

Natural fertility way

MARK GERTSKIS

HERBAL medicines, organic food, natural remedies – they may improve life and could even prolong it, but what is their role in creating it?

At a time when people are choosing to start families later in life and are relying more on IVF to get them there, a Balmain-based practitioner is taking a natural path to better fertility and prenatal health.

Naturopath Emma Sutherland from the Darling Street Health Centre specialises in infertility, miscarriage prevention and IVF support through a program that involves consulting prospective and expecting parents on their eating and lifestyle habits.

“If you look at infertility statistics in Australia, something like one in six women are infertile and people don’t often talk about it,” she said.

“The stats are very high. One of the main reasons for that is that people are having babies later. Women are concen-



Naturopath Emma Sutherland.

trating on their careers and before they know it they’re 35 years old and that’s when they run into difficulties.”

Qualified in naturopathy, herbal medicine and homeopathy, Sutherland was inspired to follow her calling by the Greek island of Ithaca and the simple, organic diet of the local villagers.

Having studied in Australia and India, Sutherland has pioneered a detox program for alleviating infertility and miscarriage, and has even appeared on the Kerri-Ann Show.

“The main aim is to eliminate factors that might impede infertility.”

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