



## THERAPEUTIC GUIDE

### INFERTILITY

Infertility is the inability to conceive after at least one year of regular sexual activity during the appropriate time of the woman's cycle. Either partner may have difficulties. Some of the contributing factors include exposure to toxins, sexually transmitted diseases, nutritional deficiencies, stress, alcohol or drug usage, hormonal imbalances, and thyroid issues. Our increased exposure to toxins may be significantly contributing to hormonal dysregulation. See the Detoxification page of this guide for more support in that area.

#### Homeopathics

##### Females

\* **Endopar F™**- glandular homeopathic for female hormonal balancing, indicated for menstrual pain and cramps, pain immediately prior to menses, and sore breasts associated with menstruation.\*\*

**Erogetone™**- tonifier for female vital energy, indicated for decreased sexual desire and feelings of fatigue.\*\*

**Estrogen Phenolic-** estrogen balancer, indicated for breast tenderness and menopausal symptoms.\*\*

**Estrogens 200C-** homeopathic blend of the three forms of estrogen, indicated for excessive bleeding, irregular menses, and breast tenderness.\*\*

\* **Gynestat™**- detoxification of female reproductive system, indicated for menstrual pain and vaginal irritation.\*\*

**PMS HP™**- high potency formula for hormonal balance, indicated for vaginal discomfort, heavy menstrual bleeding, breast tenderness, and irregular menses.\*\*

**Progesterone Phenolic-** progesterone balancer, indicated for mood swings, painful menses, breast tenderness, and nervousness.\*\*

##### Males

\* **Androstat™**- detoxification of the male reproductive system, indicated for pain in the lower abdomen, yellow discharge from urethra, and urine passing slowly in drops. \*\*

**Endopar™**- multi-glandular homeopathic that helps balance the endocrine system.\*\*

\* **Endurotone™**- tonifier for male vital energy, indicated for decreased sexual desire and feelings of fatigue.\*\*

#### Herbals

##### Females

**Chaste Tree-** single herb to help support hormone regulation.

\* **Cohoshcom I™**- fortifier for female reproductive system, indicated for hormonal imbalance and PMS discomfort.

**Cleansing Formula-** Amazon rainforest formula to support circulation, increase blood flow to organs, and promote healthy internal flora.

*\*Denotes primary remedies*



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### INFERTILITY (CONTINUED)

\* **Female Formula-** Amazon rainforest formula to support healthy hormone balance in women and aid discomfort associated with the menstrual cycle.

**Milk Thistle-** single herb for liver support to aid detoxification and hormone balance.

#### Males

**Astragalus-** this traditional adaptogenic herb may help support healthy sperm production.

**Cleansing Formula-** Amazon rainforest formula to support circulation, increase blood flow to organs, and promote healthy internal flora.

**Junicom I™-** fortifier for the prostate gland to support vitality.

\* **Male Formula-** Amazon rainforest male tonic to support healthy hormone levels in men, stamina, energy, and endurance.

#### Nutritionals

##### Females

\* **G.L.A. Borage-** essential fatty acid for hormonal balance.

**Initial-E 450™** or **Natural-E 400-** deficiency of this fat-soluble antioxidant is associated with infertility.

**Mag-Chlor-** highly absorbable form of magnesium to support healthy reproductive organs.

**Melatonin-** this antioxidant may be important for supporting healthy ovarian reserve.

**Methylfol-** blend of methylfolate and methyl-B12 to assist healthy methylation and cell division.

**Selenium Plus E 400-** essential nutrients for fertility.

**Thyrodine-** iodine is an important mineral for ovarian function.

**Zinc-** important nutrient for proper functioning of the reproductive organs.

##### Males

\* **C-TR 1500-** time released form of vitamin C to support healthy sperm production.

**Co Q-10 C** or **Co Q-10 Chew-** Coenzyme Q-10 is an important nutrient for energy production in cells with high energy needs.

\* **Enervite™ Plus Zinc-** full spectrum vitamin and mineral supplement to support normal sperm maturation.

**EPA/GLA Complex-** essential fatty acids to support normal prostaglandin production.

**Initial-E 450** or **Natural E-400-** this fat-soluble antioxidant supports healthy sperm production.

**L-Arginine-** amino acid to support healthy circulation.

**L-Carnitine-** important amino acid for energy production in cells with high energy needs.

**Mag-Chlor-** highly absorbable form of magnesium to support healthy reproductive organs.

**Methylfol-** blend of methylfolate and methyl-B12 to support normal sperm production.

\**Denotes primary remedies*



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**Selenium Plus E 400**- essential nutrients for fertility.

**Zinc**- important nutrient for proper functioning of the reproductive organs.

#### Additional Considerations

Both partners should eat a well-balanced, healthy diet free from preservatives, colorings, and additives. Alcohol and caffeine consumption may reduce fertility.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*\*Denotes primary remedies*