

## From Infertile to Conceivable!

Are you aware that one out of every six couples experience fertility problems while attempting to conceive? That the number of infertile women in the US from ages 20-25 has tripled in the last 30 years? That research shows worldwide sperm counts have declined 50% in the last 50 years. One couple in six cannot conceive naturally and miscarriages occur in one woman in five.

A sensible approach to preconception healthcare includes providing an adequate supply of all that is essential to the health of the potential parents and their bodies, and removing and eliminating all that has been shown to be harmful to the process of conception.

First, what is known to be harmful to fertility? Unexplained infertility is believed to be seriously affected by dietary and environmental causes. Many factors affect fertility in both men and women. Approximately 80,000 chemicals are used in the US today, and only about 5% have been tested for their reproductive effects. The full damage of these chemicals to our reproductive systems is unknown.

Here is a brief list of toxins where their effect on fertility is known:

- ◆ The chemicals in cigarettes, second hand smoke and marijuana
- ◆ Prescription and recreational drugs, including steroids, chemotherapy, cocaine and antibiotics
- ◆ Home and workplace substances, including pesticides; herbicides; fungicides; vehicle emissions; gasoline; paints; cleansing solvents; adhesives; heavy metals such as mercury, lead, aluminum, and cadmium; dry cleaning chemicals; fabric dyes; styrofoam; plastics; rubber, toxic smoke from burning compounds, and many more.

What we ingest also affects fertility. Food and beverages can contain the following: monosodium glutamate (MSG); medications and detergents found in tap water, drinks containing alcohol; and fruit, vegetables, meat and seafood contaminated with bacteria and molds. There are also substances that mimic the estrogen hormone inside a person's body. The presence of these hormone disrupters sends the wrong signals to the body's estrogen receptors, disrupting the hormonal balance needed for fertility. These disrupters include pesticides and herbicides, plastics that leach chemicals into food, and food additives.

A toxic liver is also believed to contribute to infertility. The liver has an enormous job in cleansing the blood of chemicals, toxins, pesticides, preservatives, dyes, flavor enhancers, growth hormones, and other chemicals present in food and water. When the liver is congested and unable to eliminate the huge amount of toxins we come in contact with on a daily basis from air, food, water and products, those toxins either circulate throughout the body's systems and organs (ovaries are organs) or are stored in fat cells to protect the body from their potential damage. Cleansing the liver is of vital importance, not only to maintaining wellness but also to support fertility.

Help is available. The Wellness Spa on 5th. Avenue is now offering a 13 week cleansing and detoxification program to prospective parents. This weekly program includes sessions in Bio-Electric Lymphatic cleansing to thin congested lymph fluid, Far InfraRed Sauna sessions to detoxify cells of heavy metals and chemicals, the ION detoxifying footbath to remove heavy metals, chemicals, tobacco residue and drugs stored in the liver, and Colon Hydrotherapy to improve elimination and cleanse the colon of toxic residue. For an appointment or further information, please call 303-777-2555 x 2 or visit [www.wellnesson5th.com](http://www.wellnesson5th.com). Reception is open from 9:30 a.m. to 2:30 p.m. with appointments available after office hours and one Saturday a month. Our mission is to teach you how to experience wellness, prevent infertility, dis-ease, unwanted weight, and feel great.