

Powerful Patient 2008 week 35

Host: Joyce Graff, WebTalkRadio.net

Strengthening Your Fertility

Dr. Jeanne Wilson, herself the mother of three, is a licensed acupuncturist with a Ph.D. in Chinese medical research. Several IVF clinics noted that her patients experienced an amazing rise in fertility under her care. Hear what she has learned about fertility from both Eastern and Western medicine.



Jeanne A. Wilson, Ph.D., L.Ac.

1) **About Our Guest**

Jeanne A. Wilson, Ph.D., L.Ac., works every day with patients struggling with various diagnoses of infertility. She works to enhance the reproductive health of her patients and increase their ability to conceive. For the past ten years she has worked closely with many excellent and caring reproductive endocrinologists and In Vitro Fertilization (IVF) clinics.

Through Chinese medicine, she opens new doors of perspective for her clients. She works to create balance and overall health and well-being so that other Western fertility procedures are more effective.

“This integrative blend of ideas, experience, and skill provides patients with the newest developments in Western Nutritional Research and the oldest clinical experience of Traditional Chinese Medicine, giving them the best of both worlds -- East and West.”

In the course of this work she has developed a number of fertility supplements to enhance the reproductive health of her patients and increase their ability to conceive. See <http://www.eastwestessentials.com>

Particularly for couples who are having difficulty conceiving, or who are concerned about specific health issues affecting either parent, it is particularly important to give the baby every possible chance of success – creating an environment where not only conception but the subsequent explosion of cell division from that moment forward has the nutrition and environment it needs to be successful. This reproductive year – before, during, and after pregnancy -- is an investment in the rest of your child’s life and health, and thus of your own lives as well.

2) **Nutrition for Fertility, Healthy Parents, and a Healthy Baby**

Nutritionist Haylie J. Pomroy BS, WC, provides Nutritional Counseling to support clients who are proactively supporting their reproductive health. Many obstetric and

reproductive endocrinology doctors refer patients to Haylie Pomroy for issues such as: polycystic ovary syndrome (PCOS), gestational diabetes, preeclampsia, anemia, twin pregnancy, male factor, recurrent pregnancy loss, proactive fertility enhancement and more. Haylie works to optimize client health through nutritional counseling before, during, and after pregnancy. Many of Haylie's clients are participating in a fertility program and/or are looking to maintain and enhance their reproductive health.

Haylie stresses that it is not only the woman who needs to prepare for pregnancy, making healthy eggs, and providing a good nutritional environment for the child. The health of the man is also important, to make healthy sperm – not only good quantity and motility, but well-formed DNA. For example, she cites research that indicates that one study found a 64% increase in miscarriages when only the man smokes.

3) The Silk Thread

Dr. Wilson talks about the concept in Chinese Medicine of the “Silk Thread” a continuum of energy among women that helps to educate young women about what is normal in their bodies, the cycles of women’s lives, and the communal energy of birthing and child-rearing.

4) Resources

The website at East-West Essentials includes several well-prepared articles that we used in preparation of this program:

The Yin and Yang of Reproductive Health, by *Jeanne Wilson, Ph.D.*

http://www.eastwestessentials.com/symptom_wizard/yinyang_reproductive_health_fertility/url

The Vital Role of Essential Fatty Acids for Pregnant and Nursing Women,

by *John Finnegan, an excerpt from his book, The Facts About Fats*

http://www.eastwestessentials.com/symptom_wizard/vital_fatty_acids_finnegan

Nutritional Influences on Male Fertility, by *Haylie Pomroy*

http://www.eastwestessentials.com/symptom_wizard/Nutritional_influences_male_fertility/url/url

Haylie’s Five Steps to Better Fertility, by *Haylie Pomroy*

http://www.eastwestessentials.com/symptom_wizard/five_steps_better_fertility_Extra/url/url

5) Contacting Dr. Wilson’s clinic:

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