

Reproductive Health as the Extension of the Overall Wellbeing

Aneta Grabiec*

Epigenetics for Fertility, [Www.anetagrabiec.com](http://www.anetagrabiec.com), UK

***Corresponding Author:** Aneta Grabiec, Epigenetics for Fertility, [Www.anetagrabiec.com](http://www.anetagrabiec.com), UK.

Received: November 01, 2023; **Published:** January 30, 2024

Nowadays, 1 in 6 couples (women) struggle with fertility; inability to conceive, multiple miscarriages, so called unexplained or secondary infertility. And this is the number noted and provided by the medical source. In my profession, I see every 3 or 4 people struggling. (I'm a psychologist, nutritional therapist, fertility expert and the Award-winning author of the book *How To Get Pregnant: Shortcut To Your Fertility*).

Medically, infertility is diagnosed after 2 years of inability to conceive and carry healthy pregnancy to terms. In reality the 2 years is very often too late and too long. We live in day and age when women work, mostly full time, therefore fertility consciously is postponed until a certain social, professional position is met, financial status and the right partner chosen. The science of toxicology states that due to the introduction and daily use of convenience plastic, BPA and such speeds up adolescence, the physical development of our bodies, however sociology states that our emotional maturity is delayed due to number of factors. These two not going in pair cause a bit of chaos for our need to procreate, hence the process of matching/mating is delayed and approximate 50% of people in western world choose to be parents at age 35+.

At that age, the busy daring to say hectic lifestyle fuelled with caffeine and cortisol, fertility won't be a walk in the park. Why do I dare to say that?

Because in my two decades of work in fertility with the tools of psychology and nutrition, I received the tangible results from my patients/clients that reproductive health is directly related to our physical and mental wellbeing.

We live life where we work more and earn more, where corporate organisations offer egg freezing support to their female employees and time off for IVF treatments. We live in times when IVF, IUI, ovaries stimulation and fertility medicaments are widely available. Kudos to reproductive health science and the support it offers! The first IVF underwent successfully 40 years ago and since then at least 12 million people have been conceived that way. The criteria, health status and age restrictions have been stricter. Nowadays most of IVF treatments fails. It is not because science proves us wrong, it is because IVF has become a widely available procedure for everybody who could afford it...and not every body is ready for IVF. In my practice, I see that the body and mind needs to work on tune, in order to optimise our hormones so to produce optimal eggs, sperm, embryo or accept the donor. The optimal hormones are the results of healthy thyroid, blood sugar, metabolism, inflammation, circulation, immunity and so on, wired, supported and reflected by stable emotional wellbeing. That optimal mental and physical health is achieved by supportive lifestyle; sleep, mindset, diet/nutrition and awareness. While we can not extend our fertility per se, we can optimise it with addressing our health challenges through our lifestyle. So, I'm a strong advocate for working on our fertility way before the IVF lab. Reproductive health is nothing else but the extension of our overall wellbeing!

Extract from the award-winning book *How To Get Pregnant: Shortcut To Your Fertility*.

Volume 19 Issue 2 February 2024

©All rights reserved by Aneta Grabiec.