

By Cassie Everett

HOMEOPATHY, THE COST EFFECTIVE NATURAL ALTERNATIVE TO IVF

When it comes to fertility treatment, there is an increasing number of people who are frustrated by the advice they are being given and the direction their doctor is taking them in. Homeopathic treatment can offer a number of possibilities for people in this situation.

We live in a country that doesn't promote homeopathic treatment and complementary medicine. In fact, the NHS are cutting the budget for homeopathy year on year. This is despite the fact that the NHS could save considerable amounts of money from patients avoiding the need to take expensive drugs. If patients received homeopathic treatments, the underlying causes of their conditions would be treated. Ultimately patients would then not need to take medication continuously.

The majority of my clients contact me because they are struggling to conceive naturally and have usually tried everything else, including IVF, without success. I am seeing more and more women in their 40's who are being told that they must be 'perimenopausal' or that IVF treatment wouldn't work. This is due to their blood test results showing high follicle stimulating hormone (FSH) level and a low anti-Mullerian hormone (AMH) level. Doctors are viewing their test results in a very black and white way and are not considering the whole picture of what is going on with their patient.

A case in point is a 38-year-old lady who was struggling to conceive. She had been taking the pill and had a history of using a hormone implant for many years. Having been referred to a fertility clinic by her doctor, she was given a range of hormone blood tests. Her results showed that her FSH levels were very high and her AMH levels were very low. Based on her results, the doctor informed her that her chances of conceiving naturally, or with the help of IVF, were very low.

During my discussions with her, she said that since coming off the pill her cycle was only 20 days, which made me suspect she wasn't ovulating regularly and that her luteal phase (the time between ovulation and the end of the cycle) was too short. This would not be enough time for the egg to implant. This is very common for women who have been taking the pill for a long time. It's almost as if the body can't quite switch the reproductive system back on properly when it's been switched off by the pill for so long, so ovulation becomes very irregular if it's happening at all. She was also spotting for several days before the period started.

We worked together for 3 months, detoxifying her body from the pill and balancing her hormones to elongate her luteal phase so her cycle returned to 25 days. The spotting reduced considerably and in the 4th month, she fell pregnant. She now has a healthy, 3 month old baby boy.

The case of another couple, both aged 42, who had been trying to conceive for four years highlights the problem of unexplained infertility. After a few of years of trying they had been prescribed Clomid by their doctor. Unfortunately, this did not help. They had two rounds of IVF treatment but were both unsuccessful. I worked with them for six months, adjusting both their diets and by using homeopathic remedies, herbs and supplements I improved their general health and well-being. During the 6 months, I saw her painful periods considerably improve to the point where she no longer needed to take painkillers (she would normally take eight Ibuprofen each cycle). She lost weight, her libido improved, as did her general health. We also dramatically improved her husband's diet, his sleep pattern improved, increased energy levels, fewer sugar cravings and no more symptoms of IBS. During the six months that we worked together, they tried to conceive naturally. In the following month, after one

round of IVF, they fell pregnant and now have a lovely little baby girl. I feel when it comes to IVF, preparation of the body is key in order for IVF treatment to work the first time, and the need for this will grow even greater as less and less people qualify for IVF treatment on the NHS.

Another common problem is that many of these women are experiencing stress in their lives; often typical stress such as a difficult job or caring for an elderly sick parent. This causes stress hormones to get permanently switched on which burns their adrenal glands out and has a knock on effect on the reproductive system, resulting in their reproductive hormones levels (ie: FSH) going out of balance. Our endocrine system (which controls our hormone levels) is a delicate system whereby, much like an orchestra, when one instrument goes out of tune, quite often others get confused! Using homeopathic treatments, I have seen improvements in the levels of FSH and AMH. I am always telling my clients to simply rest more and create down time. This may seem obvious

but as our daily life demands become greater and greater it can be harder to achieve but will ultimately make a huge difference to your body's stress response.

As we age our hormone levels naturally decline. Doctors often overlook the interplay between the different types of hormones, especially the stress hormones and how this can disguise what is actually going on with a woman's reproductive health.

I am often asked what stands homeopathy apart from IVF treatment. Firstly, it offers a less traumatic experience on the body, as the homeopathic treatment works in harmony with the body, restoring the person's health to its rightful balance. Conversely, IVF involves a series of drugs to manipulate the body to make conception happen in a structured way. We should also consider that IVF treatment was originally designed for women with blocked tubes and yet it is very often given today to couples as a one stop shop treatment for many different fertility issues, including unexplained infertility. The second difference is financial as homeopathic treatment is considerably cheaper than IVF. There are stories of couples re-mortgaging their homes in order to embark on IVF treatment if they are not eligible for it on the NHS.

When looking holistically, we can see the body prioritises things differently. Reproduction is the least important priority for the body but managing stress is the number one priority. If your body is busy managing a chronic health condition, or high-stress levels from a demanding job, then it will be focusing its attention managing those conditions and not on reproduction. No amount of manipulating the body with strong drugs is guaranteed to change that. This may explain why IVF's rate of success is quite low (at less than 24%). According to the Human Fertilisation and Embryology Authority (HFEA) which regulates IVF treatment in the UK, between 2003 and 2007, 163,425 IVF cycles were completed in the UK, with a 23.4% resulting in at least one live birth*

Homeopathic treatment offers women in their 30's and 40's time to improve their overall health. If they don't fall pregnant naturally then IVF treatment with homeopathic treatment has a much greater rate of success. Improving your health in a holistic way will not only help you to fall pregnant but it will also improve the experience of the pregnancy, the ease of the labour process and the health of their baby.

More and more people are starting to turn to homeopathic treatment to help with fertility issues and this has led to an increase in the number of people recommending homeopathic treatments to their family and friends.

If you would like to find out how Homeopathy could help you, please do not hesitate to contact me to discuss your situation in more detail via my website becomefertile.com



International Health Plus (IHP) is a new and innovative concept in medical tourism. We specialise in co-ordinating low cost fertility treatment of up to 60% less than an average cost of an IVF cycle within the UK.

IVF / ICSI fees start from **£4,000.00** *(excluding medication and blood tests). Services such as egg donation, IUI, blastocyst transfer, PGD and PGS are routinely arranged. Additional services can also be organised based on our clients request and clinical requirements.

IHP believes that our clients fertility journey should be a relaxing and stress-free experience and strive to individualise each fertility treatment based on our client's request. We offer a complimentary Skype consultation and have a vast network of accredited fertility providers based in Bahrain, Dubai, Greece as well as within the UK. With treatment abroad, our clients also have an opportunity to combine their treatment with a sun filled holiday.

Our dedicated team of patient coordinators based in our West London office act as a direct point of contact and provide guidance and ongoing support throughout our client's journey in a professional, discretionary and confidential manner. For our clients combining a sun filled holiday in opting for treatment abroad can rest assured that our team at IHP will remain with you every step of the way.

We will be exhibiting in the Fertility Show at Olympia London on the 4th and 5th November 2017. Our team will be joined by our fertility consultants who will be available to answer any queries as well as offering complimentary consultations. *

If you would like to arrange a complimentary consultation during your visit to the show or if you would like further information please visit our website www.ihp.london or send us an email at dr.dabeer@ihp.london

*Subject to availability



Natural Fertility UK



natural fertility & pregnancy treatments for the body & mind

www.londonkenticupuncture.com
0208 242 6508

Viva!
HEALTH

A wealth of practical information on having a healthy pregnancy and a vivacious, robust baby!

Vegetarian and Vegan Mother and Baby Guide
by Juliet Gellatley and Rose Elliot

Viva!Health – a major resource on vegan health and nutrition for health professionals and the public

vivahealth.org.uk/baby

