

Meet our Experts



OGI RESSEL, DC

Burlington, Ontario. A researcher, writer, lecturer, husband and father, Ogi Ressel, DC, is the author of *Kids First: Health With No Interference*, *How to Raise a Healthy Child Outside the Medical Model* (New Century, 2000). Phone: 905-335-3901. Web site: patientfirstchiro.com.



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DO YOU HAVE A QUESTION?

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How Chiropractic Enhances Fertility

"My husband and I have been trying to have a baby for some time. A friend told me that chiropractic might help. Could you please explain if and how this works?"

OGI RESSEL, DC: Of all the difficulties facing couples, infertility tugs at more heart strings than any other. The anguish is nothing short of heart-breaking for many. Countless such couples have tried everything—fertility clinics, fertility-enhancing drugs, vitamin injections, counselling—to no avail. I see this with many of our patients.

To help you understand how chiropractic may help, here's a crash course in neuroanatomy. When a woman ovulates, the egg is released by the ovary

and travels down a Fallopian tube to the uterus. The egg is simply a bystander going for a ride, much like a ride in a convoluted water tube at a water park. This takes place because of a very exact function of the different muscles that make up the walls of the Fallopian tube. These tubes literally "squeeze" the egg from one end to the other. The purpose of this function is to have the egg meet the sperm at the other end so that fertilization can take place. This process, called *peristalsis*, is very similar to swallowing when you eat; the muscles of your esophagus guide what you have just swallowed into your stomach.

In many cases of infertility, these muscles are simply not able to take the egg from one end of the Fallopian tube to the other. The fault often lies with the part of the nervous system that controls that very exact function. I have found that a vertebral subluxation (misalignment) in the lower part of the spine will often affect the nervous system and frequently interfere with normal Fallopian tube function. By correcting this and allowing the nervous system to control the function of those Fallopian tubes normally, couples are able to achieve pregnancy. I would suggest you consult a chiropractor without delay. ■