

Infertility in Women: Your "Mother Hormone" Can Beat it

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Infertility in women can be successfully treated naturally if you have the right information and tools.

Good news for all woman and in particular for 'older' woman with diminished ovarian reserve comes from the new infertility research.

Scientists have discovered that this so called 'Mother Hormone' holds the key to improving egg and embryo quality, preventing miscarriages after embryo transfer and preventing chromosomal abnormalities in embryos.

Infertility in Women Who are Older

Chromosomal abnormalities and higher rates of miscarriages are more common in women over 38 years of age. Infertility in women over 38 years of age is marked by decrease in reproductive hormones which results in diminished ovarian reserve. And while this hormonal shift has been well documented and widely accepted as a sign of ageing it is fascinating how little is reported as to why cells start to deteriorate. Any change in the body starts with our cell malfunction or deterioration. Scientists have proven that an isolated cell given the optimal internal and external environment can live indefinitely. So if time has no direct effect on the cell what does? Pollution of the internal and external cellular environment and lack of effective 'cellular cleaning solutions' is what makes your cells age. Its also this pollution which can limit your body's production of the 'Mother Hormone' you need for healthy eggs and sperm.

10 Fascinating 'Mother Hormone' Facts

1. It can be converted into any other hormone the body needs
2. It automatically converts itself to whatever hormone you're low in
3. It's a universal hormone reservoir needed for optimal hormonal balance
4. Both men and women produce it in the adrenal glands
5. Without it you can not survive
6. It's been called the "Fountain of Youth"
7. It's been shown to prevent and fight cancer
8. It fights obesity
9. Free radicals from environmental and dietary toxins decrease it's levels
10. It's production drops by 90% from the age of 20 to 90.

What is this 'Fountain of Youth'?

This naturally occurring steroid hormone goes by the name of 'Dihydroepiandrosterone' a.k.a. DHEA.

David H. Barad, MD, MS, Clinical Director of CHR's IVF program had this to say about the recent

DHEA findings: “This is the first direct evidence that DHEA beneficially affects egg and embryo quality by reducing chromosomal abnormalities.”

DHEA may hold the key for enabling 'older' women to have healthy babies. Scientists are proposing DHEA supplementation could become routine in prenatal care like folic acid.

Greatest reduction in chromosomal abnormalities has been observed in women who were supplementing with DHEA for 4-12 weeks prior to IVF.

Infertility in women can be successfully treated naturally and even if you need IVF you can do a great deal for your egg and sperm quality before egg retrieval and sperm collection.

Share your thoughts on infertility in women with me! Are you taking DHEA? Would love to hear from you!