

This week's RecoverMe is all fertility. Warren explains how we utilize the RecoverMe approach as it pertains to fertility, which is a very complex and multi-factor issue.

The RecoverMe approach is beneficial to both men and women greatly enhance their chances of creating and delivering a happy, healthy baby. Our typical approach is to look at a person's overall health and hormones, and work our way from there. We'll talk about it all today.

Learn about this and more at [www.DrWilley.com](http://www.DrWilley.com).

## **TRANSCRIPTION**

Welcome to another edition of RecoverMe Podcast, the podcast that discusses and reviews the amazing side of medicine that lets you be who you are, but helps you recover from it. So today, this is a little shorter podcast, we're going to talk about fertility and the RecoverMe approach. Fertility is becoming quite an issue in our country. I've been treating it for a number of years, now not because of any magical skills within in vitro fertilization, but simply because the majority of men and women who come to me with fertility issues, excuse me, have lifestyle issues. Now, certainly not all cases of infertility are related to what crosses your lips and how much you move. However, it is a great place to start, especially in light of the fact, the in vitro fertilization, IVF, can't talk today, is not covered by most insurances and average is around \$10,000 per treatment. That does not include doctor's visits, medications, painful shots, and even more painful dashed hopes in many cases. If fertility is an issue with you or loved ones, start with a good eating plan to keep insulin low, move every day to keep inflammation low, and optimize your health with proper supplementation and some of the protocols I'm going to discuss in the short podcast.

My office staff is well known for teasing me due to our success for fertility in both men and women. I quote, "Dr. Willie got another girl pregnant," unquote, is one of the popular sayings I've heard and then told on many occasions. Thank goodness my lovely bride has a good sense of humor and knows what they're actually saying. We optimize lifestyle factors. We optimize body fat to lean mass ratios, and we optimize nutrients that are essential for fertility and pregnancy to occur. That's my secret. Doesn't work for everyone. No, of course not. Nothing does. But once again, it's sure a great place to start because a side effect of feeling good and getting the body you want maybe as a baby. Infertility rates continue to climb. It's estimated if I recall, roughly 7.4 million women have received infertility treatment in their lifetimes. One in eight couples have trouble getting pregnant. Older women nowadays are attempting to get pregnant, as statistics are showing. Women in different age groups have increased attempts to get pregnant. For example, 30-34 year-olds, they have increased by 3%. Thirty five to 39 year-olds, 9% increase, and 40-44 year-olds up 21%. That's an incredible increase in the amount of people of those age groups trying to get pregnant. So fertility of course, is obviously an issue. Now, it appears that the critical age for pregnancy is 38. After that, there's a progressive decrease in fertility rates. Your average 30 year old has a roughly 20% chance of getting pregnant when she initially set out to do so, but that drops to less than 5% at age 40.

There are a number of reasons women can have fertility issues including but not limited to polycystic ovarian syndrome. That's the one I see the most just with the nature of my practice. And we'll cover that in another podcast as it's an insulin problem, not an androgen problem. We also see in fertility being caused by endometriosis hormone imbalance caused by being overweight, excuse me, or underweight. Pelvic inflammatory conditions such as a what occurs following a sexually transmitted disease, particularly chlamydia or gonorrhea. Or scarring of unknown origin; that's a disease called Asherman's syndrome. Stress, smoking, the list goes on as to the causes or potential causes of infertility. Although we tend to think fertility is an issue caused by the woman's health, anatomy or other reasons, we know that men are also responsible for not only the pregnancy but for infertility rates as well.

Thirty to 40% of infertility is related to the male and of these, 90% are related to sperm health. There are a number of reasons for sick sperm, such as them being poor swimmers, low numbers, previous infections that cause scarring as well, drug use including anabolic androgenic steroids. Marijuana, that's a big one now, because it's getting legalized everywhere, but it can cause fertility issues, men. Blood pressure medications, there's a number of them, as are a number of acids that can cause infertility. Alcohol, caffeine, erectile dysfunction, toxins in the environment which we talk a lot about on the RecoverMe Method, avoiding plastics, avoiding processed foods and whatnot. There's conditions such as retrograde ejaculation where ejaculate fluid actually goes into the bladder and set out, and hormonal problems just like women, including thyroid issues, low testosterone and infections. As a matter of fact, up to 70% of of of a man's infertility can be related to infections.

I recently saw a man in our clinic that first came to me about five years ago for fertility treatment. We started him on a few of the protocols I'll cover in just a minute here, and he and his lovely wife were able to have their first child. Since that time, he and his wife had been trying to have their second child, but without a luck. My nurse practitioner wisely ordered a sperm analysis that showed terribly low amounts of sperm and the ones that were there, they couldn't swim. They're running into each other. Unfortunately, the semen analysis from this particular lab did not run a pH or a white blood cell count. So when I saw the lab, I requested a repeat semen analysis utilizing the correct lab. Long story short, he had a high pH and a large amount of white blood cells present indicating he had occurred infection. I treated him with 21 days of antibiotics, stimulated his Sertoli, or nursing cells in his testicles. The guys and gals that make sperm down there, whatever section you want it to be. Because Sertoli cells to start producing more sperm via clomid, and now he and his wife have their second child on the way.

Let's talk about some of the labs that can be done in fertility workup. Fertility is very complex and multifactorial issue, but these labs can be of great benefit i optimizing bodies for babies based on the RecoverMe ideas we've been covering in this podcast. I will briefly list the labs that I do so you get an idea. I won't spend much time with each of them. We can cover them in much more detail if people have questions or if we want to do a Zoom, a classroom or something like that to cover each one. Let's start with women's lab. The first lab I always one run when someone, a woman comes to me with a fertility issue is fasting insulin. PCOS, polycystic ovarian

syndrome, and a lot of fertility issues are related to that mother hormone, insulin. And that is, you know, is related to what you eat, when you eat, how you eat, and how much are you don't move. Insulin is a lifestyle mother hormone. It controls everything. So we look at insulin levels to see if there is something we need to approach there. I may do a 28-day a hormone test on women, it's a salivary test where they spit in tubes throughout the month and get a look at their estrogen, progesterone, testosterone, even their melatonin. I look at those to see, "Okay, is this woman ovulating? Does she have what appears to be the LH spike, showing the changes in estrogen and progesterone?" It also gives us time of ovulation if we want to work on some timing schedules or cycles for women as they try to get pregnant. I look at the Estradiol to Progesterone Ratio. We look at total testosterone in women; very important, although it is predominantly a male hormone, it's normalcy is important in females. Testosterone tends to get all the credit and blame for things sexual. There's a lot more to it than that, boys and girls, but testosterone does need to be normal for proper fertility to occur. I look at sex hormone binding globulin. I look at that's a hormone or excuse me, an enzyme produced by the liver that helps in processing estrogen and testosterone and binds up the hormones. So we have available hormones and hormones that are bound up. We want to look at that number. We look at DHEA, which is a hormone from the adrenal glands. It's balanced with cortisol, the stress hormone, it's very important. I'll look at a brain hormone called prolactin that a very commonly, I've seen this a number of times, where we get pituitary adenomas or little tumors, some so small we call microadenomas, of the brain that produce too much prolactin and throw off all the other hormones. So we check that. We look at it. I look at lipid panels. I think cholesterol panels are very beneficial, because they help look for early insulin resistance. We may have a normal insulin levels, normal blood sugars, but let's say our triglycerides to HDL or good cholesterol ratio is too high, greater than two. We may have some insulin resistance going on that's causing the issue. I look at iron. So an iron panel, a complete blood count, a comprehensive metabolic panel, and then I may even consider food allergy testing to make sure our guts working and vitamins and nutritional levels if I feel are necessary are awesome as well.

We also look at a genetic test called MTHFR that helps us determine basic for logs, simply put I should say, it allows me to see if you methylate properly. In other words, can your body utilize B vitamins appropriately? If you can't, then your chances of not getting pregnant are very high, and if you do get pregnant, your chances of spontaneous miscarriages is also very high. In men, we look at vastly insulin again, total and free testosterone, sex hormone binding globulin, DHEA. I look at two estrogens. In men, I look at estradiol and estrone (E1), because those are different in different situations. Also changing with a man's weight, if his belly is bigger than his chest, those estrogens may be off changing the way the brain is seeing the need for testosterone and then the testicles' ability to make testosterone. I also look at a prolactin in men. I look at a lipid panel. Again, same thing for women. We look for early insulin resistance using that triglyceride to HDL ratio. I look at iron counts, complete blood counts, full metabolic panel again in men as well. Make sure kidney and liver function are appropriate. Food allergy testing and vitamin and nutritional levels if are necessary. I would also consider and do a semen analysis and men, and that MTHFR where I discussed in women. Very important that all those things be looked at so we can optimize this couple's ability to get pregnant.

Treatment using the RecoverMe Method is really kind of fun. The mainstay and the initial thing every man and woman must do if they're hoping to get pregnant is optimize their eating, exercise or move as much as possible and help their bodies recover from daily stresses. RecoverMe includes adequate sleep, a low carbohydrate diet, avoiding all processed foods, and in a large number of cases, getting a food allergy test to ensure optimal gut function and health like I mentioned earlier. The eating plan for fertility treatment via the RecoverMe Method is based on a low inflammatory eating plan. This is done mostly by avoiding some if not all carbohydrates and keeping insulin low. And definitely avoid all processed foods. It ideally consists of organic meats and homegrown vegetables and occasional fruit. I'd stick with fruit in the berry class, because a lot of the other fruits are high in fruit sugar, fructose, which can change insulin kinetics, especially if people are already insulin resistance or have PCOS or even diabetes. I would avoid all fruit except the berries class. The exercise plan, very interesting because it's not what you think, because part of the problem and part of the things we see in men and women coming to us for RecoverMe Fertility Treatment is they need to lose weight. Well, the optimized exercise plan for fertility is daily movement, but nothing too strenuous. Strenuous exercise can be stressful on the body and make it very hard for optimal recovery to occur. Overexercise causes high cortisol levels and can be quite inhibitory of your pregnancy goals. This goes for men and women. Overexercising changes hormones by lowering testosterone in men and women and creating an imbalance in estrogen and progesterone. It particularly if a woman has issues already with menstruation, then a high cortisol level will even make that worse.

Remember that fat, when I talk about a low carb or no carb diet in this, I'm not necessarily replacing it, which is bacon and eggs. Fat needs to be considered, and we speak, good clean fats, lots of vegetable fats, fruit fats like avocado, olive oils, coconut oils, that type of thing. Oils from fish, cold water fish are the best. Remember, fat on the body and fat in the mouth are very different. So we need fat in the diet for proper fertilization to occur and pregnancy to occur. I always joke with people that fat on the lips does not mean fat on the hips, right? So the type of fat and how much fat is important in the eating plan and whatnot, and to keep that cortisol down. So that's why we limit the amount of exercise there. Very important for fertility to occur.

Now there are some medications for the treatment of fertility, leaning more towards the Western medicine side of things. My favorite medications for a fertility treatment are metformin. Metformin is a drug. We use in insulin resistance in diabetes, and the dose range from anywhere from a thousand milligrams once to twice a day. I like bioidentical progesterone. Natural progesterone not progestin, that's an artificial progesterone, but progesterone, either oral progesterone every night before bed at doses ranging from 200 to 800 milligrams, or vaginally prepared progesterone at different percentages. Again, based on the women. There's gonadotropin-releasing hormones, clomid is another drug we use in fertility, very obvious if you ever watched the old Jerry Springer show, and he was on there with a woman that had 17 kids and one delivery that was probably clomid involved in there somewhere. There's also human menopausal gonadotrophin, which also is a drug used more by fertility specialists. I've never

really had to turn to it because we've had so much luck with just the RecoverMe method, which I've covered some there.

Supplements are a priority in men and women both trying to get pregnant as the RecoverMe Philosophy is about optimizing health to deal with all life throws at you. Supplements can be a great benefit and there are a number of studies backing this. Supplements contain all the necessary ingredients to help optimize nutritional status, alongside, remember it's a supplement, alongside an optimal diet, daily movement, but not too much, and those medications as we discussed. And I would encourage you if you're interested in this approach, talk to your doctor about those medications. My favorite list of supplements for fertility reasons are folic acid, vitamin B6, vitamin B12, vitamin C, zinc, selenium, vitamin E, and something called inositol cysteine or NAC. Each one of these is important to optimize the chance fertility. Our current dietary status is lacking a number of these. For example, studies have shown up to 80% of women are deficient in vitamin B6, and increasing its intake greatly improved chances of successful pregnancies. Vitamin C is important to decrease sperm clumping in males, and it helps success of the drug clomid therapy in both men and women. Selenium helps to improve sperm count in men, and zinc acts as a hormone optimizer for both men and women, as testosterone, progesterone and estrogen are all effected in a positive way by this important mineral. Inositol cysteine or NAC optimizes liver function, increases liver production of glutathione, which is the one of the strongest antioxidants in the body. Studies have shown that it improves all measures of IVF, and works very well in women with PCOS, so it's a must have in my book. It also benefits the action of metformin and clomid, as I kind of mentioned above.

As the entire RecoverMe System is based on helping you optimize your body from your current situation and place in life, utilizing what I just mentioned, these protocols will greatly enhance your chance of delivering a happy, healthy baby in your near future. So until next time, the best to health and wellness, and stayed tuned to RecoverMe Podcast. Have a great day.