



**INFERTILITY  
CURES  
(instead of  
adoption)  
by Lori Carangelo**

Food and Drug Administration scientists reported a close correlation between decreasing total fertility rates in women between the ages of 10 and 49 and increasing fluoride levels (California being the state with least fluoridated water). They also report that fluoride adversely affects fertility in most animal species. (Freni, Journal of Toxicology and Environmental Health, 42:109-121; 1994)

CBS-60 Minutes (7/22/01) reported "designer babies," resulting from anonymous sperm or egg donors selected for genius IQs or specific talents, develop emotional problems from stress of feeling pressured to fulfill expectations to emulate their donors and may react by intentionally under-achieving (similar to Adopted Child Syndrome behavior).

#### ASSISTED PREGNANCIES & RISK OF DEFECTS

....Babies conceived via invtro fertilication or the injection of sperm directly into eggs are about twice as likely to be born with a birth defect [ranging from life-threatening heart defects to milder abnormalities such as hand deformities, and also chromosomal defects] as babies conceived without artificial assistance, according to one study published in the New England Journal of Medicine. (Author of study is Dr. Jennifer Kurinczuk, University of Leicester, England, as quoted in *Los Angeles Times*, 3-7-02, p. A-14)

#### FIRST HUMAN WOMB TRANSPLANT

Doctors in Saudi Arabia have performed the first human womb transplant, which produced two menstrual periods before it failed and had to be removed. The experiment indicated a womb transplant is technically achievable.....Some say it won't be practical until less toxic anti-rejection drugs [which could also harm a fetus] become available....The idea of transplants was first explored in the 1950's....The [most recent] transplant, using the womb of a 46 year old post-menopausal woman who had to have a hysterectomy, was performed 4-6-2000 on a 26-year old Saudi woman who had lost her uterus because of excessive bleeding afetr childbirth. (Associated Press, as quoted in *Los Angeles Times*, 3-2-02, page A-14.)

#### HUMAN CLONING, A THREAT TO PRO-ADOPTION INTERESTS

by Lori Carangelo

On 4/6/02, "Worldwide Stir Over Possible Human Clone," Rick Weiss, Washington Post, quoted the San Francisco Chronicle's unconfirmed report of pregnancy in Italian doctor's program to clone a human being. The article is online at:

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2002/04/06/MN130358.DTL> Following is excerpted from that article:

"The doctor, Severino Antinori, a renowned medical maverick and director of a human reproduction research center in Rome, could not be reached to comment on the report, which appeared in Gulf News, a Middle Eastern newspaper. The paper quoted Antinori as saying that a woman in a human cloning program he had started was eight weeks pregnant.

In 1994, Antinori helped a 62-year-old Italian woman get pregnant. At 63, she became the oldest woman ever to give birth. Experiments in which he cultivated infertile men's immature sperm inside rodent testicles also stirred controversy. Last August, speaking at a National Academy of Sciences meeting in Washington, he warned that if Congress banned human cloning it would take the nation 'back to the Dark Ages.'"

The article also announced that an effort was about to begin on 10 couples -- some of them Americans -- in an undisclosed country."

Family rights organizations in the U.S. are concerned about the many ethical questions raised by human cloning, including the use of cloned human embryos for disease research. The Religious Right, which has managed, under the current administration, to secure over \$1-billion funding to promote and increase adoptions in order to "Christianize" the world's children, must view human cloning as a threat to the multi-billion dollar adoption industry. An effort is mounting in Congress to ban it altogether.

Americans For Open Records (AmFOR) is particularly concerned about the impact on the cloned children when our government has not seen fit to determine outcomes of children created in secrecy using anonymous egg or sperm donors and traditional or gestational surrogates. The main difference is that a cloned child would be a biological duplicate. Anti-adoption advocates wonder whether human cloning may help to replace stranger adoption which denies children their biological reality under adoption secrecy statues even in so-called "open records" states.

Whatever the future of human reproductive alternatives, there is probably going to be a period in human history in which they will co-exist for a time. America's children are already treated as products "Made in the USA" and offered for sale in adoption catalogs and over Internet. It's not a far stretch to imagine bar-coding them at birth in order to differentiate pricing for clones, donor offspring, "designer" babies, and babies earmarked for adoption, from those created the "old fashioned way" without guarantee against inherited flaws that account for the diversity that defines us. The question remains, which will be the most highly valued by our capitalist society? And how will all of these children fare?

This unique compilation provides extensive information about infertility, not found in one compilation elsewhere -- including natural and other cures -- as a public service for information purposes only. The author is a researcher and writer, not a medical professional or scientist. Sources of this information are cited, alphabetically by author, in the End Notes following this material, and in "Statistics of Adoption," a free e-book also on this web-site. Consultation with a qualified physician, and nutritionist or herbalist, is recommended. Adoption, sperm or egg donation and surrogacy which are promoted by infertility web-sites and organizations such as RESOLVE INC, are neither cures nor treatments for infertility, and are NOT recommended. The human body is designed to heal itself with proper nutrition. Although there are no guarantees, many couples find success following the nutritional principles offered here which may avoid the heartache and great expense of failed or high risk technical, chemical and surgical treatments.

For more extensive statistics on Infertility, [CLICK HERE](#)

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## **1. INTRODUCTION - THE STATISTICS & COSTS:** Why 25% of Americans Are Infertile; Infertility & Adoption Are Multi-Billion Dollar Industries.

Over \$2-billion is spent on infertility including \$2-\$10,000 or more for each sperm or egg donation or other treatments. By medical definition, infertility is the inability to conceive a child after a year of unprotected sexual intercourse. According to Ladies Home Journal (August 2001, p. 72), in addition to extensive diagnostic tests such as ovulation monitoring, vaginal ultrasound, cervical X-Ray with dye, etc., fees for actual treatments include: (female) Intrauterine Insemination (IUI) - \$2,000; (male) Intracytoplasmic injection (ICSI), which adds \$2,000 to IUI; (female) In Vitro Fertilization (IVF) - \$10,000.

Here are the statistics:

- o About 25% of all couples attempting pregnancy will conceive the first month
- o About 80% of all couples will conceive within a year, provided they have intercourse two or three times a week. It is not unusual for any "fertile" couple to try for 8 to 10 months before becoming pregnant.
- o About 5% of couples will conceive spontaneously beyond a year without medical intervention.
- o A small number of couples will have been infertile for several years before achieving pregnancy, whether or not they have undergone fertility treatments.
- o That leaves 25% of Americans classified as "infertile."

First-degree infertility is the term used to describe those who have never had children. Second-degree infertility describes those who have had children but find themselves unable to conceive. According to Parenting Magazine, more infertile couples who adopt children, choose adoption as result of secondary infertility.

- o 50% of cases of infertility are traced to the female, whose chances of infertility increase after age 30 - While more women are having babies later in life, waiting to have babies in their 30's and 40's also increases infertility risks (10-15% of all cases being due to ovulation problems, and 30-40% due to pelvic diseases) whether first or second degree -- most often from delaying pregnancy into their 30's, which is beyond a woman's peak reproductive years. The normal menstrual cycle is usually every 26-35 days and "abnormal" cycles can adversely affect reproduction but can also be corrected.
- o 40% of cases of infertility is traced to the male who, ordinarily, may remain fertile throughout most of his life (with 30-40% due to low sperm count or varicose veins in the testicles). A 50% decrease in sperm counts in the last century is documented and blamed on PCBs imitating estrogen in food, air and water;
- o 10% of cases of infertility are traced to a combination of male and female infertility;
- o 5% said to be from "unknown" factors; however, many "known" causes of infertility may be reversed by natural, nutritional means -- from predicting the basal body temperature cycles ideal for conception to proper diet and vitamin, mineral and herbal supplements.

While the first step in addressing infertility is to obtain a correct diagnosis of the cause by assessment of both male and female partners, in truth, unless infertility is diagnosed as resulting from an identifiable and truly "incurable" medical condition or sexually transmitted diseases (STDs), it could be said that the majority of cases result from unknown or reversible causes. Despite low sperm counts, prior miscarriages, scarring from surgeries for ovarian adhesions and endometriosis, fertility cures have been reported as result of vitamin herbal supplements such as dong quai, vitamins B6, zinc, liquid chlorophyll, evening primrose oil and a vegetarian diet.

There are as many books and websites about infertility as there are myths and misinformation about infertility. Aside from chat rooms and message boards, most infertility websites are commercial sites offering various types of infertility testing, products, treatment, or counseling--for a fee. They often include disclaimers. Most offer adoption counseling or links to adoption counselors and agencies. Adopting an infant or older child is neither a cure nor a treatment, nor even a reasonable alternative, for infertility. Adopted kids are now consumer products of a more than \$1.4-billion dollar adoption industry. A typical private adoption can cost up to \$60,000 today--most of that fee going to the attorney/baby broker. Is it any wonder that media and fertility clinics promote the more lucrative fertility treatments -- and adoption -- instead of identifying the true causes and ways to reverse infertility without medical intervention when possible?

Adoption, sperm and egg donor assisted conceptions and surrogacy are not "cures" or treatments for infertility. Children are not "interchangeable," and, yet, the practice of adoption, or donor assisted conception gives infertile couples the false hope " of being able to raise a child in the skin of the child they could not otherwise have, trivializing the fact of the child's genetic reality, thus creating problems for the child and adults involved.

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## **2. NATURAL CURES TO REVERSE INFERTILITY FROM "UNKNOWN" CAUSES.**

There are various causes and explanations for infertility. For instance, men have been surprised to find that simply switching from wearing tight briefs to wearing loose boxer shorts, or staying out of hot tubs, has helped them achieve fatherhood. One of the most basic overall causes of infertility is lack of sufficient nutrients that effect the reproductive system. For instance, the endocrine glands, which secrete and control hormones, depend on a correct supply of nutrients --especially trace minerals. Nutritional deficiencies and harmful chemicals can harm the eggs and sperm. In nature, a plant cannot grow in mineral-deficient soil, yet by adding minerals to "barren" soil, growers can make the soil fertile again. The same is true of animals and humans. Scientists are discovering that certain nutrients enhance fertility because these nutrients are lacking in the highly processed diet. Substances to eliminate from the diet, because they may reduce fertility or cause complete sterility, are: tobacco, caffeine, alcohol, marijuana, prescription drugs, workplace or other environmental hazards -- such as lead, pesticides such as DDT and DCBs, radiation (including X- rays), anesthetic gas, polystyrene, xylene, some solvents, benzene, heavy metals (including arsenic, boron, cadmium, lead, manganese and mercury), fyrol (a flame retardant used on mattresses, pillows and auto seat covers and which was found in the seminal fluid of 1/4 of all male college students tested at Florida State University in 1980 and a proven mutagen which can cause genetic damage and birth defects), food additives (including BHA, BHT, nitrates, nitrites, oxystearin, MSG and growth hormones often fed to commercially raised animals).

### **HERBS:**

Herbs have been used for fertility problems for thousands of years. A classic case is found in the Bible, with the story of Rachel and Leah. Rachel tried for years to conceive.....She finally eats mandrakes and conceives (Genesis 30).

- o DONG QUAI - used for thousands of years by Chinese women for menstrual regularity and to nourish and balance the reproductive system. Modern science has verified that Dong Quai is rich in vitamin E, cobalt and iron, though it takes months of regular use to benefit.
- o RED RASPBERRY LEAVES - contain significant amounts of vitamin C, A, B-complex, D, E, iron, Phosphorous, manganese and calcium and has been used for centuries by Chinese women to nourish the reproductive system.
- o BLACK COHOSH - a hormone balancing herb used extensively by Native Americans. Research in Europe has shown that it contains triterpenes and flavonoids that suppress the secretion of lutenizing hormone and has a mild but significant estrogenic effects. The herb should be taken in small amounts per dosage recommended on label -- excess consumption may cause headaches.

- o ALFALFA - contains high amounts of beta carotene and trace minerals for glandular nutrition and its chlorophyll content helps purify the blood.
- o KELP - rich in trace minerals, used as a blood purifier, and contains significant amounts of iodine, calcium and potassium. The iodine content is helpful for those with first-generation hypothyroid (underactive thyroid--a common cause of miscarriage) and elevated prolactin levels.
- o HO SHOU WU - Studies demonstrate its beneficial effects on fertility and ovulation.
- o FALSE UNICORN - also known as helonias root, a uterine tonic and diuretic, for menstrual or ovarian pain and dysfunction. Of all the herbs, false unicorn has one of the strongest reputations for promoting fertility.
- o DAMIANA - traditionally recommended by herbalists for increasing fertility and sexual desire in both males and females. Although no scientific studies have been conducted, there is a great deal of anecdotal evidence in its favor.
- o WILD YAM - A professor at the University of Ibadan in Nigeria conducted studies on the native Yoruba tribe who have one of the highest rate of TWIN BIRTHS in the world. The professor found that their diet contained large amounts of yams. Science is beginning to support the long-held belief that yams enhance fertility due to containing steroid-like compounds which are easily converted into sex hormones in the body, triggering the release of FSH which stimulates the ovaries to release an egg. High yam consumption appears to stimulate release of more than one egg each month. Wild yam is widely available in a cream form, often marketed as a "progesterone cream." It is rubbed on the abdomen, thighs, and upper arm areas where it is readily absorbed, and is also available in capsule form, sometimes combined with other herbs to regulate hormone function.
- o BLESSED THISTLE - a hormone balancer used for general female problems.
- o LIQUID CHLOROPHYLL - the green pigment found in plants is an excellent cleanser for the liver, regulates menstruation and builds blood.
- o EVENING PRIMROSE OIL - contains essential fatty acids (EFAs) which are crucial to proper functioning of hormone-like substances called prostaglandins, which induce ovulation. Some types of infertility may be linked to EFA deficiency and subsequent prostaglandin imbalance which could prevent ovulation.
- o ASTRAGALAS - a Chinese herb known for stimulating the immune function, it also significantly increases sperm motility-- by 150 percent.
- o CHASTE TREE BERRY - documented ability to raise progesterone levels and lower estrogen levels. Lowered progesterone levels in the second half of a woman's cycle is a

common cause of miscarriage and infertility. Researchers in Germany have discovered that chaste tree influences these hormones by acting on the pituitary gland.

- o SIBERIAN GINSENG - a general tonic that some believe has aphrodisiac properties that enhance and increase male sexual function, through production of LH which stimulates testosterone production.

- o SARSPARILLA - widely used commercially as a flavoring and foaming agent in food, it is also considered both a male and female tonic and, in New Guinea and Central America, as an aphrodisiac.

It is believed to contain hormones testosterone, progesterone and cortin and it has been used to produce a synthetic of testosterone.

- o SAW PALMETTO - the berries were traditionally used by Native Americans as a male tonic, aphrodisiac and general gland nourisher. In clinical trials, the fruit was shown to reduce symptoms of BPH, enlarged prostate in men, and is shown to have estrogenic compounds.

- o PUMPKIN SEED - rich in zinc, a nutrient vital to healthy functioning of the male reproductive system. More zinc is found in male reproductive fluid than anywhere else in the male body. Pumpkin seed supplements can be purchased in powdered capsule form at most health food stores.

- o BEE POLLEN - considered a complete food, is produced by the male part of flowering plants. The Hunzas of the Himalayan Mountains and the Caucasus people of Russia, both renowned for their longevity, eat above-average quantities of bee pollen and raw honey. Athletes and health conscious individuals consume bee pollen as an energy-promoting food supplement. It contains all the necessary vitamins and ten essential amino acids necessary for a complete protein as well as enzymes and coenzymes. It has been shown to improve sperm production in men and menstrual problems in women. But if you have plant or pollen allergies, you might be allergic to bee pollen, while it has helped some people overcome allergies. Ask a health professional for advice.

#### VITAMINS & MINERALS:

- o VITAMIN B6 - is apparently linked to the female reproductive process. Birth control pills almost completely eliminate this vitamin from the body. In a study of 14 women, aged 23 to 31, who had unexplained infertility and who were unable to become pregnant for from 18 months to 7 years, 11 of the 14 became pregnant within 6 months, the 8th woman became pregnant after 11 months, and the other 2 dropped out of the study--one after adopting a child and the other due to divorcing. Progesterone concentrations increased in 5 of the 7 women whose hormone levels were measured. A proper balance of estrogen and progesterone is essential for pregnancy to occur. Vitamin B6 deficiency leads to a buildup of estrogen in the system and the ovary responds by shutting down its progesterone production, which can lead to miscarriage and luteal phase defects. B6 is

also effective as a bromocriptine in lowering prolactin--the hormone which prepares the mother for breast feeding; too much prolactin can prevent pregnancy.

- o VITAMIN E - can improve sperm's ability to impregnate and has been shown to prevent miscarriages by developing a more healthy uterine wall and increasing health of the placenta. Vitamin E is plentiful in a diet of whole grains, seeds and nuts--especially raw almonds.. About 92% of vitamin E is lost in refined flour and is also lost in refined rice and roasted almonds. A diet rich in wheat germ, a teaspoon of wheat germ oil (vitamin E) 3 times daily, raw foods with fruits and vegetable juices, plenty of water cleansing herbs and a teaspoon of false unicorn twice daily is said to help many infertile couples conceive within a year.

- o ZINC - will normalize deficient sperm counts and sperm motility. Even marginal zinc deficiency can cause sperm counts to drop below the point of technical sterility.

- o VITAMIN C - an anti-oxidant, 1,000 mg daily reversed infertility in men by curing sperm clumping and increasing sperm motility, viability and number. Men deficient in vitamin C showed increased levels of DNA damage. In women on clomiphene therapy to enhance ovulation, adding 400 mg. daily of vitamin C made the clomiphene work better than clomiphene alone.

- o BIOFLAVONOIDS - vitamin-like substances found in the white part of fruit rinds and in broccoli, parsley, potatoes, cabbage and green peppers, play a role in formation of healthy blood vessels important as the uterus prepares for implantation. If the uterine lining is weak, spontaneous abortion will occur. In the 1950's researchers at Cornell University studied 100 pregnant women with histories of spontaneous abortion and 91 carried their babies to full term by taking large doses of bioflavonoids with vitamin C. The bioflavonoid called flavone corrected uterine bleeding within 3 menstrual cycles in cases not caused by physical damage to reproductive organs.

- o B-COMPLEX VITAMINS - found in whole grains, are often called the "stress vitamins" because they play a central role in healthy nervous system function and hormone balance. In some cases, stress and tension can hinder conception. A deficiency of B vitamins can create an excess of estrogen and excess estrogen can further deplete B vitamins. B vitamins are lost to refined sugar, stress, alcohol and other drugs.

- o VITAMIN A - besides being recognized for its connection to healthy vision, especially night vision, scientists have linked it to healthy sperm production, but megadoses (of more than 25,000 IU daily without consulting a health professional) can be toxic since, unlike water soluble vitamins, which the body can eliminate when it has more than it needs, vitamin A is stored in the liver and can build up to the point of toxicity. Because of this, the best source of vitamin A is its precursor, beta carotene, a substance from which the body can manufacture vitamin A as needed. Beta carotene can be purchased as a supplement from fish liver oils at health food store and is found in asparagus, green beans, broccoli, cabbage, cauliflower, cantaloupe, sweet potatoes, spinach and carrots.

o SELENIUM - found in whole grains and eggs. Studies have shown that populations living in areas with soil rich in selenium have higher birth rates and also indicate a connection between selenium and sperm production. At least half of the selenium in the male body is found in semen. This trace mineral may be as important as zinc for healthy sperm. The Recommended Daily Allowance (RDA) is 50 to 200 micrograms. Symptoms of selenium deficiency include cardiovascular disease, high blood pressure, arthritis, cataracts, dermatitis, sexual dysfunction and infertility.

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### **3. PRESCRIPTION DRUGS & CLINICAL LABORATORY TECHNIQUES USED TO TREAT INFERTILITY - Risks Versus True Success Rates**

#### **THE STATISTICS:**

- o 87% is the failure rate for most fertility treatments
- o 30% success rate was reported on first treatments with some therapies, counting any and all pregnancies, including those ending in miscarriages;
- o 15% success rate was reported by Yale University Medical Clinic
  - o 13% overall success rate was reported by Dr. Olive and dr. Marcos Wagner, former World Health Organization (WHO) and former Congressman calling for regulation of the business
- o 80,000 women conceived by artificial insemination in the early 1990's.
- o 11,000 women who received assisted reproductive technologies (ART) treatments in 1995 gave birth to 16,000 babies out of nearly 60,000 treatment cycles.

For years, some unregulated sperm banks have intentionally mixed the sperm of two or more donors-- usually medical students--to prevent discovery of biological fathers--while others maintain records discoverable ONLY by court order. Obviously, this is not in the best interests of the child who cannot benefit from genetic information and a current family medical history as well as from the answer to who contributed 50% of the child's genetic makeup.

About 75% of women treated with the drug clomiphene (Clomid, Serophene) achieve ovulation, but only about 40% become pregnant, blamed on the existence of other untreated problems. Side effects of clomiphene include reduction in the amount of cervical mucus, thinning of the uterus, ovarian cysts, hot flashes, nausea, headaches, weight gain and fatigue as well as a higher incidence of genetic abnormalities.

A common diabetes drug, Metformin, that is also used to treat obesity, is believed to cure infertility that is associated with polycystic ovary disease--even in people without diabetes, according to Charles J. Glueck, The Jewish Health Alliance Cholesterol Center in Cincinnati, Ohio. However, if natural vitamins and herbs can accomplish the same thing, why risk discovery of chemical-caused problems further down the road?

High tech approaches to assist restoration of fertility include advances in vitro fertilization and embryo transfer (IVF-ET) and gamete intrafallopian transfer (GIFT). With IVF-ET, the ovaries are stimulated with medication to produce several ripe eggs at the same time. When they are ready, the eggs are removed, usually under local anesthesia. Fertilization occurs in the laboratory, hence the term "test tube baby." Next, several pre-embryos are placed through the cervix into the uterine cavity. This improves the chance of success but increases the odds of a multiple pregnancy. An increased incidence of complications to IVF children is most likely due to higher rates (37%) of multiple birth children.

With GIFT, the ovaries are stimulated in the same fashion, but the eggs are harvested using a laparoscope. At the same time, a mixture of eggs and sperm is placed into the fallopian tubes. Open fallopian tubes are necessary for GIFT, but not for IVF-ET. If extra pre-embryos are formed after harvesting the eggs and processing them, the pre-embryos are sometimes frozen and later transferred into the uterus during future cycles. Couples may have a problem with the moral issues of disposal or disposition of the extra embryos. Some fertility clinics have been indicted for selling extra embryos from one woman and implanting them in another woman. The dilemma for the resulting children and their two sets of parents is enormous.

A highly sophisticated new technique, Intracytoplasmic Sperm Injection (ICSI), involves injecting one single sperm into an egg, using microscopic and robotic instruments. It is used for couples who are not appropriate for IVF, when the man has severe fertility problems and has been reported to have produced a successful birth employing an unfertilized egg that had been frozen for 2 years. Of concern, however, was a study reporting that children conceived by ICSI scored significantly lower on a mental development index and significantly higher (17%) in mildly delayed development than those using IVF or natural means.

Other experimental ART procedures, including FASIA (follicle aspiration, sperm injection, and assisted follicle rupture) may prove to be significantly less expensive and also reduce risk of multiple births but is still experimental.

Surgical treatment of Pelvic Inflammatory Disease (from Chlamydia trachomatis, endometriosis etc.) and for polycystic ovaries, can produce scarring which worsens infertility.

## **END NOTES**

Material for Prescription Drug and Clinical Laboratory Techniques, and Sexually Transmitted Diseases, was researched via Internet web-sites on infertility, including WebMD.com, Science News, National Institute of Allergy and Infectious Diseases, Center for Disease Control (CDC) and The Vines. Material for Natural Cures was excerpted from the following sources:

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