



SIX FISHES

CHINESE MEDICINE FOR ALL

Fertility Supplements and Vitamins

- Red Raspberry Leaf– A well know fertility herb that is also good during pregnancy. It has a high nutrient profile and is especially high in calcium and is a uterine tonic. It is available in capsule form, but makes an excellent hot or cold tea.
- Nettle Leaf– Has a very high mineral content. It contains lots of chlorophyll and is nourishing to the adrenals and kidneys. It helps reduce stress and is a powerful uterine tonic. Once pregnant, it is great for getting enough nutrients during pregnancy and has a high vitamin K content to prevent hemorrhage. I add nettle leaf to a tea that I drink before and during pregnancy.
- Dandelion– Contains vitamins A and C as well as trace minerals. The root is beneficial to the liver and the leaf is mildly diuretic. Can help cleanse the body and remove toxins.
- Red Clover– Has a very high vitamin content and contains almost every trace mineral. It has been known to help balance hormones and restore fertility.
- Maca– A hormone balancing herb that is known throughout the world for its fertility and vitality promoting properties. Good for both men and women to increase fertility, though women should only take between menses and ovulation and discontinue to make sure it is not taken during pregnancy. It is a very potent herb that often has very noticeable effects on fertility. It comes in powder form or capsule form.
- Vitex/Chaste Tree Berry– Nourishes the pituitary gland and helps lengthen the luteal phase. It lowers prolactin and raises progesterone. For some women, this alone will increase fertility.
- Sea Vegetables: Provide deep mineral nutrition, especially iodine needed for optimal thyroid function Sea vegetables are notorious for giving longevity and vitality to those cultures that include them into their daily diet. They prevent mineral deficiencies related to infertility, increasing ovarian function in women, sperm count in men and providing hormonal regulation in both.
- Royal Jelly- Is thought to increase libido, Support egg and sperm health, promote hormone balance, protect liver health, Diminish and reduce the signs of aging, Protect against the fertility-damaging effects of chemotherapy

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Vitamins

- Zinc- Very important for cell division including sperm production and ovulation. Best when taken in combination with b-vitamins.
- Selenium– Helps protect the body from free radicals and protects sperm and egg. Known to help cell division and might prevent miscarriage.
- B-Vitamins– Deficiency of b-vitamins is common in anyone who consumes large amounts of processed foods, grains or sugars. Optimizing b vitamin levels can increase luteinizing hormone and follicle stimulating hormone to improve fertility.
- Bromelain- Anti-coagulant, blood thinner and anti-inflammatory properties that support blood flow to uterus and implantation. Recommend buying a pineapple and eating a slice after ovulation through luteal phase.
- Vitamin D- Vitamin D deficiency is very common in America, especially during the winter, and can be very detrimental to overall health. Recent studies link inadequate vitamin D with infertility and miscarriage. Have your levels checked to find out how much you need.
- Vitamin C– A potent antioxidant, vitamin C is good for both male and female infertility. Aim for at least 2,000 mg a day pre-conception.
- Chromium- supports metabolism by improving action of insulin
- DHEA- has been found to help women with DOR. Contraindicated for women with PCOS
- Folate– We only use Methyl Folate in case there is a MTHFR genetic mutation. (not folic acid) is well known as a necessary vitamin in early pregnancy to prevent complications, but it is most beneficial when taken for several months before the pregnancy as well as during. It helps cell division and promotes ovulation.
- Fish Oil- Supports the manufacture of the hormones which regulate blood clotting, maintaining healthy flexibility in the arteries, and is anti-inflammatory; may also improve egg quality, lower FSH in women of a healthy weight.
- Myo Inositol: Used to support women with PCOS, in managing insulin levels. Helps to lower fats, help the body to utilize insulin, and promote ovulation.

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