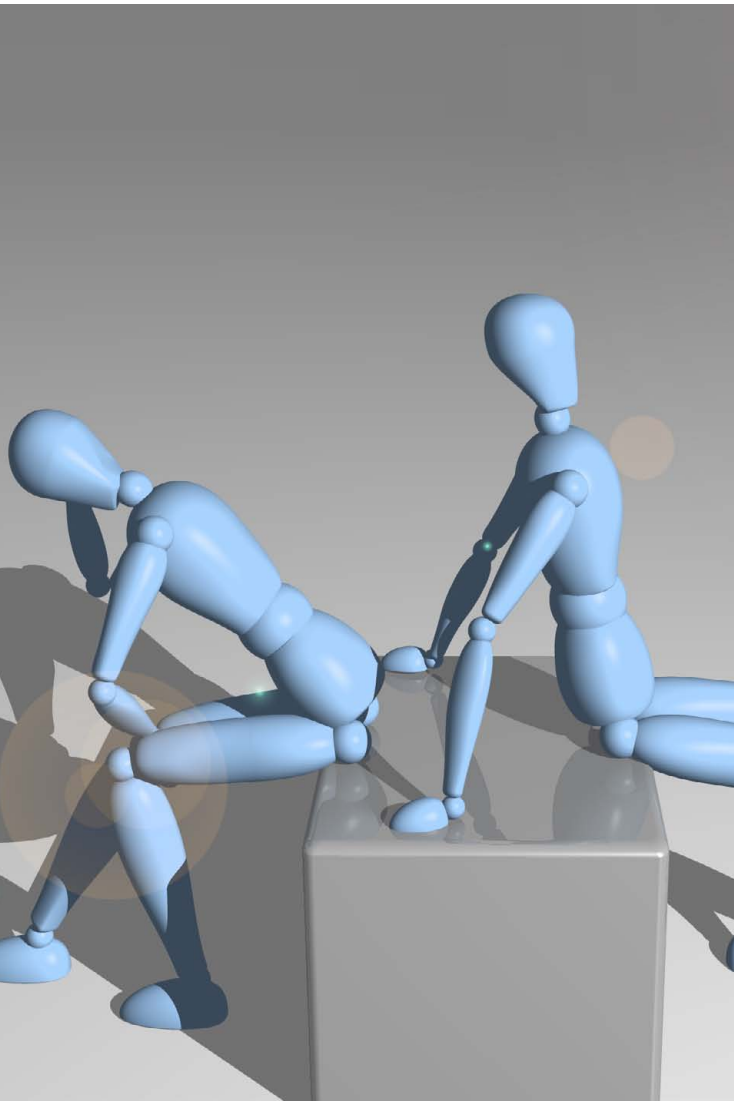




Mental Attitudes  
towards

# INFERTILITY

Definitions and  
Solutions



# Imprint

Published in May, 2013

By Victory A.R.T. Laboratory Phils, Inc.

This eBook was created by <http://www.ivfvictoryphilippines.com/> in hopes of helping bring into light infertility questions and bring solutions for many couples and / individuals having a hard time conceiving.

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**Victory A.R.T. Laboratory Phils, Inc.** is part of the Hong Kong based Victory Group of A.R.T. Laboratories and is the pioneer IVF laboratory here in the Philippines. Established in and spearheaded by **Dr. Gregorio Pastorfide**, a re-knowned and internationally acclaimed OB-GYN, Victory continues to assist and provide infertility solutions using state-of-the-art equipment and an ever-growing and adapting medical team.

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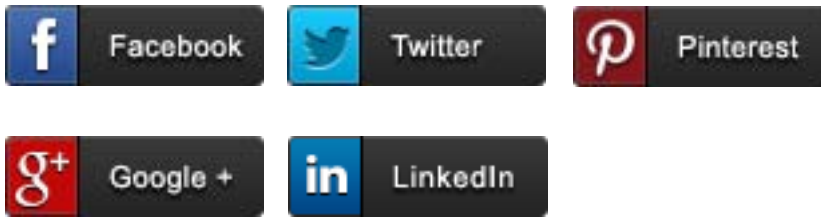
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# Introduction

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## ON THE MIND AND BODY

To enjoy life, health of body and mind is necessary. The mind can not come to full fruition without a good body. Those who strive so hard to reach a certain goal that they neglect the physical become wrecks and after a few years of discomfort and disease are consigned to premature graves. Through proper living and thinking the body and mind are built up, not only enough to meet ordinary demands upon them, but extraordinary ones. In other words, it is within our power to have a large margin, balance or reserve of physical and mental force.

The physical state depends largely on the mental state and vice versa. Body and mind react upon each other. Bad blood does not only cause abnormal functioning of such organs as the heart, liver, kidneys and lungs, but it interferes with the normal functioning of the brain. It diminishes the mental output and causes a deterioration of the quality.

For a real life success we need a proper perspective. We need to be balanced, poised, adjusted. Most of us are too circumscribed mentally. We live so much by and for ourselves that we consider ourselves, individually, of greater importance than the facts warrant. Others do not agree with us on this point, and this is a source of disturbance.

Infertility brings too any emotions in to account that those who has it sludge through life, loosing all hope and attaining a sense of living believing in the inevitable worst case scenario.

This eBook hopefully puts into focus common emotions that arise with



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infertility and provides solutions to get back into life's path of living happily for one's self worth and to hope for the best.

## **ON PHYSICAL AND MENTAL ILLNESSES**

As physical ills are principally caused by bad physical habits, so are mental ills and inefficiency chiefly due to various bad mental habits, which are allowed to fasten themselves upon us. These will be briefly discussed so as to focus attention upon them, for the first thing necessary for the correction of a bad habit is to recognize its presence. It is as important to think right as it is to give the body proper care. A good body with a mind working in the wrong direction is of no use. If we allow our minds to be disturbed and distressed by every little unfavorable happening, we shall never have enough tranquility to think well.

The proper time to quit our bad habits is now. Why wait until the first of the month or the first of the year? Every day that we harbor a bad habit it grows greater and strikes deeper and stronger roots. A child one year old can often be broken of a bad habit in a week; a child of three, within a month; a child of six, within a few months; but let the habit grow until the age of twenty, and it may take a year or more to break the bonds. Let it continue until the age of thirty, and the victim will say, "I can quit any time," but the chances are that the habit will remain for life. After the individual is fifty or sixty years old, he is rarely capable of changing. If he is the victim of a very bad habit, it has generally so sapped his strength of body and mind that he is unable to break away.

### **THE RIGHT TIME TO STOP BAD HABITS IS NOW.**

The mind grows strong by overcoming obstacles, as the body gains in strength through work and exercise.

Giving up bad habits is very disagreeable at first. Those who have conquered the prevalent habit of overeating know that they have been in a fight. The smokers who



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quit suffer. Those who break away from liquor have a much greater struggle. Those who attempt to overcome drug addictions suffer the tortures of the damned. Those who overcome their bad mental habits have a hard time of it at first, but though it is difficult it is possible. It is no easy matter to curb a fiery disposition or to quit worrying. It requires time, persistence and perseverance.

Fretting, envy, spite, jealousy and hatred are tenacious tenants of the mind they occupy. These harmful emotions are enemies which sap our strength and we must thrust them from our lives if we would live well. This is not all narrow selfishness, for when we have gained mental calm for ourselves we are in position to impart peace of mind to others and to be more useful than previously. A calm mind is not a stagnant one. It is a mind that is in the best possible condition to work, to think clearly and effectively.

## **ON SELF-PITY**

Self-pity is a very common mental illness. Those who suffer much from this affliction usually have very good imagination. They think they are slighted and abused. They know that they do not get their dues. They envy others and are sure that others prosper at their expense. They minimize their blessings and magnify their misfortunes. This state of mind leads to spite and malice. These people become very nervous and irritable and are a nuisance, not only to themselves, but to those who are unfortunate enough to have to associate with them.

Much as individuals suffering from self-pity rely on family and friends for support, the best thing they can do for themselves is to get out of their own rut. Being busy and finding positive distractions from day-to-day will build up their confidence and view the world in different eyes.



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## **ON SELF-CONCIOUSNESS**

We always do our best when we are natural. When we become self-conscious we become artificial and awkward. We can not even breathe properly. Those who are ever thinking about themselves fail to do things well enough to hold sustained attention, even if they are able to gain it for a while. Those who do their work well will in time gain the attention and appreciation they require. No one can long occupy a high place in the public heart without adding to the profit or pleasure of the world.

## **ON FEAR**

Fear is one of the harmful negative or depressing emotions. Fear, like all other depressing emotions, poisons the body. This is not said in a figurative sense. It is an actual scientific fact; it has been demonstrated chemically. Were it not for the fact that the lungs, skin, kidneys and the bowels are constantly removing poisons from the body, an acute attack of fear would prove fatal.

Those who have cultivated fear should try suggestion. Positive suggestion is always best. Let them analyze matters thus: "I have feared daily and nightly. Nothing has happened. I have brought much unnecessary discomfort upon myself. There is nothing to fear and I shall be brave hereafter." Those who fear God have a low conception of Him. Let them remember the beautiful saying that "God is love." Through repeating them often enough, such positive suggestions sink so deeply into the mind that they replace doubts and fears.

## **ON WORRY**

Worrying is perhaps the most common and the worst of our mental sins. Worry is like a cancer: It eats in and in. It is destructive in both body and mind. It is due largely to lack of self-control and is a symptom of cowardice. Much worry is also indicative of great selfishness, which most of those afflicted will deny. Those who worry much are always in poor health, which grows progressively worse. The form



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of indigestion accompanied by great acidity and gas formation is a prolific source of worry, as well as of other mental and physical troubles. The acidity irritates the nervous system and the irritation in time causes mental depression.

Confirmed worriers will worry about the weather, the past, the present, the future, about work and about play, about food, clothing and drink, about those who are present and those who are absent. Nothing escapes them and they bring sadness and woe in their wake.

Worrying is slow suicide.

Let those who are afflicted with this bad and annoying habit get into good physical condition. Then many of the worries will take wing. If they persist, it would be well to face the matter frankly and honestly, setting down the advantages of worrying on one side and the disadvantages on the other. Then take into consideration that not one thing in a thousand worried about happens, and if something disagreeable does occur, worrying can not prevent it. Besides a disagreeable happening now and then will not cause half of the discomfort and trouble that a disturbed mind does.

“And this too shall pass away,” is an ancient saying which it would be well to remember in conjunction with, “And this will probably never happen.”

## **ON ANGER**

Those who become angry lay themselves open to wounds of all kinds, for they partly lose their mental and physical faculties temporarily. An angry man is easily vanquished in any contest where ready wit is necessary. As the saying goes, he makes a fool of himself. To be high



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strung and quick to lose one's temper may sound fine in romantic rubbish, but in real life it is folly, for much more can be accomplished by being calm.

Fortunately, anger is one of the emotions that can be conquered in a reasonable time, if there is a real desire to do so.

## **ON FRETTING**

Fretting is anger on a small scale. It is a habit that is easily formed. The fretter and those about him are made uncomfortable. Those who respect themselves and others do not indulge.

## **ON HATRED**

Hatred is one of the most harmful and poisonous of emotions. Fortunately, violent hatred can last but a short time, otherwise it would prove fatal. Some are chronic haters. He who hates harms himself. The thoughts weave themselves into one's personality and form the character.

## **ON JEALOUSY**

Jealousy is one of the most disagreeable of emotions. The jealous person insists on suffering. A jealous woman can convert a home into an inferno. Jealousy is sure to kill love in time. The jealous individual often excuses himself on the ground that he loves. That is not true. There is more fear than love at the base of jealousy.

It is not an easy task to overcome jealousy, but it can be done within a reasonable time if there is a real desire. First get physical health. Then get busy with interesting, useful work. Get something worth while to occupy the mind and the hands. Determine to be master of yourself and not a slave to what is often but figments of the imagination. Unfortunately, jealousy so dwarfs the judgment at times that the sufferers seek only to rule or ruin. Love and hate are so closely akin that it is hard to



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find the dividing line.

For individuals or couples dealing with infertility, constantly being jealous of people with children will not be helpful in the long run. Rather, turn this fact into motivation for alternatives. Get into in-vitro or you may even adopt. The choices are there.

## **ON SORROW**


Some dedicate their lives to sorrow. They make martyrs of themselves. They have suffered a loss and they dwell upon it during all of their waking hours.

Related to this form of sorrow is the regretting or brooding over past actions, especially in connection with the dead. Perhaps something that should have been done was neglected, or something was done that should have been left undone. Over this the sufferer broods by the hour, leading to a form of sad resignation that is rather irritating to normal people.

For such people a change of interest and a change of scene will often prove very beneficial.

## **ON POSTPONING HAPPINESS**

One peculiar state of mind is to refuse to be happy at present. The romantic girl and boy think they can not be happy until they are married. After marriage they find that they have to gain a certain amount of wealth before happiness comes. Then they have to postpone it for social position. They continue postponing happiness from time to time and the result is that they never attain it.



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Happiness is not a great entity that bursts upon us, transforming us into radiant beings. It is a comfortable feeling that brings peace and places us in harmony with our surroundings. It can best be gained by doing well each day the work that is to be done, cheerfully giving in return for what is received. Happiness is largely a habit. It is as easy to be bright and cheerful as it is to be sad and doleful, and much more comfortable.

If we look for the best, we will find beauty even in the most unpromising places. If we are looking for tears and woe, we can easily find them.

Fulfillment of our dreams highly relies on our actions. Be strong, persevere and believe in miracles. Happiness comes in various forms to those who does what is necessary.

## **ON INTROSPECTION**

It is not well to allow the mind to dwell upon one's self very much. Give yourself enough thought to guide yourself through life, and then for the rest apply the mind to work and play. Many of those who are too self-centered end up in believing they are something or somebody else and then they are shut away from the public.

Introspection is a very useless employment. Individually we are so small, and the mind has such great possibilities, that if we center it upon our tiny physical being, things become unbalanced and the mind ceases to work to good advantage. It is useless to go deeply into self-analysis, for we are very poor judges of ourselves.

One of my neighbors delved so deeply into his heart and tried so hard to find out if he was fit to dwell in heaven that he lost his mind and had to be confined for a long time. He allowed his vision to narrow down to one subject. There are many subjects that lead to insanity if they are allowed exclusive possession of the mind.

One of the most helpful things is a sense of humor. Laughter brings about relaxation and relaxation gives ease to the mind and body. He who can see his own



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weaknesses and smile at them is surely safe and sane. If the mind is too austere, cultivate a sense of humor. Train yourself to appreciate the ridiculous appearance you make and instead of being chagrined, smile. When others laugh at you, join them.

Whatever the mental illness may be due to infertility, one-half of its cure will be brought about by getting physical health.

Be charitable, tolerant and kind, and the good things in life will come to you. Be slow to judge and slower still to condemn others.

Those who give love attract it. Hypatia said: "Express beauty in your lives and beauty flows to you and through you. To love means to be loved, and to put hate behind is the sum of all loving that is of any avail."

Marcus Aurelius gave us this pearl of wisdom: "When you arise in the morning, think what a precious privilege it is to live, to breathe, to think, to enjoy, to love! God's spirit is close to us when we love. Therefore it is better not to resent, not to hate, not to fear. Equanimity and moderation are the secrets of power and peace."



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*When you feel like giving up,  
remember why you held on  
for so long in the first place.*

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