



sydney health & fertility

Newsletter

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Summer 2007

Diet & Lifestyle Changes Can Help Prevent Infertility!

Making the right dietary choices and including the right amount of physical activity in your daily life makes a big difference to your fertility potential.

Fertility problems affect one in six couples in Australia. Problems ovulating occur in 18 to 30 percent of those cases.

A recent study group of 17,544 married women were assessed on dietary and lifestyle factors that predict 'ovulatory disorder infertility'.

The women with the highest fertility diet scores ate **less trans fat** (processed fat found in margarines, baked goods and fried foods) and **less sugar** from carbohydrates, consumed **more protein from vegetables** than from animals, ate **more fibre and iron**, took **more multivitamins**, had a **lower BMI**, **exercised for longer** periods of time each day, and surprisingly, consumed more high-fat dairy products and **less low-fat dairy** products (some fat is good!, and for those who tolerate dairy products, full-fat may have benefits for your fertility).

As women started following more of the recommendations, their risk of infertility dropped substantially for every one of the dietary and lifestyle strategies undertaken. In fact women who followed the most positive habits had **an 80% less risk of ovulatory infertility** compared to those following none. A nice study showing that looking after your health takes care of your fertility! If you are concerned about how your lifestyle may be affecting your fertility potential, please call us.

Chavarro JE et al. Diet and Lifestyle in the Prevention of Ovulatory Disorder Infertility. *Obstetrics & Gynecology*. Vol. 110, No. 5, November 2007.

Gift vouchers now available!

Looking for the perfect gift this Christmas? Why not give a gift voucher from *sydney health & fertility*! Vouchers are available for massage, reflexology, craniosacral therapy or naturopathy. **Give the gift of good health this Christmas!**

Craniosacral therapy for Newborns

Newborns can benefit from a routine postnatal check in the first few days to weeks of life. Even natural compressive forces during childbirth can cause imbalance in the craniosacral system. This is particularly important if intervention techniques such as forceps have been used in labour, because these imbalances may lead to common complaints such as migraine sinusitis and pelvic or back pain later in life.

Every part of the birth process is for a reason. If a stage is missed, such as the compression of baby's lungs through the birth canal during caesarean, then breathing issues may result.

Other infant problems such as colic, restlessness and sleeping difficulties can be avoided or minimised with craniosacral rebalancing.

To find out more contact Talia Seychel

Doula's make a Difference!

This year has been a magical time supporting women & their partners at the birth of their babies. I have now completed my Doula training and am excited to offer my professional services in the New Year. X Karelle Russell

What is a Doula?

A doula is a woman who offers continuous support at the birth of your child. A doula, or labour support professional, is an important part of the birth support team, working along side other health care professionals to ensure that the birthing woman & her partner have the best support possible for their experience.

What are the benefits of having a Doula?

- 50% reduction in caesarean rate
- 25% shorter labour
- 60% reduction in epidural requests
- 40% reduction in oxytocin use
- 30% reduction in analgesia use
- 40% reduction in forceps delivery

The services Karelle offers include:

- Birth support
 - Pregnancy massage & Reiki
 - Post pregnancy care at home
 - Baby massage
 - Meditation & Relaxation techniques
 - Aromatherapy
 - Couples sessions - massage techniques, breathing & movements for labour
- Please contact Karelle on 0402 021 232 for more information

From everyone at *sydney health & fertility*...

What a year it has been! - lots of beautiful babies, many challenges & successes.

We all wish you a well earned, relaxing holiday break spent with loved-ones and laughter.

Melanie, Kate, Talia, Ali, Sara, Karelle and Hayley