Introduction to fertility factors

Dr. Stills, welcome to the beyond Infertility Summit. I'm so excited to talk to you today. Let's start with what are all of the different layers or factors that play a role in whether or not conception is going to happen, whether or not fertility is going to be struggled?

What are all the different factors that are going on for them? I think that's such a great question because I think especially in our society, we tend to focus on the biochemical, physiological, hormonal component, which obviously is very important.

We are physical bodies and we do need all of that in alignment. But from a European bio regulatory perspective, I'm always looking at the other layers, which to me are equally important.

And this would be the emotional, the mental, the spiritual, the trans generational impact that and I think we often like in mind body medicine. We give we give lip service to these things, but then we're like, okay, that's fine.

But tell me like how much broccoli should I eat and how many b vitamins should I take every day? And so I think that we really need to come to this place where they're all on an equal playing field and they all get the proper attention.

Transgenerational trauma and family constellations

Because I've seen and I've been practicing and I represent a long time, I'm practicing over 22 years now. And I've seen so many times, especially in someone who's trying to get pregnant and dealing with infertility, where it is that emotional or spiritual piece, that is really what breaks the case free and allows them to go on and conceive and have a baby.

Very interesting. So in terms of like emotional or spiritual things, what do you see as common patterns or things that are happening for people? So first, I just want to talk about like transgenerational and what's going on that may not even be ours or is given to us that we don't even realize.

And so I think it's really important to just from a bioenergetic perspective, to clear the field. And so I'm a really big fan of Bert Hellinger's work, which is family constellation therapy from over in Germany.

And the way I like to describe that is that we are all this giant spider web within our family. And your great grandmother may have had an issue with having an abortion or a miscarrying a child or something that put fear into the field.

And that field is that energetic web that is connected to you. And so you can be carrying that fear of loss or that fear of getting pregnant, and you might not even realize it.

So I always think it's good to do some sort of work where you're really looking at these transgenerational. And I love family constellation therapy. I think it's a very powerful way to do it.

You can do it one on one with someone. You can do it in a group setting. And if you're lucky enough to have someone who facilitates it in a group setting near use like you just after this go gone to Google and be like family constellations near me and see who's doing it.

But if you're lucky enough to have someone who does it in a group setting, I highly recommend that because it's so powerful to be a part of, because you're there with strangers and there's just something about connecting into the morpho genetic field that surrounds us that we're all bathing in, that people you pick people to stand in for your

father, for your grandmother.

And these are strangers you've never met before. And you watch them energetically before. Your eyes take on the characteristics like it's crazy stuff and it works.

I've seen an actual few of these sessions and just every time blown away. By how much? Just they don't even know who this person is. They don't know their name.

It's just like a little sheet of paper in a pocket somewhere and voila, like you all of a sudden have a different person with a completely different energy that's like embodying in relationship to you, whatever it is that's manifesting for you in this life.

It's fascinating. It really is. And it's proof of this energetic impact that's happening to us all. And I often say that a lot of times the blocks that we are experiencing from achieving what we want in health, in this case, we're talking about having a baby and they're often the invisible.

So their belief patterns we have or their electromagnetic frequency is that they're things that we can't see in the invisible is often having such a large impact on us.

So we have to start opening our eyes to, yes, we live in this concrete world. My desk, I'm banging on it. It's concrete. But there's also really all these this energy that it really is and all this space and we can tap into that.

So I think that's one of the first things is just thinking about what you're carrying around. And then from there, I think the next thing would be to really look at your relationship to your own mother and your own father.

Mother-father relationships and colorpuncture

So one of the things that I practice is called Esogetic medicine and it's colorpuncture and it's based on Peter Mendel's work because also over in Germany and you hang around a lot, you find out most of the things I do come from Germany or Switzerland, and what we're doing there is we're taking kirlian photography of your fingertips and your toes.

And in that we can see a whole story of where your brain is being impact and where you have trauma. And so we can see that a lot of times we are carrying trauma from our childhoods or from our relationship to our parents or even from our prenatal existence.

So trauma that we brought with us from the womb or before that. And so we can see that and this is what I love about it, is that this is something that's reproducible.

So it sounds weird, but it's actually reproducible as well. So you can look and see where you have trauma. You can work out the trauma. We use colorpuncture and different treatments to do that and then you retest and see how it's moving.

And so there are all these different treatments in colorpuncture And some of the ones that I use a lot with women who are working on getting pregnant is the prenatal therapy, which takes place with my hand, but it takes place on the foot.

And you can actually mark every week of pregnancy along the spine of the foot. There's treatments around the umbilical, the belly button where you can work out your issues with your mother and your father.

And so a lot of times, from an energetic perspective, we're afraid because we've had a bad experience. We don't want to be that mother that didn't mother us properly. Yep.

So it's a really important fact and I know in traditional fertility treatments, it's it's never spoken about. No, of course not. But I definitely see that those patterns and traumas come in a lot with fertility specifically.

I've seen it a lot with fibroid aids, where women, especially African-American women with fibroids, are tending to carry this like intergenerational trauma that they may not even like consciously know about. Or there was a woman I remember this is a while ago, she had like she just knew as fear and she was like, Oh, I have this fear of childbirth.

Everyone has fear of childbirth. Right? What's the big deal? But this woman was literally like on my table shaking because she had, like, access the past life that and she's Christian.

She's what what about I don't believe in any of this. And then she released her trauma and got pregnant. So absolutely. There are so many of these experiences that have we want to believe this extra layer exists and it's exciting for us when we see it.

I'm curious how we explain this to people that are like her for example, that are like our over believe in this. What is all this is past. lives are that there's really no proof right?

I love Brian Weiss's work. If anyone's listening and wants to learn a little bit more about past lives, many lives, many Masters was his book and he was a traditional psychiatrist, I believe, and he stumbled on past lives, didn't believe.

And the stories he tells, he has a couple of books and they're just fascinating. And to me as a doctor, we have access. That's a differential diagnosis.

And to me, all these things are important in the it's like progesterone deficiency, insulin resistance, past life trauma issues with your mother fear like it's all important.

And our job and our journey is to figure out what are the most important pieces, what are the pieces that are blocking for you that need to be released?

And so it's not to say it's different for everyone, but definitely fear of childbirth, fear of being a mother. I've had patients who just they wanted a baby.

They wanted a baby. But when we really got down to it, they were petrified.

Fear, resistance, and emotional blocks

And so a lot of it is really you say, how do we discuss that? So it's like, how do we change our perspective? And this is on any healing journey. How do we change the stress and the angst and the.

I just got to know I just got to know what are my lab results? What's the vitamin? Because we're very people come to see you and me and they're holistic, so they want the natural vitamin or the IRB.

But we still come from this society where we're trained. It's what you put in your mouth now we just want to put a vitamin instead of a pharmaceutical, which is definitely a step in the right direction, but it's not always the complete answer.

And so it's really about learning to breathe and regulate your nervous system, which is going to be really good for pregnancy, childbirth and motherhood.

But to learn to look at it as a journey and get curious and become open to what you can be learning and to be in the present of, okay, this is my present and what are the lessons for me here now and what am I going to learn and take with this?

Hopefully, when I do get pregnant and become a mom, I will have a good experience because how we I want to say how we do anything is how we do everything.

And maybe there's a little maybe how we do most things, but how we go through the experience of when something isn't working for us is a really good time to learn how we deal with things out of our control and chaos and things not going in the perfect order that we expect.

And that is parenthood in a nutshell. Yeah. I find that a lot of people want some sort of maybe let me ask this differently. What is something that sign a symptom, a little like thing in the back of my mind that's saying I need to maybe look at this differently or I need to see if there is any like past trauma that I need to be clearing.

Right. Do you feel like there are any indicators or any like symptoms that you hear someone say and you're like, Oh, that's got to be that trauma that you experience, whatever it is.

Are your ancestors experience? One of my experiences is that everyone pretty much has trauma. We see it in the curling and it's it's just how much did you have and how much is it affecting you?

It's the same as toxicity, right? So you and I are sitting in a room and someone drops a mercury thermometer and you're fine and I'm not because you can handle it and you excreted it and I did.

And so it's the same with trauma. I think the questions to ask yourself, for those of you that are listening would be one, are you like right away, resist?

And you're like, You know what? I don't even need to listen to this interview. She's some crazy doctor. And that's not me. I'm going to wait until I get to the diet.

Episode B Vitamin Like if you're very resistant again, I ask you to breathe and be curious because usually resistance means there's something on the other side there for us.

So that is probably one of the first things. If you are very, just very organized and anal and anxious and this and need to know and it's like you're keeping track of I had my B vitamins.

915 at 920. I have weakness when you're like really into the all that and you're not leaving room for your emotions, for your feelings. I would say that's probably another opportunity to explore.

And then if you just are able to sit quietly with your self, often from within our own internal quiet and wisdom, there'll be a little chatter of, Yeah, I really want to get pregnant, but or but what if or I'm scared?

And if we just give room for that to be birth, if we give room for our scarier emotion and we don't like to, we want to push those away. We just want to have the joy and the happiness.

But if we can make room and invite them to tea, invite them to the table and allow them to be birthed, it can energetically open up the space for the baby to be birth. Hmm.

I love that. I love that. Allow the hard emotions to come to the surface and be birthed so that there's space for the baby to be birthed. There's a great poem by Rumi.

The guest tells, Okay, whatever.

Tools for healing and professional support

I teach a meditation class, but you can Google it. I'm not going to recite it right now, but it's about inviting everyone in for tea, not letting anger come, letting fear come, letting jealousy come, letting and become, letting the ticking clock come Letting all of these things that we don't want to really sit with.

Yeah, I love that. I love Rumi. He's one of my favorite awesome in terms of because I know people are in here. Okay, can we get to the physical stuff?

So we've talked about some of the like spiritual, emotional, energetic components and in in summary, I would say like the way you approach it is the chiru in photography which helps to visualize.

I'm guessing I've never actually done this on humans. I've seen lots of photos for plants and things like that. Yeah, it actually gives you an actual roadmap.

Oh. Very cool. Happening. Yeah, it is. It's pretty cool. Yeah, I. Like I want to do this, that and then just if you're just listening to this at home, a good tool or technique might be to just be with yourself and allow to see I want to get pregnant and what arises is when you say that out loud and then just wait and invite all of these emotions that might be coming up to just come up and see what comes out of it so that those feel like tangible truths.

Are there any other to do that for those listening in at home can start to access some of this in their own lives and figure out is this playing a role in my fertility journey specifically?

Yeah, I think that being open to having professional help, to having a therapist, to not having to it takes a village, really takes a village to raise a baby.

It takes a village to raise a human and to be a woman. And so whether it's doing like I talked about family constellation or young in sandbox therapy play or EMDR, which is a really popular one or doing some somatic release work.

But if you do said you could sit on your own and say, okay, there is a little fear here or whatever it is, I can't really and but then knowing it's okay to ask for professional help, that you don't need to be expected, especially if you have some real serious trauma, whether it be sexual abuse.

There are there are things that are way beyond a 30 minute interview on a summit that you can't expect to go through on your own, that you need to find the right professional and it might not be the first therapist you go to.

It's okay to keep shopping for the right one who resonates and hears you and can support you in the way you need to be supportive. I'm a big fan of really finding someone and building a team to help guide you that you don't just play on this on your own necessarily, especially if you're getting into deep, mucky stuff that is really traumatic.

I heard you say for the woman and we've mostly fertility. We tend to focus on the woman, but I'm curious about energetic blocks in men that also show up as fertility blocks for the couple.

Yeah, that that's a great question and yeah we can't forget about that one often do. But yeah. So you have to also be looking at your relationship to your partner and is this someone you want to co-parent with?

You have to be looking at his issues. Is he just the same things I talked about for women? But what is he carrying and is he afraid and is there pressure and do we both really want children?

And so it's a whole exploration into your relationship together and into. Yeah, I love that you asked that because we do. I just did it. I'm talking just about the woman.

And we often forget dads 50% of the equation. He's just as important. We need him. We need him too. And so to really be looking at that and to be really using it as an opportunity to strengthen your relationship and to make sure this is the person that you you are prepared to.

Because once you have a baby with someone, even if you separate, you're connected forever.

Male fertility, stress, and relationship dynamics

That's a bond that doesn't get broken. What you were saying earlier about the fear of motherhood, I feel like I've seen that equally in men that are like really afraid of their fatherhood.

Right. And embracing that change. And there was one guy this is so early in my career, and he had a tangible, like such a palpable fear of the world is going to end.

This is a dark world that we shouldn't bring children into the fear that he was going to be the old dad because he was already 50 at that point. There were so many fears and he was literally manifesting all of those fears into his low back, which he got therapy on three times a week with three different types of practitioners.

And like until he actually felt through his blocks and released them, he the pain was present and then he released the blocks. The pain went away and two weeks later he got pregnant.

They got pregnant. Its pregnant partner pregnant. I remember like she walked in and she was like, Oh my God, I don't know what you did to him, but we're pregnant.

Yeah. How many times do you see couples who are under so much stress and if they're doing like IVF and stuff and everything's failing and then they give up and then they're pregnant three weeks later or a month later.

So this is such that huge. We're talking about it from this spiritual emotional lens, but definitely the stress involved when it because I see also for men it's the stress of oh my God, now I got to provide and I was struggling just the two of us and perform and yes, there's a lot.

And then are we both on the same page? Is mom dragging dad along and he's. Well, let's wait a few years. Let's enjoy just being together. And she's known now there is there's two people that are involved here for sure, and that often can get overlooked.

And either it's it could be the combination of those two. It could be one or it could be the other one. It could be the interpersonal. There's so many layers of this, which is how we started this conversation, is what are all the layers?

So I'm glad that you went there with me. I will break down all the different factors that are going on that we don't get to talk about as much. Any time as you were saying that.

And I'm thinking and it could be the right dose of progesterone or it could be zinc or it could be a lot of things. And so I hope what everyone takes from this conversation is what we said in the beginning, to bring this piece in as equal importance because and not to leave it on the side or as a last resort, if we've done everything physical.

And now we'll look at that, because often it would be the movement. And we have to remember, like you were talking about his low back pain and from a traditional Chinese medicine perspective, worry and stress dampens the spleen and the stomach.

And that's how we transform and digest. And we have to digest not only our food, but life and ideas and things. And the kidneys are related to family.

And we have meridians connected to each tooth. And so we can have so it can really it's to me, it's always internal mind, the emotions and the physical because they are intertwined.

Absolutely. And they're like manifesting in all of the layers. So the physical is like our like the hard layer that we can feel our hormones and our nutrients and how our gut functions and all of those things.

But the emotional, mental, spiritual, ethereal, if we want to go that far out, we are all manifesting in all of the different ways. Is there I'm curious if you've seen any like energetic things that when the energy blocks are released, it changes or supports the balancing of hormones?

Yeah, absolutely.

Energy, scars, and whole-body fertility care

And one of those we didn't really talk about but is in scars and releasing the energy that's held in a scar, especially if a woman has had abdominal surgery or any kind of injury to that area.

And so doing neural therapy, which is injecting the scar with Prochain and I use different homeopathic remedies, is not only resetting the membrane potential, it's opening up all the energy meridians that are running through that scar potentially.

And if it's going across the abdomen, we've got a lot going down the front of the body there. And there's also the emotion that is attached and can be held within the scar.

And so often we can see an emotional release when we're doing an injection and a patient's on the table and that can be crying or anger or whatever it is that was held up in there.

So absolutely. I see this in teeth a lot, too, where there's root canals or chronic infections or cavitation or whatever and we clear that up and it's been attached to a meridian and then we see the energy start flowing better and we just see the system rebalancing.

And I believe that things do start out here and it's we're physical beings. We don't know. We need to be like banged over the head with a sledgehammer or are.

And that's what makes us so I, I love like one of my favorite appointments is when a new patient comes in and they're like, I want to get pregnant in a couple of years and I want to get my body ready and do what I do.

And detox or just physical terrain. These don't happen on a daily basis. I wish they would, but when you have. Some of those people would come to me, his answers are like, I filled everything out.

Have you let me down? That's how on everything. And not just for fertility, but how I would love humanity to start thinking about our health, that we are engaged in it when we're feeling good and we're interested and curious and how we can keep feeling good and how we can age gracefully and how we can get pregnant when the time comes.

And we are very symptomatically driven. And so for anyone listening who can teach a younger generation girl to care for herself, that's like a gift we're giving to the society and to humanity as a whole.

Absolutely. So beautiful. Thank you so much for joining me today. This is such a lovely conversation. I got to doie into my little woo woo side. So I appreciate it.

Thank you for joining me and for doing all the amazing work that you're doing in the world. Thank you. And I'm so excited to be a part of this summit.

And I know a lot of people are like, why didn't you talk about hormones? But energy first, hormone second. Right. Thank you for making this an important piece as it really is.

Awesome