

Enhance your chance - bringing the power of the Mind/Body connection to conception.



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Jeannine is passionate about working with couples who come with the diagnosis “unexplained infertility” to her clinic. Through the mind/body tools and techniques that she has been utilising, great successes have been achieved for people who had almost given up hope. These results reflect those that have been achieved and documented overseas by Mind/Body practitioners who have been using similar techniques for many years. The documented results suggest with great clarity that enhancing the mind/body connection will bring a much greater chance of conception.

Research Results:

As with any issue, people have produced studies that argue both sides of the debate. The majority of the research indicates that there *is* a mind-body connection which directly relates to conception. Most studies focus on distress affecting IVF success rates - a small part of the much bigger picture of fertility treatments.

Studies show that anxious, distressed women going into IVF treatments experienced half the pregnancy rates of the least anxious and distressed women.

Specific studies have indicated that “infertile” women utilising mind/body techniques have a 42 - 55% conception rate compared to a 20% in those not following this protocol. (*Alice Domar PhD, 1999 Journal of the American Medical Women's Association*).

A recent Israeli study showed that the success of IVF treatments doubled from 14% to 28% when the subjects underwent hypnosis during implantation. Professor Eliahu Levitas conducted this study with 185 women. Findings were presented at the European Society of Human Reproduction and Embryology Conference, Berlin, July 2004.

Psychological and emotional stress is connected with the measured levels of hormones including testosterone. Testosterone triggers sperm production and is governed by the hypothalamus-pituitary control centre, which is highly

sensitive to emotional tension. Studies link high anxiety with low sperm count (see Dr. Philip Werthman M.D., Director, Center for Male Reproductive Medicine, Los Angeles, California, U.S.A.).

Clear statistical evidence from U.S.A:

Procedure	Typical Success Rate	Average Cost (\$U.S.)
IUI	2 - 8%	\$1500 - \$3000
IVF	28%	\$12000 - \$25000
Mind/Body Programme	42 - 65%	\$500 - \$2000

The 28% IVF success rate is based on the findings of the 2004 Assisted Reproductive Technology (ART) report from the Center for Disease Control and Prevention, a USA government agency which tracks this information. In this report, 94,242 women underwent the IVF procedures with fresh donor eggs, and 28% of those women were able to conceive and give birth. Almost half of those women were under the age of thirty five. For women over thirty five, the take-home baby rate was 21% and for women over forty, the success rates dropped to single digits. It is important to note that the success rates for these medical procedures can depend on variables that range from the age of the women to medications administered and adjunct procedures used. This CDCP study attempts to record all IVF procedures that were performed in the U.S. over an entire year.

(See “The Mind-Body Fertility Connection”, James Schwartz, 2008, page 23).

What is the ‘Mind Body’ Connection?

Research in behavioural medicine discusses the interconnectedness between the mind and body – that it exists and acts as a unified system, and how the mind and body interaction influences health. Every thought has an emotional connotation; every emotion has a biochemical counterpart. In other words, our thoughts and feelings are constantly affecting our physical biochemistry, the reactions that take place at the cellular level within the physical body.

How the Mind/Body connection influences your health:

The fields of psycho-neuro-immunology, neuroscience and quantum physics are currently investigating further about how the brain (thoughts and emotions), heart and physical systems (such as the immune system) continuously signal each other. The resulting release of hormones and chemicals either maintain health or cause physical dysfunction including illness.

These psychosomatic disharmonies within the body have been associated by the allopathic medical profession with symptoms such as high blood pressure,

tension headaches, digestion issues, back spasms and skin disorders for many years. However, infertility has been regarded primarily as a physiological issue.

Mind/Body Interventions to enhance your chance:

Jeannine primarily utilises relaxation training and programmes, clinical hypnotherapeutic techniques and BodyTalk (energy medicine) practice to assist her clients. She is also providing Mind/Body Fertility Training Programmes for couples to attend as participants along with two of her colleagues.

It is important to note that these Mind/body interventions *enhance* the success of other medical treatments. It is not a case of “either / or”; rather as complementary modalities to enhance your fertility journey.

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