

Advice for parents-to-be, pregnant women and their partners - and those who take care of them

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In a few weeks time I will be a father for the first time. I am well over fifty and feel quite ready for the upcoming changes in my life - and the responsibilities that come along with parenthood. Upon reflection, I realize that there are advantages to being a 'late' father. I have learnt many lessons during my 30 years of medical practice. Lessons to do with conceiving a child, guiding a mother safely through pregnancy, the birth process itself and the many obstacles and problems that face a newborn.

In this article I want to summarize my most important learnings, so that they may be helpful to people who intend to have a child; those who are already pregnant or those of you with young children.

Conception: in the last 50 years the sperm count and quality has significantly dropped. Inability to conceive for both maternal and paternal reasons is rapidly rising. I have helped many couples conceive by using my own technique of biofeedback testing as an additional diagnostic tool – autonomic response testing (ART).

In ART the body is stressed or challenged with different stressors and the response of the autonomic nervous system is observed. In general I use muscle tone testing as biofeedback mechanism. The results are then interpreted accordingly and generally lead non-invasively to an exact diagnosis.

Here is a brief list of common reasons of infertility that we found with ART (and treatment of which lead to successful conception):

* Abdominal scar tissue (treated with neural therapy). Appendectomy and hernia scars are worst – they often block the motility of the female tube, decrease blood flow in the uterus and decrease sperm production and quality in the male.

* Chlamydia Trachomatis: commonly under-diagnosed, and one of the most common reasons for not conceiving in the presence of normal hormonal tests. Often the tubes are open, but their motility is impaired. Common lab

diagnosis is often false negative. After my diagnosis with ART, both partners are commonly put on Doxycycline, starting the week before planned conception and for 2 weeks beyond. It is hard to eradicate Chlamydia as it can only be temporarily suppressed with antibiotic treatment. Enderlein therapy succeeds but takes longer (Pleo Fort, Pleo Nig and Utilin are the most important).s

* Sperm allergy: The male partner collects his sperm in a jar and we work to establish whether or not there is an allergy using ART. Desensitization is successfully performed with Mental Field Therapy. Others have reported success with anti-allergic cough syrup or NAET. Longterm treatment with Pleo Sancom leads to a decrease in allergic oversensitivity, which also relates to mold and other allergies

* Low sperm count: we could show that special preparations of chlorella pyreneidosa (I use only "Ka-Tox Chlorella" which is grown, cracked and prepared in a different way then other products) and have dramatically and successfully increased the sperm count in affected men.

* Toxicity: this is in my experience definitely the most common cause of infertility in both sexes. A good detoxification program using NDF, Chlorella, Phospholipids with EDTA, sauna therapy, lymphatic drainage and Tim Ray's biological terrain management are a must. Our comprehensive protocol on toxicity and detoxification will be covered at our Seattle seminar on July 30th - August 1st 2004. Removal of amalgam fillings and root filled teeth may be required to conceive, especially for the mother. It is much easier and safer to detoxify a mother before she becomes pregnant.

Other factors involve food allergies, unresolved emotional trauma, poor dental occlusion and geopathic or biophysical stress.

Intrauterine problems:

Toxicity: during pregnancy and breastfeeding large quantities of toxins, up to one third of the mothers total body burden, are passed on to the fetus. Dental practices should warn mothers not to have mercury containing silver amalgam fillings placed during pregnancy. We know that a filling outgases 50% of its high mercury content over the first seven years of its existence. But, what about the mothers that have fillings?

Fillings should, ideally, come out before conception. If the mother is already pregnant, the fillings can be safely removed, provided they are removed by the few dentists that know how to do it correctly (trained by IAOMT). The mother's body uses the unborn baby as a garbage can. Nature always favors the survival of the elders over the young ones. It is absolutely important and correct to attempt to detoxify a mother during pregnancy rather than accepting the risk of not detoxifying her. I use chlorella, NDF, electric foot baths and other safe treatment protocols to pull toxins from the mother's blood without interfering with nutrient transport or uptake.

Nutrition: we know that the baby of a mother that has low folic acid levels before pregnancy has a higher risk of being born with spina bifida or hare's lip. Adding folic acid to the diet after becoming pregnant may be too late. I have all my female patients on 1-2mg of folic acid, since it also prevents cervical dysplasia to a high degree.

We know that it is no longer safe eat fish, especially tuna and other fish higher up on the food chain where contaminants are concentrated more than a million times. Some fish oil producers (i.e. Nordic Naturals and Carlson's) use a proprietary process which removes mercury and other metals. However, they do not necessarily remove PCBs and other chemicals. Good fish oil is absolutely necessary for the child's brain development. Studies indicate that; if enough fish oil is consumed in the last trimester, the child is more intelligent and has less chance of developing neurological disorders. The mother benefits too, by having less of a chance of developing eclampsia or preclampsia, less post partum depression and less complications during childbirth.

In addition, a number of papers have shown a great reduction in pregnancy related complications simply by taking a daily multivitamin. Both Italian and German studies suggest strongly, that L-Carnitine (2 cap 3 times/day) make a huge difference in outcome. Complications during pregnancy as well as labor are greatly reduced. The child is often larger, healthier and more intelligent later in life. A Finnish study on 169 children from the University of Turku demonstrated how tooth decay in young children can be prevented: if the mother chews streptococcus mutans killing xylitol chewing gum 3 times per day during the pregnancy and for one year afterwards, the child has virtually no tooth decay until age 5 (as compared to a group that had regular fluoride or chlorhexidine treatments).

WHO estimates that the world IQ has declined 10-15 % in the last 15 years due to malnutrition. The study did not exclude tests taken in the US population. Lack of vitamin A, Lithium, Iodine and Fish-oil are most strongly linked to the decline.

Toxic building syndrome: many US homes are toxic. Most common is electro-smog from cell phone towers (Microwave), poor electric wiring in the home or nearby power lines. Cordless phones have emerged as a major stressor in recent years. I often send one of my associates with appropriate measuring tools to the homes of my patients who are either chronically ill, have trouble conceiving and where a pregnant couple lives. Most patients sleep in electrically stressed environments. It is often the cause of childhood asthma, eczema, hyperactivity and other behavioral problems and the cause of more severe illnesses in grown-ups.

For example; I recently examined a mother with brain cancer and found out that she was sleeping in an electromagnetically contaminated environment. She moved her bed and within 6 months the cancer disappeared with no following relapse. No other treatment was used. Four years later I received the message that her 6 year old son had died of an identical brain cancer. What we later found out was that the mother had put her two year old in the same sleeping location that she had just moved from. Four years later this child died. She thought electromagnetic stress would not hurt her child.

This issue is virtually absent at both conventional and alternative medical seminars in this country. Often we advise to turn off the fuses for the bedroom with excellent improvements in health related parameters. My patients are not allowed to have cordless phones in the home. They broadcast a highly disturbing biological signal to anything 'alive' within a large radius for 24 hours. This article does not allow space to discuss geopathic stress, which is an independent potentially catastrophic phenomenon.

Other sources of stress in a home include outgassing from carpets, paint-fumes and from biotoxins found in mold. I send mold cultures to a lab for evaluation and desensitize the patient using the Pleo fungal products which work beautifully. Carpets have to leave the house unless they are non-toxic (which is rare). Lately, several studies have shown that flame retardants (PBDs and PBDEs) were found in most mothers' breast milk. They retard also the development of a fetus or a newborn child and are involved in the

causation of many neurological illnesses and cancer. PBDEs are found in all upholstered furniture, some clothing and toys – required by law. The highest levels are found within 6 months of new purchase. The flame retarding effect is gone after 6 months, but the PBDEs stay in the tissues of a mother and child forever. This is an issue relevant to every reader of this paper.

Cosmetics: Over the last 20 years, many publications have shown that almost no cosmetic product is safe. The FDA poorly regulates this industry and special interest has stopped the propagation of the critical literature. A medical colleague of mine from Germany published a book on the cancer causing effect of under-arm deodorants. He lost his medical license and his house was burnt down. This was 1997, not 1937. In December a British biologist from Redding, UK confirmed his findings: there is a huge link between the use of parabens in deodorant sprays and the development of breast cancer. I must stress that this is a much stronger link than the link between HRT with estrogen and breast cancer.

I advise all my potential and de-facto mothers to avoid all cosmetics and recommend non-toxic cosmetics that are supplied by a small company that I work with. It is limited though. Remember, any toxin in a mother is found in her baby at an even higher concentration. Incidentally, there are currently no commercial laboratories where you can send in a mother's breast milk to assess the level of toxic and environmental toxins. Medical toxicology has to be one of the most important diagnostic tools for us in order to save our future.

Sauna therapy is a great method to reduce the body burden of both chemicals and cosmetic residues, but is not recommended during pregnancy.

Allergies: if a mother is sensitive or allergic to certain foods, but continues to eat them during pregnancy, the child is four times more likely to develop allergies in his/her life. Asthma, eczema, hay fever, hyperactivity (some types), gluten and gliadin sensitivities with or without colitis are all part of this symptom complex. For the mother to avoid those foods, fragrances and skin contacts they need to be diagnosed first. Lately, blood tests are shown to be quite unreliable (see Townsend letter/Allan Gaby). Clinically we have excellent results with ART testing and, based on the results, we can diagnose allergenic substances and advise the mother as to what to avoid. These babies turn out to be quite different: they are born bearing a smile.

Neurosensory stimulation: Tomatis and many other researchers have demonstrated that children can be made more intelligent later in life by stimulating them appropriately in utero. Mozart Music, transabdominal light stimulation (Dinshaw method), transabdominal touch, dancing and maternal yoga have all been shown to contribute to a neurologically healthy baby. Our unborn baby loves it when I play guitar and sing. It punches Johanna's belly from the inside in the correct rhythm. It also responds to my touch: when I tap 3 times on the belly, baby taps back... 3 times.

Psychological Interventions: I use mental field therapy, a method composed of many different disciplines of thought in energy psychology – taught to physicians all over the world for over fifteen years. It involves focusing the mind on related issues, such as, for example, painful images of childbirth relayed by the client's mother, traumatic sexual experiences.

Working with a mind focusing on these issues, we stabilize the client's energy field with a meditative technique and simultaneously tap those acupuncture points which are related to the stressful memory. I found that every cramp, every bout of nausea, excessive fatigue and a variety of other pregnancy related symptoms disappear within minutes using this approach. It may involve uncovering painful experiences from the past. Sometimes the dysfunction is just in the energy field without any particular content attached to it.

I have learned a lot from the perinatal psychologist David Chamberlain's - *Babies Remember Birth*. Chamberlain compiled the evidence, that the baby is a conscious sentient being from the moment of conception. As adults we are able to retrieve, in hypnotic trance, most memories of our earthly life from the moment of conception onwards. Every pain, every emotional upset, every wavering of a parent about the pregnancy is recorded in the mental field (not the brain) and has an effect on the developing person from hereon.

Thoughts or attempts of abortion, the possible trauma of an amniocentesis, illnesses of the mother during pregnancy, physiological problems such as vitamin malnutrition are all having an impact on the developing fetus – so do all the good things: the love, the intimacy between parents, the music that is played to the baby through the abdominal wall of mother etc. The baby is bathed in the energy field and mental field of its parents. The child starts out with the life experiences of the parents already under his or her belt. While pregnant both parents often unconsciously re-live their own pregnancy and

MFT quickly reveals, what happened while their parents were pregnant with them.

I was mildly depressed during Johanna's first trimester and gained more weight than she did. I was constantly hungry, especially for potatoes which I usually avoid. Questioning my mother she revealed, that she was very depressed during her first trimester: the war had just ended and she had lost both her parents, her home, all her friends, most family members and all possessions. She had worked as a Red Cross nurse in the last stages of WWII and had seen horrendous things. I was absorbing the posttraumatic stress of hers while she was pregnant with me.

In Johanna's pregnancy with my own child those feelings were coming to the surface asking to be dealt with. I did. My mother was also starving while pregnant with me. All she had for several months were potatoes that my father stole regularly from the American supply trains entering Berlin. I was reliving those feelings and physiological states when Johanna was in the same stages of pregnancy. I find this true during most pregnancies that I supervise as a physician. The partners go through a variety of feelings and states which are more often related to their own respective intra-uterine time than to current time and space. We are designed that way.

Birth: there are many different ways and methods to give birth. There is the Leboyer method of gentle birth, Lamaze, the Brazilian method of squatting, water births and the Caucasian method of lying on the back. In the US births accompanied by midwives have a greater safety record than hospital births.

In the hospital there is certainly an excess of epidural injections, episiotomies, C-sections and other interventions, which are often not needed. There is a connection between epidural injections at birth and drug addiction of the child later in life. There is a connection between C-sections and arthritis later in life. Every intervention has a down side and should be used prudently.

In terms of child mortality; the US has one of the worst statistics in the Western world. We have decided to use a midwife and doula. A doula coaches the woman before the birth process about all the little details that will come up during birth and afterward. What bed to buy? What car seat? How to breast feed and what to expect? What position to give birth in? How to relieve labor pain by body positioning, with essential oils or homeopathy?

I love the home birthing classes we are taking and our teacher and doula will be present during our birth. We want our birth to be fun, and a ritual for all of us to grow more mature and together. There will be no needles, bright lights, loud sounds. We hope to welcome our child the way nature intended the welcome delivery to be.

The newborn period: Once the baby is born, it needs to be handled gently. No slapping, no panicky washing of the skin. Everything about birth is natural and not a medical emergency. There are of course exceptions which should be prepared for and kept in the back of ones mind. That is the job of the midwife or obstetrician. Once the placenta is birthed the baby should rest on mother's stomach to bond. The role of the father should not be about being a second mother. His role is to hold, nurture and protect the space.

Diapers should be chosen carefully. Plastic throw away diapers have been shown to warm the testicles of a male baby contributing to male infertility later in life.

The sleeping location of the baby is important. Most families co-sleep with their newborns for the first 6 to 12 months. The benefit of co-sleeping is not just about the ease of nightly feeding, but also introduces the child's independence to our world slowly. The new born still has a feeling of being part of the mother and does not yet have a strong sense of 'self'.

Sudden infant death syndrome has been linked in a number of studies to a strange phenomenon: polyurethane and other plastic uses of foam mattress get soaked with sweat, urine and other bodily excretions. There is an interaction of microbes, foam and bodily fluids which creates toxic gases: thioethers, mercaptans, hydrogen sulfide and others have been detected.

These gases are the same that were used in combat during WWI to paralyze the opponents breathing mechanism. They do the same in a newborn, especially when combined with the stress of recent immunizations. These gases are heavier than air. Baby cribs – often with crib bumpers - that have a wooden frame which extends higher than the mattress often create a bowl, in which the gases sit and cannot flow over to the side. The alternatives are mattresses made from cotton or natural rubbers, which do not create these problems.

Vaccines: the vaccine issue has many layers. It is clear from an epidemiological point of view, that the more people are vaccinated, the less the spread of the related illnesses. It is also clear from my clinical experience, that many children have developed autism, hyperactivity, and asthma or suffered severe brain damage within a few days of vaccination. Vaccines are good for the community, but potentially bad for the individual.

The immune system of a child takes 24 months to mature and is very vulnerable during this time. Many vaccines still contain ethyl mercury, one of the two most toxic mercurial compounds. By the time the child is 6 years old, the accumulated amount of mercury from vaccines is clinically significant. No one escapes this damage.

Today mercury free vaccine alternatives exist, but are not yet routinely used – only by request. The pharmaceutical industry is using up its old supplies first....The high risk to contract hepatitis B is either IV drug users or prostitution. Hepatitis B vaccination is forced on newborn babies here in the US, but is outlawed in France. How many newborns do you know that use IV drugs with contaminated needles or engage in prostitution? I make my recommendations to my patients along the above understandings. What I will do with my own child is very clear to me but will stay private. I recommend reading the work of Dr. Tenpenny or reading up on the vaccine issue at: www.mercola.com

Dental issues: great progress has been made in the prevention of dental caries and furthering proper development of the facial structures and dental arches. As already mentioned above, if a mother chews xylitol chewing gum 3 -5 times per day during pregnancy and for the first year of life, the child has no tooth decay for 5 years and there is still a statistically significant effect at age 10 – even if the child never chews the gum. Xylitol is a sugar alcohol that inhibits the growth of streptococcus mutants, the caries bug.

Research in Japan showed, if pregnant mothers and their children eat 1-2 capsules chlorella growth factor (a heat extract of chlorella), the 20 children in the experimental group did not develop any tooth decay for 5 years (opposed to the control group who showed a significant amount of tooth decay). The most startling finding in the study was; CGF children developed beautifully developed facial structures and dental arches, predicting a lack of facial pain, jaw problems, neck problems, headaches, hormonal problems and more, later in life. In a Japanese study on dogs - perfect dental arches

also predicted better general health, a higher life expectancy, higher intelligence, more pleasant behavioral characteristics and a non-scoliotic, perfect spine.

Television: A few days ago a study for the first time showed a direct connection between early television viewing and hyperactive behavior. Do not use your television-set as a baby sitter. Have the child paint, sing, play be interactive with its new and ever changing three-dimensional world.

Maybe you will find some valuable tips in this paper. It is knowledge we all should have learnt at school. I am sure you know many more tips and tricks and I would love to hear from you. I intend to collect papers, articles, ideas and experiences and compile them in a book.

I would like to end this paper with a sentence from the book 'Welcoming Baby' by S. Colleen Graham. "What tomorrow's children are to be, will be determined by what today's parents-to-be choose to be."

May we all acknowledge and honor our true responsibility as parents and enjoy the light and joy our children bring to us.

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