

# ENHANCING

# FERTILITY

Compiled by

**Campbell M Gold**

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CMG Archives

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## IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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### Introduction

The following suggestions are believed to enhance fertility:

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### Alternative Treatment

#### Swedish Bitters

Some authorities believe that Swedish Bitters can be a positive adjunct in the fertility process.

Max dose as per manufacturer's recommendations.

#### Tissue Salts

**Ferr Phos** (No 4)

**Calc Sulph** (No 6)

Dosage - Alternate, 4 x tabs, 4 x daily

**Folic Acid** - Max as per manufacturer's recommendations

**Omega 3** - Fish Liver Oil - 1,000 mg daily

**Vit B-complex** - 100 mg (timed release), 1 x morning and evening

**Vit C** - 1,000 to 3,000 mg (timed release) daily

**Vit E** - 1,000 iu, 2 x daily

**Oil of Evening Primrose** or Starflower Oil - 1,000 mg, 3 x daily

**Zinc** - 15 to 30 mg daily

**Selenium** - 100 mcg daily

**Pollen** - Max as per manufacturer's recommendations

**Propolis** - Max as per manufacturer's recommendations

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### **Tea**

Fennel

Chamomile

Green Tea

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### **Avoid**

Alcohol

Indian Tea

Coffee

Peppermint

Aluminium cookware or utensils

Tap Water - use filtered water or spring water

Sugar

Salt

Fatty diet

Strong electro-magnetic fields

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### **Relaxation and Hypnosis Techniques**

It is believed that relaxation, autosuggestion, and hypnosis with positive visualisation can help to augment the fertility process. Visit <http://campbellmgold.com> for possible programs.

### **Lavender Aromatherapy Oil**

Put 2 x drops of Lavender Aromatherapy Oil on a tissue, and place it where it can be comfortably inhaled during relaxation and visualisation sessions.

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