

## **Pregnancy, Miscarriages and Reflexology**



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Pregnancy is a dream of most women after marriage. Many woman dreams 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. Helir 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 keep being transmitted to others which can cause infertility.

Chlamydia is a sexually transmitted bacterium which can lead to pelvic inflammatory disease and can develop to infertility if left untreated.

#### **Blocked Fallopian Tubes:**

The tube is very important as it is the way between the ovaries and the uterus where the sperm swims to reach the egg. If they are blocked then the route will be closed and hence the sperms will not be able to reach the egg so no fertilization process will take place.

#### **Polycystic Ovary Syndrome:**

Irregular periods, amenorrhea, excess hair, acne, obesity, mood swings, all belong under the main umbrella of the polycystic syndrome. This condition leads to lack of ovulation and increased production of testosterone by the ovaries.

This is also the case when women are out on contraceptive pills, therefore, they stop

ovulating. A good way is to stimulate the pituitary gland in such a condition to regulate the menstrual flow.

**Ovarian Cysts:**

They are common during the time of menopause; they are mostly asymptomatic but sometimes cause abdominal pains along with repeated urgency of urination.

**Fibroids:**

Could cause infertility, irregular bleeding, pelvic pains. They are basically benign growths in the uterus.

**Endometriosis:**

The endometrial tissue flows backwards up the fallopian tube and drips into the abdominal cavity and bleeds each month. These implants which have escaped produce estrogen on their own which triggers bleeding anytime during the month.

**The uterus may be distorted which may inhibit pregnancy.**

Note: losing weight is very useful in the above mentioned factors (Fibroids, Endometriosis, Polycystic Ovary Syndrome), as these three diseases depend on estrogen which is produced by the fat cells.

**Hughes Syndrome: (recently developed by Professor Hughes).**

The patient has sticky blood and therefore, the baby cannot get enough nutrients through the placenta, a good way to treat that is Vitamin E.

Last but not least, the radiation exposure, (mobile, computers, X-rays) all can cause miscarriages.

Overall, it is always good to have reflexology treatments during pregnancy to balance out the hormones, especially the thyroid and the pituitary.