



IVF-There Is an Alternative



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Commentary

Test-tube time bomb

Birth defects and genetic problems in IVF children are causing concern. Just a statistical blip, or is there something wrong with the process? A not so immaculate conception? Debate over birth defects in artificially conceived children is growing.

But the issue of birth defects in IVF children should hardly come as a surprise, for it seems that Nature in her infinite wisdom confers sub-optimal fertility on those couples not healthy enough to bear healthy children. So when underlying health problems in prospective parents are not addressed before IVF procedures are carried out and the natural protective mechanisms are by-passed, the inevitable, unfortunate results ensue.

The idea of providing optimal conditions for conception is hardly a new one. The Ancient Greeks and Romans banned young women and newlyweds from drinking alcohol. Many tribal societies feed special diets to young women and men of childbearing age. And long practised by farmers, veterinarians and stockbreeders, preconception health care, practised by both prospective parents, is now well recognised as the best way to improve fertility, prevent miscarriage, premature or stillbirth and to foster optimal physical and mental health in the baby. In fact many experts now consider the four month period immediately preceding the union of sperm and egg as the most critical stage in the whole reproductive process.

Factors such as nutritional, environmental, emotional and lifestyle issues must all be taken into consideration, along with the treatment of any chronic conditions or hidden infections, with both partners equally involved in the preparation. Ideally practised for a minimum period of 4 months before conception, this approach

means a nutritious whole food diet, no smoking, no caffeine or alcohol, a clean environment, a regular exercise program, reduced stress levels and a comprehensive, balanced program of vitamin and mineral supplementation.

So if it's an infertility issue that's leading you towards IVF for the answer, be assured that the success rate with the simple, natural approach of preconception health care is significantly better than that of any IVF program. Studies carried out by UK-based Foresight (The Association for the Promotion of Preconceptual Care) and Surrey University demonstrate an 80 percent success rate in couples with infertility of up to 10 years duration. If there is no alternative to IVF, the preconception program can double the likelihood of a successful conception and pregnancy.

Jan Roberts has spent fifty years in the health care industry. For more than thirty years she has provided information for prospective Moms and Dads. Jan is the author of six best-selling books and ebooks and three mini ebooks. She has made hundreds of presentation to professionals and prospective parents around the world. She believes that this important information must be widely available and engaging, when baby-making is still in the future. Both prospective parents, working together, can ensure that their future children will reach their full genetic potential! But it doesn't stop with conception - Jan is also a staunch advocate of the healthiest possible choices during pregnancy and breastfeeding, as well as the nurturing parenting practices that foster a child's emotional health, build self-esteem and promote the wellbeing of the whole family. Through her company Health HQ Global, Jan offers education for prospective parents, training for health professionals and consulting services to ART Clinics. To speak with Jan about including her very successful preconception program at your clinic.