


Dear Dr Ressel:
Karen and I did not realize just what an impact "the chiropractic approach" would have on our lives.

After being married for 10 years and trying to have a family for the last seven, we had almost given up on the possibility. After four to five years of not taking birth control pills and not getting pregnant, Karen purchased a book on infertility. It suggested charting Karen's basal body temperature each day. After eight months of continuous charting, the family doctor sent her to the gynecologist. He reviewed the charts and semen analysis (lower count and motility, but not enough to be a problem) and decided to do a laparoscopy (surgery to see the Fallopian tubes). The surgery showed a couple of fibroids but they should not have been a problem.

The next step was artificial insemination in the gynecologist's office, along with fertility drugs. No luck with four attempts. We were about to be referred to a fertility clinic when we bought our home in Burlington. The fertility clinic was put on hold. Five months later we met you. You explained that Karen had a misaligned vertebrae producing her spinal curvature and that could be causing her painful menstrual cycle and preventing pregnancy. Karen started having adjustments and six months later we got the news. On May 5, 1998 we were blessed with our first child, Cassie. Then on March 2, 2000 our son Timothy was born. ■

—Sandy and Karen Goldsmith



One of the most devastating problems facing many couples today is not being able to have a child. I see infertility in many patients and the anguish is nothing short of heart-breaking for those who really want to have one. Many such couples have been everywhere—clinics for fertility enhancing drugs, vitamin injections, artificial insemination and counselling. All to no avail.

Understanding the process of conception is important. A Fallopian tube is one of a pair of long, slender ducts serving as passage for the ovum (eggs) from the ovary to the uterus and named after Italian anatomist Gabriello Fallopio. When a woman ovulates, the egg goes down one Fallopian tube one month and then down the other Fallopian tube the next. It alternates to give one or the other a "break."

The egg starts at one end of the tube and ends up at the uterus or womb at the other end. The egg does not swim or have flippers, arms, or legs. It's carried along by what we call passive transport. In other words, it's simply a bystander going for a ride—much like a ride in a convoluted water tube of a water park. The reason this takes place is because of a very exact function of the different muscles that make up the walls of the Fallopian tubes. They

literally "squeeze" the egg from one end of the tube to the other. The purpose of this function is to meet the sperm at the other end so that fertilization can take place and a fetus can start to develop.

This process is called peristalsis and is similar to swallowing while you eat: the muscles in your esophagus—the tube through which you swallow food—literally guide what you have just swallowed all the way down into your stomach. The same process happens with the Fallopian tube.

In most couples who are labelled infertile it seems that the egg is not able to make it through the tube to meet the sperm. Unless that union is allowed to take place, there is no pregnancy, hence no baby.

What Can Be Done

Let's look at this even closer.

The muscles of the ducts propel the egg from one end to the other, in order to meet the sperm. In cases of infertility, however, this does not take place. Why would muscles that are designed and programmed to perform that very special function every month, decide suddenly that they simply won't do it? Well, the answer is quite simple—it's not their decision. The muscles of your body do not decide on their own what to

do. They are literally ordered or not ordered to do their job.

In cases of infertility, I have found that the muscles are simply not able to take the egg from one end of the Fallopian tube to the other. In most cases, it's the fault of the nervous system that controls that very function. From my experience as a chiropractor, I have found that the culprit is a misaligned vertebrae, generally in the lower part of the spine, which interferes with the manner in which the Fallopian tubes would normally function. By correcting this and allowing the nervous system to control the function of those Fallopian tubes normally, couples can achieve pregnancy. As evidence that this theory actually works well, we have a number of children running around our Centre who are living proof and testimony of the amazing power of the body to function normally.

If you, or someone you know, is having difficulty achieving pregnancy, I strongly suggest they consult a chiropractor for an opinion first, before time is wasted on seeking some new wonder drug or therapy. ■

Dr Ogi Ressel is a chiropractor and author of Kids First: Health With No Interference. How To Raise a Healthy Child Outside the Medical Model. He lives in Burlington, ON.