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## RECAPPING - IVF CAN'T ADJUST QUALITY

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This is where Western medicine tends to fall down, and why so many couples seek extra help when considering IVF and other assisted reproductive technologies. They realise something is stopping what should be happening and maybe even that it's a lifestyle thing. Without considering what drives the conception process, conventional medicine's focus is on the mechanics. This is why styles of medicine that are respectful of the body, that work WITH the body, and are more natural and gentle in approach, can work so very well with more orthodox interventions.

Often, the solution is just a matter of getting natural vitality back, and there is NO need for all the chemicals and surgical assistance. And sometimes there is a structural barrier between egg and sperm, and IVF is totally appropriate. Unfortunately though, it is often the lack of a healthy life that holds the real answer. Have we really ensured that all the **JING MARKERS** (see [below](#)) are in place BEFORE we get desperate?

### WHAT IS JING?

This is a Chinese word we in English have no equivalent of. More is explained in the fertility packages - all you really need to know is it encompasses the egg and sperm and whether they are even genetically/actually able to bring forth great babies.

To see if this is the case - sometimes it is just a matter of making sure all the boxes are ticked, and then moving on to the next screen.

Are we all really happy, and do we have enough time to do what we would like in our lives? Are we all really doing what we would if we had unlimited money? Is there enough downtime for the processes of abundance to be nurtured? Then, why are we all on this treadmill, yet wanting to add to the stressors by placing another being in it with us?

These questions are unlikely to be asked when you are desperate for baby number 1, 2 or 3, who are not appearing on schedule.

Sometimes, we may need to think ahead: Is this really about you and what you want? It is literally a matter of life or death; should you start a baby who is destined to be different

because all the quality issues have not been considered? *Someone* has the babies that don't make it; the babies that don't make the grade and difficult decisions have to be made when the routine screening shows them up. Instead of focusing on all the pregnancy testing now available, perhaps a more mature and responsible approach would be to ensure that the baby you make this time around *is* perfect. This is not a matter of luck, but of good breeding practices.

When you are told to go through IVF, or if a specialist says that you (or your eggs) are too old, or that you are a non-responder, or that the sperm is hopeless and ICSI or donors are required, stop and think: What can I do to improve the quality of the baby I want so much? Would doing some of these things also lift the game of my gametes?

*Don't think - "I want a baby at any cost",  
but - "Why is Nature blocking my attempts to be a parent?"*

*Eating — what can your 'food factory' do for you?*

Moving into the natural medical realm, firstly, we need to normalise the BBT (Basal Body Temperature), which tells us what the metabolism is up to. By changing your diet as per eBook, [Helping Yourself to Health and Vitality](#), and removing all aspects of liver overload, the whole issue can be easily resolved. What you have been doing has created the very problems you seek to alter, so changing the 'fuel' will cause the 'engine' to perform very differently. This does not require paid therapeutic intervention, just a change in thinking and life choices.

Out go all the cigarettes, caffeinated drinks, coffee in ALL forms (yes I do include 'decaffeinated'), alcohol and sugar. Next, cut all gluten from the diet. As the Western diet is gluten dependent, this prompts a total rethink of what you are prepared to call 'food'. The object of eliminating all gluten is that it stops you eating processed food immediately. (It also stops comfort eating along with the no sugar/chocolate dictate). Removing gluten will probably eliminate all the bloating and digestive hassles that actually make your gut work far less effectively than it could. This leads to much better quality Blood and other raw ingredients.

## **WORKING WITH OUR BODY TOWARDS WELLNESS**

We eat not to fill our bellies/satisfy our taste buds, but to rebuild and maintain ourselves. Looking at how a well body works, we see that in conjunction with the actions of the sun, we have a blueprint to work with it. Starting with sunrise, we need to eliminate what was

left over from the day before. A good bowel movement then starts the gut in motion and a warm nourishing protein meal is optimal to kick-start the metabolism /thyroid.

Cereals, orange juice and coffee are the stuff of TV commercials, but not how good sperm and eggs and babies are made. Babies can have very real problems digesting breast milk made from what was not such a good breakfast for you either; please stop eating cereals, and substitute real (protein and fat) food.

## **JING MARKERS QUESTIONS**

- Do you feel or look older than you are by the calendar?
- Are your feet hot at night/uncomfortably warm, needing to be put out of the bedclothes?
- Are your teeth becoming less bright white and more translucent/yellowed/grey?
- Is your hair colour fading/going grey/losing/shedding/growing more sparse/slower/less healthily?

If you have any of these concerns, be sure that quality eggs and sperm are being attended to (not just the quantity), forcing more mediocre ones is not going to give you a great baby.

### ***SO WHAT DOES ALL THIS MEAN?***

Why should you be concerned? After all, eggs are eggs. They are with you from when you are in your mother's belly, awaiting stimulation from IVF drugs. You have heard no doubt that the biological clock ticks on well before Mr Right is even found; by 40, we are now reminded. So what does it mean to have 'old' eggs?

### **BIOLOGICALLY old or**

### **CHRONOLOGICALLY old?**

These two concepts are very different. Some younger women have lived so hard and fast, or have had such poor starts in the Jing department, that they are far older in terms of their energy and zest (especially in the egg quality department), than possibly their own mothers. More found in eBook [\*Inner Changes for a Well Pregnancy\*](#).

Not a sexy title but a book I wrote in response to the panic that seems to accompany any woman who finds her fertility is questioned by the medical profession.