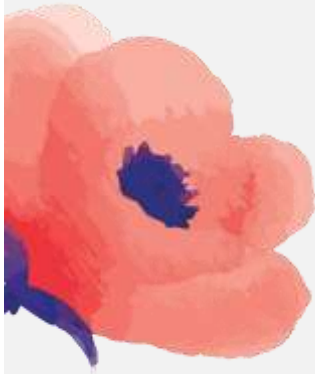


Foremothers Rachel, Leah & Sarah Pregnancy Blockers



Ecclesiasticus 30:15

[15] Health and good state of body are above all gold, and a strong body above infinite wealth.

Proverbs 11:1

[1] A false balance is abomination to the Lord: but a just weight is his delight



Disclaimer

This article is not to diagnose or give medical advice. This is to inform women about the different illnesses and body issues that can cause infertility and to encourage women to take control of their health.

The inspiration behind this article is the following: Foremothers Rachel, Leah and Sarah. All three of these women struggled with bearing seed, Rachel, and Sarah more than Leah as Leah was able to bear more children than Rachel and Sarah. If you or someone you know that is struggling with infertility this article might be helpful and could inform you what might be wrong with your body. *(This is useful information for all women)*

Polycystic Ovarian Syndrome

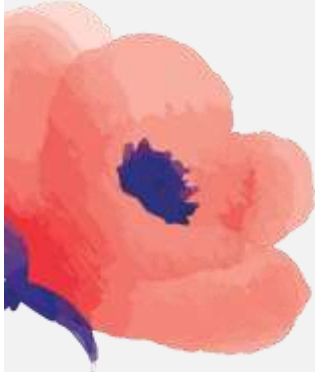
Polycystic Ovarian Syndrome also known as PCOS is a condition that affects many Israelite women. It affects how the ovaries work, causing irregular or abnormal menstrual cycle, infertility facial hair, hair loss and even male baldness pattern. When one has insulin resistance it can cause PCOS and oftentimes this comes with being overweight. Many physicians state that when a PCOS sufferer reduces their carbohydrates intake, for example eating a ketogenic diet this helps to fight PCOS and bring about fertility. The plant-based diet is also another diet that has been mentioned to help combat PCOS.

Endometriosis

Endometriosis is a long-term condition where tissue that is similar to the lining of the womb grows in other places, such as the ovaries and fallopian tubes. This can cause Infertility, lower back pains and severe period pain. Changes in bowel movement and urination.

If you suspect that you might have any of these conditions, be sure to get a blood test for female hormone profile as well as an ultrasound scan. If you are in the UK and prefer to use a private service, a company called Sonoworld is highly recommended for a ultrasound of the body. They can give you recommendations based upon the results.

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Genesis 1:22

[22] And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let birds multiply on the earth. And God gave them his blessing, saying, Be fertile and have increase, making all the waters of the seas full, and let the birds be increased in the earth



Low Body Fat

Low body fat causes infertility when there are not enough essential fats for reproductive function. Everything in life must have a good balance and this includes our weight.

When the body is low in fat, the body will begin to think that the woman in that body is in a survival mode or escape mode (sympathetic) which means the reproductive system would have to shut off. 10 - 13%. The symptoms tend to be hair loss, facial hair, hormonal imbalances etc.

Celiac Disease

This is an autoimmune condition that causes the body to attack itself when the person eats gluten. Gluten contains a protein that affects many people, and this causes IBS-like symptoms, including bloating, malabsorption, and many other problems. This also includes infertility, as once the body begins to not absorb nutrients a whole host of problems arise. There are various tests to detect whether one does have Celiac Disease, but gluten must be present in the diet to detect the disease, there are tests to detect this disease. Seeking professional help is recommended. Please find various articles down below that were used to support this article, we hope that this article was of help to you all.

Shalom

Reference

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