

keep being transmitted to others which can cause infertility.

Chlamydia is a sexually transmitted bacterium which can lead to pelvic inflammatory disease and can develop to infertility if left untreated.

### **Blocked Fallopian Tubes:**

The tube is very important as it is the way between the ovaries and the uterus where the sperm swims to reach the egg. If they are blocked then the route will be closed and hence the sperms will not be able to reach the egg so no fertilization process will take place.

### **Polycystic Ovary Syndrome:**

Irregular periods, amenorrhea, excess hair, acne, obesity, mood swings, all belong under the main umbrella of the polycystic syndrome.

This condition leads to lack of ovulation and increased production of testosterone by the ovaries. This is also the case when women are out on contraceptive pills, therefore, they stop ovulating.

A good way is to stimulate the pituitary gland in such a condition to regulate the menstrual flow.

### **Ovarian Cysts:**

They are common during the time of menopause; they are mostly asymptomatic but sometimes cause abdominal pains along with repeated urgency of urination.

### **Fibroids:**

Could cause infertility, irregular bleeding, pelvic pains. They are basically benign growths in the uterus.

### **Endometriosis:**

The endometrial tissue flows backwards up the fallopian tube and drips into the

abdominal cavity and bleeds each month.

These implants which have escaped produce estrogen on their own which triggers bleeding anytime during the month.

The uterus may be distorted which may inhibit pregnancy.

### **Note:**

*Losing weight is very useful in the above mentioned factors (Fibroids, Endometriosis, Polycystic Ovary Syndrome), as these three diseases depend on estrogen which is produced by the fat cells.*

### **Hughes Syndrome:**

*(recently developed by Professor Hughes).*

The patient has sticky blood and therefore, the baby cannot get enough nutrients through the placenta, a good way to treat that is Vitamin E.

Last but not least, the **radiation exposure**, (mobile, computers, X-rays) all can cause miscarriages.

*Overall, it is always good to have reflexology treatments during pregnancy to balance out the hormones, especially the thyroid and the pituitary.*

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