



TheWholeU Fertility Therapy

Together we explore all areas of your life : your body, your lifestyle, nutrition, your mental & emotional states and your family history & patterns which may be affecting your fertility.

All of this is accomplished in a totally respectful, non-judgmental, supportive & caring way.

Consultation / First Session

When you decide to undertake **TheWholeU Fertility Therapy** you will be sent a lengthy questionnaire to complete & return to us at least 5 days prior to your appointment. This will allow us to go through it & highlight any areas we might want to expand on with you at your session.

We will also ask you to complete some drawings (don't worry! You don't need to be an artist!) to bring with you to be interpreted. These will help us gain insight into aspects of your subconscious and your mind/body health.

At the first consultation we will go through your questionnaire in more detail with you and also view your pictures with you and provide feedback.

We will also start to draw up your Ephistogram or family history tree (up to & including your Grandparents on both sides). Don't worry if you don't know all of your family history – we can always work around what you do know. The Ephistogram helps us see any patterns that have occurred in your family through the generations and also your family's belief systems & how these can have a major influence on your life today – without you even realising.

We can also discuss any issues which you have identified yourself which you feel maybe standing in your way of becoming a parent, these might include your relationship, money concerns, past abortion or miscarriage.

We will also give you advice on nutrition, supplements, healing herbs and flower essences as required. At TheWholeU we use & stock the full Nourish-Fertility range because of its quality & value.

Often just talking about issues with someone outside the "family/friend circle" can release a lot of pent up emotional & physical blockages and help you refocus.

Please be aware that this system requires you to work on yourself which will include alot of self analysis & may often mean dealing with painful issues from your childhood or past. Please be assured though that the effect & benefit for your overall health & well-being as a whole, including your fertility, will be SO worth the effort.



Continued sessions

After your consultation session, if you feel the Therapy is going to be right for you then we can draw up an individual plan for you. Each session is now split in two.

The first half will be used to continue the Mind/body work we started. We will work more on your Ephistogram & the issues it has raised for you. This is very much a "living-breathing" document which will be added to each session as matters arise. You will find yourself thinking about issues you had thought were forgotten or small simple events from your past may prove to provide more of a key to your current fertility situation than you had previous thought.

Our work will also help you address any major issues and how to release any sadness, anger & guilt raised.

The second half of the session will look at support for you. This will usually take the form of a 1 hour Reflexology session which not only helps to de-stress the body AND mind, but also helps to harmonise hormones, encourage the immune and lymphatic systems and stimulate the reproductive area.

We can also explore the use of deep relaxation methods, meditation, tension release exercises, emotional release methods, journaling & visualisations.

We also have a wide range of books & CDs which you might like to borrow between sessions.

Just some of the benefits of TheWholeU Fertility Therapy :

- Preparing your body for pregnancy both physically & emotionally.
- Learning more about your own body & natural fertility signs & cycles, thereby enhancing your natural ability to conceive
- Learning how your mind and body "talk to each other" affecting the process of conception and holding a pregnancy to term.
- Relaxing the mind & body to aid the body's ability for conception to be achieved.
- Resolving emotionally-based issues and becoming more receptive to conception, pregnancy and childrearing.
- Heightening the effectiveness of medical fertility treatments.
- Relieving the anxiety and frustration of "trying" for a baby.
- Healing family relationships & any mental or emotional blocks to parenthood.
- Generally creating a less stressed and joyful state of being.
- Enriching your life !

Unfortunately, TheWholeU Fertility Therapy is not a magic cure. Nor will it lead to overnight success (although it sometimes does !) It will however encourage you to address the mind/body link to conception and help you to make simple shifts to your life. This can result in major effects on your body & health and optimum health & well-being = enhanced & effective body functions which can lead to an easier conception and healthier pregnancy and baby.