

Natural Methods of Treating Infertility

NaProTECHNOLOGY or “NaPro” offers a new scientific choice for Fertility treatment and Woman’s Health.

It provides medical and surgical treatments that cooperate completely with the reproductive system.

Natural Procreative Technology is a new and advanced scientific, medical system of procreative health care. It can be used to help couples with infertility, recurrent miscarriage, irregular cycles, PMS, abnormal menstrual bleeding, painful periods, PCOS, endometriosis, post-partum depression and more.

NaProTechnology has been developed in the USA by [Dr. Thomas Hilgers](https://www.drhilgers.com/about/) (<https://www.drhilgers.com/about/>), a clinical professor in the Department of Obstetrics and Gynecology at Creighton University School of Medicine, Omaha, Nebraska and the founder of The Saint Paul VI Institute for the Study of Human Reproduction (<https://popepaulvi.com/>).

NaProTechnology has been available in Ireland since 1998, when the first Irish Clinic opened in Galway. NaProTechnology is currently available in Galway and also in Kells, Co. Meath. For further information, see <http://naprobaby.ie/> & <https://naprotechnology.com/F>

The NaProTechnology approach to treating the couple with subfertility/infertility

According to Dr J. Stanford,⁴ infertility/subfertility should not be considered an acute condition requiring an acute remedy which is the approach of those doctors who practice IVF (*Assisted Reproductive Technology – ART*). Rather, subfertility is a chronic condition with usually more than one underlying cause, which requires restoration of reproductive function focusing on the health of the mother and father in order to achieve normal conception, and this is the approach of doctors who practice NaProTechnology in treating sub-fertility.⁵

NaProTechnology uses the woman’s fertility chart to monitor their specialized treatment of infertility. Stanford, Boyle et al,¹ in their study of 1239 couples with infertility who were treated by NaProTechnology in Ireland from 1998 to 2002, found that live birth rates were comparable to cohort studies of more invasive treatment such as IVF.

Restorative Reproductive Medicine

The *International Institute for Restorative Reproductive Medicine* gives information about centres in Europe (including Ireland), North & South America, and Australia who treat infertility using natural methods similar to

those pioneered by Dr Hilgers in NaProTechnology; contact <https://iirrm.org>

Clinics in Ireland

Galway: <http://naprobaby.ie/> & <https://naprotechnology.com/>

Dublin; <https://neofertility.ie>

References

1. Stanford JB, Parnell TA, Boyle PC; 'Outcomes from treatment of infertility with Natural Procreative Technology in an Irish General Practice'; J Am Board Fam Med 21: 375-384, 2008.
2. Tham E, et al; 'Natural procreative technology for infertility and recurrent miscarriage: outcomes in a Canadian family practice'; Can Fam Physician 58:e267-74, 201.
3. Thomas Hilgers; 'The Medical and Surgical Practice of NaPro Technology', 2004; Published by Pope Paul VI Institute Press, 6901 Mercy Road, Omaha, Nebraska 68106, USA; ISBN 0-9744147-0-0.
4. Lecture given by Dr Joseph Stanford MD, Prof Family and Preventive Medicine, University of Utah, USA at the 2015 NFP World Congress, Milan, Italy, June 2015.
5. Boyle Phil C, Stanford Joseph B, Zecevic Ivana; 'Successful pregnancy with restorative reproductive medicine after 16 years of infertility, three recurrent miscarriages, and eight unsuccessful embryo transfers with *in vitro* fertilization/intracytoplasmic sperm injection: a case report'; Journal of Medical Case Reports, (2022)16: 246.