

# You Can Get Pregnant Over 40, Naturally



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*Overcoming infertility and recurrent miscarriage in your late 30's and 40's naturally*



## Chapter 4

### *My Specific Pregnancy Protocol*

I spent years researching natural methods to enhance fertility. I read food and nutrition publications and I educated myself on natural treatments that would normalize hormonal levels, promote ovulation, and increase pelvic circulation. I continued to refine my diet and treatment regime until I came up with the winning formula.

One thing I kept running across in my research was something called “estrogen dominance”. Estrogen dominance is when you have an excess of estrogen especially compared to progesterone. This can cause a number of problems, one being uterine fibroids and even endometriosis (and wouldn’t you know it, I had all the symptoms including fibroids and endometriosis). I also learned there are environmental toxins called xenoestrogens. This literally means “foreign estrogen”. These xenoestrogens mimic estrogen in your system contributing to estrogen dominance. Xenoestrogens are stored in the body for an extended period of time leading to a number of conditions which ultimately contribute to infertility. I have a list of xenoestrogens to avoid at the end of this chapter (under the “Things to Avoid” heading.)

Phytoestrogens, on the other hand, are plant based substances which also mimic estrogens (phytoestrogen means “plant estrogen”), however they are weaker and they differ from xenoestrogens because they are actually beneficial. Phytoestrogens bind with estrogen receptors keeping out the stronger more harmful estrogens (like xenoestrogens). Phytoestrogens are not stored in the

body and are easily broken down. In my “Fertility Diet” section (below) I give you a list of vegetables that are high in phytoestrogens.

Additionally, my research uncovered a group of hormones called prostaglandins which play a critical role in menstruation, conception, and pregnancy. There are different types of prostaglandins, some are helpful and some are harmful. Some prostaglandins assist the uterus and the fallopian tubes to contract which moves the egg to the portion of the tube where fertilization is most likely to occur. Prostaglandins also surge at the end of a menstrual cycle causing the corpus luteum of the ovary to shrink down which tells the body to start a new cycle.

You can see that there is a synchronistic orchestration of events that should occur in a normal cycle. If there is an overproduction of prostaglandins (with endometriosis, for example) and woman becomes pregnant or is pregnant, this could cause the uterine lining to shed ending in a miscarriage. Additionally, overproduction of prostaglandins could cause contractions so powerful that the egg moves too fast before conception can occur.

In terms of getting pregnant and staying pregnant, it is important to help your body manufacture and shift the balance to good prostaglandins by eating foods that create the building blocks for these substances. Specifically, you need to be consuming essential fatty acids since your body can't manufacture these by itself. Omega-3 fatty acids are particularly helpful and my “Fertility Diet” section also includes foods that are high in Omega-3's.

## **My Pregnancy Protocol -Part I**

### **My Fertility Diet**

My diet consisted of 8-12 servings of fruits and vegetables per day (technically a serving is about ½ cup, although my servings were closer to a full cup). This may require a major shift in your eating. It was easy for me because I love most fruits and vegetables – but sometimes I really had to plan ahead and start eating them in the morning to get all my servings in. I tried to vary what types of vegetables I ate. Every Sunday, I would go to the grocery store and buy all of my produce to eat throughout the week. I know that many experts on food and nutrition strongly recommend organic fruits and vegetables (these are grown without pesticides which can be xenoestrogens). Sometimes I bought organic, however many times I did not. I think for most people, just eating more fruits and vegetables would be a major improvement in their diet whether or not they're organic. If making a special trip to a health food store proves to be too time consuming (or expensive), then just shop at your regular supermarket. Be sure to wash all your fruits and vegetables thoroughly to remove any unhealthy residue (I would use a solution of white vinegar and water to wash all produce).

A note about convenience – If I had to cook every day, I probably wouldn't have stuck to this diet. I would designate Sunday as my cooking day and make a big platter of vegetables I would store in the refrigerator. I would eat a portion of each daily. You can vary the vegetables you eat and you can add some that are not listed below. The main thing here is to have at *least* 8 servings and if possible 10-12. Try to always include the hormone regulating vegetables and fruits (as listed below).

