

Kate, 43, 65kgs, school teacher, Keith 39, electrician, looked healthy and fit.

Main complaint: Infertility. Been trying for 2 years, then started IVF and failed 3 IVF full cycles, got pregnant twice, miscarried at week 5 both times. Had one incident of over stimulation, ruptured ovaries, emergency surgery. After this episode she came to the clinic. Period cycle 29 days. Bleed for 3 days, scanty dark blood, sharp pain with profuse sweating, dizziness, night sweats, afternoon fever and anxiety, mid cycle pain with palpitation, very low libido, dry vaginal, hard to achieve orgasm, **been taking oral contraceptive pills for 13 years prior to** trying to conceive. She had lower fluid retention (ankles), abdominal bloating, flatulence, indigestion and constipation.

It is the second marriage for this couple. Keith has had two children from previous marriage, sperm count profile is perfect.

Kathy: higher level of FSH, lower level of estradiol and low progesterone.

TSH : 0.5 (0.5-5) Sub clinical Hyperthyroidism

T3 T4 are within normal limit of pathology parameter.

History of her pathology test report indicated that she had recurrent UTI, has had taken many courses of antibiotics, suffered from thrush and lower abdominal bloating and pain.

Has had history of CN1, last pap smear 4 month ago, it was clear.

Clinical observation: I sensed that Kate is under very heavy mental and emotional stress. She feels very guilty, shameful, and insecure about her condition. Keith is very fit, handsome, and he is 4 years younger than Kate. Kate felt grateful that Keith married her so she determined to give him a child even though Keith does not mind whether he has a child with her or not. Keith is very nice and supportive to her. He said that he will do anything to help her to get what she wants.

Kate has been a very anxious person, she also demonstrated sub clinical hyperthyroidism (shaking, thinning of hair, dryness, palpitation , anxiety, fast metabolism, loss of weight, constant hunger). Kate suffered from low self esteem. She is constantly afraid of losing Keith to a younger woman so she desperately wanted to get pregnant to add weight onto Keith's commitment to the marriage. She felt that the child will secure her marriage to Keith.

Clinical note: Identify Kate's real motives behind her desperate desire to get pregnant. She constantly used words like " I need to get pregnant quickly, I don't want to lose my marriage, I am not sure about myself)

" Keith is a very nice man, you are very lucky."

" Yes I am. That is why I must get pregnant."

" Keith said that he does not mind whether he has a child with you or not, he loves you." " Yeah, but I need that child, I need a child to secure my marriage."

“ What do you think it will happen if you don’t have a child with Keith?”

“ He will probably get sick of me one day and run away with someone younger.”

Her motives for trying to get pregnant were driven by fear rather than love. I pointed out that this is not the right energy to bring a child to the world, and also it is not the right energy for her marriage. Her fear is causing a lot of negative physical problems, it is poisoning her nervous and hormonal system, making her body less fertile. Every month she anxiously waits for the period to come, when it comes, she is devastated and disappointed. Her negative state has stopped her from enjoying her bodily sensations, she constantly blamed her body for letting her down. She no longer enjoy love making, she is too dry, it hurts too much, then she gets UTI, thrush, and the negative cycle goes on and on.

I have identified all of the above negative experiences without her telling me her situation. She was very relieved that someone actually understood how she felt and what she has been going through. She agreed that she can not go on like that any more, something has to change.

I spend next three months working on rearranging her mind, her perception and her thought patterns, whilst implementing a detoxification program.

1. A child is a fruit of love, not a means to satisfy her desire or take away her fear.
2. She must learn to love herself , know that she is a good woman, and she is blessed with Keith in her life because of her inner goodness.
3. She must trust Keith, and use Keith's love as a tool to liberate herself (open her heart to love) from her self created prison of fear, doubt and rejection.
4. She must connect to Keith's love with a sense of gratitude rather than desperation or neediness, which will reduce her

fear of losing it.

5. Suggesting reading: The power of Now. The triumph of the heart.
6. Do not have sex until they can connect to each other emotionally to make love again.

Prescription during this time: Detox. (3 months)

Digestive symptoms greatly improved and energy levels 8/10.

Vaginal and UT symptoms resolved. Her new perception about herself and her relationship produced a dramatic reduction in her stress levels and anxiety.

Prescription afterward:

Relaxan, 3 caps three times a day,

Sun Ten herbal formula : Rhemannia 6, take two teaspoons in hot water twice a day

Resillian: 3 caps three times day.

She was reviewed once a month on her progress.

She started to bleed for 5 days instead of 3, with good flow (no clots) and no pain. Her menstrual pain resolved, along with her night sweats and there was a gradual improvement with her vaginal lubrication and libido. TSH went up to 2.1.

By now, (5 months into the treatment), she has improved out of sight. 80% of her physical discomfort had improved. She is relaxed, enjoy making love more than ever before.

She started to have very strong ovulation signs (stretchy clear mucus) from third month of treatment. She used to have sex twice a month for the two days of her “ ovulation “ according to her temperature chart. Now she makes love twice a week with “ wonderful natural lubrication”, Keith enjoy this process

VERY MUCH.

The couple conceived naturally 5 months since the date of fertility treatment. She went off Relaxan and continued with Resilian and Rehmannia 6, along with Femme Essentials and EPA/DHA. They gave birth to Daniel , a full term healthy baby.