injury to this area, or may have been something you were born with. The muscle weakness can cause the cervix to open too early during pregnancy, leading to a miscarriage.

Heather's note – Spleen Yang Qi holding function – this is why the avoidance of what sets this up – cold exposure – however minor - and not eating/drinking raw and sweet foods is so important.

'Hyperprolactinaemia

Prolactin is a hormone, which is produced during pregnancy. Prolactin helps to prepare the breasts for breastfeeding. Sometimes, women have a higher level of prolactin in their body than usual. This is known as hyperprolactinaemia. Some limited evidence suggests that hyperprolactinaemia may be linked to an increased risk of miscarriage.

Heather's note: see below

Polycystic ovary syndrome

Polycystic ovary syndrome (PCOS) is a condition where the ovaries are larger than normal. It can lead to hormonal imbalances inside the womb.

Heather's note: The presence of either the syndrome, or the disease, is a sure sign of low progesterone. Get baby ready first. Your body (baby-making factory) is signaling it is not in the best shape possible. Western medicine has no way of assisting you to normalize - so find someone whose medical traditions can (Mayan massage is a must, in addition to finding a sensible acupuncturist (not a medically trained 'dry needler'). Taking Chinese herbs with maybe a complete health check up with a naturally inclined worker is needed before pregnancy.)

Replacing with progesterone (a cream used to rub in the skin twice daily) until 14 weeks may be helpful here. Using assisted reproduction to force a pregnancy onto a reluctant body and uterus makes no sense. The obvious approach is to address the PCOS before conception.

'Polycystic ovary syndrome is known to be a leading cause of infertility. There is some evidence to suggest that it may also be linked to an increased risk of miscarriage in women who are still fertile. However, the exact role that polycystic ovary syndrome plays in miscarriages is unclear.

Heather's note: because a reproductive specialist ignores holistic care. Something has upset your thyroid. This then leads to why you also have the PCOS. (At least increase [Iodine](#) and [Selenium](#)).

Please note that this is medicalised and is not what all of this eBook will tell you - orthodox medicine (as they are not farmers) is not the place to

find answers – strengthening your, and your man’s body is where babies will be found.

‘Misconceptions about miscarriage

There are a number of widely held assumptions about the possible causes of miscarriages. However, there is no evidence to support such claims.

Heather’s note: As orthodox medicine has no *health* model, there is little to say that is helpful/productive and hence followers can only speculate. As is happening here.

‘An increased risk of miscarriage is not linked to:

- *A mother’s emotional state during pregnancy, such as being stressed or depressed*
- *Having a shock or fright during pregnancy*
- *Exercise during pregnancy (but discuss what type of exercise is suitable for you during pregnancy with your GP or midwife). Lifting or straining during pregnancy*
- *Working during pregnancy*
- *Having sex during pregnancy*

Heather’s note: Absolute rubbish – not understanding how a well body works leads to this. What is written might allay your guilt, but all of these are possible causes of miscarriage. When/if you are weakened, **fright and shock** can cause the **Blood to go reckless**, and cause the baby to drop out. **Lifting, working and general overuse** of the **Spleen Qi** is often all that is needed to create a lack of holding Qi and possible miscarriage. **Sex during pregnancy** in an already weakened body may cause the prostaglandins in the semen to do the same job as the induction gels at the end of the pregnancy – ripen and irritate the cervix enough to start labour.

‘Another online source: <http://www.miraclepregnancy101.com/10-reasons-for-miscarriage/>

Heather’s note: this is all contradictory to life and nature - you are expected to be in a baby ready shape to conceive. (Not ‘try for a baby’). Esp notice when it is said ‘actual reasons for miscarriage unknown’

Reasons for Miscarriage Generally Means Nobody is to Blame

‘When a woman miscarries it is very difficult to determine the actual reason for the tragedy. In fact, in most cases the actual reasons for miscarriage are unknown.

- *Fetal Chromosomal Abnormalities In these cases the fetus does not have the correct number of chromosomes. It has little chance of survival and is expelled from the womb. Nobody’s fault, just a freak of nature. A classic one of the reasons for miscarriage. Heather’s note: This is hopeless advice as it gives you nowhere to go to prevent it happening again. Also - it is lack of your health preparation/getting baby ready, as Nature, by your very presence, assumes you will procreate.*

- *The Age of the Mother Modern Western society has led to women leaving the establishment of a family until later in life, their career taking precedence. This is not how we have evolved. As women age their eggs get older and deteriorate. The net effect is that women over age 35 have about a 50% chance of miscarriage. Heather's note: PATERNAL age is more of a worry – as fully discussed in this writing.*
- *Sexually Transmitted Diseases Women who are infected by a sexually transmitted disease have high rates of miscarriage. Heather's note: Adequate preparation again .*
- *Stress plays a large role in many human ailments. Many women who miscarry are under extreme stress in their lives in one way or another. This is one of the dominant reasons for miscarriage. Heather's note: Anxiously hoping for the best is a great stressor. Acupuncture is great here as a stress reliever.*
- *Low Levels of Progesterone plays a large role in the development and growth of the fetus. It is reasonable to assume that the fetus ceases to be viable if there is insufficient progesterone to sustain it. Heather's note: Why is western medicine not seeing the role of estrogen dominance, which in turn alters the male's fertility and the women's endometrium? Endometriosis and PCOS are a direct result of the imbalance between these two, yet western medicine does not attempt to resolve this.*
- *'Exposure to Chemicals Modern chemicals are known to cause cancer and many other diseases in life. Where a pregnant woman is exposed to these chemicals it is likely to have a significant negative affect on the fetus. Heather's note; Detoxing is not part of the regime of orthodox medicine – see above. Easily fixed with a natural fertility coaches help. [See more here](#)*
- *'Disease and Infections Bacterial infections like chlamydia and streptococcus are known to cause miscarriage. Viruses and parasites have also been known to result in miscarriage. (This list is not exhaustive).*
- *Chronic illnesses like diabetes, hypertension, renal complaints or thyroid abnormalities have been known to cause miscarriage.*
- *Structural Abnormalities of the Uterus Abnormalities such as a misshapen uterus or fibroids may cause miscarriages.*
- *Social Toxins Use, especially excessive use of alcohol, caffeine, drugs and/or tobacco have been known to contribute to miscarriage. If the viability of the fetus is marginal, any of these could tip the balance.*

Heather's note: In all of these there are many natural (not medical) interventions that would assist the body to restore its own heal.

Herein is your problem. If you continue the cycle of ignorance and fear and keep listening to advice that contains no real answers, baby making will remain a matter of chance or good luck.

If you view the body as a life in progress and allow it to heal naturally magic may well happen.

For a body to heal itself we must give it the right conditions.

Start by living as your very fertile forbearers did.

The first step is to get rid of all the trappings of the modern life – eat and live simply.

Health care is not disease monitoring.

Join me in [The Natural Fertility Coach programme](#) to ensure your baby is the best possible.

Appendix 3 - Incompetent Cervix/Spleen Yang Holding Qi too weak

Warning!!! This is the medical version. For the information about what you can do to avoid this, please see [Chapters 8 & Chapter 9](#). I have added **my comments** to the following easy-to-find-information pages from the web, **in red** as I do not think it helpful to seek answers from a system that does not know what to do to help you. *Texts taken from the web are indicated in italic.*

WHAT MODERN MEDICINE SAYS: 2

From: <http://health.ninemsn.com.au/pregnancy/complications/691144/what-is-incompetent-cervix>

'Most women will go through their pregnancies never needing to know what an incompetent cervix is. Put simply, it is when the cervix can no longer support the growing weight of your baby, the pressure causes the placenta to rupture and the mother goes into premature labour.

'Is it serious?

Incompetent cervix is a serious condition. Average weights of babies in the womb become too heavy at a stage where they would not normally be able to survive outside of the uterus — usually well before 24 weeks. This means that, usually, you'll have a miscarriage, though there have been cases of premature babies surviving this young.

'Is it my fault?

Incompetent cervix is nobody's fault, it's one of those things that can just happen, however sad and traumatic it is. Sometimes the cervix is just weak, sometimes it's been damaged by a previous delivery or even by an abortion or D&C following a miscarriage. Whatever the cause, it's not your fault and nobody can be blamed for incompetent cervix occurring.

Heather's Note: Why talk of blame? Perhaps much blame lies with the standard medical profession's inability to see that there is more to a body than just the mechanical bits. All is repairable with natural good health care and ingredients – and maybe time. Please consult a [natural fertility coach](#).

As you learn and incorporate the knowledge found in other traditional medical systems you allow your journey to parenthood to be more positive and self-empowering. Your body's disharmony is temporary.

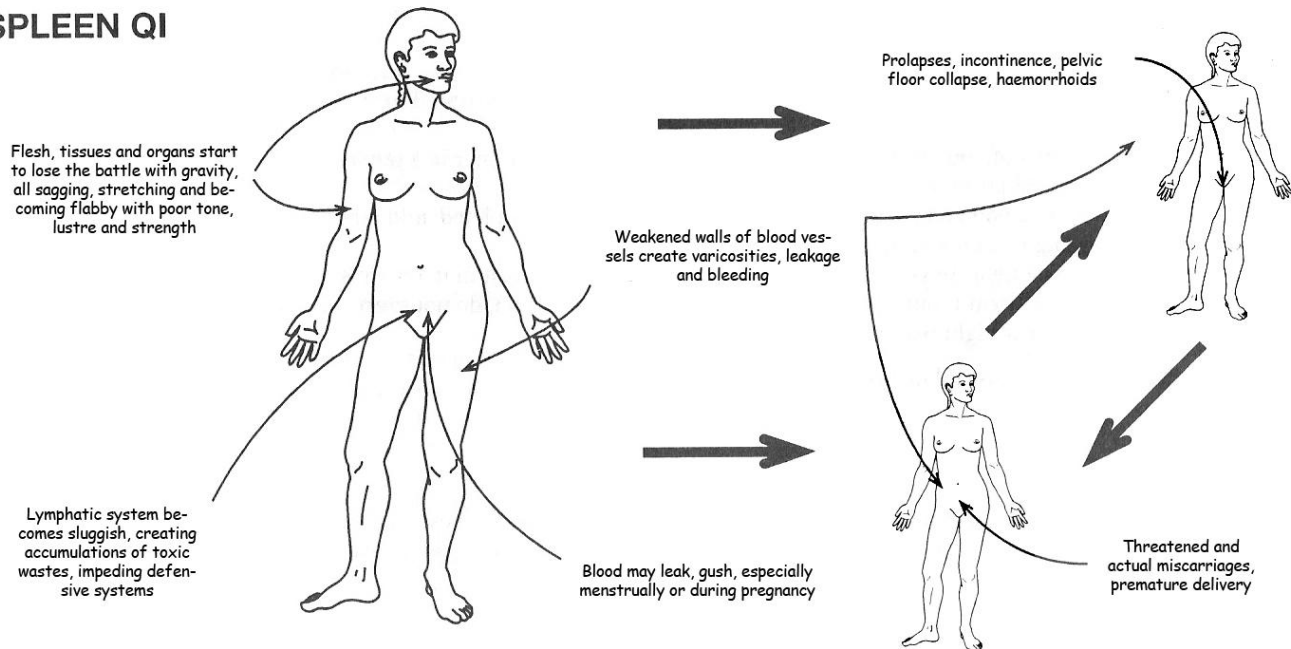
'Can anything be done to help prevent this?

For most women, there is no sign that they may have incompetent cervixes until they are pregnant and they experience this trauma. Doctors are likely to offer "cerclage" (a stitch (for subsequent pregnancies, which is a surgical stitch that helps to support the cervix in place. This is normally done towards the end of the first trimester, or at the doctor's discretion, and removed a couple of weeks before your baby is due. Some doctors are reluctant to undertake this procedure where there is any doubt, as it can in some rare cases induce a miscarriage.

'Before and after cerclage, your doctor may also prescribe bed rest to minimize any further risk, and will probably recommend that you and your partner abstain from sexual intercourse until your baby is born.

Heather's note: If you know what creates inner weakness, allowing the holding Qi to fail, you can do something about it by enhancing your Spleen Qi with lifestyle changes and therapeutic assistance from the local acupuncturist and Chinese herbalist. This will also lead to fewer dramas in all aspects of later life. Please look at the diagram showing the patterns of Spleen Qi weakness again.

SPLEEN QI



Many of the symptoms are considered to randomly hit woman after childbirth – or later in life.

However, they happen for a reason – and all are preventable.

What is not mentioned here is that if you have had a LETTS or similar procedure you have a damaged cervix that may well now be rendered incompetent for the job it was intended to do.

Possibly the answers you need are NOT to be found in a model that is only interested in the mechanical aspects of a body.

Please read what is in the text of this eBook as it supplies all of the 'how's' and the 'why's'.

Appendix 4 - Blighted Ovum

Warning!!! This is the medical version. For what you can do to avoid this, please see [Chapter 5](#). I have added **my comments** to the following easy-to-find-information pages from the web, **in red** as I do not think it helpful to seek answers from a system that does not know what to do to help you. *Texts taken from the web are indicated in italic.*

WHAT MODERN MEDICINE SAYS 3

From: <http://newbornbaby.com.au/pregnancy/complications/blighted-ovum/>

A majority of pregnancies never go past the first few weeks, and even after a clinical diagnosis of pregnancy (using ultrasound), there's still about a 25 percent chance of miscarriage. Many miscarriages occur so early in the pregnancy that the woman may not have even been aware she was pregnant. Estimates vary little and approximate blighted ovums account for 45 to 55% of all miscarriages. A blighted ovum is an example of a spontaneous abortion. The term "blighted ovum", also known as an "anembryonic pregnancy" (nonviable pregnancy) may not be as commonly known, but it is also termed as missed abortion or a silent or missed miscarriage.

Blighted ovum' happens when a fertilized egg implants, but does not develop into a baby. Eventually the body expels this. Early pregnancy signs may continue, or a lessening of the hormones associated with pregnancy may be noticed and further investigation finds no heartbeat and no evidence if there having been a fetus. Called a blighted OVUM - it could have been either the sperm or egg or both having poor quality issues and baby not developing from here. There is no guarantee that it was not a 'blighted sperm' that caused the non-embryo.

Heather's note: The medical model of life does not incorporate the role of the daily habits and diet, the standard of living, or of providing other raw and clean ingredients to a healthy life. Not being involved in wellness and in the maintenance of health and happiness means that the role these play is discounted over what happens in an emergency or a breakdown. Medical rescue and saving the day is the stuff of movies and what they do best. Not the daily grind of wellness and quality of life.

An orthodox medical reproductive specialist will see no apparent mechanical reason for the reproductive break down, and suggest you 'try again', maybe citing statistics – without looking to what would improve your personal chances of success. It is not 'bad luck' that the 'blighted ovum' has happened. More like bad planning. Likely bad sperm (3-4% looking normal is not what you would even use to make a cake).

With no recourse to quality issues, orthodox medicine brings out the luck argument – 'touched by fate' almost. This goes against anything an intelligent farmer, race-horse breeder or agriculturalist with unique seed stock would do. Saying that there is a luck component to making offspring/babies and 'it probably will not happen again' is a remarkably hopeless and helpless position for you. What can you change? Everything as it happens.

Whereas a good car mechanic would suggest attending to the rattles in the engine before it broke down, a medical specialist's job is to wait till that breakdown and then diagnose it and suggest what to do next. As there is no understanding as to why it happens In the first place, there is no emphasis on prevention. A good health care professional would suggest you BOTH started making babies from a foundation of health and happiness.

Appendix 5 - Ectopic Pregnancy

Warning!!! This is the medical version. For the information about what you can do to avoid this, see Chapter 6. I have added **my comments** to the following easy-to-find-information pages from the web, **in red** as I do not think it helpful to seek answers from a system that does not know what to do to help you. *Texts taken from the web are indicated in italic.*

WHAT MODERN MEDICINE SAYS: 4

According to the orthodox medical view: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001897/>

An ectopic pregnancy occurs when a pregnancy starts outside the womb (uterus). The most common site for an ectopic pregnancy is within one of the tubes through which the egg passes from the ovary to the uterus (fallopian tube). However, in rare cases, ectopic pregnancies can occur in the ovary, stomach area, or cervix.

*An ectopic pregnancy is often caused by a condition that blocks or slows the movement of a fertilized egg through the fallopian tube to the uterus. This may be caused by a physical blockage in the tube by hormonal factors and by other factors, such as smoking. **Heather's note:** This is all preventable – when you think of it – Nature does not set us up in pregnancy to kill us or baby.*

Smoking causes Vit C to be lost. This means there is abundant reason for being as healthy as possible BEFORE considering conception. Ectopics are a totally preventable problem. Nature does not mean to kill us when making more to carry on the genes. [In endometriosis](#) the presence of tissue or whatever is blocking easy movement through the tubes can be easily remedied using nutrition, massage, moxa and acupuncture as well as Chinese herbs to clear the passages. [Mayan massage](#) and [castor oil packs](#), [vaginal steaming](#) and daily [self care massage](#) with herbs as well, and using nutrients (eg Iodine) as necessary will make a great change rapidly to all, with this preventable and easily remedied complaint. We see these methods used with great success in China where the combination of the medical scanning /diagnostics and the more traditional and less invasive herbal treatments (not unlike the Methotrixate) are used to great effect.

Most cases of scarring are caused by:

- *Past ectopic pregnancy*
- *Past infection in the fallopian tube*
- *Surgery of the fallopian tubes*

Up to 50% of women who have ectopic pregnancies have had swelling (inflammation) of the fallopian tubes (salpingitis) or pelvic inflammatory disease (PID). Some ectopic pregnancies can be due to:

- *Birth defects of the fallopian tubes*
- *Complications of a ruptured appendix*

'Endometriosis

Scarring caused by previous pelvic surgery. **Heather's note:** Here is ample reason to get a workout from a holistic natural therapist to ensure all is in working order before embarking on pregnancy. We give the car a good clean and mechanical checkup when considering a long road trip. We book in regular mechanical checkups all through the life of the car as well. We don't wait and just hope we don't break down. Our current medical model tends to have us waiting until an emergency arises before seeking care. Please consult what I [have written here](#). At least think of [using a detox product](#) to ease out what is creating your hormonal dramas.

The following may also increase the risk of ectopic pregnancy:

- Age over 35
- Having had many sexual partners
- In vitro fertilization

In a few cases, the cause is unknown.

Heather's note: MEDICALLY unknown – because there is no apparent physical/mechanical reason.

'Sometimes, a woman will become pregnant after having her tubes tied. Ectopic pregnancies are more likely to occur 2 or more years after the procedure, rather than right after it. In the first year after sterilization, only about 6% of pregnancies will be ectopic, but most pregnancies that occur 2 - 3 years after tubal sterilization will be ectopic.

Ectopic pregnancy is also more likely in women who have:

- Had surgery to reverse tubal sterilization in order to become pregnant
- Had an intrauterine device (IUD) and became pregnant (very unlikely when IUDs are in place)
- Ectopic pregnancies occur in 1 in every 40 to 1 in every 100 pregnancies

Heather's note: A great reason to get yourself baby ready first!!!

Please see a [Natural Fertility Coach](#).

Appendix 6 - Molar Pregnancy

Warning!!! This is the medical version. For the information about what you can do to avoid this, please see Chapter 7. I have added **my comments** to the following easy-to-find-information pages from the web, **in red** as I do not think it helpful to seek answers from a system that does not know what to do to help you. *Texts taken from the web are indicated in italic.*

Be aware that the following information describes a **rare complication that some readers may find disturbing.**

You may choose to skip parts, or all of this section.

MOLAR PREGNANCY

From: http://en.wikipedia.org/wiki/Hydatidiform_mole

A molar pregnancy is known medically as a 'Hydatidiform Mole'. The word 'hydatidiform' derives from 'hydatid', meaning 'water-filled cysts'. Other terms used to describe a molar pregnancy are 'vesicular mole' or 'trophoblastic disease'. Molar pregnancies are very rare, resulting from the abnormal development of the placenta. A hydatidiform mole starts at the time the egg is fertilized, but at some stage during the pregnancy (usually in the first 3 to 4 months), part of the placenta (known as the 'chorionic villi', or 'trophoblast') starts producing fluid filled cysts, or vesicles that multiply rapidly. The vesicles can range in size from a pinhead to a small grape.

There are 2 types of molar pregnancies:

- 1. A 'complete mole'. This is where a baby never develops, but the placenta implants and grows 1. many small cysts, like sacs filled with fluid.*
- 2. A 'partial mole'. This is where a baby starts to develop, but is unable to survive, and is often 2. absorbed into the vesicles that continue to multiply.*

We do not know why molar pregnancies occur, and the incidence varies between different ethnicities. In Australia, a molar pregnancy can occur in 1:750 pregnancies (or 0.13%), in the US and Europe it can occur in about 1:1000 (0.1%) and in South East Asia it can be as high as 1:600 (or 0.16%). The chance of a molar pregnancy recurring in the same woman is about 1:80 (or 1.25%).

Heather's note: Nothing is lost by your doing all that I have suggested, to ensure that BOTH of you - parents-to-be are in the best reproductive health, before attempting another pregnancy.

'The signs of a molar pregnancy'

If a molar pregnancy develops, the overgrowth of the placental tissue causes an excessive production of the hormone human chorionic gonadotrophin (or 'HCG'). This is the hormone that is tested for with pregnancy tests. The excessively high levels of HCG can cause the woman to have all the signs of pregnancy and perhaps be more nauseated, and vomit frequently.

Signs that can reveal that the pregnancy is a molar pregnancy are:

- The woman experiences vaginal bleeding (bright red or dark brown in colour) at about the 12th week of the pregnancy. (However, this can happen in a normal pregnancy as well, without a molar pregnancy being present). The diagnosis would be confirmed by an ultrasound.
- The woman's uterus is abnormally large for how pregnant she calculates she is. A 12 week pregnancy could feel and look more than 20 weeks in size.
- The woman's uterus may be tender to touch, or pain is experienced.
- The woman may feel excessively nauseated, and vomit. She may also have an abnormally high blood pressure.
- The baby's heartbeat is unable to be heard. Or the baby is unable to be seen on ultrasound. (Be aware that the baby's heartbeat can usually only be detected by a doppler after the 12th week of pregnancy, and a pinards by about the 20th week of pregnancy, or later).

Most women will have an ultrasound at about 18 to 20 weeks of their pregnancy. This will confirm a molar pregnancy (if it is there) and no other symptoms have been noticed up until this time. If you do not have a routine ultrasound, you may suspect something is not right if you do not feel any kicks by week 22, or your caregiver is unable to feel the shape of the baby at around 20 weeks.”

Also from: <http://pregnancy.about.com/od/cancerinpregnanc/a/Molar-Pregnancy.htm>

‘A molar pregnancy refers to a pregnancy that is a type of gestational trophoblastic disease (GTD). It can refer to either a complete or a partial mole. While there are regional differences, the rate of molar pregnancy is about 1/1000 to 1/1500. We still do not know exactly why a molar pregnancy occurs. **(Heather's emphasis)** It is believed to be a nutritional deficit, like protein or carotene.

Heather's note: Carotene (Vit A) is important in wellness and particularly during pregnancy. Eating plenty of coloured veggies helps here – as does at least two good serves of protein daily as consciously preparing for a great baby.

It can also be caused by an ovular (ovulation) defect.

Heather's note: Look to the information on [Jing](#) and [Blood energy](#) found elsewhere in my works.

Women at Risk

- Over 50 years
- Clomiphene stimulation (Clomid) **Heather's note:** Who is alerted to this before using it?
- 1-2% chance of a second mole
- Early Teens

Heather's note: Please look again – why were women at either end of the reproductive field having trouble? We weren't designed to be mothers at these ages. The ovulation enhancement medicine

(Clomid) is not useful in most cases – as all using it have a different reason for not conceiving – and often the low sperm count is why she is on this at all. At the risk of having more problems – is it worth NOT working naturally to sort out BOTH so they are as well and hence as fertile as possible?

‘Complete Mole

This occurs when the nucleus of an egg is either lost or inactivated. The sperm then duplicates itself because the egg was lacking genetic information. Usually there is no fetus, no placenta, no fluid and no amniotic membranes.

The uterus is rather filled with the mole that resembles a bunch of grapes. The fluid filled vesicles grow rapidly, which can make the uterus seem larger than it should be for gestational age. Because there is no placenta to receive the blood typically you will see bleeding into the uterine cavity or vaginal bleeding.

‘Partial Mole

This most frequently occurs when two sperm fertilize the same egg. There may be partial placentas, membranes or even a fetus present in a partial mole. However, there are usually genetic problems with the baby. Rarely, a partial mole will exist with twin pregnancy, however, the other twin rarely survives.

Symptoms include:

- *Increased nausea and vomiting*
- *Vaginal bleeding*
- *Increased hCG levels*
- *Rapidly growing uterus*
- *Pregnancy induced hypertension prior to 24 weeks*
- *No fetal movement or heart tone detected*
- *Hyperthyroidism*
- *Pulmonary Embolism*

Heather's note: Seen through an acupuncturist's eye these symptoms look not unlike a condition of 'Hot Blood'. Another good reason to ensure you are as well as possible before going into a pregnancy.

‘Diagnosis

Most of the time a molar pregnancy will spontaneously end. When the woman passes tissues that appear to be grape like and shows them to her practitioner then a molar pregnancy is suspected. Ultrasound can also help determine a molar pregnancy. When doing an ultrasound one sees a “snow storm effect” on the screen.

Serial hCG levels can show a rapid rise in hCG that may indicate that further study is needed.

‘Treatment

If the pregnancy has not ended on its own suction D & C is usually used to evacuate the mole from the uterus. If a woman does not wish to continue with childbearing sometimes a hysterectomy is offered. Induction of labour is not recommended due to increased risks of hemorrhage. Note from Heather – taking more Vit C – especially often will help avert this. Replacing the iron in bleeding lost, with more green veggies and prune juice will help far more than a pharmaceutical iron tablet. Chinese herbs and also just pressing the point Sp 1 at the corner of the outside root of the big toe nail (grind in with a fingernail) may well stop this. It has rescued women who are about to have an emergency hysterectomy after childbirth – so anything is possible and causes no harm.

Ongoing treatment includes hCG levels to be taken several times a week, then weekly, until they are “normal” for three weeks. Then you will be tested monthly for six months, and every two months until a total of one year has passed. Pelvic exams should be done too. A rising level of hCG and an enlarging uterus could indicate a choriocarcinoma, an uncommon but treatable form of cancer associated with pregnancy. This occurs in about 1/40,000 cases.

Heather's note: Please note the rarity . . . it is highly unlikely the ‘worst’ will happen to you. Rather than waiting it out and hoping, there are many natural health enhancements you can do during your waiting period.

*Pregnancy should be avoided for the period of one year. Any method of birth control, with the exception of an intrauterine device, is acceptable. **Heather's note:** I am not sure using any hormonal means is really safe for the body - as the liver organ needs to be as clean as is possible and all forms of contraception (except the barrier methods) mess with her health.*

If you are Rh negative, then you will also receive the Rhogam shot.

Only 15-30% of women with a molar pregnancy will need further treatment. The main sign that this might be necessary would be continued bleeding after a D & C. Although other signs include abdominal pain, ovarian enlargement, and signs of a metastasis include pulmonary symptoms (coughing, etc.).

*Methotrexate can also be used to help excavate the uterus. (This is an injection that causes the tissues to die and be discharged from the vagina.) **Heather's note:** I am sure that the range of Chinese herbs either, or instead of, and to lighten the toxic load of this very dangerous chemotherapy drug Methotrexate, can only be of benefit here. Why not ask for a D & C? they used to be very easy and safe.*

‘Emotional Health

Losing a pregnancy at any stage can be hard, and even when there may technically be no baby to grieve due to the reactions of the cells involved. This means that there will have to be a healing time for all involved and the stages of grief will be experienced, though not necessarily in order or at the same time as your partner.

What makes this type of loss different from a “normal miscarriage” or loss is that you have the added concern of the mother’s continued health, including the risk of cancer. While the risks of a molar pregnancy repeating itself are very small, it is something that most couples will think about prior to conceiving again.

The time to wait for another conception is also longer than a standard waiting time after a miscarriage. This can add pressure and heartache. Counseling, support groups, journaling, anything you can do to get your emotions out are great.

'Attempting Pregnancy Again

If you've previously had a molar pregnancy without complications, your risk of having another molar pregnancy are about 1-2%. These odds are less than having a second ectopic pregnancy (7-25%), so in that respect the answer is good.

Medically it will depend on many factors. So couples may choose to have genetic counseling prior to conceiving again. In the end it's up to you and your partner if you wish to try again.

Sources: Choriocarcinoma. Pub Med Health. 2010. Last accessed on 5/15/11 at:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002465/>

Obstetrics: Normal and Problem Pregnancies. Gabbe, S, Niebyl, J, Simpson, JL. Fifth Edition. 2007

OB/GYN Secrets, 2nd Edition. Frederickson, HL & Wilkins-Haug, L. 1997.

Heather's note: Please remember that Western medicine is lacking the tools to understand why these common problems occur. They do not even know why this happens – so how can they offer solutions to future pregnancy attempts? 'Managing' the end result is a flawed focus, thus a reoccurrence is common, as the real underlying cause is not addressed.

This new insight can empower you to spend the time preparing for the perfect pregnancy and baby. Please look to what I have presented in the [Fertility App](#) at least.

Appendix 6 – Miscarriage Prevention

Dad

- How's your libido? Your performance? This is a *marker* in that it can indicate quality issues if things are not as good as they used to be. (If it needs a boost please be aware that men's sexual enhancers sold at chemists *reduce fertility*.)
- Stress can be a killer of libido and acupuncture and herbs are wonderful correctors.
- Don't take a chance on quality sperm being a given for you. Read [Supercharge Your Sperm](#) and perhaps research via internet such phrases as '*male factors in miscarriage*'. Don't fall into the trap of believing the baby making is all mum's doing. You make half your baby.
- Put your possible aversion aside and take that sperm test!
- You may be told by mainstream doctors that it's fine but now you know better. The bar is set extremely low by conventional medicine and the **quality** of the sperm is not even tested. We put more attention into buying a house by getting it inspected than we do making a precious baby when we ignore this available and crucial diagnostic tool.
- Stop all fetal risky behaviours *well before* you start this baby.
- Begin by taking the supplements. You need about four months of **consistent effort** before your sperm quality is ramped up!
- Please keep in mind that *generally speaking* dads leave it all up to mum. Henry VIII th thinking is working well in modern reproductive retail medicine.
- Few men seem interested in turning up to listen to the holistic/natural health option. All want a perfect baby – yet where is the forethought? Many are skeptical – even totally disinterested. They want their baby, but don't see how all the effort is relevant. But you love your mate – and **she** is the one who would have to endure the miscarriage. As things stand, she is the one who gets the guilts as woman have been led to believe that whatever is related to babies is their fault. Do you want this for her?

Mum

- Typically you are the one who has researched and found yourself at this stage. This means you likely have already taken on board much of what you have read.
- You may need to encourage and support your partner as his – and your – thinking needs to shift to **both** making equal effort to produce a wonderful baby.
- Remember, although your eggs have been within you since birth, the lead-up for them to be in their best state is about four months as they come out of suspended animation, and have to mature in that time. So, like dad, you need to concentrate on your health generally **and** the quality of your eggs. (See the section *Mother in General* below)

As a couple:

- Usually both partners have **some** health issues. It is therefore best for you both to consult together with your health practitioner/acupuncturist. Perhaps take the [mentoring course here](#).
- Take the time to get on top of these health issues doing so as a team.
- Work together on changing your life habits
- Monitor together improvement in sleep, calmness, digestion – in fact as many areas as you can think of. Collectively they all impact on our overall good health.

So don't leave things to luck – 'just in case' is lousy insurance. Do it together. Enjoy the journey.

Call to action

Please - look after your babies to be.

Seek the assistance of someone who will take you through the journey.
Someone who is a multi skilled healer – not a medical person as they have no health model.

Listen within.
You know what you 'should' do . . .

At the very least, watch [these short snippets of how to make a better baby easily, naturally](#)

Find a system that allows you to understand 'what' and 'why' and to explore wellness . . perhaps join the easy self help programme offered here [The Natural Fertility Coach](#)

It will then lead you into The Naturally Better Babies way . .

Finding a Mayan massage/Arvigo practitioner, may be the best thing you ever did as the self care work you can then do all the rest of your life will make being a woman so much easier – and gentler for you.

Once you are pregnant – and leading up to this – and for all life afterwards – to allow the pelvis to work as well as it can – please download this [emanual](#).

The [hard copy](#) is nearly a kilogram to ship – and contains also a DVD 'Massage – What Dads Can Do'.
At the same time get the '[Birthing – What Dads Can Do](#)' extra DVD – an entire package of working with your body – not just when pregnant, but for all of your life – especially if you want a body that is easy to be in – it contains all the massage moves you will ever need to unravel tension and pains.

See more on the [Pregnancy](#) and the [Fertility](#) and the [Period](#) Apps

[The site](#) itself will take you to places that will inspire and uplift/empower you on your baby journey.

Also perhaps 'like' [Natural Fertility Coach](#) and [Naturally Better Babies](#) on FB

Happy baby making!!!