



## Women's Integrative Health

How do you increase AMH?  
Lower FSH?  
Increase Progesterone?  
Balance Estrogen?

Other than being asked to improve egg quality, these are some of the most common questions I am asked.

You must address the underlying issues.

We are used to the idea of taking a pill or supplement to replace what's missing. Not enough B12? Take a B12 vitamin. Not enough iron? Take an iron supplement.

But it's not that simple when it comes to your hormones.

Your hormones are like the canary in the coal mine. When your hormone levels are too low or too high, it's a symptom of a greater issue. Hormones respond to signals in the body. It's not that your body doesn't have the hormones; it's that your body isn't making them. . .and for good reasons.

Your body makes hormones under the right conditions when your body signals to make the hormones because it isn't the priority. Because that is what it is signaled to do.

For example, when you are under stress, your body makes adrenaline. It needs adrenaline. The same ingredients that make adrenaline are needed to make progesterone. But guess what? Your body is being signaled to make adrenaline, not progesterone. So that's what it is going to do. Progesterone isn't necessary when you are in a state of stress.

The wisdom of your body knows that if *you are* barely getting by, then it would be too much of a strain on your body to try to sustain new life. And it wouldn't

make for a healthy baby.

Does this mean you should simply take a hormonal supplement to fix the problem?

No. It means you should simply change the state of your body so that it begins increasing or decreasing hormones on its own as it would when its needs are met. That means you are healthier. That means baby is healthier. That means your body is ready to conceive.

So how do you get your body to correct its hormone levels?

It all comes down to reducing stress.

There are different kinds of stress: emotional, nutritional, toxic exposure, overwork, under sleep, poor circulation from tension, etc.

When your body's needs are supported, it will naturally return to making reproductive hormones. So what should you do to increase your AMH or progesterone or decrease FSH?

You can:

- Relax more
- Work less
- Eat healthy – healthy foods, regularly, slowly
- Sleep more
- Take nutritional supplements
- Use preventative health care – all the Chinese medicine tools I teach like acupuncture
- Go outside and exercise (but don't over exercise)

Supplementing hormones, like progesterone (you can't supplement AMH), are a bandaid fix to a larger issue. It doesn't mean that it can't help, but it's not going to be nearly as effective at addressing the root of the issue.

With the approach that Fertile Ground (my signature program) takes, the "disease" isn't treated (such as low progesterone, low AMH or high FSH) but rather the entire body is treated so that the disease is naturally resolved.

This program is designed to balance the body overall and meet its needs so that your body corrects its production of reproductive hormones.

Understanding the connection between your daily lifestyle choices and their direct impact they have on your body and fertility is an integral part of this program.

While your goal is to have a healthy, happy baby and while it is frustrating if you're not getting pregnant as soon as you would like, the blessing in disguise is that you are forced to really look into your health issues – not only so that you can finally have your healthy baby, but so that you're also healthy, happy and have the energy to be the parent you want to be.

For a complete program of support, one that addresses issues at the emotional, physical and spiritual level, contact me. I would welcome the opportunity to meet and/or chat with you about how I can help.

Many Blessings –

Lisa