

INFERTILITY:

Is nature pushing back against our increasingly modern/high tech way of life?

These days we experience conveniences that our grandmothers never dreamed of: we can FaceTime with our friends in other parts of the world, we can do our banking from our smart phones, and we can watch YouTube videos on our tv's. We are plugged in 24/7, for better or for worse it seems, and while all these modern devices are supposed to make life easier, we are suffering from more stress and chronic disease than ever. It seems that with a high speed connection comes a high speed expectation of how we are to negotiate our lives. Today we find it unacceptable when people are not available at all hours through email or cell phones. We take our computers to bed with us and we are constantly exposed to our electronic devices. This can have far reaching effects on the delicate balance of cells within our bodies and on the especially sensitive area of reproduction. Various statistics point to infertility rates between 20-40% and this rate has doubled within the last 20 years in North America.

If we remember anything from our history lessons, we know that the human condition has been subject to war, famine, and many less than ideal environments that can impair the body's ability to function at an optimal level. And yet it is in the last few decades where men and women, who want to start families, are forced to deal with the reality that 1/4 of them may not get the chance... in this day and age where supplements avail, food is plentiful and reproductive technology is advanced, not to mention... is there an app for that?

The contributing factors to rising infertility will read like a laundry list of do's and don'ts for couples trying to conceive, ranging from alcohol use, obesity, advanced maternal age, exercise, diet and sexual practices. Creating life is a complex and miraculous process and we must take a moment to appreciate this complex internal choreography. But couples who fit the definition of infertile (which is 2 years of regular sexual intercourse without conception, where primary diseases have been ruled out) are quick to accommodate these healthy habits in an effort to boost their conception powers and sometimes to no avail, because their efforts still don't amount to a new family member. This could be due, in part at least, to the fact that the environment we have created, in our



efforts to live modernly, have interfered with our bodies ability to achieve this precious calling.

So what does our “must have” techno devices have to do with our ability to procreate? The latest cell phones we have attached to us night and day emit radio frequency radiation similar to microwaves which have a thermal effect on cell division and cell integrity, causing leaky plumbing in the way cells communicate if you will. Both men and women are vulnerable to any technology that influences the production, maturation and viability of their respective reproductive cells, not to mention the hazards of wireless technology that seems to be omnipresent in our modern lives. It, too, emits radio frequency non-ionizing radiation in which no long term studies are yet available. However, some recent studies demonstrate its ability to cause cellular damage, alter cellular communication, lower immunity, increase the ability of toxins to cross our blood brain barrier as well as decrease melatonin and alter brain waves.

In the short term, this causes a breakdown in how we manifest the building blocks for new life and in the long term, it can lead to cancer. In fact, The World Health Organization has finally been compelled to classify televisions, cell phones and computers as class 2B carcinogens. Pretty unnerving considering what “laptop” is named for! Having these devices around us, especially at night where it interferes with our sleep hormone, melatonin, and alters brain waves, which prevent us from relaxation, further impacts our ability to conceive. Sleep is known to be biologically important for cellular repair. Studies show that we get 6½ hours of sleep on average, which is far less than 20 years ago when we averaged 8-9. Lack of sleep means an increase in our stress hormone, cortisol, the following day. This, in turn, impairs our reproductive hormones, like progesterone and leptin, which directly impacts ovulation and sperm production and therefore fertility.

So how do we improve our ability to foster the next generation? First of all, get all wifi devices and sources of “dirty electricity” out of the bedroom. This includes any electronic device with two prongs as it forces your body to be used as a grounding source for radiation. In a recent article by Helkie Ferrie, she

outlines some safety guidelines such as: if you cannot permanently part with your modern conveniences, use ear buds when talking on the phone, sit with your laptop on a desk three feet from you and connect a separate keyboard, only use laptops on battery and be sure to charge them 9 feet away from you.

These modern evils interfere with the life sustaining force of the Earth's electromagnetic fields! By avoiding these devices, we can decrease the assault on our fragile reproductive system and begin focusing on creating experiences which enhance the health giving effect of naturally occurring electromagnetic fields which emit negative ions. These include natural surroundings and phenomenon. Surprised? Yes, nature... moving water, beaches, forests, thunderstorms, salt lamps, aromatherapy, crystals. Engaging around these while avoiding harmful modern day appliances can restore your health. So take a walk with your loved one and reconnect with ancient and powerful communication modes... each other! You'll be moved by what you could create!

Resources

Strategies for Removing or Reducing Dirty Electricity and EMF Radiation

by [Helke Ferrie](#)

dirtyelectricityfacts.com

www.emfbioshield.com/infertility



Dr Faith Flatt is a licensed naturopath and doula practicing in Dufferin county. She has a special interest in treating reproductive imbalances and supporting her patients with natural therapies from conception to postpartum care and childhood infection. She endeavours to empower her patients journey toward health through education and compassion.

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