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OVULATION AND YOUR FERTILITY

You have tried to conceive for several months, and your period is irregular, or you may suffer from amenorrhea (lack of regular periods) or menorrhagia (excessive menstrual bleeding) or are having monthly spotting. These are symptoms that you may have ovulation problems. Ovulation is an important step for a woman to be able to conceive. What would be the reasons for not having regular ovulation? Well, before answer this question let us see what ovulation is.

Ovulation

Ovulation occurs in the ovary during the first two weeks of a period with the production of an egg each month, which allows pregnancy to happen. The mechanism of ovulation involves a center in the brain called hypothalamus, which releases a hormone (Gonadotropin-releasing hormone), which stimulates the pituitary gland to produce Luteinizing hormone and Follicle-stimulating hormone that stimulates egg maturation within ovarian follicles. One of the ovarian follicles will be the dominant and will be released at ovulation time. Ovulation may not occur if there is a disruption or a defect in this mechanism. Ovulation problems can be categorized in: annovulation (lack of ovulation), oligoovulation (infrequent ovulation), luteal phase defect.

Disruptors of the ovulation process are:

- Polycystic Ovarian Syndrome
- Stress
- Excess production of hormone prolactin
- Poor nutrition (lack of important nutrients may lead to hormone imbalances)
- Overweight or underweight (low fat or too much fat disrupt hormone balance and may impair ovulation)
- High FSH levels at the beginning of menstrual cycle
- Strenuous exercise may decrease oestrogen
- Low progesterone

At Natural Stress Therapy Clinic we have a selection of AMAZON BRAZILIAN HERBS that may help you with your ovulation problems.

GET PREGNANT IN THE AMAZON WAY!!

CALL **9650 6520** TO MAKE AN APPOINTMENT FOR A FERTILITY CONSULTATION.