

A Natural Alternative For Those Experiencing Infertility Or Repetitive Miscarriage

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When you think of your future family, you might not think that you'd have any trouble getting pregnant or keeping a pregnancy. I know that on my wedding day, I didn't think that both would eventually happen to me. Infertility and repetitive miscarriage can be extremely difficult to go through, but the fact is that there is help for each of these health conditions that may allow you to conceive naturally, without the use of any artificial reproductive technologies such as intrauterine insemination (IUI) or in vitro fertilization (IVF).

Introducing the Creighton Model FertilityCare System (CrMS) [1] and NaProTechnology [2]. Rather than being referred to a regular "fertility clinic," couples with a history of infertility or repetitive miscarriage may instead go to a physician who is trained in NaProTechnology, who can diagnose and treat the conditions at their root causes. The couple will also begin charting (tracking the woman's cycle) using the CrMS with a specially trained teacher, called a FertilityCare Practitioner (FCP). Appointments with both the NaProTechnology physician and the FertilityCare Practitioner can be covered by health insurance. Also, the great thing is that there are now practitioners in our local area in Mechanicville [3] and in Amsterdam.

Just starting to chart with the CrMS can tell a woman so much about her own health. We can observe and track various biological markers (or "biomarkers") of the cycle such as the cycle length, the post-Peak phase (similar to post-ovulatory phase) length, the cervical mucus discharge cycle, and bleeding patterns. We can identify if the woman has "regular" characteristics of the cycle in each of these areas or if she has a potential health issue in one or more of these areas.

In a normal cycle, a woman would see several days of cervical mucus discharge around the time of ovulation as the estrogen hormone is increasing in the body. This cervical mucus is what helps sperm to travel up towards the fallopian tubes for a possible conception. Seeing this discharge tells a woman that she is in her fertile time of the cycle and that she could get pregnant during this time.

Infertility is very complex with many possible causes, but one possible cause of infertility for a woman could be having a lower quality or quantity of cervical mucus. In a regular mucus cycle, a woman might have 1 or 2 days of sticky, cloudy or tacky, cloudy mucus, followed by 3 or 4 days of clear, stretchy, or lubricative mucus. If a woman has a lesser number of days of mucus and/or does not see mucus that has the characteristics of being clear, stretchy, or lubricative, then she may have what we call "limited mucus cycles" and as a result could have more difficulty getting pregnant because of this. Although rare, some women may see no mucus at all during their cycle (even if she still ovulated), which we would call a "dry cycle." Limited mucus cycles and dry cycles could be one cause of a couple's infertility that we would be able to see just from the woman's CrMS charting. Good cervical mucus (in addition to having good sperm and good eggs) is necessary for a pregnancy to occur naturally.

Though there are some ways in which a woman can improve her cervical mucus quality and quantity, just charting with the CrMS can help a couple with infertility to achieve a pregnancy. In fact, 20-40% of couples who learned the CrMS and focused having intercourse on the woman's fertile days (however many she has) were able to successfully get pregnant within 8-12 months of use. Furthermore, up to 80% of couples with infertility who used the CrMS with the NaProTechnology medical treatment were able to successfully get pregnant, which is phenomenal.

Similarly, there may be many possible causes of repetitive miscarriage. One cause could be an “inadequate corpus luteum” that does not produce enough of the progesterone hormone during the woman’s cycle. The progesterone hormone is very important for preparing the uterine lining for a possible pregnancy. Without the proper progesterone support, implantation of the embryo may not succeed. One way we can see a possible miscarriage case in the CrMS chart, is if the woman has a short post-Peak phase (similar to post-ovulatory phase) length. If a woman’s post-Peak phase is shorter than in the normal range, then her uterine lining would not have had the proper number of days to build up, prepare for, and support a pregnancy. We may also see indications of low progesterone in a woman’s chart if she either has premenstrual spotting (3 or more days of very light or brown bleeding at the end of the cycle) or tail-end brown bleeding (2 or more days of brown bleeding at the end of the menstrual period that would indicate low progesterone in the previous cycle). With NaProTechnology medical treatment, the woman could get her post-Peak progesterone levels up to a normal level during her cycles, which could help prevent this type of miscarriage from occurring should she get pregnant. Also, if the woman does get pregnant, she can continue to get progesterone hormone support during the pregnancy with the NaProTechnology physician, to help prevent a later first trimester miscarriage.

While the CrMS and NaProTechnology do not guarantee successful pregnancies for everyone who is experiencing infertility or repetitive miscarriage, it is a great alternative to consider that can help diagnose and treat these health conditions at their root cause, and has a pregnancy success rate of up to 80% for couples with infertility. I know personally that I would not have been able to have children myself without the CrMS and NaProTechnology and I highly recommend people give it a try. If not anything else, couples learn about themselves, their fertility, and their health, and knowledge is power.

Resources:

- [1] The Creighton Model FertilityCare System - <http://creightonmodel.com/>
- [2] NaProTechnology - <http://www.naprotechnology.com/>
- [3] Gianna of Albany - <http://www.giannaofalbany.com/>