



Six Fishes Fertility Resources:

We've compiled a list of the most common resources and recommendations that we make to support The Six Fishes fertility method

Supplements:

- We've partnered with Douglas Laboratories to create our own line of prenatal health pack: It contains a high quality prenatal multi with L-methylfolate, making it absorbable even for women with a MTHFR mutation, Vitamin D (because studies suggest that optimizing your vitamin D levels can reduce pregnancy complications and improve outcomes by more than 40%), and a high DHA fish oil to support the fetus's brain development. Even if you aren't a patient of Six Fishes, you can purchase these exclusively through [China Herb Company](#).
- For short luteal phases, in addition to custom herb formulas, we often recommend **Vitex** in the latter half of the menstrual cycle
- Aging follicles and premature ovarian failure can be supported by using **Ubiquinol (CoQ 10)**, to supports robust mitochondrial function. Studies suggest that it can improve diminished ovarian reserve.
- Endometriosis, adenomyosis and tubal blockage, we often use **Wobenzym PS**. This enzyme product has been the subject of at least 14 clinical studies and is proven to reduce inflammation.

Basal Body Temperature:

Observing temperature changes throughout the menstrual cycle provide us with information to really customize your treatment plan. It helps us to be more accurate when prescribing your herbal formula.

First, you will need a basal body thermometer. These are just like a regular digital thermometer, but with more detail. Then, you can download our [chart](#) to record your temperature, or you use one of the many apps available. Instructions for charting can also be found [here](#)

Books:

We love the following books (there's many more, but these are the top of the list:

Making Babies: A Proven 3-Month Program for Maximum Fertility by Jill Blakeway, ISBN-13: 978-0316024501

Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health by Toni Weschler, ISBN-13: 978-0060881900

The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies [Randine Lewis Ph.D. L.Ac.](#) ISBN-13: 978-0316159210

The Way of the Fertile Soul: Ten Ancient Chinese Secrets to Tap into a Woman's Creative Potential, [Randine Lewis Ph.D. L.Ac.](#), ISBN-13: 978-1582701806

Eating

We think that diet is so important that even without herbs and acupuncture, it can restore fertility. We like a nutrient dense, organic diet that is low in refined carbohydrates. We recommend the following books:

Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living, by Emily Bartlett and Laura Erlich, ISBN-13: 978-1592336623

We also like this for information on traditional diets and nutrient dense diets: **Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats** by Sally Fallon and Mary Enig, ISBN-13: 978-0967089737

Movement:

We recommend moderate exercise of all kinds to improve circulation and move the qi.

While we love Yoga, we mostly discourage the hotter practices. We love simple movement such walking, dancing and biking.