

NATURAL NEWSLETTER

April 2008 | Volume 1, Issue 6

A NATUROPATHIC VIEW

Natural Fertility

Welcome to the April newsletter. In this month's issue we will look at the issue of *infertility* - a subject that tends to be discussed as an aside, such as when friends meet for coffee and admit they are having difficulty in conceiving. Or revealed when they and their partner have tried conventional methods but nothing seems to be doing the trick. Little attention is given until it becomes high priority for a couple. Just looking at the statistics may put a different perspective on things. **1 in 3 women miscarry in the first pregnancy according to the national figures.** This, along with low sperm counts, an increasingly common issue for young men, all play a part. Before starting a family, it is important to prepare the environment of both partners.

Diet and lifestyle are good places to start. Regarding lifestyle - the number one factor here is **stress**, which plays a major role in the health profile of women of child bearing age today. This one factor can have a significant impact on hormonal balance. Hormonal imbalances due to stress can often be addressed through natural means such as a properly balanced diet, exercise, body work therapies and relaxation techniques.

Basic structural imbalances can also affect the ability to conceive. It is important to seek the advice of a health professional to determine this.

It is highly recommended in order to improve the health of the prospective parents as well as that of the developing embryo to avoid the following: *smoking, drinking, stress, poor diet (including micro-waved foods), lack of exercise, men - tight trousers, mobile phones in pockets esp. while sitting in cars. excessive time using a computer.*

NATUROPATHIC FERTILITY PREPARATION

- **Diet** – Whole, seasonal, organic foods (whenever possible), plenty of greens, oily fish, nuts, seeds, vegetable juices.
- **Body work** – address any structural/postural problems with Naturopathic Body Adjustment, Osteopathy, Chiropractic, Reflexology, Massage, Cranial Sacral Therapy, etc.
- **Exercise** – More outdoor activities - walks, light stretches, Yoga, Tai Chi, Pilates, dance, swimming, exercise classes, gym, etc.
- **Address stress** – see above as well as counseling, music, relaxation techniques, hobbies, pets, etc.



Fertily enhancing foods: women and men!

Magnesium : *important for sperm production*
Green leafy vegetables, millet, nuts, salmon, sesame seeds, whole grains.

Selenium: *lack of associated with infertility*
Brazil nuts, , broccoli, brown rice, chicken, dairy products, garlic, onions, salmon, oysters, vegetables, whole grains- *very dependent on the selenium content of the soil where the food is raised.*

Manganese: *anti-oxidant, maintenance of sex hormones*
Whole grains, avocado, seaweed, egg, nuts, seeds, legumes, pineapple, peas

Zinc: *vital for sperm production*
Egg yolks, herring, sardines, oysters, beef, lamb, pork, poultry, legumes, mushrooms, nuts, pumpkin seeds, sunflower seeds, whole wheat, rye, oats, milk products. *Seems better absorbed in animal foods.*

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What's coming up.....**Speedwell Healthy Living Day**

Saturday 19th April 10:30am-3pm
NOA Community Centre Summertown
come along - try out some therapies,
meet your local practitioners
visit www.speedwellbeing.org.uk.

Workshop**'How to Look Good and Feel Great'**

Thursday 8th May 10:30am-4:30pm
Oddington Village Hall, Oddington, Glos
*A day to inspire and motivate towards
healthier eating and improved lifestyle.*
with
Sharyn Singer Naturopath
Nicola Ménage Hypnotherapist

Contact Sharyn Singer 01608 664 757
for details

The importance of structure and function!

The foundations of an active life depend on sound structure. From the minute we start to observe our parents or guardians, we are learning to mimic a walking pattern otherwise known as 'gait'. Gait patterns develop over the early years and adapt over time. For the most part we get on through life without any problems. However skeletal imbalances/aches and pains tend to occur as we grow and do various activities, i.e sitting at computers. As young adults we tend to adopt bad habits of sitting and standing which might be to do with our work and home lives. These as well as sport injuries ultimately take a toll on our spinal system. Much of the work I do in clinic involves encouraging individuals to go back to that place where their spines are more erect and supportive.

The long term effects of not having one's spine in a natural position can lead to conditions like digestive problems because the stomach and liver can become compressed.....

Tip for the month- *Core stability – pull in your stomach and count to 5 repeat 6 times when sitting at your desk or in the car!*

More on this in next months issue!

In Next Month's issue of Natural News!

- Sunlight –Vitamin D
- Changing our eating habits
- Structural imbalance the unknown effects

See you next month!

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Monday 9th June 10-3pm Appleton
'Come and Indulge'- Super Sensual Summer
Stalls selling local produce, jams, bread,
cheese **demonstration by Chef Sophie**
Grigson - not to be missed. Morning tasters
Yoga, Tai Chi, Body Balance, Vibro
machine,
lunch included £25.00 a ticket(limited
numbers)
contact www.speedwellbeing.org.uk
see you there!.....



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