

# PREGNANCY & Miscarriages Reflexology:

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**Pregnancy** is a dream of most women after marriage. Many women dream of that day and is willing to do anything to achieve that dream. However, there are many reasons which can work as an obstacle towards that dream.

### *Women miscarry for many several reasons.*

Latest research found that some women miscarry due to an overreaction that takes place in the immune system of the mother which leads the body to attack the developing embryo as an enemy and hence terminate the pregnancy.

Dr. Hassan Shehata, Lister Hospital, Epsom and St. Helier University, said that this can be avoided through calming the immune system with a course of steroids and aspirin. Treatment had up to 86% success rate.

The theory is that the body does not recognize the embryo and regards it as an invader; therefore, the immune system starts to attack it. Steroids calm down the immune system and hence it does not fight against the embryo.

### *There are many other reasons for miscarriages which are more pathological reasons.*

**For instance**, high dose of vitamin E is a blood thinner; it creates a thin lining within the womb which does not enable

the pregnancy to be supported.

**The role of estrogen** is very important in pregnancy and any deficiency may have its unpleasant effects, estrogen is very important to build up a fresh lining and to increase vaginal mucous production.

Also low levels of **progesterone** can lead to miscarriages, it is necessary for the survival of the embryo and it supports the pregnancy in general.

During pregnancy both estrogen and progesterone relax and smooth muscles of the uterus, bladder, intestines and veins to accommodate pregnancy. They drop after giving birth and by the second day they are very low.

Another very important reason that can affect the pregnancy to take place in the start is the fertility of both the wife and husband.

### **STDs:**

Sexually transmitted diseases, which can affect both women and men. The problem is that STDs are asymptomatic, and they