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Dr. Daoshing Ni and Dana Herko discuss their book, "The Tao of Fertility"

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NATALIE MORALES reporting:

Getting pregnant is something most women look forward to, but when she finally decides to have a child, well, nature doesn't always work in her favor. And while technology offers many options, Dr. Daoshing Ni and Dana Herko say often it's nature that can actually help. They're the authors of "The Tao of Fertility."

Good morning to both of you. Nice to have you here.

Dr. DAOSHING NI ("The Tao of Fertility"): Good morning.

Ms. DANA HERKO ("The **Tao of Fertility**"): Good morning.

MORALES: And, Dr. **Dao**,

I mean, as so many women know who've been through this process, conceiving is not just one of those things that you can just decide to be pregnant and next day it happens overnight. I mean, these are one of those--these--this is a very difficult process for a lot of people.

Dr. DAO: Yes. Yes.

MORALES: So many people do suffer with infertility.

Dr. DAO: Yes.

MORALES: So why is your traditional Chinese medicine an answer, do you think?

Dr. DAO: Well, first of all, if trying to get pregnant, we frequently think it's just--you can just get pregnant like this.

MORALES: Mm-hmm.

Dr. DAO: And many patients that we see in the clinic has gone through so many try and so many months of just disappointments cycle after cycle. And...

MORALES: Mm-hmm. And miscarriages.

Dr. DAO: And miscarriage, yes.

MORALES: Heartbreak.

Dr. DAO: And so you have to prepare your body. And many times when we see these patients, there's a lot of diseases or problems that they might have, a condition they might have that you really want to take care of them before they are trying to get pregnant, because they do impact not only the baby...

MORALES: Mm-hmm.

Dr. DAO: ...but also their health also after they're pregnant and have the child.

MORALES: So it really is creating a harmony within the body. It's important for a woman to be physically, emotionally and spiritually strong in order to prepare the body to be able to conceive.

Dr. DAO: That's right. And pregnancy is only a journey, it's not a destination, and you really want to make sure that you're prepared for this journey.

MORALES: Mm-hmm.

Dr. DAO: And so then you have at the end of the day a healthy baby and at the same time have a good health to be able to take care of your baby.

MORALES: And traditional Chinese medicine, you say, is complimentary medicine, it's not alternative medicine. How is it working with Western medicine to help couples who deal with infertility?

Dr. DAO: Extremely well. Extremely well. We have--Chinese medicine's very good in building a foundation of the patient.

MORALES: Mm-hmm.

Dr. DAO: And while the Western medicine you have the inseminations and you have the IVF, which can be a very good complement, there are a lot of patients who might need those kind of therapies...

MORALES: Mm-hmm.

Dr. DAO: ...and who are also older, who might need--and may not have as much time to get all around, so to speak. You really want to get going and trying to build that foundation and trying to get pregnant. So...

Ms. HERKO: Well, I'm one of them. I'm one of them.

Dr. DAO: Yes.

MORALES: And Dana's one of the older moms. And you struggled for three years, I know, with infertility.

Ms. HERKO: I went for three years to different fertility clinics and fertility doctors.

MORALES: You tried everything.

Ms. HERKO: And I tried everything. And it's an escalating series of tests and procedures and needles and ultrasounds.

MORALES: Mm-hmm.

Ms. HERKO: And, you know, after a while--I was saying in the book--I felt like that old fable about the elephant where it's like they look at your tail and they say, 'That's the problem, this is the problem, that's the problem,' but nobody was looking at the big picture.

MORALES: At the whole of you.

Ms. HERKO: At the whole of you.

MORALES: They were looking at the pieces and...

Ms. HERKO: And they couldn't figure out what was the matter, because what happened is I was able to get pregnant through all these procedures, but I kept miscarrying. And that was like, 'Hm, now what was the matter?' And it was actually a Western doctor, a fertility specialist...

MORALES: Mm-hmm.

Ms. HERKO: ...who looked at me, and my spirit was just completely crushed, and they were like...

MORALES: And he looked at your tongue, which was unique...

Ms. HERKO: No, not the--not the fertility doctor.

MORALES: No, no, Dr. Dao looked at your--right.

Ms. HERKO: Dr. Dao did. But I'm saying that was--that was the difference, because he gave me--he was actually the one who sent me to Dr. Dao, which gave me--I thought, 'Why would you send me to a Chinese doctor? I'm already spending all my time at the fertility clinic.' And I went in, and instead of seeing all these women sitting around there, I saw, you know, happy people. And it was bright and it was light, and it was the total opposite of what I had been through.

MORALES: Mm-hmm.

Ms. HERKO: And Dr. Dao sat me down at a table and he said, 'Tell me how you feel,' which was shocking. And then he wanted to know how my spirit was and what I had gone through. And at the end of it, he said--and I'm waiting for tests and I'm waiting for everything else,' he said, 'May I please see your tongue?' That was it. He wanted to...

MORALES: And what did her tongue tell you about what was--some of the issues with her problem--the problem that she was having?

Dr. DAO: Well, the tongue--actually, the tongue showed that she had some--a paleness around the edges, she's got some coating on the tongue. Well, basically, tell me is that she might be a little blood deficient, she might need some nourishment.

Ms. HERKO: A little--a little stressed--a little stressed...

Dr. DAO: A little tired. Yes.

MORALES: And her nervous system was out of whack, a little stressed.

Ms. HERKO: ...from having so many miscarriages and, you know.

Dr. DAO: Yeah.

MORALES: Well, I imagine.

But you also say that there is--you know, you have to keep in mind nutrition and creating that right balance within your body.

Dr. DAO: Yes.

MORALES: And we have in front of us an example of just some of the good foods. And you really stress organic foods. How do organic foods help a woman with her fertility? And just, as we look at some of what we have here on the table, how are these foods helpful?

Dr. DAO: Well, organic food--and if you can get to it--it's--has less chemicals in them. There's less pesticides, less chemical fertilizers. So there's less chemical burn that enters our body when we eat them.

MORALES: Mm-hmm.

Dr. DAO: And when you have less chemical burn in our body, our body assimilate these food better and is much healthier for us.

TEXT:

Meal Plan Days 1-14

Breakfast

Organic Oatmeal With Organic Rice Or Almond Milk, Top With Sliced Strawberries & Cinnamon 1 Cup Hot Green Tea

Lunch

1 Cup Of Cooked Brown Rice With 1/2 Cup Cooked Black Beans And Steamed Or Sauteed Zucchini

Dinner

Barley Chicken Soup With Steamed Squash And Shiitake Mushrooms

This Phase Is Focused On Germination and Nourishment

Dr. DAO: And these foods that you see, it's one of our--these are some of the foods in our 28-day fertility program, where nutrition is so important.

MORALES: So it's tied in with the menstrual cycle. So 28 days and you're eating healthy foods.

Dr. DAO: Yes. Yes. There are times--before you ovulate, there are certain foods you want to eat, because that's a time, when you're just finishing the period, there are certain things you want to cleanse your body, at the same time you want to start building your follicles.

MORALES: Mm-hmm.

Dr. DAO: And there are certain foods that you eat to help to improve that. And after ovulation, you want to eat certain food to continue to keep that lining strong, keep the blood flowing strong.

MORALES: All right. Well, there is a lot of information in the book, so I encourage anybody who's struggling with fertility to pick it up. Again, the book is called "The Tao of Fertility." Daoshing Ni and Dana Herko, again, thank you both so much.

Ms. HERKO: Thank you.

Dr. DAO: Thank you.

MORALES: And coming up next, what in the world you might have missed this week that has everybody talking about WHERE IN THE WORLD. We'll show it all to you coming up right after this.

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