

Fairhaven Health Offers Natural Products to Help Normalize Women's Menstrual Cycles, Improve Conception Odds

British researchers believe that women who work the night shift experience a greater risk of menstrual cycle irregularities and fertility issues than women who work regular hours. Fairhaven Health offers natural, non-prescription products to help improve hormonal balance, normalize a woman's menstrual cycle, and improve overall reproductive health.

Bellingham, Washington ([PRWEB](#)) July 31, 2013 -- Menstrual cycle irregularity in women can be attributed to a number of different factors, including weight gain or loss, severe stress, caffeine, poor nutrition, smoking, alcohol use, recent childbirth, or miscarriage. Now researchers have found another element to add to that list – working the night shift. British researchers believe that women working odd, late hours may experience a greater risk of menstrual cycle irregularity and fertility-related issues, including miscarriage.

Researchers evaluated studies regarding shift work and fertility rates published between 1969 and 2013, and found that women working evening and night shifts experienced a 33 percent higher risk of menstrual cycle irregularities and an 80 percent higher risk of fertility problems than women who worked regular hours. Some researchers believe that this decline in reproductive health may be linked to a disruption in circadian rhythm, which influences sleep cycles, hormonal balance and body temperature.

Fortunately, [Fairhaven Health](#) offers natural herbal supplements to help improve hormonal balance, regulate menstrual cycles, and improve a couple's odds of achieving pregnancy. [FertilAid for Women](#), formulated by leading fertility expert Dr. Amos Grunebaum, is an all-natural, patented dietary supplement designed to help restore hormonal balance and promote a regular ovulation cycle. The proprietary herbal blend includes scientifically validated ingredients like chasteberry (vitex), red clover blossom, siberian ginseng, and ginkgo biloba. The fertility-enhancing supplement also includes a full prenatal vitamin, with optimal amounts of folic acid and other key nutrients.

Women working late night shifts may also want to consider taking a supplement that includes melatonin, a hormone that reaches its peak level during the dark hours. Melatonin helps control women's menstrual cycles, triggering the release of estrogen and progesterone. A disruption in a woman's natural circadian rhythm may cause an imbalance in melatonin, estrogen and progesterone levels, resulting in menstrual cycle irregularities and fertility issues. [OvaBoost](#), an all-natural supplement designed to help improve egg quality and optimize ovarian function, contains melatonin, folic acid, and coenzyme Q10. OvaBoost is recommended for all trying-to-conceive women, especially those trying to conceive later in life or those diagnosed with polycystic ovary syndrome (PCOS).

Fairhaven Health also offers a patented light technology to help improve women's hormonal balance and regulate menstrual cycles. [Luness](#), a small bedside device that projects light based on monthly moon cycles, works to synchronize a woman's menstrual cycle with the moon cycle. Once her menstrual cycle is restored, Luness provides a color-coded fertility status each day to help couples time intercourse during the most fertile days each cycle.

About Fairhaven Health

Fairhaven Health manufactures a line of natural, doctor-designed products to promote fertility, pregnancy, and



nursing health. They provide ovulation prediction tools, natural fertility supplements, prenatal vitamins, and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



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