

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- naturopath
- laser hair removal
- orthotics



A NATURAL APPROACH TO INFERTILITY

By Dr. Selene Wilkinson

BACKGROUND

Sarah is a woman who at the age of 38 decided she would like to become a mother. Her whole life had been dedicated toward having a successful career and now that she recently had been married, her and her husband decided that they wanted to start a family together. They had been trying unsuccessfully for over a year and in that time Sarah had one miscarriage. Her menstrual cycles had always been very painful and irregular. Sarah had a diet full of fast food and coffee as she was always eating on the go and needed coffee to stay awake for late nights at work. She also admitted that she didn't drink any water. Her busy schedule had no time left in it for any type of exercise. Sarah and her husband did not want to go to a typical fertility clinic as she knew this would lead to potential interventions she was not ready for.

Sarah was impressed with the high success rates of fertility using Naturopathic Medicine and Acupuncture and decided to come and see me.

DIAGNOSIS

After meeting Sarah it was easy to see that her life was extremely stressful and busy. I asked her some key questions about how she handled

stress which made me believe that her cortisol levels could potentially be extremely high. This can be an issue for many women trying to become pregnant as cortisol levels can have an effect on reproductive hormones. I had Sarah's cortisol and progesterone levels tested, both of which were not at ideal levels. I also discovered that Sarah had a luteal phase defect. The luteal phase of a women's cycle is the period of time after a women ovulates. To successfully conceive this period of time needs to be at least 10 days in duration.

During our initial visit Sarah also discussed with me her concerns of bringing a child into this world as she had experienced a very difficult childhood and would want to be sure this did not happen to her child.

TREATMENT

With everything Sarah was going through I knew she had to start with changes in the basics such as her diet. She began eating less fast food and more vegetables. She was eventually drinking one cup of coffee, 2 cups of green tea and 6 cups of water daily. I gave her specific supplements, herbal remedies and homeopathics to take to decrease her cortisol levels and to balance her

reproductive hormones. I also suggested an exercise regime and stress management techniques to help her deal with her busy schedule. We also discussed that she may be still holding onto thoughts from her childhood. Finally, I also recommend acupuncture treatments as part of her fertility protocol.

OUTCOME

After four months of following my plan, Sarah and her husband became pregnant. Sarah continued to see me monthly through her pregnancy as she felt the healthiest she had been in a long time and wanted to continue feeling that way. They now have a beautiful baby boy, and they are starting to think about having another child in the near future.

If you would like to book an appointment with Dr. Selene Wilkinson, call the Adelaide Health Clinic at 416-367-5200.

