



DR. JADA
N A T U R O P A T H

Stress Control & Fertility Results



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How Staying Healthy and Stress Free Can Boost Your Fertility

If you're like most people, you may not realize the plethora of adverse affects that stress can have on your body. When stress goes unchecked, there are many health problems that can occur. Then, worrying about your health causes more stress, and a vicious cycle begins.

This is often the case when it comes to women and their fertility. Infertility is very common and can strike anyone at varying degrees. When a woman decides to have a baby, the desire can be very strong and any kink in the road can seem like a major setback, causing even more stress.

The best you can do for yourself is to step back and remain as stress free as possible, because ***stress and health play major roles in fertility.***

Stress and Fertility

When there's too much stress in your life, it can affect fertility in harmful ways. ***This goes for both men and women.*** Stress affects your hormones and, when your hormones are out of whack, it can disrupt the natural flow of life.

Some say that stress affects fertility because of a natural block against conceiving during an inappropriate time. This just means that if you're dealing with too much stress, your body might be telling you that it's not the right time to have a baby.

If you use regular relaxation techniques to relieve your stress, ***you can improve your chances. You must maintain your relaxation routine*** though, because if you only remain stress free for a short while, your body will eventually return to its stressed state.

Too much ***stress can interfere with a woman's monthly cycle. Stress can delay ovulation even if ovulation is already approaching.*** Your body may sense the stress and then stop the process, only to "try again" a few days later. In some instances, you may not ovulate during a cycle at all.

Irregular cycles are common, but if you used to be regular and are finding that you're now irregular, it could be because of stress. Your doctor can help determine if the cause is stress or an underlying physical issue.

Men also need to pay close attention to their stress levels. Too much stress can affect healthy sperm levels.

Stress and Fertility

It's also important to pay attention to your health when you're trying to conceive a child. A healthy lifestyle can boost your fertility and help you produce a healthy child. ***Exercise can help both men and women become more fertile.***

You'll also want to pay close attention to your diet. Women should especially consider taking prenatal supplements for up to 3 months before they plan on conceiving a child. This is mainly to make sure that the body has time to store a supply of folic acid. **Folic acid is very important for the baby's brain development**, so it's particularly important during those first few weeks of pregnancy.

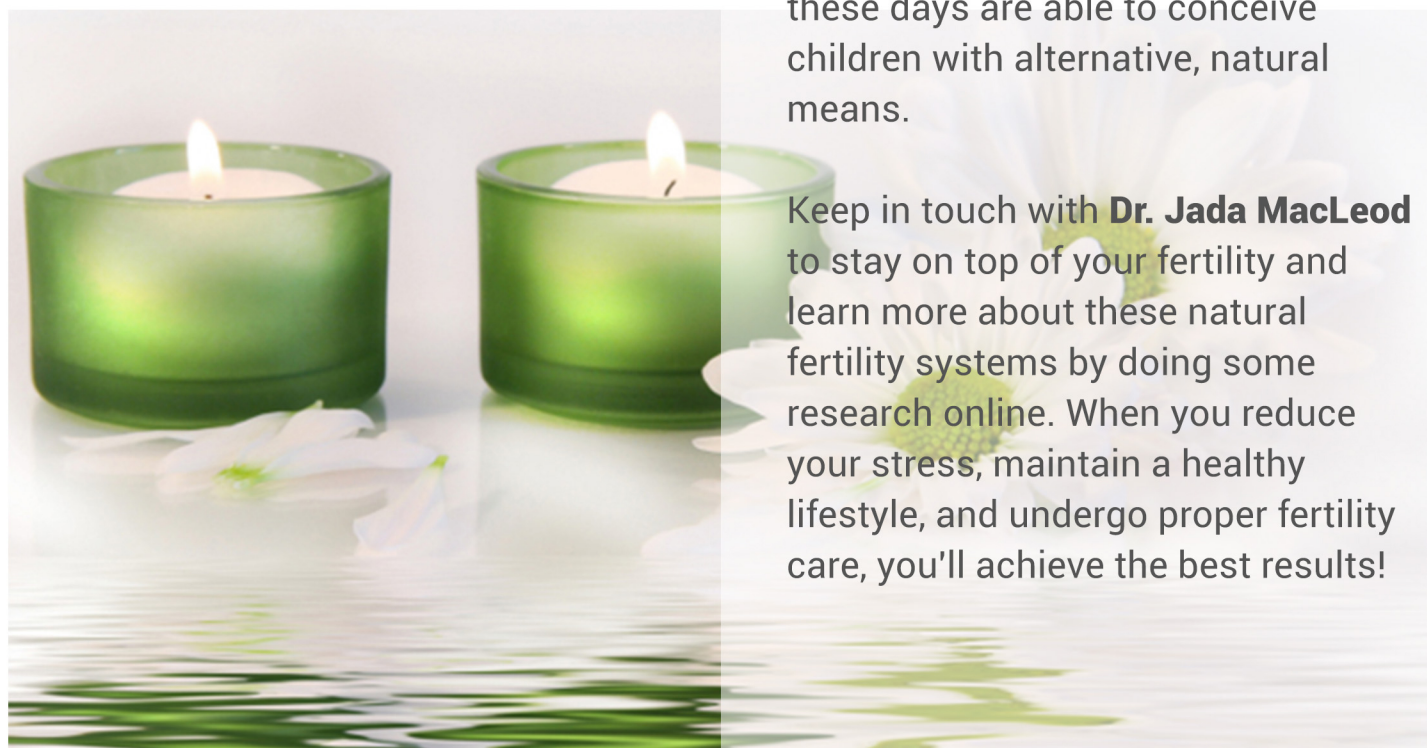
Women, especially, should keep up on their vitamins, because many women don't find out about their pregnancy for several weeks. In this instance, if they weren't taking a vitamin, they'd miss out on those important nutrients during the first weeks of pregnancy.

Maintain a Positive Attitude

Having a positive attitude is also very important to your fertility. It can keep you energized and is an important component to your mental health and, of course, your relationship with your spouse. It can be tough when you run into problems, but **you must have faith that everything will work out the way it's meant to be.**

You can take heart in the fact that there are many medical advances in the field of fertility, and many women these days are able to conceive children with alternative, natural means.

Keep in touch with **Dr. Jada MacLeod** to stay on top of your fertility and learn more about these natural fertility systems by doing some research online. When you reduce your stress, maintain a healthy lifestyle, and undergo proper fertility care, you'll achieve the best results!



Train Yourself to Feel Relaxed in Stressful Situations

Stress is everywhere and affects everyone. However, there are people who seem to take stressful situations in stride. They seem to handle all situations with tranquility. You probably know at least one person like that. Maybe you'd like to become one of those people.

While everyone has a different threshold for dealing with stress, you can greatly enhance your ability to stay relaxed in all situations.

Control your reaction to stress with these strategies:

01

Maintain a positive perspective. In most cases, nothing bad is going to happen that you can't handle. There's always another job interview, another person to date, and another opportunity on its way.

02

Create an alter ego. Imagine the ideal version of yourself. This person would probably be brave, tough, and unflappable, among many other possible traits.

- When faced with a stressful situation, imagine how your ideal self would handle that situation and just do it.
- **In time, you'll become more and more like that ideal version of yourself.**

03

Respond slowly. Cool and collected people respond slowly. They move slowly. Take a breath or three and respond to the person or situation confidently. Taking the time to respond is calming.

- You'll feel more confident when you behave in the way a confident person would behave.

04

Build your self-confidence. The more confidence you have in yourself, the less stressed you'll feel.

- Self-confidence is very situational. You might be highly self-confident while hitting a golf ball, but much less confident while giving a speech.
- When working on building your self-confidence, **focus on those situations that will provide the most benefit.**

05

Smile. Smiling makes you feel better and more confident. It can also put others at ease. If you can smile genuinely in the face of a challenging situation, you can do just about anything.

06

Visualize. One of the easiest and most effective ways to enhance your ability to stay calm in stressful situations is to visualize yourself being calm in a variety of stressful situations.

- It really does work if you do it regularly. At least once a day is preferable.

07

Practice having a present-moment mindset. This helps to prevent your mind from imagining negative potential outcomes. All it takes is to keep your attention on your environment.

- This is harder than it sounds. Imagine trying to put your house key into your front door while a giant rottweiler barrels toward you. It's not easy to keep your eyes on the keyhole. Your mind and attention like to wander.

08

Relax your body and breathe deeply. Relaxing your muscles and breathing deeply helps to short-circuit any stress response in your body.

- This is a skill that requires practice. First, you have to remember to do it. Second, it takes a moment to focus your mind on your breathing and muscles. So, you'll need to leave the current situation behind for a moment while you do these exercises.

Many of these techniques and ideas seem simple, and you're probably aware of many of them. However, knowing something is very different from doing it. For example, you know how to swim, but that's not the same as swimming laps every day. Knowing how to visualize isn't the same as visualizing every single day.

The real power comes from using them regularly and becoming an expert in their application.

Apply these ideas to your life and you'll see steady progress in your ability to handle stress. Before you know it, you'll be the calmest person in the room!





Dr. Jada MacLeod

www.jadamacleod.com



Whole being wellness

The health plan I craft for you is based on supporting you physically, mentally, emotionally and spiritually. All parts of you work together and our aim is wholistic wellness.

We go in the direction of health.

I work with you over the course of 3-6 months initially to create a container for healing. Ongoing, we chart a course that will move you in the direction of your best health, according to you.

Dr. Jada is a Naturopathic Doctor and a Shamanic Healer

Services are offered online and worldwide.

Nutritional Planning

Stress Control

Fertility and Pregnancy

Mind-Body Medicine

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