



NATURAL FERTILITY

Preconception Health Care for you and your baby

In the same way a runner prepares for a marathon, couples can use our preconception health care program to naturally optimize their health for the best possible conception, pregnancy and birth of their baby.

- The tools we use include:
- Regular chiropractic care
- Nutritional consultation & supplementation
- Healthy lifestyle choices

In this age of increasing rates of infertility, miscarriage, childhood disease and genetic disorders, JBS Wellness focuses on the benefits of preparing both partners for conception.

“AT JBS WELLNESS WE TAKE A COMPREHENSIVE, THERAPEUTIC APPROACH TO NATURALLY IMPROVING BOTH MALE AND FEMALE FERTILITY.”

— DR. JILL BALLA SHAW, D.C.



JBS WELLNESS
CHIROPRACTIC • NUTRITION • ENERGY



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CAUSES OF INFERTILITY

Infertility is defined as the inability to conceive after one year of unprotected intercourse, and it affects approximately 15% of couples in the United States.

- There are many causes of infertility, here are just a few:
- PCOS – Polycystic Ovarian Syndrome
- Endometriosis
- Poor or lack of ovulation
- Irregular menstrual cycles
- Blocked fallopian tubes
- Auto-immune disorders
- Estrogen dominance (low progesterone)
- Low or poor quality sperm
- Erectile dysfunction
- Physical or emotional stress
- Toxins

At JBS Wellness, we believe that if the body is struggling to heal, reproduction becomes a low priority for the body's resources. That's why we provide couples with individually tailored programs that combine chiropractic care, manual therapy, whole food and herbal supplements, homeopathy, dietary and lifestyle changes, cycle and timing strategies, and education to allow both partners to heal their bodies and, in turn, give them the best chance of conception.



According to a Foresight Association study, natural fertility programs have been shown to have great results when used alone, but natural fertility can also be used in conjunction with IVF treatments to significantly improve the quality of the egg and sperm while also improving the woman's ability to sustain a pregnancy.

