

After Miscarriage: The Essential Guide to a Healthy Pregnancy

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Miscarriages are heartbreaking and emotionally devastating. Conceiving after miscarriage can be daunting as the thought of a miscarriage happening again is rightly terrifying. According to the American College of Obstetricians and Gynecologists (ACOG) miscarriage is the most common type of pregnancy loss. As many as 50%-75% of pregnancies are lost shortly after implantation (chemical pregnancies) and 10%-25% of established pregnancies are lost due to miscarriage.

Ten common causes of miscarriages

1. Poor egg quality
2. Poor sperm quality
3. Progesterone deficiency
4. Exposure to chemical pollutants
5. Exposure to EM radiation
6. Abnormal immune function
7. Common gene mutation
8. Metabolic imbalance
9. Embryo damage from exposure to cryoprotectants
10. Undiagnosed infection

After miscarriage most women would like to get pregnant asap but this is not advisable.

After Miscarriage

The essential guide to a healthy pregnancy after miscarriage

If you had a miscarriage you should wait for at least four months before trying again. During this time you should avoid all the known ovotoxicants - substances toxic to eggs and avoid substances known to damage sperm. Poor egg and sperm quality is invariably due to nutritional deficiencies and free-radical exposure from EM radiation, heavy metals and chemicals. After miscarriage egg and sperm health can be improved in as little as 16 weeks.

Cryoprotectant chemicals used for freezing embryos are very toxic to the embryo and can cause damage to the embryo. This damage may not be obvious initially but increases the risk of a miscarriage in the first trimester of the pregnancy. If possible choose not to have your embryos frozen before the transfer.

Oftentimes women will have an over-aggressive immunity which can destroy the embryo and attack the placenta. Inflammatory markers can also damage the embryo if you suffer from low grade inflammation in the body. This could be due to endometriosis, and autoimmune condition, undiagnosed infection or a food intolerance. Foods you are intolerant to will aggravate your immune system which will attack your

gut lining making it inflamed and unable to absorb necessary nutrients. Doing a few tests before you get pregnant after miscarriage can identify these issues and you can treat them before you conceive.

MTHFR (Methylenetetrahydrofolate reductase) gene mutation can cause your body to accumulate a very toxic free radical produced by the body - homocysteine. This mutation makes it hard for your body to use folate, which not only results in poor egg quality but also in accumulation of homocysteine. Your body needs folate to break down homocysteine. Even though a 'gene mutation' sounds scary and irreversible, this particular gene mutation can easily be addressed with good old folic acid.

Lastly any type of metabolic imbalance can disrupt your hormones (which all depend on each other) and predispose you to a miscarriage. Lifestyle and dietary choices greatly contribute to metabolic imbalances. A small change can go a long way.

Thanks to all the scientific research conducted in the last few decades we now know how to minimize the risk of miscarriages. Recent studies show that recurrent miscarriages can be treated with a fat emulsion called 'Intralipid'. This emulsion is made of soybean oil, egg phospholipids and glycerin. It was invented by Professor Wretling in Sweden in 1962. It's first use was to feed patients intravenously if they could not eat. Dr. Ndukwe from the UK has successfully been using this emulsion to treat clients who suffered from recurrent miscarriages. What's interesting to note is the nutrient content of the emulsion: Omega 6 and Omega 3 essential fatty acids. These fatty acids are potent anti-inflammatories and immune regulators. One infusion costs \$200. You can get good quality omega 3 and 6 for much less and get the same effect. But they need to be of good quality and administered at the right therapeutic dose. I recommend practitioner grade supplements as they are of highest quality available.

For many couples these days Pregnancy is no different to any new task you want to succeed at. To be successful at anything you need to learn about it, investigate your strengths and weaknesses, address the weaknesses and lastly follow a proven step-by-step plan which will maximize your odds of a successful outcome.

Have you experienced a miscarriage? What is your advice to couples after miscarriage? Would love to hear from you!

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