

# FERTILITY INFORMATION

## FOR HER:

Drink lots of water, it will help keep your system balanced.

Try to avoid stress. This includes work stress, family stress and trying-to-conceive stress. Remember the things that bring you joy, do more of those.

The candida diet can help and should be implemented. Try to stick to this eating plan at least 80% of the time which can be helpful. If the stress of this diet adds too much stress let me know.

Being aware of where you are in your cycle is helpful to know if you are getting the right kind of cervical mucous around day 14, or at ovulation, as this allows for timing to be tailored. You have been prescribed a remedy to help with healthy cervical mucous production, please let me know if you're not sure that is helping.

After sex a pillow can be placed under your hips whilst lying on your back to further encourage gravity to work in your favour. Spending time chatting and cuddling for 20-30 minutes whilst doing this is a great way to keep connected.

## FOR HIM:

Drink lots of water, it will help release more sperm as the more liquid that is ingested, the more sperm that is released.

Avoid wearing tight underwear and sitting with your legs crossed.

Whilst moving through this homeopathic fertility journey, it is encouraged that you save any ejaculation for sex and therefore conception outcomes.

Days of ejaculation abstinence are your partner's days 1 - 7 (inclusive), 9, 11, 13, 15, 17, 19.

## FOR BOTH:

Supplement with good quality zinc and vitamin C. Good quality supplements are not usually found in the supermarket. Folate is also required and the best way to get this is by eating foods rich in it such as legumes, asparagus, eggs & leafy green vegetables like spinach and kale. Vitamin D from the sun is crucial. Getting outside for 20 minutes before 10AM is the best way to get vitamin D.

Sperm production take around 60 days and then a further 14 days to fully develop for release. Let this time frame give you some peace in regards to timing. You are both embarking on a homeopathic wellness journey and allowing this process to gently evolve without adding the pressure of time will help your outcome. Remember that stress hormones are no-one's friend, especially now.

Helping sperm reach the the egg can be encouraged with gravity. Therefore sexual positioning at male ejaculation is worth considering and positions that encourage sperm flow with gravity are beneficial.

Whilst male ejaculation is necessary for conception, female orgasm is also recommended as this opens the cervix and releases calming hormones. Mutual timing for orgasm is not required but mutual orgasm is encouraged. If either of you are not able to achieve orgasm, please let me know.

Days through the cycle to have sex are days 8, 10, 12, 14, 16. 18, optional on days 20, 22, 24.

If sex has lost some of its excitement, try to find ways to bring the spark back. Date nights are encouraged as is connecting back together on things that used to inspire you both as a couple, not just work/family/trying-to-conceive concerns. Mini getaways or holidays can be wonderful to co-ordinate on your days 12 -16. Are you both doing things for enjoyment that might not necessarily be together, or inside the home? Doing these things will help balance your system and encourage conception. Non-sexual physical contact is very much encouraged to help with connection and actually encourages sexual spark because it takes the pressure off physical touch only being for sex, and sex only being for trying-to-conceive. Non-sexual physical touch is encouraged at all times in intimate relationships, not just at conception.

Fertility friendly lubrication can be used if lubrication is needed. Pre-Seed (Preseed), Yes Baby & Conceive Plus are all acceptable options. However, the best lubricant is cervical mucous so encouraging that with foreplay will help your outcome.

Please email me with monthly updates if you are not booked in for fertility follow up appointments. Please include a list of your remedies and dosage schedule when you do this.



# DOSAGE INFORMATION

## GENERAL DOSAGE INFORMATION

A succussion is tapping the remedy firmly against the palm of your hand, or a soft but firm surface. Succussions are done before each dose of every remedy.

All doses are taken under the tongue unless otherwise prescribed.

If you can't feel the drops going under your tongue, a mirror can be used or you can gently swap sides as you dispense remedy drops.

I.e. One drop left side under tongue, one drop right side under tongue etc. Let the remedy dissipate for approx. 20 seconds and then swallow any remaining liquid. Try to take remedies at least 10 minutes away from food and drink, and other remedies.

Remedies can be stored in the fridge but they can also be stored in a cool dry place away from direct sunlight and strong electro-magnetic fields (WiFi router etc).

All liquid remedies can be refilled by you at home. To refill a remedy when the liquid reaches anywhere from the bottom of the label to only a couple of drops left, top it up with filtered water and succuss it ten times. This results in a new remedy and this process is how homeopathic remedies are made. Your 200c remedy has had this process done 200,000 times before you took a dose.

Whilst homeopathy can cause a very mild initial aggravation of symptoms, this is usually followed by marked improvement and is a good sign of healing occurring. However, if at any time you experience **ongoing aggravations, or worsening of symptoms**, please get in contact with me via email. If you experience any **new or unusual symptoms**, stop the remedy and get in touch.

TIME	REMEDY	FREQUENCY	MON	TUE	WED	THURS	FRI	SAT	SUN
8 AM	BORAX 30C	1 X DAY MORNING	YES	YES	YES	YES	YES	YES	YES
9 PM	SEPIA 6C	1 X DAY NIGHT	YES	YES	YES	YES	YES	YES	YES
6 PM	NAT MUR 200C	1 X WEEK	YES						
6 PM	MED 30C/ THUJA 30C	1 X WEEK			YES				
6 PM	CARC 30C/ SYPH 30C	1 X WEEK					YES		
12 MIDDAY	FOLL 200C	1 X WEEK							YES
	CV	2 x WEEK							

This table can be used as a quick reference guide so that you know when to take each of your remedies. There is extra space for additional remedies to be added if any are brought into your fertility protocol. It is helpful to print this off and put it somewhere you can easily reference such as the fridge.

You will see there are remedies on the table above that you have not been prescribed. Just put a line through (block off) the remedies that you have NOT been prescribed.

Putting reminders on your phone is another helpful tool especially for remedies that require specific timing such as Folliculinum which needs to be taken at midday once a week and then midday daily from day 9 - 14 of your cycle.

Borax needs to be taken first thing in the morning and Sepia can be taken before bed, but the time modalities of these remedies are not as important as Folliculinum.

I have filled out daily suggestions of your remedies but feel free to change this for Nat Mur, Med/Thuja, Carc/Syph and CV. If you would prefer these to be taken on other days you can change them but try to keep them spaced out across the week as outlined.

You may have been prescribed other remedies not in this table, just add them in and space dosage for them into the week. Apart from Borax and Sepia (and day 9-14 Foll), some other remedies can be taken on the same day, but try to space them out across the week where possible and take at least 10 minutes away from other remedies.



# CANDIDA DIET

It is recommended that this diet is undertaken for a minimum of 6 weeks however, optimum results can be seen after three months.

## What Causes Candida?

Excessive sugar, certain medications including antibiotics, corticosteroids, asthma medication, Hormone Replacement Therapy and the Oral Contraceptive Pill as well as food intolerances and allergies.

## Symptoms of Candida:

Fatigue, confusion, depression, emotional ups and downs, sugar and alcohol cravings, muscle aches, bloating, excess wind, itching skin, oral and vaginal thrush, bowel disturbances: diarrhoea or constipation, unformed stools.

## Diet Advice: No sugar

Check food packets for added sugar in contents. Sugar can be called glucose, sucrose, cane sugar, or organic sugar.

- Avoid all added sugar in cakes, biscuits and lollies.
- Avoid canned foods with sugar added.
- Buy sugar free chocolates with Xylitol™ or fructose – available health food shops or health food section of the supermarket.
- No honey or malt. It digests in the lower gut and ferments like sugar.
- Rice malt as a sweetener is allowed.
- Try sweetening with apple concentrate.
- Try Xylitol™ – a natural sweetener.
- Try sugar free strawberry jam. (Make sure it has no grape juice to sweeten it).
- Soy milk with no added sugar or malt.
- Buy sugar free muesli, and cereals.
- No dried fruit – it often has sugar added and often some naturally occurring yeast.
- Check all sauces and spreads for added sugar.

## Diet Advice: no yeast

- Anything labelled as containing malt.
- No bread with yeast – only yeast free and sugar free bread.
- Try flat pita breads, mountain bread, yeast free sour dough.
- Yeast is not natural occurring yeast in fermented sour dough bread.
- Try Corn Thins, Rice Cakes, and rice crackers with no sugar or yeast added.
- Sultanas have yeast.
- No fruit other than bananas, apples or pears.
- Strawberries and citrus in small doses e.g. One orange a day or strawberry, or lemon, or lime in a drink.
- No pineapple, watermelon, avocado, paw paw, mango, kiwi – all are high in yeast.
- No dried fruit.
- No Vegemite™.
- No peanuts or peanut butter. Try nut spreads by Melrose™ e.g. macadamia spread and cashew spreads.
- Stock cubes contain yeast.
- No Soy sauce or Tamari™
- Try Braggs™ a non-fermented Soy sauce, available at most health food stores.
- No fermented cheeses e.g. brie, camembert. they are high in yeast.
- No fermented meats e.g. salami, they are high in yeast.
- No sausages, they contain bread crumbs
- No mushrooms.
- No beer and wine.
- No alcohol other than sake or vodka or gin. Try mixing with fresh lime juice (not lime cordial) and use Soda instead of Tonic water as Tonic water has sugar in it. Sugar free soft drinks are allowed but water and herbal teas are preferred.

