

one - fertility

Asia's leading community empowering your journey having a baby



Supporting fertility with herbs and a balanced diet by Naturopath Andrea McIntyre

Couples who want to conceive a baby should have a balanced diet. Eat as much fresh as possible. Best is to prepare yourself about 4 - 6 months in advance. Herbal remedies can support you, especially the hormonal functions, reduce stress and increase vitality.

a) Herbs to balance Hormonal Function :

WOMAN

- Vitex: stimulates and balances female hormone: helps the body to increase its own production of FSH & LH promoting ovulation
- Wild yam: supports the proper function of uterus – helps build the uterus in preparation for conception
- Chinese angelica: hormone balancing, tonic herb for reproductive system
- Kelp: helps maintain normal thyroid function
- Shatavari: a rejuvenative herb – sexual debility, infertility, balances hormones

b) Herbs to Increase Vitality for both:

- Panax ginseng/ Chinese angelica (for women)/ Shatavari as above
- Ashwagandha (for men): rejuvenative herb – for stress, chronic illness
- Rose: relaxant, restoring effect on the nervous system
- Ginger: warming properties stimulate circulation to peripheral areas, soothes indigestion, nausea, relieves painful menstruation and ovulation, invigorates the reproductive system

c) Herbs to reduce Stress for both:

- Rose/ Ginseng: as above
- Skullcap: nourishing tonic to the nervous system, rich in minerals
- Vervain: tonic to the nervous system, relieves anxiety, and lifts depression
- Lemon balm: relaxes spasm of the reproductive tract, relieves depression
- Oats: nutritious and vital to a healthy nervous system - stimulating and energy giving and at the same time relaxing

MEN

- Panax ginseng: for weakness, insomnia, reduces stress – acts on the adrenal glands
- Damiana: strengthens nervous and hormonal systems
- Vitex: as above
- Wild yam: balances hormones, hormone precursors, relaxant on urinary and reproductive tract
- Saw palmetto: increase vitality, nourishes the reproductive system
- Sarsaparilla: tonic for male reproductive organs
- Shatavari: a rejuvenative herb – sexual debility, infertility, balances hormones

QUICK TIPS

- ❖ *“Herbs are natural drugs, seek a trained medical practitioner if you would like to use herbs during pregnancy”!*
- ❖ *“It’s best to give yourself 4-6 months preparation time when looking to improve health before conception”.*

ABOUT ANDREA

Originally from Scotland, **Andrea McIntyre** is a UK trained and registered Western medical herbalist. She received her Herbal Medicine Post Graduate Diploma from the Scottish School of Medicine and University of Wales (2001). She is a member of the National Institute of Medical Herbalists (NIMH), the oldest professional body for medical herbalists in the West. Andrea is also trained in therapeutic massage, pre- and post-natal massage and aromatherapy. While living in Beijing Andrea studied Chinese medicine and acupuncture massage under Dr. Xu Wenbing at the Hope Institute.

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Warmest

Andrea

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Read more about Andrea in the side box. One-Fertility is an online community that empowers couples along their journey to parenthood. One-fertility provides options, alternatives and is no replacement for a medical treatment. Maika is Fertility Coach certified by Fertility Asia.

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