

A Natural Approach to Infertility

- Naturopathic Consultations
- I-ACT Certified Colon Hydrotherapy
- Manual Lymphatic Drainage
- Iridology Analysis
- Nutritional & Detox Coaching
- Oriental Massage Cupping
- Raindrop Therapy
- Ionic Foot Bath Treatments



How many times a year do we clean our house? Our car? The inside of our body?

When addressing infertility the internal environment of the body is of paramount importance. I encourage clients to remember that our body's primary job is to keep us alive and functioning to the best of its ability based on the food and environment we provide for it to thrive in. If a body develops a highly toxic internal environment it could possibly prevent a pregnancy from taking place because of the strain that pregnancy would place on an already stressed body. Remember, protecting our own health is our body's number one priority. I believe our bodies are capable of healing themselves of anything if given appropriate supportive measures and time to heal. Many times infertility may be a result of a highly toxic internal environment.

What types of things contribute to a toxic internal environment?

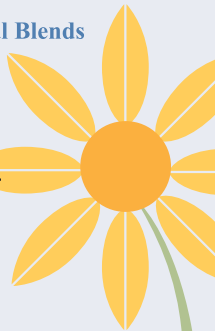
Food allergies and intolerances, consuming non-organic foods loaded with growth hormones, antibiotics, pesticides and herbicides, parasitic infestations, xenotoxins from drinking and heating foods in plastic containers, highly chemicalized laundry detergents, body lotions and cosmetic products with parabens, environmental pollution from chemically treated lawns and polluted water sources, heavy metals from mercury amalgams, cooking with aluminum pots and pans, aluminum based deodorants, etc.

Fertility Enhancing Treatments:

- Customized Liver & Colon Cleanses
- Individualized Nutritional Consultations
- Personalized Hormonal Balancing Herbal Blends
- Nurturing Juice Fast Protocols

From Scratch Wellness

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How do I determine if a toxic internal environment is contributing to infertility?

A naturopathic consultation with Dr. Stanley would consist of a thorough review of your health history, daily diet, iridology analysis and palpation work to confirm findings of the iridology analysis. Iridology analysis observes the fibers of the iris which reflex the health of internal organs. It is a very useful technique used to speculate root cause and track detoxification efforts. Hair mineral analysis may be used in the case of suspected heavy metal exposure. Checking hormone levels may also be indicated. During your consultation, a 3 month protocol will be formulated and may include dietary suggestions, detoxification protocols, possible herbal support, and mind/bodywork suggestions. Our practice focuses on supporting the body using natural means with the belief that the body has the innate ability to find its way back to its natural balance.

How do I cleanse my internal environment?

Cleansing the liver and colon, the body's main pathways of detoxification, is essential to improving the health of the internal environment. A diet rich in live enzyme, alkalizing foods, oxygenates the body, enhancing cellular repair and organ rejuvenation. Dr. Stanley customizes liver and colon cleanses so that they are right for you. As an I-ACT certified colon hydrotherapist, colon hydrotherapy sessions are also available at the clinic. Nutritional suggestions, juice fast protocols and dietary guidelines are individualized to best suit your needs. By cleansing and detoxifying your internal environment you not only improve your fertility but you also remove a toxic load that would otherwise be passed on to your unborn child.



Dr. Jennifer Stanley

Dr. Jennifer Stanley N.D graduated from Midwest University of Naturopathic Medicine. Dr. Stanley is certified through the American Naturopathic Certification Board as a Traditional Naturopath. She is also an I-ACT certified colon hydrotherapist. She owns From Scratch Wellness Services located within the Haven Wellness Center in St. Charles and also has an office in Mundelein. Dr. Stanley offers naturopathic and customized nutritional consultations, colon hydrotherapy and manual lymphatic drainage. For more information contact Dr. Stanley at 630-945-3867 or www.fromscratchwellness.com