

Release: October 26<sup>th</sup> 2010

## THE OVER-40 FERTILITY SQUAD

*Fertility tips from expert moms who conceived naturally and gave birth after 40.*



[Flower Power Mom](#) is pleased to launch the first compendium of *natural* fertility tips for women over 40 from the experts who have “walked the talk.”

Meet *The Over-40 Fertility Squad*—six expert moms who conceived naturally, gave birth after 40, and have now joined forces to share their unique fertility wisdom.

Produced by **Angel La Liberte**, Founder of [Flower Power Mom](#), who conceived naturally and gave birth to her son and daughter at 41 and 44. \*



**Expert #1: Jan Andersen**—gave birth to a daughter at 40. Founder of [Mothers Over 40](#), the UK sister site of [Flower Power Mom](#).

Author of [Enhancing Fertility After Age 40](#).  
[Read Jan's Story 1](#), [Story 2](#).

*Tip #1:* If you are upset, anxious, and tense or under extreme pressure, your body can release hormones that disrupt the normal functioning of the pituitary gland, which, can disturb the normal menstrual cycle, causing irregular ovulation. Studies have shown that creative visualization or hypnosis can significantly increase your chances of conceiving by reducing these negative effects of stress.

*Tip #2:* Certain herbal supplements have been known to enhance fertility: Agnus Castus is the most clinically studied herb and is widely used to help regulate the hormones and stimulate ovulation.\*

Dong Quai is a Chinese herb that dilates the blood vessels and improves circulation throughout the body, balances estrogen levels, regulates the menstrual cycle and builds a receptive uterine lining to support a developing embryo.\*

Red Clover is rich in B vitamins, calcium and protein and also helps to detoxify the blood. Up to four cups of the decoction (made from dried, not fresh, blossoms) can be drunk a day, but you may need to take this for some time to reap the full benefits.+

Red Raspberry Leaf tones the uterus by making it contract mildly.\* Raspberry Leaf works particularly well when combined with Red Clover.

\*Agnus Castus, Dong Quai and Red Raspberry Leaf should never be taken during pregnancy. Dong Quai should not be taken if you are already taking baby aspirin to thin the blood and reduce clotting.

+ Red Clover contains blood-thinning properties, so should not therefore be used following surgery or in patients with blood-clotting disorders.

*Tip #3:* Consider consulting an Ayurvedic practitioner. Optimizing fertility is one of the many benefits of Ayurveda. Some of the foods believed to benefit the reproductive system in Ayurvedic practice are: Almonds, walnuts, pumpkin seeds and quinoa, asparagus, broccoli, milk, cream, ghee, rice pudding, seaweed, dates, pomegranates, grapes, papaya, pineapple, peaches, pears, apples, bananas, plums. Herbs: Organic Ashwagandha, Shatavari, Kapikacchu, Gokshura, Bala. Spices: Turmeric, Cumin.



**Expert #2: Cindy Bailey**, gave birth at 41.

Co-author, *The Fertile Kitchen® Cookbook: Simple Recipes for Optimizing Your Fertility*

[www.fertilekitchen.com](http://www.fertilekitchen.com)

[Read Cindy's Story.](#)

*Tip #1:* Eliminate alcohol, which disrupts the absorption of nutrients, weakens the immune system, raises blood sugar levels and increases prolactin levels (which inhibits ovulation).

*Tip #2:* Eliminate caffeine—not only does it negatively affect fertility, but it increases chances of miscarriage.

*Tip #3:* Eliminate processed sugar, which negatively affects blood sugar and insulin levels, leading to hormonal imbalance.

*Tip #4:* Avoid overly processed foods. Most processed foods are full of preservatives, artificial ingredients, saturated fat and/or trans fats, creating a heavy burden on your

digestive system, liver, and overall health—and thereby negatively impacting fertility.

*Tip #6:* Find healthy ways to manage stress. Stress is fertility's number one enemy! Healthy ways to manage stress include meditation, yoga, mindfulness and other mind-body therapies. Practice them daily.



**Expert #3: Delrae Balgas**—Gave birth to a son at 44.  
Licensed, Certified Professional Midwife, Orange County, CA.  
Contact: [Deldelivers@aol.com](mailto:Deldelivers@aol.com)  
[Read Delrae's Story.](#)

*Tip #1:* Maintain a healthy lifestyle including diet and exercise and a normal BMI.

*Tip #2:* The chances of conceiving are lower as you get older—knowing your body and how your cycle works is really helpful. Pinpointing ovulation and timing intercourse is everything for an older mom.

*Tip #3:* Some of my moms conceived after a cleansing fast. I think it's especially important to rid the body of metals and toxins as we get older.

*Tip #4:* I recommend reading the book, [Taking Charge of Your Fertility](#), by Toni Weschler, MPH. (Also recommended by Dr. Natanson, below.)



**Expert #4: Maha Al Musa**—Gave birth to her daughter at 46.  
Founder and Facilitator of Bellydance For Birth—The Al Musa Method®  
[www.bellydanceforbirth.com](http://www.bellydanceforbirth.com)  
[Read Maha's Story.](#)

*Tip #1:* Eating a [low GI diet](#) is significant because it reduces the fluctuations of blood sugar that can occur when the body is out of balance with a high sugar diet. This imbalance, that sugar can create, adversely affects the hormonal and endocrine system and hence one's fertility.

*Tip #2:* If a woman's partner is also attuned to diet, exercise and a positive outlook in conceiving naturally this can play an enormous role in a positive outcome. When a

woman feels supported in the partnership of conceiving she will be more likely to relax into the process which is more beneficial than feeling stressed and isolated.

*Tip #3:* A loving relationship where both partners deeply care, support and nurture one another can be, in itself, a positive, harmonious medicine for fertility.

*Tip #4:* Gentle, rhythmic and joyful feminine expressions of exercise like the bellydancebirth<sup>®</sup> program can help to release "feel good" endorphins that will boost a woman's inner well being, help to connect to her core feminine nature and release any tensions or stiffness in the pelvic region. The releasing action that is encouraged by this dance form aids good oxygenated blood flow to the pelvic organs that are conducive for conceiving.



**Expert #5: Dr. Priscilla Natanson**—gave birth at 40.  
Naturopathic Doctor, practicing in Seattle, WA:  
[www.SeattleNaturalMedicine.com](http://www.SeattleNaturalMedicine.com)  
[Read Dr. Natanson's Story](#)

*Tip #1:* Identify and eliminate any food sensitivities. These can increase inflammation in your system and make it harder to get pregnant. Common food sensitivities include: wheat, dairy, soy, eggs & corn – though anyone can be sensitive to anything. .

*Tip #2:* Low thyroid function is a common cause of infertility, so have your thyroid checked - and not just the TSH (the most common thyroid marker). Check the hormones themselves (Free T3 & Free T4) and also to check for autoantibodies to your thyroid (Anti-thyroglobulin/Anti-TG & Anti-thyroid Peroxidase/ Anti-TPO).

*Tip #3:* Acupuncture – this can be incredibly helpful to prepare your body for pregnancy and is also great throughout pregnancy to help support your body. Make sure you go to a Licensed Acupuncturist who knows how to work with fertility & pregnancy.

*Tip #4:* Take good quality supplements: A good prenatal, Nordic Naturals Fish Oil capsules (my favorite brand because they are tested free of heavy metals), and Vitamin D if you need it (you can check it with a simple blood test).

*Tip #5:* Learn to identify your body's natural fertility signals. Read [Taking Charge of Your Fertility](#), by Toni Weschler, MPH. (Also recommended by Del Balgas.)



**Expert #6: Cynthia Wilson James**—gave birth to two daughters at 42 and 44.

Childbirth Educator and Founder of [InSeason Mom](http://www.inseasonmom.org)

[www.inseasonmom.org](http://www.inseasonmom.org)

[Read Cynthia's Story.](#)

*Tip #1:* Don't seek approval or validation for your desire. If you are considering motherhood over 40 and can't help sharing your desire with anyone who will listen, stop it or you'll end up on an emotional roller coaster. There will be people who applaud your decision to give birth later and those who will tell you outright that you are too old to have a baby.

*Tip #2:* Guard your thoughts. You cannot prevent people or the media from saying negative things about pregnancy over 40. The key is not in what they say, but in what you believe.

*Tip #3:* Remain positive by reading supportive literature and visiting supportive websites about pregnancy over 40 and talking with others who have experienced a positive midlife pregnancy.

## **MORE NATURAL FERTILITY INFO...**

### **Articles on natural conception after 40:**

Fertility features from [Flower Power Mom](http://flowerpowermom.com):

*Is This Your Conception Cup of Tea?*

<http://flowerpowermom.com/wordpress/?p=1161>

*Making Fun of Fertility After 40*

<http://flowerpowermom.com/wordpress/?p=2020>

*The Proof Is In The Fertility Pudding*

<http://flowerpowermom.com/wordpress/?p=1937>

*Natural Love Potion Number 9?*

<http://flowerpowermom.com/wordpress/?p=1327>

*From Belly Dancing to Water Birth, at 46*

<http://flowerpowermom.com/wordpress/?p=1098>

*Who Needs Immaculate Conception?*

<http://flowerpowermom.com/wordpress/?p=141>

**Other Articles:**

*Natural Fertility After Forty*, By Susun Weed.

[http://www.susunweed.com/Article\\_Fertility\\_After\\_Forty.htm](http://www.susunweed.com/Article_Fertility_After_Forty.htm)

**Books:**

[Enhancing Fertility After Age 40](#), by Jan Andersen.

[The Fertile Kitchen Cookbook: Simple Recipes For Optimizing Your Fertility](#), by Cindy Bailey and Pierre Giauque, Ph.D.

[Bellydance For Birth](#), Book and DVD, by Maha Al Musa.

[Taking Charge of Your Fertility](#), by Toni Weschler, MPH.

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