

Case 4: Amanda 34, real estate agent, Mark, 35, high school art teacher. Been trying for two years without success. Both have been taking herbs from a well known Naturopathic fertility specialist. The herbs have helped them a real lot. Amanda has regular menstruation, Mark has good sperm profile. They have been Detoxed by another naturopath who has done a great job for them. They have been taking preconceptional nutrients for 4 month from the same naturopath, however, they have not achieved conception.

Amanda has a high stress job, working 60 hours a week including weekends, late nights.

Amanda started to cry when she sat down.

“I have been taking all these herbs, and vitamins for over 2 years, it has cost us a fortune. I have to work so many extra hours to pay for it all. Last Thursday, I’m routinely achieving great ovulation, the spin looks fantastic, and I feel really positive about conceiving, then I called Mark to come home, and you know what? Most the time he can’t even get it up. I’m disgusted and utterly disappointing”

“ Amanda , look at your husband, look him in the eyes, what do you see?”

“ I am not sure .”

“ Does he look happy?”

“ Not really.”

“ Does he look sad and defeated?”

“ Yes, he does, but why? I love you , Honey.”

“ Mark, Why do you look so sad?” I asked Mark.

“ Because I disappointed my wife. I let her down.”

“So you feel guilty! “

“ Mark, look at me, look me in the eyes. It is time for you to be honest with your wife and to be honest with yourself.”

“ I am not sure what you are saying”, looking very scared.

“ Enlighten me, Mark, your an artist. What is the most crucial factor in the process of creating a meaningful piece of art?”

“ My emotions, feelings and passion for the concept. “

“ Is it fair to say that , to you , your bodies are just like a paint brush and canvas? You find it difficult to get involved in the life creating process without injecting your feelings and emotions of love into it.

A phone call like “Mark I am ovulating, I need your sperm “no longer can turn you on, in fact, it turns you off. Every month, you come home upon that call, then every month after that, you anxiously wait for the day of her happiness or the day of her desperation.

Mark, after a while, both of you are all worn out from this experience. The sacred meaning of Love making has been degraded and has become a chore rather than an experience of joy and expression of love.

So no wonder you are sad. You have been used as a biological machine to simply produce sperm for month on end and now you are so afraid of having sex with your wife because you are so

afraid of another episode of her anger, disappointment and desperation when she gets her period next month.”

“How can you know so much about me?” Mark broke down and cried.

This couple conceived naturally 6 weeks later. I did not put them on any other fertility treatment, or interfere with their preconception nutrient program from the other naturopath. The only thing I did was to give Amanda Relaxan 3 caps three times a day, Stressan to Mark 3 caps three times a day to reduce their reaction to stress.

We worked out that they could afford to have a break from life and try to reconnect as a loving couple for a month without their daily pressures.

So they went away camping. Mark did lots of painting and a portrait of Amanda, they reconnected again with Love and Passion and they conceived on their camping trip. Now they have little Cameron as another wonderful source of joy in their lives.