

THE FERTILE LIFE METHOD



Fertile Life

FERTILITY IS YOUR NATURAL STATE



DR KIRSTEN WOLFE

CHINESE MEDICINE

TESTIMONIALS

Whilst we would love to share them with you, we can't. Registered health professionals are prohibited by law from using testimonials of any sort under APHRA. The Australian and Chinese Medicine Association's (AACMA) code of ethics also prohibits the use of testimonials by members. For this reason there are no testimonials in this book

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ACKNOWLEDGEMENTS

*“Gratitude can transform common days into thanksgivings,
turn routine jobs into joy and changed opportunities into blessings.”*

– William Arthur Ward

Firstly and foremost I am eternally grateful to Jaime Seletto – for her writing skills to turn all my ramblings into readable words that have formed this book. I will be forever grateful for her skill, feedback and time. I was humbled to receive Dr. Jolyon Ford's expertise with Western Medical information. To the practitioners who have worked and work at Fertile Life who inspire me daily with their own unique gifts and love for fertility, pregnancy & birth. And for all feedback and first edits. Lisa Drenkhahn thank you so much for your contribution to the NLP section. To Sarsha & Emily for fresh eyes, edits and great feedback. Peter for his contribution to the male sector. Amy Bell for my cover design. To my dear friend Liss who after a glass of wine came up with the new name “Fertile Life”.

Whilst the journey of developing the book from nothing to print took a short time, 9 months in fact – just like growing a baby! It is years of research, clinical practice and my heart and soul that are in the pages. I am humbled and thankful to all my patients for allowing me to be a part of their journey towards parenthood. I love my job, it feeds my soul... nothing is better than your patients telling you that they are pregnant, or cheekily giving you their BBT chart and waiting for you to work it out! Lastly yet importantly to my two boys Seb & Felix who inspire me everyday.



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Chinese Medicine

FOREWORD

Chinese medical theory and practice is based upon a sophisticated diagnostic and therapeutic body of knowledge that has evolved over at least two thousand years and through many historical traditions. The present body of knowledge is the result of many of these traditions and practices having been amalgamated into a more coherent and structured system, commonly known as Chinese Medicine (CM). The diagnostic categories of CM describe recurring clinical patterns, taking into account both subjective symptoms and objective signs. These diagnostic categories have been used with relative consistency over twenty centuries of recorded clinical practice. This rich clinical legacy is now well recognised throughout the world and the Australian federal government has recently legislated to register CM as a health-care profession.

According to the CM paradigm, both health and disease are defined by specific characteristics. These include not only the absence or presence of discomfort and pain, regularity of sleep, digestive, respiratory, sexual and other behaviours but also observable qualities in the patient's mental function and demeanour as well as the pulse, tongue, skin, hair and other physical attributes. In this way, CM is an holistic form of medicine, which views the interaction between the mind, body and spirit as an integral part of the disease pattern and the restoration of health.

CM shares some ideas with other forms of complementary medicine, including belief in a strong interrelationship between the environment and bodily function and an understanding of illness as starting with an imbalance of energy or 'vital force'. This is defined as Qi, a fundamental substance that has the potential to activate all bodily functions and therefore is an essential force requiring manipulation in the process of restoring health. Underpinning this vital flow of Qi is the ancient philosophical concept of Yin and Yang. This concept is a sophisticated interpretation of the natural forces operating within both the external environment of nature and the internal environment of living beings.



Disease occurs when the relevant healthy balance of Yin and Yang is affected. This imbalance may occur as a result of external influences such as environmental factors, pathogens, dietary irregularities and/or internal stress-related emotional problems which may result from lifestyle irregularities. The CM view is that it is often a combination of these external and internal influences that may lead to ill health.

Treatment is aimed at restoring the vital balance of Yin and Yang within a holistic framework by assisting the person's innate physiological and, where appropriate, psychological powers of healing. Classical Chinese Acupuncture helps to circulate Qi or life force through a meridian or channel network. This network connects external acupuncture points with internal organ functions. Acupuncture techniques utilise the insertion of very fine acupuncture needles placed in strategically important points. In this way blockages of Qi (life force) which help to cause disharmony are cleared, this clearing of energy blockages then assists the natural healing mechanism within the body to be restored to a more healthy state. Chinese Medicine physicians also consider lifestyle, dietary, environmental and emotional factors as part of the assessment and treatment of disease.

CM also places a strong emphasis on disease prevention and health maintenance and the empowerment of clients to play an active role in their own health. Clients are encouraged to learn about the many factors influencing their health and to have regular treatment to maintain Yin / Yang balance.

David Benn MEd., B.Ac., B.A

Chinese Medicine has been used for 2000 years successfully treating infertility and many other obstetric disorders. Many of the world's population uses Chinese Medicine as their main form of health care. We work harmoniously with the mind and body to establish a more normal equilibrium, conducive for conception. CM can be used as a stand-alone, natural, drug-free treatment option to enhance fertility and treat both medically explained and unexplained infertility. It can also be safely used in conjunction with conventional Western Medical fertility treatment including IVF. It has been shown in clinical trials to increase the effectiveness of IVF, ICSI and ART procedures. With the use of proven protocols Acupuncture has an added bonus for fertility treatment patients: it reduces the side effects of fertility treatments, including nausea, weight gain and mood swings whilst reducing stress.



The Fertile Life Method

INTRODUCTION

“Your body has the innate natural potential to create a healthy baby. All you have to do is put it in the right place to do so both physically and emotionally”

Everyone starts their fertility journey from different places. Some of you are reading this book at the beginning of your journey, full of hopes and dreams. Some already have a child and are suffering from secondary infertility. Some have been trying for a while and would simply like some help. And others have been on this road a long time and tried everything from standing on their head after sex to the emotional rollercoaster of IVF.

We know that many couples trying to conceive feel that time is running out. This sense of urgency is common. So if you have felt anxious or powerless on your conception journey thus far, you are certainly not alone. We understand and we empathise.

My team and I have seen all of these types of journeys in the clinic, and what I want you to know is that there is always hope to dare to dream for a child.

From a Chinese Medical perspective, when your body, mind and spirit are healthy and in balance, your natural state is FERTILITY!

For many this can be achieved easily with adjustments to your lifestyle. But it will take inner strength for you to look at yourself objectively and acknowledge the changes that need to be made. There is a Chinese saying ‘cultivating the soil before you plant the seed’. As a farmer spends months preparing the soil for planting, so must we. You will need to tend the soil and create a healthy environment so that conception can occur. With respect to fertility, cultivating the soil means giving the body, ovaries, sperm and uterine lining all the nutrients it needs for the embryo to implant and begin life. My team and I are here to guide you and be with you every step of the way.

I know that some of you have been told that you can’t get pregnant, or that your chances are very low from a western medical perspective. From my experience of helping



thousands of couples on their fertility journey, I know that there is always hope. The human body and spirit has an amazing ability to get back to nature, back into balance (with or without working with IVF) and become fertile.

Too often in this day and age we are busy doing! When we struggle to become pregnant, we become busy “doing our infertility” – googling everything, controlling everything, always creating a plan of what to do next when this month doesn’t work.

As part of The Fertile Life Programme we ask you to stop, to feel what you are feeling now and to trust in the process. The heart must connect to the womb for life to occur. What are you doing to nurture yourself? How often are you doing this? If not, what is stopping you from starting now to put yourself first?

Our Fertile Life Method is about you and your practitioner working together.

The Method requires you to make the changes that are asked – get the tests that we request, make changes in your diet, slowdown in your life, be quiet and sit with yourself and all your emotions.

I am repeatedly asked by patients about our success rate, and the odds of them falling pregnant. Whilst it is a fair question, there is no straight forward answer. Fertility comes with so many variables. But what I can confirm is that the people who most often find success are those who have put in the hard work; eaten well, reduced stress, taken care of themselves and committed fully to making changes recommended by our practitioners.

Unfortunately, not everyone who comes to our practice is willing to commit and work hard. The reasons are many: they don’t have time, the lifestyle changes are an inconvenience, they don’t believe in it, they know someone who knows someone who said...

Good health is good for everything, so there are no losers with our program, except the ones who don’t fully commit and give up too soon.

This book outlines the fertility secrets that I share with all of my patients. We wish you every success and look forward to being part of your journey.

Best Wishes

Kirsten Wolfe



THE FERTILE LIFE METHOD

Even though infertility is affecting more and more couples these days, the good news is that very few people are actually clinically infertile. Most women and their partners are simply not physically or emotionally in good reproductive health.

The Fertile Life Method is a devoted treatment and training program for infertility, pregnancy and birth support. It aims to help both couples and individuals conceive, sustain a full term pregnancy, and deliver a healthy child.

The power of our treatment plan is that it draws on the best of both eastern and western medicine in order to enhance fertility. Happily, the strengths of western medicine are in the areas in which eastern medicine is weak, and vice versa. By drawing on both practices, we have a more complete understanding of fertility.

We use an integrated mind-body medicine technique. With our method, Chinese medicine provides the framework, with western results and diagnosis providing a critical role in the administering of treatment.

No matter what your individual circumstances are, The Fertile Life Method can help you to enhance your reproductive health.

Your Fertile Life (FL) practitioner will use all of the information gathered from you and your partner to prepare an individual treatment plan based on your health picture. This plan will support you both to address underlying health issues, balance your system and create wellness. It will assist you on your conception journey whether you are seeking an all-natural solution, or pursuing assisted reproductive therapies.

Your practitioner will help you:

- Understand your hormones and your menstrual cycle
- Understand your basal body temperature chart
- Understand the fertility process



- Understand your body better
- Get your hormones into balance
- Regulate ovulation
- Enhance egg quality and production
- Improve the quality of your cervical mucus and endometrium
- Strive for optimum health and well being
- Manage stress and emotional well being
- Manage gynaecological issues
- Increase blood flow to reproductive organs
- Prepare for and support IVF treatment

They can also help your partner:

- Strive for optimum health and well being to become the healthiest version of himself
- Improve sperm quality
- Understand and become more involved in the fertility process

Fertile Life is here to help. We will work tirelessly with you both to establish a more normal equilibrium, which will encourage conception. We have had huge success in assisting our patients on the journey to parenthood.

We look forward to being part of your story.



CHAPTER 1

Understanding Conception

“Faith is taking the first step even when you can’t see the whole staircase”

– Martin Luther King

We know that you already have a basic understanding of how conception occurs, but it is important for you to review the key information outlined in this chapter in order to increase your chances of falling pregnant.

Every baby girl is born with somewhere between one and two million eggs in her ovaries, more than you could ever need! With this in mind, the average woman will only release about 400 of these during her reproductive years from the onset of her first menstrual cycle.

At some time during your menstrual cycle (usually somewhere in the middle) one of these eggs will become the dominant follicle and reach maturity. Lutenising hormone is triggered, set off by the pituitary gland in your brain, will signal an eruption of the egg, which is released into your abdominal cavity and immediately scooped up by fimbriae and into the fallopian tubes. This process is called ovulation. An egg will survive for 12 to 24 hours after release from the ovary, so fertilisation is only possible during this small period of time.

Your menstrual cycle is counted from the first day of your period (this is full flow not just spotting) to the day before the next bleed. You will see a lot of information based on the average 28 day cycle, with ovulation occurring on day 14. It is essential for you to understand that a healthy menstrual cycle can be anywhere between 26



and 40 days and the day of ovulation varies dramatically from woman to woman. Your menstruation can start anywhere from 11 to 16 days after you ovulate.

Men make sperm on a regular basis, and it takes approximately 116 days to create a new sperm cell from start to finish. The average sperm only lives a few weeks in a man's body (so don't try to save them up!), and somewhere between 30 – 300 million sperm are released with each ejaculation.

Sperm production starts in the testicles, and to produce healthy sperm they have to stay about four degrees cooler than normal body temperature. Once sperm is created, it is stored in a section of the testicles known as the epididymis until it's mixed with semen just prior to ejaculation.

Sperm can survive for up to six days in the uterus before ovulation occurs, however it is more likely that they will only last between one and three days.

Despite the millions of sperm produced and ejaculated, only a few dozen make it to the egg and one sperm can fertilise an egg to create conception.

One of the most important things you can do to increase your chances of conception is to have intercourse on your most fertile days – the four days immediately leading up to and including ovulation.

Whilst couples should consult their Fertile Life Practitioner about the best intercourse strategy, generally speaking your chances of conception improve if you have sex once a day, every day inside this fertile window.

- For many women, it is difficult to accurately pinpoint the day and time of ovulation. However, tracking your Basal Body Temperature (BBT) – a rise in basal body temperature (BBT) signals ovulation has occurred. When you ovulate, there is a slight increase in your temperature (of approximately 0.2 – 0.4 degree Celsius).
- Changes in cervical mucus – cervical mucus that is slippery, wet and clear indicates fertility and impending ovulation. It can be found at the vaginal opening or on toilet

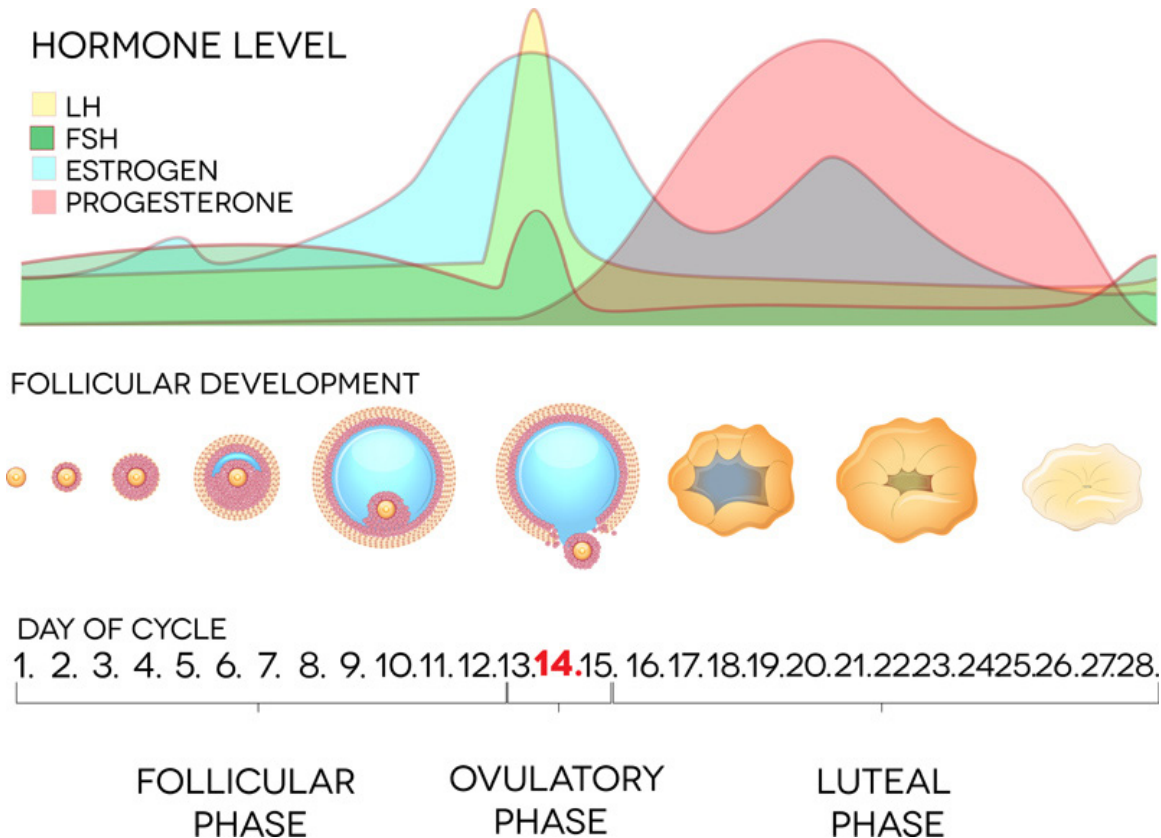


paper when you wipe after going to the toilet. It resembles egg white consistency, the colour can vary from women to women, but it will generally be stretchy, clear and odourless.

- Regular menstrual cycle – You are likely to ovulate 11-16 days prior to the end of your cycle, and on approximately the same day each month..
- Ovulation pain – Approximately one in five women experience pain on the right or left side of the abdomen, which indicates that ovulation, is occurring. Be mindful that the pain you experience may not be ovulation pain but bowel pain.

It is important to keep in mind that assuming that you and your partner have no medical issues and you have intercourse at the 'right time', there is still only a 15-25% chance of becoming pregnant in each ovulatory cycle.

You will be taught more about fertility awareness in your session with your Fertile Life Practitioner.



ABOUT THE AUTHOR



Kirsten Wolfe is the creator of The Fertile Life Method and co-director of Mornington Complementary Medicine. Her passion, training and experience over the past 20 years have given Kirsten a unique and privileged understanding of all facets of infertility, the human body and spirit.

As one of Australia's leading Fertility Acupuncturists, Kirsten approaches her patients with an open mind and a medically integrative perspective. She works tirelessly to return them to optimum fertile health and collaborates with a patient's entire wellness team of physicians and health practitioners when necessary. Kirsten integrates traditional and complimentary care in order to effectively improve her patient's fertility outcomes and life-long health. Her expertise provides patients with comprehensive treatment and training programs to address their individual needs.

"My overall goal is to prepare the body, mind and spirit for conception, pregnancy and the birth of a beautiful new soul. All my patients are encouraged to actively participate in the body's healing process."

QUALIFICATIONS AND LICENSES

Kirsten is currently completing a Master's of Science in Traditional Chinese Medicine from the University of Western Sydney specialising in Gynaecology and Fertility. She is a licensed Doctor of Acupuncture (AHPRA, AACMA), a certified Master NLP practitioner, Natural Fertility Awareness trainer, Energetic Medicine practitioner and Doula. Kirsten has completed extensive training with all the top Chinese Medicine Fertility experts giving her comprehensive understanding of Chinese Reproductive Medicine.

SERVICES PROVIDED

Kirsten's team offer an integrated natural treatment plan that includes Acupuncture, Chinese Medicine, NLP, BBT charting, nutritional and lifestyle recommendations. Kirsten provides optimum patient care both pre and postnatally alongside midwives and gynaecologists.

The Fertile Life Method is designed to treat Reproductive & Women's health conditions such as infertility (natural and IVF) pregnancy, pre and post natal birth care.

"Within my treatments I use acupuncture, herbal medicine, NLP and natural fertility awareness, which include basal temperature and cervical mucus charting and most importantly learning the ebb and flow of your own cycle. This combination of therapies works with the body's natural vital energy (qi) which is inherent in all living things. This promotes the body's natural ability to heal itself, bringing one's organ system back into balance, thereby creating a healthy and fertile body!"