

Tartalom

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Fertility

Motherhood is not simply the organic process of giving birth . . . it is understanding the needs of the world. —Alexis DeVeaux, mother and sponsor of MADRE, a Latin American relief organization

Ideally, prenatal life, close to the mother’s heart, is bliss for the unborn. Women need to choose to live out their pregnancies wisely, because the way they do so affects both themselves and their offspring for generations to come. Though Sigmund Freud coined the term “infant amnesia” to explain the fact that most people don’t consciously recall much that happened to them before the age of three, the truth is that our bodies always remember our life in the womb, birth, and early childhood. Parents have a huge influence on the mental and physical attributes of their children, and this influence starts long before birth and continues throughout life.

All of us retain the imprint of our entire lives within our cells, starting before birth. Our lives begin in the water of amniotic fluid, our first environment. This period and early childhood are the critical times when most of our expectations and potentials are created. Prenatal and birth memories, and their impact on the unborn, are among the many reasons why women must learn to manage their fertility well. We must become conscious vessels.