

Top Causes of Infertility



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A Free Report by Nemrod Kedem

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Introduction

In this free report I like to tell you what I know about the causes of infertility. My point of view is somewhat different then from what you may find elsewhere. The reason for this difference may be because I'm a man and men view things differently.

My Personal Story

I got married at the age of 25 with bringing children to the world as my main reason for it. It was not until I was 38 that I hugged my first born child, 7 years old girl today. My second born was faster, less then three years later, and he is 4.5 years old now.

In the first two years of marriage we tried the natural way. The rest of the years we tried everything there is, including drugs, shots, IVF and even egg donations. Everything failed, until we figured out what I'm going to share with you in this report.

In June 2000 I participated in a Reiki class and started practicing Reiki on a daily basis. Reiki is a Japanese origin stress reduction and pain relief healing system. Over the years I treated many women who tried to get pregnant and many of them did as a result of the treatments. This was at times they took a break from conventional treatments and wanted to try other alternatives.

Today I'm a Reiki teacher, a certified meditation instructor and a personal and group life coach full time.

All this got me to the place I am today, where I help people like you fulfill themselves as parents, preferably in the natural way.

Definition of Infertility

Infertility is defined as the inability to become pregnant after one 6 months of vaginal intercourse without birth control (or 12 months if the woman is over 35 years old). Infertility affects about 10% of couples in their reproductive age.

About one-third of the infertility case in couples can be attributed to a fertility issue with the woman; one-third with the man; and one-third with either both partners, or the cause of the infertility is unknown.

Main Causes of Infertility

Over the years I came to the conclusion there are three top groups of causes for infertility. Each group of causes is made of one or more different causes which are related to that same group.

The Physical Group

This group of infertility causes includes the following causes:

- Age
- Damaged ovaries
- Blocked fallopian tubes
- Hypothyroidism (a thyroid disorder)
- Endometriosis (a condition where cells from womb lining are found outside the womb)
- Polycystic ovary syndrome
- Scarring in the uterus
- Fibroids (benign smooth-muscle tumors of the uterus)
- Congenital diseases like cystic fibrosis
- Damage to the cervix (e.g., through an abortion or dilatation and curettage)

This group of infertility causes is treated with conventional medicine.

The Emotional Group

- Stress and Anxiety
- Readiness for parenthood
- Fear

This group of infertility causes is usually not treated at all.

The External Group

- Chlamydia and other sexually transmitted infections
- Cigarettes, Alcohol and Drugs
- Poor diet and eating disorders, including anorexia or bulimia
- Frequent changes in weight
- Excessive exercise

This group of infertility causes is behavior related and must be treated at the personal level.

Treating the infertility causes

The way I see it, you need to treat the external and emotional causes first, and then some of the physical causes may disappear.

External Causes

Let's start with external causes.

Smoking

The most common external infertility cause for both men and women is smoking. If you are a smoker, you have to ask yourself a simple question: "**What do I want more, Smoking or a Baby?**"

If your answer is the first, then I don't think I can help, but if you chose the later – **Quit Smoking!**

I'll probably say that there are many smoking parents that did not have any problem getting pregnant... Well, you're right, but as you said, they did not have any problem getting pregnant. You do!

If you need help in quit smoking, you might want to try the [Quit Smoking Today](#) system – One of the best programs available on the market.

Remember that your significant other must quit smoking too.

Excessive exercise

Research shows that excessive exercise is leading to missed menstrual periods which can be expressed in infertility. If you are an excessive exerciser and you want to get pregnant – **slow down!**

Poor Diet

The way we eat determines how we live. If our diet is balanced, it is most probably that our life is balanced too. Our food and habits of eating have great influence on our bodies and on hormone levels. When we are in overweight or underweight, or our weight changes frequently, our hormones are not balanced and so can cause infertility. If you want to get pregnant – **Eat Right!** And keep your weight balanced.

The way to check if your weight is right for you, you can use the BMI formula. This is a simple calculation that can tell you if you are in the right weight for you.

To find your BMI you may download and use this free BMI, Weight & Calorie Calculator from:

http://download.cnet.com/BMI-Weight-Calorie-Calculator/3000-2129_4-10615398.html

If you find out that your BMI is too high for you, then you should consider a diet program. You may refer to the following programs. They are both very good and will help you control your weight. Just pick the one that seems suitable for you:

[Strip That Fat](#) – A great weight loss program.

[The Diet Solution](#) – One of the best diet programs.

Emotional Causes

Emotions have great influence on your physical body so eliminating emotional infertility causes may remove some of the physical infertility causes.

Stress and Anxiety

Stress and anxiety greatly influence our state of mind and our physical shape. When talking about fertility, stress can surely slow thing down. While doctors may not know the exact links between stress and fertility, a series of studies shows the impact is hard to ignore.

In order to increase your chances of getting pregnant, you need to relax! You may want to try one of these first:

[Totally Tranquil](#) – An MP3 Audio program for stress reduction.

[Brain Music Power](#) – Another MP3 audio program that comes with a free course for you to try.

If you are on my list, you'll receive more information about this in future emails.

Readiness for parenthood

Are you ready to be a parent?

This seems like a stupid question for someone that tries to get pregnant, but honestly, try to answer this question – Are you ready to be apparent? Is your spouse ready too?

Our sub-conscious sometimes finds excuses for not doing things without us being aware of these excuses. Let's see how this mechanism works:

Your conscious mind say: "I want to be a parent", but your sub-conscious say: "Yes, but you'll have to get up at nights".

Your conscious mind say: "I want to be a parent", but your sub-conscious say: "Yes, but you will not have the freedom to go out".

Your conscious mind say: "I want to be a parent", but your sub-conscious say: "Yes, but a baby costs a lot".

Your conscious mind say: "I want to be a parent", but your sub-conscious say: "Yes, but what if I will not be a good parent?"

If you want something in your life and it's not there, that most probably there is an inner conflict. Usually you are not aware of it, but when you do, that eliminates about 50% of its influence on you.

Fear

Unlike the inner sub-conscious conflict, fear is something we are aware of. This is a result of all the questions we ask ourselves about the future.

"Will I be a good parent?"

"Will giving birth will be painful?"

"Will my significant other be by my side at all times?"

"Will I know what to do when my baby will be sick?"

Etc, etc...

When trying to get pregnant, you only need to concentrate on the next step – conceiving and holding a healthy pregnancy. The rest will fit into place in time. See "Stress and anxiety" above for more information.

Physical Causes

In my experience, when taking care of the emotional and external causes, many, and sometime most of the physical causes will disappear.

I really think that physical problems should be left for the doctors to handle but I also think this should be done after eliminating all other causes.

What about him?

When every percent counts, it is better that he will also be at his best. All emotional and external infertility causes relate to men the same way they relate to women. The difference is in the physical causes.

In today's life, where most jobs involved sitting in front of computers, and fashion say that tight pants is more chick, the result is a decrease in men fertility.

In general, testicles temperature should be one degree Celsius below body temperature. The way to achieve that is by removing the pressure of the crotch. This is done by switching to boxer-shorts, avoiding jeans, avoiding hot tubs and taking breaks from sitting in front of the computer.

What if it's too late for me?

In cases where pregnancy is attempted for a long time unsuccessfully, when everything else failed, one might want to consider alternatives such as a surrogate mother or even adoption.

I personally know of two cases where after adoption got pregnant naturally, without even trying. This came as a result of reduced stress – there was already a baby to take care of and all emotional causes were gone.

Conclusion

Eliminating any of the infertility causes may increase your chances of getting pregnant in a few percents, and in infertility – every percent count!

I wish you all the best,

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