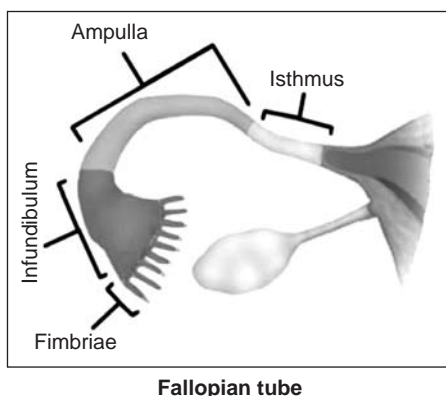


Fallopian tubes

The fallopian tubes (or uterine tubes) are muscular 'J-shaped' tubes, found in the female reproductive tract. Each side of the uterus has a fallopian tube that extends from it and reaches the ovary on the corresponding side. They are one of the main components of the female reproductive system and they must work properly to ensure fertility.

Structure

The fallopian tubes are uterine appendages that exit the uterus through an area referred to as the cornua, which forms a connection between the endometrial and peritoneal cavities. Each uterine tube is approximately 10 cm in length and 1 cm in diameter. The distal portion of the uterine tube ends in an orientation encircling the ovary.



A uterine tube contains three parts. The first segment, closest to the uterus, is called the isthmus. The second segment is the ampulla, which becomes more dilated in diameter and is the most common site for fertilisation. The final segment, located farthest from the uterus, is the infundibulum. The infundibulum gives rise to the fimbriae, fingerlike projections responsible for picking up the egg released by the ovary.

Functions

The main function of the fallopian tubes is to assist in the transfer of the ovum from the ovary to the uterus in the following manner:

Ovulation

Every month, inside the ovaries, a group of eggs start growing in small, fluid-filled sacs called follicles. Eventually, one of the eggs, through the process of ovulation, erupts from the follicle. This usually happens two weeks before the subsequent period.

Hormones

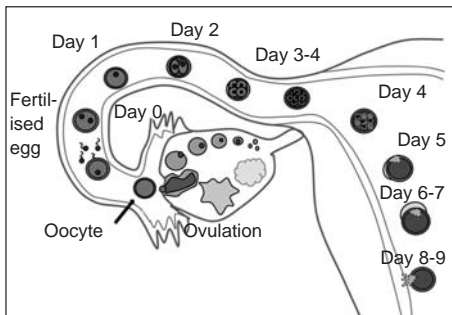
After the egg leaves the follicle, the follicle develops into the corpus luteum. The corpus luteum releases a hormone that helps thicken the lining of a woman's uterus, and prepare it to receive the egg.

Release of egg

After the egg is released, it moves into the fallopian tube and stays there for nearly 24 hours, waiting for a sperm to fertilise it.

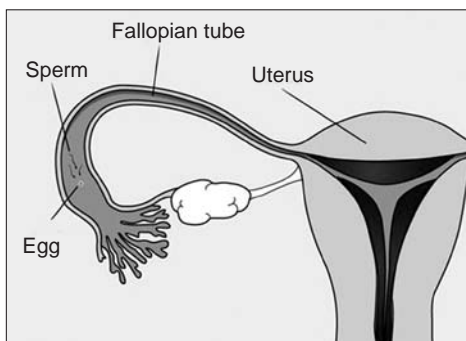
Fertilisation

If one sperm does make its way into any of the fallopian tubes and burrows into the egg, fertilisation occurs. The egg then does not allow any other sperm to enter. At the instant of fertilisation, the baby's genes and sex are set. If the sperm has a Y chromosome, the baby will be a boy. If it has an X chromosome, the baby will be a girl. If no sperm fertilises the egg, it moves through the uterus and disintegrates.



Implantation

The egg stays in the fallopian tube for nearly 3-4 days. But, within 24 hours of being fertilised, it starts dividing rapidly into many cells and continues to divide as it moves slowly through the fallopian tube to the uterus. It then attaches

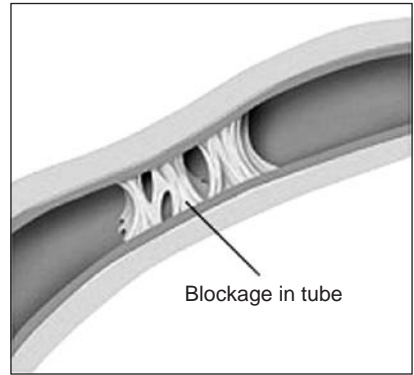


itself to the lining of the uterus. This is called implantation.

Problems

Fallopian tubes provide a safe passage to the eggs from the ovaries to the uterus. Nearly 20% of female infertility issues are related to a blocked or damaged fallopian tube, due to any of the following reasons:

- Pelvic Inflammatory Disease (PID)
- Endometriosis
- Scar tissue, adhesions and damaged tube ends (fimbriae)
- Blocked tubes since birth (congenital tubal obstruction)
- Intentional tying or clipping to prevent pregnancy
- Accidental damage, following other surgery



Blockage in fallopian tube

Symptoms

Symptoms of fallopian tube problems may include:

- General pain in the pelvic area
- Irregular periods with varying number of days between each period
- Absent or sudden stopping of periods
- Very long menstrual cycle (35 days or more) or too short (less than 21 days)
- Very painful period
- Repeated miscarriages
- Milky white discharge from nipples, unrelated to pregnancy
- Changing skin, which often includes increased acne, change in libido, etc.
- Pain during or following intercourse

Fallopian Tube Cleanse

A Fallopian Tube Cleanse helps cleanse the entire reproductive system, and increases circulation to the reproductive organs. Cleansing helps eliminate toxic compounds that increase chances of inflammation, often responsible for scarring of the fallopian tube.

Starting your Fallopian Tube Cleanse should begin with a Fertility Cleanse. It creates a 'clean slate' and helps the body respond and utilise other natural remedies better (for details, see Uterus and Fertility Cleanse on page 162 onwards).

Self fertility massage

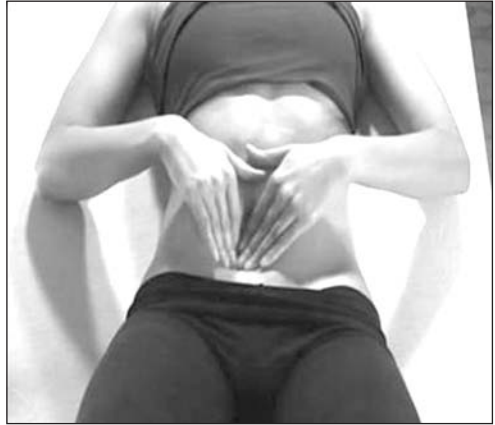
Self fertility massage is a series of massage techniques that support reproductive health, menstrual cycles, and fertility.

One of the greatest benefits of the massage is its ability to break adhesions. Adhesions comprise scar tissues. These adhesions cause the fallopian tubes to become blocked, stick together or stick to other parts of the reproductive organs or other internal tissues of the body. Self fertility massage helps break these adhesions gently and increases circulation to detoxify and restore optimal functionality of the reproductive organs, including the fallopian tubes. Massage provides a great non-intrusive cure for women with blocked fallopian tubes.

This massage can be performed for 15 minutes every day. Before beginning, make sure your bladder is empty. Avoid the massage, if you suspect that you are pregnant or if you are menstruating. Stop the self massage if you experience pain or feel uncomfortable. Self massage should be performed 3-4 times a day for nearly two weeks to obtain good results:

- Before you begin, warm up your hands and apply a massage oil, such as almond or olive oil.
- Locate the uterus, between the pubic bone and the navel.
- Use your fingers to gently apply a little pressure across the top edge of your uterus.
- By using moderate to deep pressure, find areas of your pelvic region that feel tight and gently massage in circular motions all the way around your lower abdominal area. Always massage in a clockwise manner.

- Use your intuition to massage the areas that feel tense. Take a deep breath and try to relax your pelvic area by visualising your ovaries, fallopian tubes and uterus full of positive healing energy and light. Open your mouth and relax your jaw.



Self massage for fertility

- Relaxing your jaw helps relax and release accumulated stress in your pelvis.
- Finish by gently pressing up and down. Continue this 'up and down' motion for at least 10-20 counts.

Benefits

Self massage helps in cases of pain from endometriosis, twisted fallopian tubes, ovulation pain and other concerns. All the reproductive organs are positively affected by this



Twisted fallopian tube

massage because it increases blood flow to the ovaries supplying the eggs, with oxygen rich blood. Additionally, the massage helps in digestion and eliminates toxins from the body.

Even excess hormones, that may cause damage, are flushed out. It is also essential that feces are moved out of the human system regularly to reduce fecal pressure on the reproductive organs.

Self massage benefits the fallopian tube health as follows:

- Helps the body clear blocked fallopian tubes
- Helps break scar tissue
- Increased circulation aids in tissue elimination
- Helps reduce inflammation
- Helps the body loosen tight or twisted muscles

Fertility massage and menstrual cycle

The average length of a female menstrual cycle is 28 days. The entire duration can be divided into following phases:

1. Menstrual phase (Day 1 to 5)
2. Follicular phase (Day 1 to 13)
3. Ovulation phase (Day 14)
4. Luteal phase (Day 15 to 28)

The best time for a fertility massage is after the menstrual phase until the ovulation phase (from day 6 to 14). This is because the egg is produced, developed and released during this time, and the self fertility massage can help direct regular supply of oxygenated blood and even distribution of hormones toward the reproductive area.

Women who are not trying to conceive, but only preparing their body, can engage in self fertility massage anytime during the menstrual cycle, except during menstruation.

For women trying to conceive, fertility massage should not be done during the luteal phase to avoid the risk of miscarriage, in case implantation occurs immediately after ovulation.

Ovary massage

The ovarian massage helps draw oxygenated blood to your ovaries and release congestion by improving circulation to this area including the fallopian tubes. The process is as follows:

- Begin by warming up your hands.
- Take a deep breath and relax your jaw and pelvic area by placing a pillow under your knees.
- Visualise a beautiful white light surrounding you, helping you relax, and release all mental and emotional worries.
- Locate the areas on both left and right sides 3" from the middle line and 4" down from the navel.
- Massage left and right side, in a clockwise motion, deeply applying an increased pressure and then release your fingertips. If you feel pain or discomfort, do not apply too much pressure.
- Finish by taking a deep breath.
- Visualise your ovaries and fallopian tubes completely healthy and clear of any scarring or blockage.

Frequently asked questions

1. How do blocked fallopian tubes cause infertility?

Every month, when ovulation occurs, an egg is released from one of the ovaries. The egg travels from the ovary, through the tubes, into the uterus. The sperms need to swim their way from the cervix, through the uterus and the fallopian tubes, to reach the egg. Fertilisation usually takes place while the egg is traveling through the tube. If one or both fallopian tubes are blocked, the egg cannot reach the uterus, and the sperm cannot reach the egg, preventing fertilisation and pregnancy. It's also possible for the tube to be blocked only partially increasing the risk of a tubal pregnancy, or ectopic pregnancy.

2. Can I get pregnant with one functional fallopian tube?

You might have only one fallopian tube if you've had pelvic surgery due to an infection or a tumor, or a past ectopic pregnancy. Occasionally, some women are born with only one tube. However, you may still be able to get pregnant with one functional fallopian tube.

3. What is endometriosis?

It is a condition, wherein the tissue that forms the lining of the uterus (the endometrium) is outside the uterus instead of inside.

4. How will I know if my tubes are healed and unblocked, or not?

Hopefully by then, you would already be pregnant with a healthy baby, and will not need any testing!

5. Can natural therapies for blocked fallopian tubes heal twisted fallopian tubes, or tubes stuck to other organs or tissues? What about fallopian tubes that have been blocked for many years?

Severely damaged fallopian tubes need special care. The longer the fallopian tissues have been damaged, the longer it may take to get them to function naturally again. It really depends on the extent of damage, and duration of the issue. Your efforts and subsequent improvement in your system, will help you determine this.

6. Is it possible to naturally regrow the fimbriae and cilia once it has been damaged by scar tissue?

There are no known home remedies that are proven to regrow either the fimbriae or cilia, but it will not hurt to look into options that reduce scar tissue formation, promote circulation and protect cellular health (antioxidants).

7. Why don't you suggest using herbal tampons for blocked fallopian tubes?

I find that the risk of infection due to use of such herbal tampons is greater than its benefits. Many of the herbs used in herbal tampons are just as effective when taken orally. Additionally, herbal tampons are expensive as compared to other natural options.