

ENHANCING

FERTILITY

Compiled by

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CMG Archives

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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.

End

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