



Cyndi O'Meara Reports

www.changinghabits.com.au

Changing Habits Changing Lives

The Fertility Diet – How Diet and Counting Chemical Calories Can Help Fertility

My main goal in life as I was growing up was to marry a farmer and have 12 children. I think I watched the Sound of Music too many times and had a belief that farms were a wonderful clean environment to bring up children and be immersed in animal life (I loved animals).

That goal didn't eventuate. Instead I married a Chiropractor who loves the sea. I live on a 747 square metre block and have three children and one stepdaughter. But I'm not complaining.

Having children is a natural need and want for many men and women; it is the way we populate the earth and keep the species going. It is a natural instinct, a natural process. It is the need to nurture.

As I was researching fertility, pregnancy, birth and the care of a new infant, I was blown away by how complicated it has become (read appendix 1. Preconception care. An opportunity to maximise health in pregnancy.) Each stage is given a name rather than the simple terms before, during and after, the tests and re-tests and checking that is recommended for each man and woman wanting to have a child made me sick with anxiety. What happened?

I'm a Monty Python fan and have watched their movies many times and as I was reading all this stuff, their movie *The Meaning of Life* came to mind, and especially the scene in the birth room. If you want to watch it to see the hilarity of what has happened to pregnancy and birth, go to www.youtube.com and type Monty Python Birth Sketch in the search area and the movie clip will come up. It takes just three minutes to see how what was once a totally normal event has turned into something that seems quite, well, ridiculous.

Times have changed and having a baby has become almost an impossibility for many couples. Infertility rates tell us that 1 in 6 couples need fertility help to conceive, and the number is not getting better it is getting worse as the years go by. I was talking to a young Mum recently who told me that most of her friends struggled to get pregnant. She said she was one of the lucky ones who became pregnant without delay.

In my opinion, we've lost the ability to think rationally about health therefore when we struggle to conceive the first port of call is the fertility doctor. Massive amounts of intervention including hormone medications and implantations are the norm and the implications are far reaching and the consequences are only just being seen; for instance, male babies born by IVF have higher infertility rates. In my view, this should be the last place to go when conception is not happening. It should be the last resort.

I was fortunate; I conceived very easily with all my children. Having said that, I also prepared for this all my life, even though I didn't realise it at the time. And if you are contemplating having a child, then preparation is the key.

Preconception Care

Diet

Eating a healthy diet is part of Preconception Care (PCC), but knowing what is healthy all depends on the latest research and the latest book on diet. It's simple: forget the latest diet and forget the latest research and go back to a diet where the food you eat is from nature and not from a chemical laboratory. I recommend you start with my 21 Day Program. It is a weight loss and get healthy program, but the emphasis is not on losing weight but more on getting healthy. The 21 Day Program improves your nutritional profile as you eat foods high in nutrition and supplement with concentrated super foods, such as cold pressed oils for essentially fatty acids, eggs for protein, barley greens for vitamins and colloidal

minerals. This is explained fully in the program which is available on my website. www.changinghabits.com.au

Both the male and the female should start here and then go on to the Changing Habits Changing Lives program. This is an educational program about food and what technology and science has done to food and how it affects health. It then talks about the food you should be eating and the benefits of doing this. It is a very simple program to follow. One food a week is discussed and only one habit a week needs to be changed; then, bit by bit and habit by habit you will see a change in your health, vitality and energy. This program is available in book and audio form.

The question I'm always asked is, what about organic. With dangerous chemicals like endosulphan still being sprayed on Australian fruits, vegetables and nuts, and the continuing unethical treatment of livestock, I believe that eating organic in preconception care is vital. I have friends who are living with the affects of these dangerous chemicals and it is not worth the risk.

Counting Chemical Calories

I've never been one to count calories. To me it is a waste of time as we are all individuals and the counting of calories was initially used for population study rather than an individual pursuit. But the one counting of calories that I do like to do, and strongly suggest you do as well, is a chemical calorie audit of your life.

Chemical calories are the amount of chemicals that you use, eat or touch in a day. The average westerner will use around 220 chemicals before they even have breakfast. Chemical calories are found in: personal care products, the water you drink, the food you eat, the perfume you spray, house hold chemicals, air fresheners, washing products and dishwashing detergents. Many chemicals affect or mimic gender-specific hormones which in turn affect immunity and fertility. I'd like to address each one of these and give you solutions to limiting your consumption of chemical calories in order to help your fertility.

Personal Care Products

My very good friends Kim Morrison and Fleur Whelligan authors of the bestselling book Like Chocolate for Women alerted me to the thousand of chemicals that touch our skin when we use personal and skin care products such as face cleansers and creams,

makeup, toothpastes, mouthwashes, body moisturisers, hair products, deodorants and perfumes.

When I first heard them speak I was absolutely floored that so many dangerous chemicals which cause cancer and with hormone disruptors were allowed in products we put on our skin.

The skin is not only for elimination of toxins and fluids via perspiration and sweating but it is also like a giant sponge taking in much of the products you put on your skin. So if you put chemicals on your skin, then your body will absorb them and increase your chemical calorie load. On the other side, if you put only food products on your skin that will nourish your body then it will not only decrease your chemical load but will add nutrition that your body needs. Kim and Fleur are so passionate about this that they have produced a beautiful, nourishing, non-chemical range of skincare products called Twenty8.

If you are serious about your fertility and the health of your baby, then go into your bathroom right now and read the ingredients of everything you use and if you see names like DEA (diethanolamine), TEA (tiethanolamine), PEGs (polyethylene glycol, Isopropyl alcohol), sodium lauryl sulphate or laureth, propylene glycol, paraben preservatives, mineral oils, petroleum jelly, D&C reds, yellows and blues, amines, and so many more, then it would be a good idea to throw them out. Then switch to natural alternatives. You will need to be very diligent about noting all the products you use and finding alternatives. Your health food store will help you but they are not perfect so read the ingredients. I also suggest you go to Kim and Fleurs website www.likechocolateforwomen.com.

Products I use in Personal Care:

Skin Care – Twenty8

Deodorant – Magnesium oil (This is not a product range; this is a product.)

Shampoo, Conditioners and hair products – Miessence

Toothpaste – Auromere herbal toothpaste and Miessence

Makeup – Neways and Miessence

Perfume – Pure essential oils Twenty8 and Miessence

Soap in the shower and for hands – Ecostore

Tampons and personal hygiene products – always organic (You'll find these in your health food store or supermarket; make sure they are certified.) or go to the following website for something completely different www.keeper.com.au

So instead of smothering myself every morning and night with chemicals I am nourishing and pampering myself with things that not only nourish my physical body but also my emotions (pure essential oils).

Cleaning Products

The cleaning products you use in your house are also filled with chemicals that you will either breathe in or have some sort of contact with and that can cause problems with your fertility. For your PCC you should be aware of all chemicals that you come in contact with from what you use to wash your clothes and your dishes, to all the cleaning products used in and around the house. Many cleaning products that adorn the supermarket shelves are not only dangerous for your health but harm the environment. So making a change will not only get rid of chemical calories you are consuming but will do wonders for the planet as well.

Consider that the powders and liquids you wash your clothes, bed sheets and towels in leave a chemical residue which you then wear, sleep in and dry yourself with – it's being rubbed onto your skin 24 hours a day, increasing your chemical calories. So by changing this one aspect you expose yourself to fewer chemicals. Not many people think of these things but over years of working with young couples with fertility problems and trying to reduce their chemical load, I've learnt the many ways we can improve health and therefore fertility. You may think it small but everything helps, and once you have changed over then every new addition to your family will benefit many times over.

Many years ago I was asked to go to a party where I would learn to clean with water only. It intrigued me as not only would this concept save me money but I would be getting rid of chemicals in my home. Even though I was trying to use eco-friendly products, it still bothered me that they were not as pure as I wanted. I was introduced to a range of cleaning cloths called Enjo and I have been using them since 2002. I have saved myself a fortune, reduced my, and my family's chemical load, and cleaning is a breeze. From that day on I have talked about these cloths and encouraged people to pursue a new paradigm in cleaning.

Washing dishes and using dishwashers contribute to chemical calories, so switching to Enjo cleaning cloths and eco-friendly detergents will be a wonderful help. Even if you do rinse your dishes after cleaning them, it's still is a good idea to change your detergent.

Products I use in Cleaning my House

Enjo cleaning cloths and products – www.enjo.com.au

Toilet sprays – pure essential oils in a spritzer with water

Room fresheners – pure essential oils in a burner

Dishwashing products – Ecostore www.ecostore.com.au

Clothes washing products – Ecostore www.ecostore.com.au

Hormones and Anna's Yam Cream

Our hormones are forever changing influenced by the chemical load in the environment, our diet, stress, menstrual cycles and so on. To have hormones that benefit fertility, health and emotions it is important that you have all the right ingredients – eating a diet from nature with a full complement of nutrients should ensure that everything is working the way it should.

I'm not one to supplement unless the supplement is from food and has not been manipulated and changed in a chemical laboratory, that's why I use the supplements I suggested in the diet component of this report. Several years ago I knew I had a deficiency in something as during certain times in my cycle I was getting lumps in my breasts. My sister suggested I try a hormone cream to supplement the precursors for my gender-specific hormones. She gave me one that she had researched and within several months all lumps had disappeared and have never surfaced since I have been using it. I talk about this wonderful supplement in my **Report on Hormones** and suggest you read the information. In short, Anna's Yam Cream is a cream you rub on your skin that supplies the precursor to your gender-specific hormones. It is not a progesterone cream but rather a cream that supplements your diet so you produce the hormones you need for your gender. Anna's Yam Cream can be used by males and females and does wonders in making sure you have all the right ingredients to make the hormones you need for proper function and fertility. You can purchase Anna's Yam Cream from my website www.changinghabits.com.au

At this point I need to talk about synthetic hormones as I believe the pill has a lot to answer for with regards to fertility. While this report will not be addressing the good, bad and ugly of synthetic hormones, I must stress that this drug is not as safe as it is made out to be and prolonged use will increase chances of breast cancer and reduce chances of pregnancy. A further report will address The Pill and HRT.

Water

A lot of our water supply is polluted by farm runoff (chemicals including endosulphans and other hormone disrupting chemicals), acid rain (pollutants in the air) and chemicals that councils put into the water supply to make it safe (chlorine) as well as any medicating they may want to do in order to improve health (fluoride). Sounds delicious!

All these chemicals in our water supply increase the chemical calories we consume. I am especially concerned about three specific chemicals that affect the health of the thyroid which, in turn, affects fertility.

The thyroid is the only organ in the body that uses the mineral iodine which, in turn, produces T2 and T3 which affect hormones. There is a world-wide shortage of iodine in our diet and in our soils so there is a real push to increase the amount of iodine in the diet by adding this mineral to salt and our breads and breakfast cereals (whether this is good or not is discussed in other reports). My concern is not the iodine deficiency in the diet but the minerals that compete against iodine at the thyroid receptor sites which then stop iodine being used by the thyroid.

There are three minerals that are closely related to iodine, they are called halogens and they include the minerals fluoride, chloride and bromide. These three minerals will fill the iodine receptor sites on the thyroid gland reducing the production of thyroxine (T2, T3), creating health consequences like infertility, hyperthyroidism, hypothyroidism, Hashimoto's disease, Graves' disease, and many other problems that result from hormones not being produced.

Fluoride and chloride are in our water supply and bromide is found in many pesticides and fungicides which all leach into our water supply, therefore it would be prudent to either filter your water or get a stainless steel water tank and collect your own water so these competing minerals and any other chemicals are reduced to minimal amounts.

Chiropractic Care

Many people think that Chiropractic is for sore backs and necks, but it is much more. I'm a very strong advocate and supporter of this wonderful healing profession and I suggest that you seek out a Chiropractor and have a full physical examination. Low back problems can result in the nerve supply to the ovaries and uterus being hindered. This can also affect the reproductive organs of the male. It is important that the nerve supply be at 100% so that

your reproductive organs work at 100%. My father was a chiropractor, in fact he still is at the age of 82, and many a woman has sworn that he made them pregnant. It's a long-standing tongue-in-cheek joke in the Lovett household!

In all seriousness, this is one more small step to make sure your fertility is giving you every chance to conceive.

Summary of Preconception Care

The topics I've spoken about to date in this report are so very important for preconception care. Homeopaths and Naturopaths will help with herbs and natural remedies to enhance fertility; these are not my specialty but I believe they can help in making sure you conceive and maintain a pregnancy without difficulty. Follow what I have outlined and then once you're pregnant and have given birth continue to follow these guidelines for healthy, happy individuals in your family.

Pregnancy and Nutrition 101 the Changing Habits Way!

I've been pregnant three times and each time it was different - the food, the cravings, the morning sickness that went all day and the up-and-down energy, as well as the changes in my body - so to talk about pregnancy as though everyone is the same is just a ridiculous notion. I'm not even going to try and address individual needs but what I can do is provide good common sense nutrition that every pregnant woman needs before and during pregnancy as well as during lactation.

The last time I was pregnant was about 17 years ago and there was no hint from the obstetrician that I should stay away from any food. Refraining from alcohol and smoking were a given but diet was not even spoken about.

I find it ironic that when you go to your obstetrician for the first time they have a list of foods to avoid (including all processed meats, raw meat, cold chicken, cold turkey, hot takeaway chicken, patés and meat spreads, raw seafood, chilled peeled prawns, smoked fish and seafood, store-bought sushi, soft cheeses (brie, camembert, ricotta, cream cheese and cottage), soft serve ice-cream, raw milk and dairy, raw eggs, custard, prepared salads, all sprouts – alfalfa etc.), and many other foods have warnings on them (including fruit, vegetables, yogurt, cream, parsley, leftovers, canned foods, stuffing,

hummus, home cooked chicken, cooked fish and seafood, homemade sushi, cooked meats and ice-cream).

The notion behind avoiding these foods or being warned about them is all to do with food poisoning (including Listeria, Salmonella and Toxoplasmosis). It is also recommended to reduce consumption of fish due to mercury poisoning.

When you're pregnant, every system in your body changes, including your immune system. Most people these days (pregnant or not) have compromised immune systems because they are not eating a diet similar to Changing Habits principles; rather they are eating a diet that is highly processed and low in nutrients - made in a chemical laboratory rather than in soil. The overuse of antibiotics and other drugs has created immune systems that just don't work the way they should; thus when pregnant, a compromised immune system can lead to food poisoning and possible injury to the unborn child, or even miscarriage.

My thoughts are that rather than avoiding some of these wonderful foods, why not make sure you prepare well before pregnancy, and then during pregnancy look after yourself by eating foods that strengthen your immune system. The Changing Habits principles will help you understand the foods that strengthen the immune system.

While there are some foods on the list of foods to avoid eating when you're pregnant I agree with, I recommend avoiding them at all times. Things like processed meats, soft serve ice-cream and the like I avoid because they don't nourish the body. They are dangerous to the body as they have dangerous chemicals in them and non-food items that have been shown to cause cancer and other maladies.

When you buy foods in their whole state and produced by ethical means, then the body and the immune system become strong and the body is able to withstand foods that may have some bacteria. Let's face it, all food has some bacteria; it all depends on the body and the strength of the immune system as to how sick or healthy a person can be after eating it. Listeria and salmonella will make a person with a weak immune system very sick but a strong immune system will be able to fight it off without you even knowing about it.

The principles of the Changing Habits Lifestyle and Program are really simple: Eat foods from nature and avoid all foods manufactured in a chemical laboratory or modified by unnatural means. To explain that fully in a short article is impossible, but let's see if I can wrap it up succinctly.

Foods to eat for health are: fruit, vegetables, nuts, seeds, legumes, grains, meat, fish, chicken, eggs, dairy, cocoa, coffee, tea, herbs, spices and anything else that nature can provide and anything you can make with it, including chocolate cake!

Foods to avoid include margarine, modified milks (like homogenised milk), diet foods, breakfast cereals, low-fat foods, diet drinks, additives, preservatives, flavourings, colourings, and, I'm sorry to say, that includes most of the packaged foods and drinks out there.

Morning Sickness

I must add here that when you are pregnant and you have morning sickness then some of these foods just turn your stomach, the only thing that made me feel better was watermelon. I found fruit, especially fruit with a high water content, had a way of helping with morning sickness; but we are individuals and what worked for me will not necessarily work for everyone. It is up to you to find the food(s) that make you feel good in your first trimester. You are not alone with morning sickness – approximately 80% of pregnant women have morning sickness as there are certain hormones present during pregnancy, especially in the first trimester, that play havoc with your digestive system. What is important is that you do eat something healthy and drink plenty of water.

Healthy Eating

Most people have lost their way with healthy eating – they no longer seem to know what's healthy and what's not. Once upon a time we relied on the wisdom of mothers and grandmothers to teach us about the right foods to eat. Now we rely on marketing, advertising and crazy science. Instead of making meat and vegies we eat foods found in packaging; instead of eating real food for breakfast like fruit, eggs, good quality bread, homemade shakes, homemade muffins, homemade pancakes and the like, we rely on these items in packages, which are made from foods out of a chemical laboratory with genetic modification and nanotechnology that actually compromise our immune systems and make us sick.

The idea is to go back to the way we have eaten for thousands of years up until around 20 or so years ago. It's not hard, and if you want a healthy baby then it is worth making the effort to feed yourself good foods in order to have a baby who is given all the resources they need in order to grow a healthy body. Remember, you only have one chance at this so it would be prudent to learn as much as you can about this way of eating as it really works. I have eaten like this all my life because that is what my parents taught me. I have three children aged 21, 19 and 17 and they have never had an antibiotic, pain killer or any

form of medication, prescribed or not. I'm 50 and I too have never had any form of medication. There are not many people in this day and age who can say this. When people, especially young pregnant women, follow my program they also are able to say that their children are some of the healthiest in their community. This is not difficult; it is just going back to our culture and tradition and eating foods that have been given to us by nature and anything we can make with them, including all the yummy foods we've been told not to eat.

If you are pregnant, then I suggest you follow the habit changes in my book *Changing Habits Changing Lives* for a strong healthy immune system and baby.

Pregnancy and Tests and Ultrasound

I had my first pregnancy at the age of 28, my last 33. Because of a genetic disorder in my family, I was tested to see if I carried the gene for haemophilia. My family is the largest haemophiliac family in the world. Six of my mother's brothers were haemophiliacs; one cousin has produced a son with haemophilia and many of my cousins are carriers (they chose IVF to make sure they have no sons, only daughters), so it was an important process to be tested in my reproductive years. I was fortunate I didn't carry the gene for haemophilia but I was told that I probably had Von Willibrand's Disease – a congenital bleeding disorder characterised by a lifelong tendency toward easy bruising, frequent nosebleeds, and prolonged menstruation. The consulting physicians wanted me to come in for further tests but because I had no symptoms I declined and decided to take my chances.

For me, pregnancy and birth was a natural process and I wanted as little interference as possible. I refused all tests, all ultrasounds and anything else the doctors wanted to subject me to. I decided that I had prepared well, my body was healthy and I would produce healthy offspring and that was that. My first delivery was in a birthing suite within a hospital, monitored by midwives. I had my checkups with the midwives and was informed in my third trimester that after the birth of my child that there would be an injection of Konakian (Vitamin K) given to the child and oxytocin injected into me. I was horrified that this was routine and that in order to not have this happen I had to write a letter to say that I would take total responsibility and that the hospital would not be blamed in any way for me and my baby not having these two injections. I did not do this lightly. I researched fully the need for these injections and then the implications for not having them. I do not suggest this as a recommendation for everyone, but if you have done the research and you feel strongly that your baby was born perfect then it is something that you should know about it and be fully informed of all consequences, good and bad.

In this report I've tried my best to give you the basics but by no means is this complete. There is so much that you need to know but hopefully I've whet your appetite enough so you go out and seek more information. I've decided to give you as many resources as I can so you can research every aspect of fertility, pregnancy, birth, vaccinations, procedures, breast feeding and what one needs in order to bring a healthy, resilient child into this world.

RESOURCES

Diet Resources

Changing Habits Changing Lives by Cyndi O'Meara

www.changinghabits.com.au

Healthy Baby Resources

Well Adjusted Babies by Dr Jennifer Barham-Floreani

www.welladjustedbabies.com

Fertility Resources

<http://naturalfertilitybreakthrough.com/>

Protecting Your Fertility by Gabriela Rosa

Eat Your Way To Parenthood by Gabriela Rosa

The Awful Truth About Cleaning Products and Fertility by Gabriela Rosa

New Born Parenting For A New World Resources

www.mumstheword.com.au – Ros Vroom

www.dadstheword.com – Ros Vroom

Vaccination Resources

www.avn.org.au

www.nvic.com

Preconception care. An opportunity to maximize health in pregnancy.

[Summers L](#), [Price RA](#).

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...There is an increased attention to preconception care and counseling (PCC) in the US. Midwives should include it into their practice. Even though the PCC concept is new, many midwives already know and/or practice its components, including risk assessment, health promotion, psychological and medical interventions, and follow-up. Opportunities for PCC are gynecology visits, postpartum visits, school-based programs, occupational health centers, and local health departments. Midwives can help women decide whether they are psychologically prepared for motherhood through group discussions and family-timing scenarios. They should refer women to substance abuse counseling and address physical abuse. A medical history and physical exam followed by an evaluation of any medical problems are also important. Preconception screening should include laboratory tests for hemoglobin or hematocrit, Rh factor, rubella titer, urine dipstick (protein and sugar), Pap smear, gonococcal culture, syphilis ... and hepatitis B test. Midwives should offer women an illicit drug screen and an HIV serodiagnostic test. Additional tests recommended for some women include a tuberculosis screen, chlamydia culture or rapid screen, toxoplasmosis, herpes simplex, cytomegalovirus, varicella, hemoglobinopathies, Tay-Sachs, and karyotype. Factors which may affect sperm morphology are cigarette smoking, alcohol drinking, vitamins A and E, linoleic acid, and zinc. Other male factors which may affect pregnancy outcome are advanced age, sexually transmitted diseases, HIV, and exposure to drugs and chemicals. Midwives should determine the need to refer women for genetic counseling. They can help establish a positive environment for conception by conducting a nutritional history and counseling, promoting vitamin supplementation, by counseling about dangers of cigarette smoking, alcohol drinking, and drugs, and by keeping up to date on reproductive toxicology, environmental pollutants, and occupational hazards. Midwives should take a menstrual, contraceptive, and sexual history. Menstrual charting can help detect ovulation. Other issues needing to be addressed are infertility and choosing a care provider and birth place.