

## How to Increase Your Egg Health in 90 Days

By Hethir Rodriguez, C.H., C.M.T.

### References:

1. Levitas E, Parnet A, Lunenfeld E, Bentov Y, Burstein E, Friger M, Potashnik G. (2006) Impact of hypnosis during embryo transfer on the outcome of in vitro fertilization-embryo transfer: a case-control study. *Fertility and Sterility*, 85 (5): 1404-8. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/16566936>
2. Wolfgang E Paulus, M.D., Mingmin Zhang, M.D., Erwin Strehler, M.D., Imam El-Danasouri, Ph.D., Karl Sterzik, M.D. (2002) Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy. *Fertility and Sterility*. Vol 77, No 4. doi:10.1016/S0015-0282(01)03273-3
3. Powell, Alvin. (2005) Harvard, MGH researchers track egg cell production to marrow. Researchers restore egg production in sterile mice. *Harvard University Gazette*. Retrieved from: <http://www.news.harvard.edu/gazette/2005/08.25/99-eggs.html>
4. Gougeon, A. (1986). Dynamics of follicular growth in the human: a model from preliminary results. *Human Reproduction*., 1(2):81-7. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/3558758>
5. Meissner, H.O., Kapczynski, W., Mcis, A., Lutomski, J. (2003). Use of Gelatinized Maca (*Lepidium peruvianum*) in Early Postmenopausal Women. *International Journal of Biomedical Science*. 1(1): 33–45. Retrieved from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614576/>
6. Muller V. (1997) Maca in Hormone Replacement Therapy. *Whole World Botanicals Report*.; 1-7.
7. Muller V. (2002). South American Herb Maca as Alternative to Hormone Replacement Therapy. *Whole World Botanicals Report*; 11.
8. Walker M. (1998) Effect of Peruvian Maca on Hormonal Functions. *Townsend Letter for Doctors and Patients*.; 11: 18.
9. Scibona M, Meschini P, Capparelli S, Pecori C, Rossi P, Menchini Fabris GF. (1994) L-arginine and male infertility. *Minerva Urol Nefrol*. Dec; 46(4):251-3.
10. Westphal LM, Polan ML, Trant AS, Mooney SB. (2004) A Nutritional Supplement for Improving Fertility In Women. *J Reprod Med*. Apr; 49(4):289-93.
11. Packer, Lester, Ph.D. (1999) *The Antioxidant Miracle*.
12. Bowden, Jonny, Ph.D. (2007) *The 150 Healthiest Foods on Earth*.
13. Battaglia, C., Salvatori, M., Maxia, N., Petraglia, F., Facchinetti, F., and Volpe, A. (1999) Adjuvant L-arginine treatment for in-vitro fertilization in poor responder patients. *Hum. Reprod*. 14 (7): 1690-1697. doi: 10.1093/humrep/14.7.1690 Retrieved from: <http://humrep.oxfordjournals.org/content/14/7/1690>

