

Infertility:

Real food, real herbs, real results...

What's going on?

- Poor nutrition (also misinformation as to what is healthy)
 - Misconception on role of fat in the diet
 - Cholesterol needed for all hormone synthesis
- Stress
 - Throws off entire system. Makes it harder to conceive, etc
- Could be the male too.
 - Studies show increasing effect on male on all conception, fetal health and pregnancy issues.
- Books:
 - Pottinger's Cats by Great book on how nutrition affects fertility
 - Healthy Parents, Better Babies by Naish and J Roberts
- Worldwide in-vitro fertilization is 10% with the US having 50% success rates for females under 35. Current statistics using these protocols is currently around 85%
- Everyone is different:
 - In order to maximize the chances for conception, we create a specialized program with each couple to determine exactly what the problems are and establish a treatment plan to maximize all resources in an effort to reach the goal of delivery of a healthy baby. We integrate the best of modern medicine and natural therapies (applied kinesiology, homeopathy, whole food nutrition and herbal medicine, hormonal testing, emotional issues, stressors) in both diagnostic and treatment methods within our office setting.

Detoxification:

Since the liver metabolizes and detoxifies (synthetic hormones are in many foods especially proteins) detoxification is necessary to make sure the synthetic aspects of all hormones have been alleviated as well as the body has the ability to properly detoxify every day toxins. This will be done by the use of specific whole food supplements and herbs determined by Dr. Jurica as well as a change in the diet. Detoxification foot baths (www.4ebr.com) may also be used to support this process.

Clean House=Happy Baby:

- Remove all synthetic, toxic forms of cleaning supplies.
- Use tea tree oil, Seventh Generation products, etc to keep the house clean. Use air and water filters to keep the house as clean as possible.

Customized Conception Program (CCP):

Every person and every couple is different so after all of the analyses are performed, diet and proper house cleaning are discussed, various whole food supplement and herbs will be taken before and during the conception process. These are NOT like what is offered at drug stores or conventional methods as all supplements are derived from whole organic food and herbs maximizing the vitality and activity of the ingredients for both the partners.

To book an appointment or if you have any questions please contact the office at 212-533-3631 or info@drscottjurica.com