

**SACRED
HERBS FOR
FERTILITY**



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Introduction

The road to fertility can be either a straight forward one, as we feel is our birthright or can be paved with twists and turns, thorny walls and roadblocks. Our environments and lifestyles have changed dramatically in the last century and as it becomes more difficult to obtain nutrient rich foods, from our soils, and our stress intensifies with our chaotic lifestyles, some of our reproductive systems seem to struggle to maintain optimum vitality. These following pages will give you some additional ways to nourish your body in preparation for conception through the use of 8 herbs I regard as sacred for fertility support. These herbs have been a mainstay in my fertility work over the 16 years i have been in clinical practice and can be relied on for good results when used consistently. There are many ways herbs can be utilised in our daily lives, either as teas, nourishing herbal tinctures and decoctions, added to cooking or used as herbal powders and it is always recommended to see a qualified Naturopath, Herbalist or qualified health professional (versed in the application of herbs) when using them alongside any medication or using them in high doses.

Not intended to replace professional advice but more for informing how an additional intake of therapeutic and nutritional rich herbs taken in small amounts on a daily and/or weekly basis can help supply readily assimilable vitamins, minerals and phytonutrients. They can nourish a scattered nervous system, support circulation and hormones and offer vitality and tone to the reproductive organs.

Truely they are sacred offerings.



Tracy Gaibisso is a clinical naturopath with over 16 years experience assisting women and couples overcome fertility issues. She runs a multi modality clinic in Perth, is an established speaker and workshop facilitator and offers consultations face to face at two of Perth's largest clinics. She will soon be offering online programs for anybody wishing to have a more conscious conception and is the founder of sacredfertility.com.au (going live soon)

8 Sacred herbs for fertility

Ancestral Stories- Dandelion

When i wander outdoors and look down at the ground, it reminds me mother nature offers us her sacred hand at every step. Just walking in a national park allows me to wonder who has passed by before me barefoot on the same patch of earth where I currently stand. The ancestral stories of 30 million years ago, which the dandelions hold, entice me, as their wispy umbels engrained with sacred knowledge float by. When it comes to fertility, Dandelion has much to offer. With its bitter taste supporting movement of digestive matter and flow of bile, the whole plant offers us a plethora of nutrients such as vitamins A, B, C, D, E, protein, trace nutrients such as iron as well as a being a good source of the mineral potassium. The leaves help move fluid out in cases of sluggishness or water retention and many women journeying with fertility issues fall short of their daily iron intake which is crucial not only for optimal thyroid function but also circulation around the pelvic area. Somebody fatigued, or who has endured several rounds of medication as an assisted reproductive cycle can demand, may also benefit from this sacred herb.



Ancient knowledge- Turmeric

As I sip a Turmeric latte not only do I relish the goodness I can feel with each mouthful, but within the lushness of its velvety texture it ignites within me a knowing so deep, that I am connected on some level to the ancient Vedics. These Vedics revered and held sacred this powerful herb, which was used regularly in fertility and prosperity ceremonies. Turmeric contains the energy of mother earth within its underground rhizomes and golden colour, and offers all who consume it the doorway to reduced inflammation, better mood and cognition, together with improved gastrointestinal symptoms. However modern herbalists do not all unify in its glory like the ancients did with arguments about concerning whether highly absorbed or modified versions are better than nature's simple offering. This may depend where it's work is needed and while I see no need for well absorbed forms if the inflammation is within the gastrointestinal tract, for fertility it would seem well advised to achieve some systemic uptake in order to allow this sacred herb passage to do its work in the reproductive and urinary systems.



Sacred knowing- Ashwaganda

As I wash my bare feet free of soil after walking on the earth, I come to rest thinking of the sacred knowing that these ancient herbs offer us. There is not many other herbs I would recommend to fertility clients for reducing the symptoms of stress than Ashwaganda. More than 4000 years of medicinal use as a rejuvenator, nourisher and strengthener in India and surrounding countries, makes this herb one of the most trustworthy and safest herbs available. Supporting the entire functioning of the reproductive system, as an adaptogenic herb it offers us both sexual vitality and a calming influence to a jagged mind and nervous system. It reignites our bodies inherent knowing that peace and achievement of dreams comes quicker when we can reconnect with our own internal sacredness.



She of a hundred husbands- Shatavari

Drifting once again to the thoughts of our ancestors and how they honoured anything taken from the earth, offering a prayer of conscious gratitude in return, it reminds me of a sacred herb used for its ability to provide rejuvenation to the reproductive tract through its anti inflammatory and anti oxidant effect.

Shatavari is surrounded with a rich history of use, again in ancient India, it was revered as a powerful reproductive tonic. This herb, as well as supporting the desire for sacred sexual union, provides soothing qualities throughout the digestive, urinary, reproductive and respiratory tracts. In addition to its tonic effect on dry irritated mucous membranes within the reproductive tract and its ability to support fertile mucus production, it also provides calming support in cases of nervous system disarray. Often on the journey to optimum fertility many emotions may arise, whether it be discontentment with the way things may be progressing or the feeling of your body letting you down, this is the herb that gently assists with moving you towards spiritual awareness and compassion for both others and yourself. The name Shatavari literally translates to “she of a hundred husbands” and supports its sacred work as a powerful reproductive tonic.



Chaste tree (*Vitex*)

With over 2500 years of use for women's health and fertility, this vital reproductive herb was used to crown the head of newlyweds as a symbol of their fidelity to one another and their vows.

This small Mediterranean shrub like tree was also considered sacred to the virgin goddess Hestia/Vesta and has its links in history with chastity when monks were known to chew it to decrease sexual desire. This is not necessarily what you want when you think about fertility, however this herb's main power comes from its ability to support the post ovulatory hormones in females. During the second half of your cycle, when progesterone levels should be at their most optimum it is one of the first herbs you would reach for especially if there is any breast tension and mood changes pre-menstrually.

Chaste tree can also be used to either support or suppress lactation depending on the dose used and is often used to support the return of a regular cycle after periods of stress or oral contraceptive use.



Sacred warmth-Cinnamon

When you need to feel the caress of the summer sun internally, gently warming the vital organs and increasing sacred flow around the womb and ovaries, cinnamon is the herb of choice. It's sweet woody aroma has long been associated with dispelling cold and acting as a stimulating tonic, increasing the body's vital energy. It can be utilised whenever excessive discharge, heavy bleeding or uterine infection is present and as a support when excessive carbohydrate intake has upset the delicate balance of blood sugar chemistry. This tasty herb can be a useful aid in reproductive issues where blood sugar irregularities form part of the clinical picture, helping quell cravings and supporting a return to equilibrium.

The ovaries housing their sacred pearls, require warmth energetically and nourishment to release their reward to the competing army of sperm and obtain a successful union. Cinnamon can help support that environment and offer up a welcome mat for the successful competitor.



Sacred connection-Oats

With their renowned ability to support nervous debility, exhaustion and fatigue, oats are like the superfood of fertility. The journey towards conception, for some can be paved with many twists and turns, set backs, unrealistic expectations and impatience. Sacred connection with each other can become a chore timed specifically with a conception in mind rather than the spontaneity of new lovers. Oats will support the return of a healthy appetite for each other on a level that may have been lost during that journey, and not only can be used as a therapeutic herb but can be included in delicious recipes during your fertility journey.

Oats are a mighty house of nutrition for the nervous system and the thyroid, containing protein, fats, calcium, magnesium, silicon, potassium, iron and several B vitamins. Their support as a uterine tonic continues in the 4th trimester where they can be utilised for uterine recovery after a traumatic birth. Not just a herb for females however, oats are also useful in cases of impotence, influencing the production of sex hormones and providing soothing activity to organs of the digestive and cardiovascular systems.



Sacred weed-Nettle leaf

With the tenacity of a weed struggling to survive amongst the harshest conditions, you can expect nettle to enrich your body with the same energy. One of the most nutritionally dense herbs, it nourishes the blood with its iron and mineral content and supplies vitamin A and K in its natural rather than synthetic form, together with protein, fibre and antioxidants. Its astringent action can be useful in any reproductive issues where excessive bleeding is a feature. It shows its versatility by supporting not only thyroid function, but also assisting with any skin issues and inflammation in the urinary and digestive tracts. Useful as a cleansing herb before conception, a nutrient rich herb in late pregnancy and for supporting the production of breast milk after birth. This herb can be used throughout all 3 stages of the female life cycle, (maiden, mother and crone) and has a history of medicinal use spanning centuries. As a male support the root has been shown to assist with an enlarged prostate and although it contains histamine it has shown to be beneficial for allergies and rheumatoid arthritis. Truly a sacred herb.

