

[A Look At Fertility Herbs](#)

Today the alternative approaches to treating fertility have taken a step back from the mechanics of fertilization and instead are looking at addressing the overall state of the body. Today there are fertility herbs around which provide an excellent way of strengthening the organ systems as well as improving their function without harmful side effects.

Once the organs have begun to work well it is useful to apply herbs which increase a body's ability to utilize estrogen which enhances the production of eggs in the ovary. So not only will a woman's body be in better shape for fertilization but it will also be well prepared for the actual pregnancy. In fact herbs which are recommended for fertility purposes are also useful during the actual pregnancy itself.

The following herbs listed below should be either taken as a water based infusion or as a strong tea. For preparing an infusion you will need to fill a clean wide mouthed jar a third full with dried herbs and then fill the jar up to the top with boiling water, place on the cap and then let the herbs seep in the water for no less than 4 hours. After the 4 hours strain and drink a cup of this per day. Refrigerate what you have not used and do not reheat or allow the infusion to boil.

Red Clover Blossoms and Leaves

This supplies calcium, protein, B Vitamins to the body as well as clearing toxins from the blood. The alkalizing effect will lengthen the survival time of sperm. However you should not use this before or after surgery as its blood thinning properties will impair the clotting of your blood.

Nettle Leaf

This is high in iron and calcium and is good for treating anemia as it strengthens the kidneys as well as building blood and enriches and thickens the uterine lining. This enables implantation of the fertilized egg to occur. However people who either suffer from high blood pressure or fibroids should not use this herb.

Raspberry Leaf

This will strengthen the reproductive organs as well as supporting a person's digestive system. It contains a wide array of vitamins and minerals.

It is important that you rotate the use of these 3 herbs and drink one cup of infusion per day (so Monday, Raspberry Leaf, Tuesday Nettle Leaf, Wednesday Red Clover Leaf and Blossoms and so on). After using these for about 3-6 months (all depending on the condition of your body in the beginning) your body should then be ready for the 2nd phase.

However it is important that the following herbs are NOT used during the pregnancy itself as they can stimulate uterine contractions. Add one of these to your regime of infusions and if you are not getting the required results within a few months then try another. Normally these herbs can be taken in the form of a tincture by just putting drops into a little water and then drinking.

Dong Quai (Tang Kwei) Root

This is a Chinese herb which is commonly used to help build up the female system and enhance the utilization of estrogen. It is important that you take 20-30 drops of this tincture three times a day.

False Unicorn Root

As this is an endangered species it should only be used when absolutely necessary. This has been used for a long time as a fertility herb and opens up the estrogen receptor sites in the ovaries. You should have 10 drops of this in water each morning.

So when next considering fertility herbs than look no further than the ones whose details have been provided above.

About the Author

Lee Dobbins write for <http://www.herbs-home-remedies.com/> where you can learn more about [herbs and natural remedies](#).

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