



# SIX FISHES

CHINESE MEDICINE FOR ALL

## SIX FISHES FERTILITY RESOURCES:

We've compiled a list of some of our favorite, evidence-based and time tested herbs and supplements for supporting reproductive health. At Six Fishes, we use these along with herb formulas personalized just for you.

You can easily order them using our [Fullscript online supplement dispensary](#). Just let us know, and we'll create a profile for you. You'll always get 15% off, and they're shipped right to your door.

Check out our [blogs](#) on nutrition and diet therapy. You'll find lots of helpful info there too.

### SIMPLE, SUPPORTIVE HERBS

The herbs recommended below are safe and can be drunk freely during pregnancy and beyond

- **Red Raspberry Leaf:** A well-known fertility herb that often used during pregnancy. It is exceptionally high in calcium. Raspberry leaf is used as a uterine tonic, and it's thought to help reduce labor pain.
- **Nettle Leaf:** has very high mineral content, most notably iron. It contains ample 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 bleeding.
- **Dandelion:** contains vitamins A and C as well as trace minerals. We especially love eating the greens in a salad. The root is detoxifying to the liver, and the leaf is a safe, potassium-sparing diuretic.
- **Maca:** A hormone balancing herb used throughout the world for its fertility and vitality-boosting properties. Suitable for both men and women to increase fertility, though women should only take between menses and ovulation and discontinue during pregnancy. It is a very potent herb that often has very noticeable effects on fertility. It's available in powder 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. For women with short luteal phases, we use custom herb formulas combined with Vitex in the latter half of the menstrual cycle
- **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 in 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.

SIX FISHES HEALING ARTS 750 South 15th Street Philadelphia, PA 19146 P: 215-772-0770  
SIX FISHES NEIGHBORHOOD ACUPUNCTURE 2308 Grays Ferry Avenue Philadelphia, PA 19146  
P: 215-772-1040

[www.sixfishes.com](http://www.sixfishes.com) | [info@sixfishes.com](mailto:info@sixfishes.com)



## SIX FISHES

CHINESE MEDICINE FOR ALL

- **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.

### VITAMINS AND MINERALS

- **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 hormones.
- **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 the luteal phase.
- **Vitamin C:** A potent antioxidant, vitamin C is suitable for both male and female infertility. Aim for at least 1,000 mg a day pre-conception.
- **Chromium:** supports metabolism by improving the action of insulin.
- **Vitamin D:** Vitamin D deficiency is ubiquitous 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. (studies suggest that optimizing your vitamin D levels can reduce pregnancy complications and improve outcomes by more than 40%).
- **DHEA:** has been found to help women with DOR. Contraindicated for women with PCOS
- **Fish Oil:** Supports the hormones which regulate blood clotting, maintaining healthy flexibility in the arteries. It's an anti-inflammatory; it may also improve egg quality, lower FSH in women of a healthy weight. High DHA fish oils are thought to support brain development. We make sure only to use mercury-free fish oils
- **Folate:** At Six Fishes, we only use **Methyl Folate** in case our patients have an MTHFR genetic mutation. Folate (not folic acid) is an essential vitamin in early pregnancy to prevent neural tube defects. It's essential to take it for several months before the pregnancy as well as during pregnancy. It helps cell division and promotes ovulation.

SIX FISHES HEALING ARTS 750 South 15th Street Philadelphia, PA 19146 P: 215-772-0770  
SIX FISHES NEIGHBORHOOD ACUPUNCTURE 2308 Grays Ferry Avenue Philadelphia, PA 19146  
P: 215-772-1040

[www.sixfishes.com](http://www.sixfishes.com) | [info@sixfishes.com](mailto:info@sixfishes.com)



# SIX FISHES

CHINESE MEDICINE FOR ALL

- **Myo Inositol:** Used to support women with PCOS, in managing insulin levels. It helps to lower fats, improve the body to utilize insulin, and promote ovulation.
- **N-Acetylcysteine:** NAC is A powerful antioxidant and anti-inflammatory; it used to support fertility and assist with ovulation. Because it functions similarly to Metformin and reduces insulin resistance, it's especially valuable for women with PCOS.
- **Selenium:** Helps protect the body from free radicals and protects the sperm and egg. Known to help cell division and might prevent miscarriage.
- **Ubiquinol:** We use this supplement to boost mitochondrial function. This is especially important for aging follicles and premature ovarian failure Studies suggest that it can improve diminished ovarian reserve. We recommend 300 mg daily.
- **Wobenzym PS:** We use this to treat inflammatory conditions, including endometriosis, adenomyosis, and tubal blockage. This enzyme product has been the subject of at least 14 clinical studies and is proven to reduce inflammation.
- **Zinc:** Essential for cell division, including sperm production and ovulation. Best when taken in combination with b-vitamins.
- [Fairhaven Health](#) makes valuable products that contain many of these supplements. We can order them for you right through Fullscript: We're using FH Pro for Women, FH Pro for Men and FertileAid. Deigned to support egg health, boost hormones and provide prenatal nutrition.

SIX FISHES HEALING ARTS 750 South 15th Street Philadelphia, PA 19146 P: 215-772-0770  
SIX FISHES NEIGHBORHOOD ACUPUNCTURE 2308 Grays Ferry Avenue Philadelphia, PA 19146  
P: 215-772-1040

[www.sixfishes.com](http://www.sixfishes.com) | [info@sixfishes.com](mailto:info@sixfishes.com)



# SIX FISHES

CHINESE MEDICINE FOR ALL

## 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

## Optimizing Nutrition:

We think that diet is so important that even without herbs and acupuncture, it can restore fertility. We like a nutrient-dense, organic food 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
- **It Starts with the Egg:** How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF, Rebecca Fett, ISBN-13: 978-0999676189

## Movement:

We recommend moderate exercise of all kinds to improve circulation and move the qi. While we love Yoga, we mostly discourage hotter practices. We love simple movements such as walking, dancing, and biking.

- [https://www.fertstert.org/article/S0015-0282\(04\)01904-1/fulltext](https://www.fertstert.org/article/S0015-0282(04)01904-1/fulltext)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5241507/>

SIX FISHES HEALING ARTS 750 South 15th Street Philadelphia, PA 19146 P: 215-772-0770  
SIX FISHES NEIGHBORHOOD ACUPUNCTURE 2308 Grays Ferry Avenue Philadelphia, PA 19146  
P: 215-772-1040

[www.sixfishes.com](http://www.sixfishes.com) | [info@sixfishes.com](mailto:info@sixfishes.com)