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## ASK THE EXPERT



Beth Heller, MS, RYT

I'm 35, and my husband and I are ready to start a family. Many of my friends are experiencing infertility issues – something I wish to avoid. What can I do to enhance my fertility naturally?

Here are four holistic treatments that help prepare the body for conception. Fertility yoga releases tight musculature, improves blood flow to the pelvic area and reduces stress. Controlling stress is important, since high levels of stress hormones disrupt reproductive hormone function. Acupuncture also treats stress, improves blood flow and balances hormones. Fertility massage can also improve blood flow, reduce stress and detoxify body tissue. Being under- and overweight is associated with infertility, so a healthy body weight is crucial. A balanced diet full of fruits and vegetables, good blood sugar management and specific supplements may enhance fertility. Natural is great, but remember that experts recommend that if you're over 35 and have been trying for more than six months (or over 40 and trying for more than three months), you and your partner should both see a specialist to make sure everything is in working order.

Beth Heller, MS, RYT, Co-Founder and Co-Director, Pulling Down the Moon



Douglas M. Sidle, MD

I've heard "browlift-like" procedures can reduce migraines. What are these procedures and how do they differ from using Botox to treat migraines?

This is a question my patients are asking more frequently, primarily due to the recent publication of a medical journal article describing the benefits of minimally invasive browlift-like procedures on the reduction of migraine headaches. A study from Case Western Reserve University showed browlift-like procedures that cut muscles and nerves at headache trigger points relieved migraine headaches in 84 percent of patients. A browlift is a procedure where the aging forehead skin and drooping eyebrows are elevated to a more youthful position, making people look less tired and more alert. It is a procedure performed in the operating room under anesthesia and usually takes one to two hours. Like most surgical procedures, there is usually some bruising and swelling that resolves in about a week. The most recent migraine study focused on a more permanent, surgical option for patients who already had success treating their migraines with Botox, a non-surgical alternative that has been shown to significantly reduce migraine frequency and severity in most patients.

Douglas M. Sidle, MD, FACS, Director, Division of Facial Plastic and Reconstructive Surgery, Department of Otolaryngology, Head and Neck Surgery, Northwestern University Feinberg School of Medicine

## ASK THE EXPERT



Michele Bailey, DO

With the flu and cold season approaching and many options for vaccinations, how do I stay healthy this fall?

When you're sick, limit contact with others and try to stay home from school, work or public activities to protect others. Wash hands often, for approximately 20 seconds, and keep your hands away from your eyes, nose and mouth. Take time to get vaccinated. There are two types of vaccines this year – one for the seasonal flu strains and another for H1N1. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common. The H1N1 is still being developed, so supplies could be limited to pregnant women, people who live with or care for children younger than 6 months old, health care and emergency medical services personnel, children 6 months through 18 years old, as well as others with health problems like asthma, heart disease and diabetes. If you're eligible for the H1N1 shot, get it early. To help boost your immunity, get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious foods.

Michelle Bailey, DO, Internal Medicine, Rush University Medical Center.



Carroll Cradock, PhD

Lately, my partner and I argue a lot. No matter what sparks the conflict, we seem to have the same fight over and over again. Do you have any advice for why this is and how to snap out of it?

Most couples face this problem, and recurring fights are often rooted in the temperaments of each person or expectations created from the households in which they grew up. The most important question to ask ourselves when a partner is causing pain or irritation is not, 'Why is he or she doing this to me?' but, 'Why is he or she doing this?' There are ways to reduce damage caused by conflicts. Ask yourself, 'Would he or she be doing this no matter who they were with?' If the answer is yes, then address it as a problem to be solved rather than something deliberately hurtful. Choose your issues carefully. If his or her key behaviors are those you cannot live with, ask your partner if he or she would be willing to change one of three behaviors for you if you change one as well. When talking with your partner about one conflict, do not bring in other topics. Make an agreement with your partner that when you are having a conflict and one of you sees it becoming the "same old fight," either one of you can stop and postpone discussion for 24 hours by saying "time out." n

Carroll Cradock, PhD, Clinical Psychologist and Chicago Campus President, The Chicago School of Professional Psychology

COMPILED BY KATIE WEBER SCHROEDER

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