

# Female Fertility

## What Is Female Fertility Health, and What Causes Infertility?

Infertility, low sperm count, and blocked fallopian tubes are a modern day epidemic. It is 99% certain that diet and lack of critical nutrients are to blame for the devastating drop in fertility in women and sperm count in men.

Blocked fallopian tubes and scarring are also on the rise. Studies are clear that junk food diets and a lack of critical vitamins and minerals contribute to 50% of all birth defects. Treat yourselves as you would if you were a breeder of rare pedigree animals. You would feed your animals the most perfect food available.

## Female Fertility FAQ

**Q: Do you have any information on infertility because of scar tissue in the fallopian tubes or any testimonials?**

A: I have had very good feedback for the last ten years, and some women became pregnant in as little as two months. Take SerraPlus+ 1 capsule x 3 times per day, 30 minutes before a meal, with a glass of water.

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**“My husband and I have been married for about 7 years, and I couldn’t bear a child. I have sought all the help I could get from medical professionals, and I always thought I was just barren. Finally, I tried Serrapeptase and followed Robert’s health plan almost religiously. I also changed my eating habits and adopted a healthier lifestyle. I am now six weeks pregnant! Thank you for your support and all the work that you do!”**

**- Jessica T., Australia**

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Follow the Health Plan as recommended for the best results:

Click  
for more  
details

## FEMALE FERTILITY HEALTH PLAN

The fertility health plan below is designed to improve your fertility and make it easier to conceive. By following the Women's Fertility Health Plan and a naturally healthy lifestyle, it's possible to see improvements in fertility in a matter of weeks. The key is to be consistent and to stick with the plan. For male fertility help, please see the Male Fertility, Stronger Sperm and Ejaculation Health Plan on **page 197**.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support women's health - in order of priority:*

- **SerraPlus+ 80,000IU** - Take 2 capsules x 3 times a day, 30 minutes before eating, with water. Drop to 1 x 3 after one month (plan on 4 months).
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray. Iodine is essential for healthy pregnancies and is recommended by WHO for all women of childbearing age.
- **Astaxanthin** - Enhances the immune system and supports fertility. Take 2 x 2 times per day.
- **MacaPro** - Balances the endocrine and the hormonal system. Take 1-2 teaspoons daily.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Vitamin D3** - Contributes to hormonal balance. Take 5000IU, 1-2 times per day.