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endometriosis under control by reducing the amount of estrogen in the body. It also has anti-inflammatory and anti-spasmodic (soothes menstrual cramps) qualities.

Viburnum opulus is often used in homeopathic medicine due to its affinity for the uterine lining and to treat menstrual problems, painful menses, uterine inflammation caused by endometriosis. This remedy has anti-inflammatory properties and it is also a muscle relaxant aiding in menstrual cramps.

Once you conceive, you should stop taking this remedy. There are some specific [herbs for pregnancy](#) to help you with your pregnancy symptoms.

Male Fertility

Male Fertility and Healthy Sperm

For male fertility problems, the fertility herbs contained in [Fertile XY](#) are very effective in stimulating the production of healthy sperm and boost male libido. Most of the time, it is the woman that seeks natural health solutions for fertility problems and decides to look into fertility herbs, but most often it is the male partner that can greatly benefit from this type of therapy because the health of the sperm makes a big difference when trying to increase the odds of conception. Men, who produce lots of healthy sperm with high in sperm count, good motility and morphology, have greater odds of conceiving. [Herbs for men](#) contained in Fertile XY are:



Horny Goat weed (*Epimedium grandiflorum*) promotes healthy seminal emissions and increases sexual performance. It is usually incorporated in sexual tonics to promote sexual stamina and support testosterone levels that cause male sterility. If you suffer from low sperm production, this herbal remedy can help increase your sperm count.

Gotu kola (*Centella Asiatica*) increases longevity and promotes rejuvenation. This herb is used to increase male fertility because it strengthens the connective tissue of the walls of blood vessels of the seminiferous tubules where sperm cells are made.

Gokshura (*Tribulus terrestris*) stimulates male virility and increases libido. Tribulus increases levels of a variety of hormones like DHEA and testosterone, supporting male sexual function.

Tribulus has a calming effect on the nervous system and encourages relaxation. Stress can interfere with male fertility and health sperm production.

How to Take Fertility Herbs

The healing powers of herbs come from their "active constituents" used to create a

"active constituents" used to create a standardized herbal product in the form of an infusion, tincture or decoction. Tincture should be taken diluted in water and can be taken one or two times a day when the action of the herbal remedy needs to be stronger on the body. Fertility herbs in the form of herbal teas and decoctions are great when taken often during the day for a soothing and mild action. Herbal teas, keep you well hydrated and nourished because many herbs are rich in minerals that are easily absorbed by the body.



Most herbal remedies come in tincture preparation and are more concentrated and more potent.

Take 20 drops diluted in 1/2 glass of water 3 times a day away from meals. Do not take fertility herbs if you are taking prescription medication or fertility drugs. To avoid drug herb integration talk to your doctor first. Learn more about [fertility tea](#) here.

Fertility Herbs and Safety

When choosing fertility herbs think about safety and effectiveness, not price! Not all [herbs to increase fertility](#) are made equal, even if they list the same ingredients. I recommend Native Remedies because of their unique approach to reproductive wellness by utilizing a dual modality formulation method where herbal remedies work in combination with homeopathic remedies, flower essences and tissue salts. Another important reason why I find these remedies excellent is because the manufacturing processes are absolutely safe.

Many companies manufacture herbal remedies using a process of extracting herbs that uses chemicals. This presents the risk of dangerous side effects especially if you are preparing for conception.

Fertility Native Remedies like FertileXX and FertileXY are manufactured using a unique approach called Full Spectrum Approach of extraction to ensure you get the quality, potency and protection you need. [Learn more about these herbal remedies for fertility here.](#)

Fertility Blessings!

Fertility Preservation

www.shadygrovefertility.com

Protect Your Fertility. New Egg Freezing Financial Options.



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[Herbal Remedies For Infertility](#)

Herbal Remedies For Infertility

Question on Herbal Remedies for Infertility We just found out today that my husband has a low sperm count as well as I have irregular cycles. The ...

Fertility Herb Supplements Programme

I have just turned 40 years and am planning for a family soon. My health is very good, I have done a Fertility Cleanse and taken the Wobenzyme ...

TTC with Herbal Meds

My husband and I have been taking Fertilaid for almost two months. I have noticed that my cycles are starting to regulate. But I also have seen some distressing ...

DHEA and Herbs for High FSH

Hello, I am 39 years old and have a very high FSH level. Upon further examination the conclusion is that I am experiencing ovarian failure. My Reproductive ...

Can Vitex and Progesterone Cream Be Used Together

I have been taking vitex and maca up until ovulation (I ovulated yesterday)...I was going to start the progesterone cream tonight, but I read that it ...

Herbal Tampons For Blocked Tubes

Is use of herbal tampons increases risk of infection for female reproduction organs? I am woman that struggling with blocked fallopian tubes and TTC ...

Fertile XX for Women

Is Fertile XX safe to take if you are trying to conceive, or should it be stopped before trying? I have irregular periods and really want to conceive. ...

Maca and Vitex Together

Hi, I'm 46, have 10 children and really would love another child. I had baby no. 9 at 40 and no. 10 at 42. We have several miscarriages since then. ...

Can I Use Fertile XX and Clomid Together?

I am going to start taking a tonic called FertileXX and I took clomid also last month. Can I take both clomid and Fertile XX together to get better results? ...

Does FertilAid Fertili Tea Work?

I have been drinking Fertili Tea for 2 1/5 months and I used to ovulate around day 20-22 and my periods were always late and long, but the last two cycles ...

Fertile XY for Men

My husband is taking Fertile XY for men. He has low sperm count and a very stressful job. Also, his sex drive has decreased since we have been ttc I think ...

Can I use Fertile XX along with Loestrin 24 Birth control?

Can I use Fertile XX with Birth control to help vaginal pain during sex, mood, and boost my lacking desire to have sex? Or will using Fertile XX mess ...