



The fertility influencers Part 2



Stress

Excessive stress (poor stress tolerance), raises levels of the adrenal hormone cortisol which can compete with progesterone, which can lead to infertility. Excess stress can also interfere if not place a burden on the methylation cycle which leads to reproductive problems.

Timing

On the topic of stress, the timing of intercourse to ovulation while both partners are not stressed can play a big role in fertility, this is due to the fact that elevated cortisol (stress) interferes with hormone balance. Therefore, those with genetics that make them more susceptible to stress will make them more prone to infertility.

Impotence

Impotence and infertility in men is very common with the male partner responsible for about 1/3 of infertility cases. Hear that men? You need to do this work too!

Folic acid

As you may know already, folic acid is promoted heavily for the prevention of birth defects, it is also heavily promoted for pregnancy and many governments add folic acid to the food supply, so in many cases, it is hard to avoid.

Folic acid is an inhibitor of the folate process, it is a man-made artificial version of vitamin B9 as folate.

Folate is natural vitamin B9 however, be careful due to the fact that many supplement companies try to sell folic acid using the name folate.

The biggest problem with folic acid is that it can jam up the folate process by dominating all the folate seats, in other words, folic acid can interfere with the natural folate's ability to get used during the folate process. This excess folic acid then shows on blood tests as being elevated folate or as we call it "unmetabolized folic acid".

Therefore, folic acid itself can cause folate deficiency symptoms in many people despite blood work folate levels appearing "normal" or elevated such as:

If you can't get enough natural folate, especially folate as 5-MTHF, you can't support a pregnancy.

Diet

In an ideal world, diet would be the number one thing to focus on for infertility. And yes, eating healthy is very important, especially green leafy vegetables, lean meats, whole grains, and good fats such as Omega 3,6,9, unfortunately, the food supply today is not what it used to be, this is due to modern farming practices, this means you can't get the wide-ranging nutrients especially when you have gene mutations.

Unless you have been hiding under a rock, you would have noticed that the supplement industry is now massive and there is no coincidence, given that people are not getting enough nutrition, from even their healthy diet to support a pregnancy unless you have good fertility genes, but even then, supplements are recommended to ensure development and prevent losses.

EMF radiation

The DHFR gene is also susceptible to EMF radiation, the gene which we will discuss later is part of the folate family of genes. EMF radiation is now 100 million times more prevalent today than just 100 years ago. This means that many people now have problems processing their folate through the DHFR gene, which has led to many infertilities and or miscarriages in those with the gene mutation.

Parasites

Parasites can get into your ovaries and cause pollution and dysfunction of ovulation. They can also rob you (the host) and or the fetus of essential resources leading to infertility and or miscarriages.

Bacteria

Bacteria, one of the oldest problems we still have today, is the ancient enemies of human reproduction such as Gardnerella, Neisseria and Treponema bacteria. Any of these bacteria even undetected via testing will cause infertility.

Viruses

Unresolved viruses are a big clue to immune problems and inflammation, both of which can prevent fertility and or cause miscarriage. Good immunity can't be passed on to protect the fetus and so poor defenses mean a poor probability of survival.

Mycotoxins

Mould is a powerful inhibitor of pregnancy; mould can essentially mess with ANY of your biochemical pathways. Later stage miscarriages can be the results of mould exposures, even common black mould found in most people's homes including the bathroom and kitchen can significantly affect fertility and cause miscarriage.

Age

Age and time are against you, this is because our hormones in both men and women both decline with age. That being said, it's the health of your current reproductive system and your hormones that make a big difference.

Others

As you can see there are many ways that can influence your ability to have good reproductive health and when you combine several of the above fertility influencers you can see how you can easily lose that leveraged advantage you may need to have a successful outcome.

Company Description

Russell Browne is the director of the company trading as MTHFR Gene Health Practice. Russell is the original founder of MTHFR FERTILITY GENES™. He is a qualified practitioner of Advanced Nutrition, Advanced Herbalism, and Homeopathy. He is also qualified in Neuro-Linguistic Programming (NLP). MTHFR FERTILITY GENES™ specializes in fertility complications, genetic nutrition, epigenetics, and nutrigenomics for complicated fertility, miscarriages, and infertility. We use advanced levels of data and treatment protocols to gain leverage over genetic weaknesses that lead to fertility complications, miscarriage, and infertility.

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Google Folder: https://drive.google.com/drive/folders/1Ha7Ib0ZrfqMiVQk5pjVTHHZ2IUXkKTsJ?usp=drive_open

Recommended Resources

<https://mgyb.co/s/pNhlf>
<https://mgyb.co/s/ZwyHl>
<https://mgyb.co/s/zVtVL>
<https://mgyb.co/s/Mnpce>
<https://mgyb.co/s/XjJVb>
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Recommended Profiles

<https://www.youtube.com/@mthfrgenehealth4094>
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<https://www.evernote.com/pub/chadrcalhoun/mthfrfertilitygenes>
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<https://about.me/mthfrfertilitygenes>
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