Fertile Tea Masterclass References

- 1. https://rdcu.be/c3h56
- 2. https://www.nytimes.com/2022/03/29/opinion/ovaries-stem-cells-fertility.html
- 3. Zuckerman, Solly. "The number of oocytes in the mature ovary." Recent Progress in Hormone Research 6 (1951): 63-109
- 4 https://academic.oup.com/stmcls/article/40/1/88/6511292
- 5. https://pubmed.ncbi.nlm.nih.gov/1427622/
- 6. https://www.columbiaobgyn.org/news/study-reports-high-insulin-levels-are-toxic-placenta-cells-potentially-causing-miscarriages#:~:text=Insulin%20resistance%2C%20defined%20as%20impaired,and%20mortality%2C%20and%20recurrent%20miscarriage.
- 7. The Foresight Program Research: https://www.birds-and-bees.co.uk/foresight-research/
- 8. https://www.ncbi.nlm.nih.gov/pubmed/26692540
- 9. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6568019/
- 10 https://academic.oup.com/nutritionreviews/article/74/2/118/1924111
- 11 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3603072/
- 12. https://www.hindawi.com/journals/ogi/2018/9253083/
- 13. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6458049/
- 14. https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
- 15. Brasky TM, Bethea TN, Wesselink AK, Wegienka GR, Baird DD, Wise LA. Dietary Fat Intake and Risk of Uterine Leiomyomata: A Prospective Ultrasound Study. Am J Epidemiol. 2020; Available from: https://academic.oup.com/aje/advance-article/doi/10.1093/aje/kwaa097/5858261.
- 16. Harris HR, Eke AC, Chavarro JE, Missmer SA. Fruit and vegetable consumption and risk of endometriosis. Hum Reprod. 2018;33(4):715–27 Available from:
 - http://academic.oup.com/humrep/article/33/4/715/4833874.
- 17. Missmer SA, Chavarro JE, Malspeis S, Bertone-Johnson ER, Hornstein MD, Spiegelman D, et al. A prospective study of dietary fat consumption and endometriosis risk. Hum Reprod. 2010;25(6):1528–35 Available from:
 - https://academic.oup.com/humrep/article/25/6/1528/2915756.

- 18. Willis SK, Wise LA, Wesselink AK, Rothman KJ, Mikkelsen EM, Tucker KL, et al. Glycemic load, dietary fiber, and added sugar and fecundability in 2 preconception cohorts. Am J Clin Nutr. 2020; Available from: http://academic.oup.com/ajcn/advance-article/doi/10.1093/ajcn/nqz312/5696748.
- 19. Haskins AJ, Chavarro JE. Diet and fertility: a review. Am J Obstet Gynecol. 2018;218(4):379–89.
- 20. Vujkovic M, de Vries JH, Lindemans J, Macklon NS, van der Spek PJ, Steegers EA, Steegers-Theunissen RP. The preconception Mediterranean dietary pattern in couples undergoing in vitro fertilization/intracytoplasmic sperm injection treatment increases the chance of pregnancy. Fertil Steril. 2010 Nov;94(6):2096-101. doi: 10.1016/j.fertnstert.2009.12.079. Epub 2010 Mar 1. PMID: 20189169.
- 21. https://www.kff.org/womens-health-policy/report/contraception-in-the-united-states-a-closer-look-at-experiences-preferences-and-coverage/#:~:text=The%20majority%20of%20females%2018,throughout%20their%20lifetime%20(76%25).
- 22. https://www.nia.nih.gov/health/what-menopause#:~:text=The%20menopausal%20transition%20most%20oft en,as%20long%20as%2014%20years.
- 23. https://www.mayoclinic.org/diseases-conditions/pregnancy-loss-miscarriage/symptoms-causes/syc-20354298#:~:text=Miscarriage%20is%20the%20spontaneous%20loss,even%20know%20about%20a%20pregnancy.
- 24. Briden, L. (2018). Period repair manual: Every woman's guide to better periods. Sydney, N.S.W.: Macmillan.
- 25. Fett, R. (2019). It Starts with the Egg. Franklin Fox Publishing LLC.
- 26. Hendrickson-Jack, L., & Briden, L. (2019). The fifth vital sign: Master your cycles and optimize your fertility. Place of publication not identified: Fertility Friday Publishing.
- 27. LYNCH, B. (2020). DIRTY GENES: A breakthrough program to treat the root cause of illness and optimize your health. Place of publication not identified: HARPERCOLLINS.
- 28. Nichols, L. (2018). Real food for pregnancy: The science and wisdom of optimal prenatal nutrition. United States.

- 29. Romm, A. J. (2017). The adrenal thyroid revolution. New York, NY: HarperOne.
- 30. Weschler, T. (2015). Taking charge of your fertility: The definitive guide to natural birth control, pregnancy achievement, and reproductive health; 20th Anniversary Edition. New York, NY: William Morrow, an imprint of HarperCollins.
- 31. Grant P. Spearmint herbal tea has significant anti-androgen effects in polycystic ovarian syndrome. A randomized controlled trial. Phytother Res. 2010 Feb;24(2):186-8. doi: 10.1002/ptr.2900. PMID: 19585478.
- 32. Yaginuma T;Izumi R;Yasui H;Arai T;Kawabata M; "[Effect of Traditional Herbal Medicine on Serum Testosterone Levels and Its Induction of Regular Ovulation in Hyperandrogenic and Oligomenorrheic Women (Author's Transl)]." Nihon Sanka Fujinka Gakkai Zasshi, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/7108310/.
- 33. Herrera, Emilio A., et al. "N-Acetylcysteine, a Glutathione Precursor, Reverts Vascular Dysfunction and Endothelial Epigenetic Programming in Intrauterine Growth Restricted Guinea Pigs." The Physiological Society,
- 34. John Wiley & Sons, Ltd, 4 Dec. 2016, physoc.onlinelibrary.wiley.com/doi/full/10.1113/JP273396
- 35. ROMM, A. V. I. V. A. (2022). Hormone intelligence: The Complete Guide to Calming Hormone Chaos and restoring your body's... natural blueprint for well-being. HARPERONE.
- **36.** Quarterly Journal, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/25992248/.