

Hypnofertility is a powerful, precise program that supports the entire fertility process for optimal results.

The Science of Hypnosis for Fertility

Several studies have documented the effects of hypnotherapy on fertility with amazing results.

A new Israeli study showed that hypnosis **doubled** the success rate for women going through IVF treatments. This study was conducted with 185 women. The group that underwent hypnosis during implantation had a 28% success rate. While the women who did not use hypnosis only had a 14% success a 34% conception rate as compared to 20% with IVF alone. Decreased levels of depression, anxiety, and anger were also noted.

Dr Gayle Peterson has developed a technique called Body Centered Hypnosis. Dr. Peterson has found that high anxiety states in the mother must be reduced in order to normalize pregnancy and birth. She cited several research studies that suggest a positive link between fertility and treatments based on hypnosis. She is a pioneer in the field of mind/body state and their effect on fertility, pregnancy and birthing.

Studies conducted by Dr Alice Domar, PhD, director of the Beth Israel Deaconess Behavioural Medicine Program for Infertility in Boston support the theory that unresolved issues about having a baby can be removed with counseling and mind/body techniques such as hypnotherapy. In the first study published in 1999 in the Journal of the American Medical Women's Association 42% of 132 infertile women in the program conceived within 6 month of completing it. In the second study, published in 2000 in the journal of Fertility and Sterility, 55% of the previously infertile women who met regularly in a mind/body program conceived, compared with 20 % of the control group who used no mind/body techniques and who did not attend meetings.

Dr. Domra emphasizes "mind/body" techniques that include self-hypnotic suggestion to reduce stresses that interfere with conception and healthy pregnancy. Domar is the author of Conquering Infertility and other books on the topic.

Dr Elizabeth Muir, a clinical Psychologist who has specialized in treating infertility for seven years, uses hypnotherapy to help couples for whom there is no apparent medical reason why they should not have a child. Muir believes that the psychological issues surrounding pregnancy are not sufficiently well addressed for many women with fertility problems and she claims a success rate of 45% for her clients.

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"Hypnotherapy works on the premise that the conscious and subconscious minds may be at odds with each other," she says. "I believe that while a woman might consciously want a baby, her subconscious may be stopping her from getting pregnant. Most women I see have a psychosomatic **infertility** related to conflicts and unresolved issues about having a baby. A combination of counseling and hypnotherapy can remove these problems."

Muir explains the hypnosis affects the hypothalamus; the neural center at the base of the brain linked to the pituitary gland and controls the flow of hormones in the body. The hypothalamus is sensitive to stress and acts as a bridge between the emotions and physical, turning emotional messages into physical responses that affect hormone levels.

Niravi Payne, a psychotherapist and pioneer of mind/body fertility therapy in America believes that stress is one of the factors that can prevent conception. "Our endocrine, immune and nervous systems are all intimately connected and influenced by every thought we think and every emotion we feel," she says. "When something significant happens in our lives, the emotionally charged experience gets stored in our brain. Memories and experiences are also simultaneously stored biochemically and electromagnetically in various organ systems. Negative emotional experiences can throw off the finely tuned hormonal balance necessary for ovulation and sperm production".

A study by John Gruzelier, Professor of Psychology at the Imperial College School of Medicine, London, revealed self-hypnosis could strengthen the immune system by 48% in six weeks

The Chinese noticed several thousand years ago the women who had difficulty conceiving often had an underlying emotional issue preventing conception.

Other resources:

[www. hypnofertility. com](http://www.hypnofertility.com)

www.ourjerusalem.com

www.psychceu.com

Books

"It's Conceivable: Hypnosis for Fertility "by Lynsi Eastburn

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