

INFERTILITY

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Infertility, or the inability to become pregnant, plagues millions of women and their husbands around the world. Very often, biochemical and nutritional imbalances are the cause, and the problem can be overcome easily by correcting these causes. When this is done, methods such as fertility drugs and in vitro fertilization are rarely needed or helpful.

This article discusses the causes for infertility and their correction using nutritional balancing science.

CAUSES FOR INFERTILITY

1. Low levels of vital nutrients such as minerals. This is common today, no matter how young or beautiful a person appears. The causes include eating refined and processed foods, an improper diet that is low in cooked vegetables, in particular, improper eating habits that reduce nutritional benefits of foods one eats, and cause such as stress that increase the need for many nutrients. The body requires hundreds of nutrients, many of which are deficient in today's food supply thanks to the growing of hybrid crops that produce more per acre, but the nutrient content of the food is much lower. Adequate sperm production in men is also often a nutrient-related issue.

Low levels of nutrients, in turn, cause hormone imbalances that are a common cause of infertility.

2. Celiac disease, which is the same as gluten intolerance, has been linked to infertility. This can cause many nutritional deficiencies. It is easily dealt with by avoiding all wheat, rye, oats and barley in all forms in all types of foods.

3. Toxic metals and toxic chemicals can interfere with pregnancy and often cause miscarriages. Today most women have some toxic metal excesses, although often they give few symptoms. They are all around us and in places we often do not think of, such as cosmetics, skin creams, drinking water, air, foods and elsewhere.

Nutritional balancing programs always target the removal of the toxic metals and chemicals in at least a dozen different ways. It is also done in a way that is safe, in our experience of almost 30 years, even for pregnant women. Gently balancing body chemistry to remove them is safer and more effective than most other methods of removing them, such as chelation, which is not needed when the methods are used. For more about these important topics, see the articles on this site on [Chelation Therapy](#) and [Toxic Metals](#).

Removing excessive toxic metals is not only critical for becoming and holding on to a pregnancy, but also for having a healthy baby. Today most babies are born with toxic metals, thanks to toxicity of the mother and at times even the father.

Many problems of infants and children, from autism and ADHD to infections and cancer, can be prevented or minimized by removing the toxic metals and chemicals before one becomes pregnant. This is the type of prenatal care that is so desperately needed today, though it is not often offered because most medical doctors are unaware of the need and also don't know how to help young men and women to remove their toxic metals and toxic chemicals safely and easily. Nutritional balancing science offers a method that is safe, relatively inexpensive and can be done at home.

4. Chronic infections can interfere with a pregnancy. Many women have hidden infections that affect the ability to become pregnant. These infections may affect the uterus, the fallopian tubes, ovaries or other structures involved in reproduction. Most are not detectable on blood or other common medical test because they are very chronic or low-grade. Unfortunately, many are old sexually-transmitted infections.

I know this to be true because when some women undertake a nutritional balancing program, an old infection will flare up and then be resolved in the organs of reproduction. Resolving these infections can take several months to a year or more. However, they are a key to becoming or maintaining a pregnancy for some women, and they can be a key to male reproductive health as well.

5. Other causes for infertility. Other biochemical imbalances that can interfere with a pregnancy include various types of biochemical stress that can be identified on a properly performed hair mineral analysis. Another cause is simple fatigue if it is severe enough. It often shows up on hair tests as an adrenal burnout pattern such as a very low sodium or potassium level. Another cause is a fast-to-slow oxidation transition pattern or resistance to change pattern. This is more complex, but could cause difficulty becoming pregnant.

At times, I notice an emotional pattern on a hair mineral analysis that requires correction as well. Often, a nutritional balancing program or perhaps another healing methods can help resolve the issues involved so that pregnancy can occur normally.

Nutritional balancing also helpful for problems of pregnancy such as morning sickness, gestational diabetes, high blood pressure, pre-eclampsia and eclampsia. All these can often be prevented, or at least minimized, by improving the health of women before they become pregnant.

SERIOUS PROBLEMS WITH MEDICAL FERTILITY PROGRAMS

The main problem with fertility drugs and mechanical or in vitro fertilization methods is that they do not address the deeper issue of the complete health of the mother, and therefore the future health of the infant.

As a result, infant mortality, birth defects, delayed development and serious problems of children are skyrocketing in America and around the world. This is very unfortunate, but I would say the cause is largely medical ignorance of the issues discussed in the paragraphs above. In fact, most young women today are in terrible health, judging by the hair mineral analyses that I review on a daily basis. I am surprised many of them can bear children at all. In animal husbandry, it is well known

that one problem of malnourished animals is an inability to reproduce properly. This applies as well to human beings.

Enhanced nutrition for pregnant and nursing mothers, in fact, is the rule in some of the most healthy indigenous societies around the world. They go to great lengths to nourish young women and mothers-to-be in special ways to assure healthy, successful pregnancies and healthy children. We can do the same, using modern scientific nutritional methods.

Infertility a blessing in disguise that forces a woman to care for herself better. I would urge any woman who is even remotely concerned with fertility or ever getting pregnant to consider undergoing a complete nutritional balancing program to improve her overall health **now**, even as a young teen, for example. It can take at least five years to remove a dozen toxic metals and thousands of toxic chemicals from the body. This is the best way to prevent many problems with pregnancy and to improve the health of world's children, as well. I wish that women, and their physicians, would think about their fertility problems in this light.

A blessing. At times, an inability to become pregnant should be viewed as a blessing that is telling a woman she is not nutritionally fit for pregnancy. Avoiding pregnancy for her is helping her to avoid stress, illness and often problems in her babies. If she will embark on a complete nutritional program using a hair mineral analysis to guide the correction process, in most cases she will be able to become pregnant when her body chemistry becomes balanced.