



MAYTOWN THERAPIES

OSTEOPATHY & HOMEOPATHY

Fertility Program

Welcome

Whether you have just got started or you're years into your fertility journey, I'm here to help - you may have had numerous appointments with specialists, and had unsuccessful rounds of IUI's and/or IVF. You may have tried medication and other therapies, to no avail. Perhaps you've had miscarriages, or you're coming off the oral contraceptive pill after years of use and you're wanting to **prioritise preconception planning** or you're wanting to **optimise your fertility before IVF**.

The fertility Program includes everything you need to **lay down the foundations** for balancing hormones, stimulating ovulation, increasing cervical mucous and improving sperm health, within months.

The fertility protocol I use was originally developed by Liz Lalor and recently enhanced by Melissa Kupsch, using only Fibonacci homochords. It has a **success rate of 87%**, almost always within a 4-month period, with **half of the women who fall pregnant doing so within 2 months of starting the protocol**. These statistics are validated by homeopaths all over the world using this method.

It takes up to 4 months for eggs to mature leading to ovulation, and sperm takes 2-3 months to regenerate, which is why it's ideal to prioritise your health and fertility in the months leading up to conception. This is why the fertility program is 4-months in duration.

The true value of this homoeopathic approach is apparent when even the women who do not become pregnant show improvements in other ways both emotionally and physically. To quote Lalor, **'Every woman I have worked with is far healthier at the end of the Program, than at the start.'**

Benefits of the fertility program

This program doesn't *just* focus on fertility - it also **focuses on YOU**. My goal is to enhance your fertility while supporting you to feel energetic, nourished and connected to yourself and your partner, so you are empowered and educated while you're conceiving your future baby.

With over **1 in 6 couples now experiencing infertility**, the global birth rates dropping and sperm rapidly decreasing, there's a number of issues impacting our fertility that can be addressed to **improve your chances of a healthy conception**, including lack of cervical mucous (often due to long term oral contraceptive pill use), anovulation (eggs aren't released), hormonal imbalances such as high oestrogen and/or low progesterone, luteal phase defect, endometriosis, problems with sperm production, nutrient deficiencies (including B vitamin, iron and zinc deficiencies), high stress, high sugar diets, recurring gut issues such as candida, and lifestyle factors including lack of good quality sleep, caffeine, alcohol, drugs and toxins, which can drive oxidative damage impacting sperm health and egg quality, and impact fertility.

Stimulating ovulation and balancing hormones

With the fertility program, women often see improvements within themselves (energy, libido, mood and sleep) and their hormones and fertility (ovulation, cervical mucous and menses) - within one or two cycles of the program.

For example, Folliculinum, a key homeopathic remedy, which is prescribed for the woman, is a key part of naturally stimulating ovulation. This homeopathic remedy is made from natural oestrogen, and helps with the oestrogen surge leading up to ovulation, which is why **folliculinum stimulates ovulation and helps with cervical mucous production**. Without healthy stringy cervical mucous, mid-cycle, the sperm cannot swim up to fertilise the egg.

During the program women often notice a healthier cycle in terms of a 26-31 day cycle length, and less PMT (including mood swings, irritability, breast

tenderness, fatigue and cravings) leading up to their menses. [Research](#) has shown that **90 % of women with PMS experience improvement after homeopathic treatment.**

Improving sperm health

Males account for 40-50% of infertility cases. There is a global decline in sperm counts, with [research](#) showing a **total sperm count decline of nearly 60% in the last 50 years.**

- A [research](#) trial of sub-fertile men showed that **homeopathy improved both the number and the quality of sperm.** Significant changes were found in sperm density and percentage of sperm with good motility.

How does homeopathy boost fertility?

- Stimulates ovulation and balances hormones
- Regulates your cycle
- Addresses hormonal imbalances such as PCOS, endometriosis, fibroids and luteal phase defects
- Addresses the effects of the oral contraceptive pill, which ‘switches off’ ovulation, suppresses fertility, and contributes to a number of deficiencies, such as Vitamin B9 aka folate and magnesium
- Improves cervical mucous production (which is suppressed with the oral contraceptive pill), and is required mid-cycle for the sperm to fertilise the egg
- Improves sperm count and motility
- Clears genetic predispositions
- Addresses stressors, emotional blocks and unresolved trauma
- Supports energy, libido and mood

The Program may be suitable for:

- Preconception support
- Couples dealing with fertility issues
- Couples who have experienced miscarriage(s) or those that would like to address known factors linked to miscarriage(s) such as an MTHFR mutation, high homocysteine levels, low progesterone, etc.
- Couples starting IVF treatment
- Polycystic Ovary Syndrome - PCOS
- Endometriosis (estimated to affect 25-50% of infertile women)
- Fibroids
- Hormonal imbalances, such as low testosterone, elevated oestrogen and low progesterone
- Anovulation or irregular cycles
- Problems with fallopian tubes or uterus
- Poor sperm health

What's included with the fertility program

One-on-one support

- **An initial fertility consultation** - this often takes 90-120 minutes and includes a thorough health history, including your medical history, family history, emotional + mental health history, etc.
 - It's ideal if the couple can both attend this session.
 - Initial consultations can take place online via Zoom/skype, or at the clinic in Bessbrook, Newry. (please note: all follow up consultations are online via Zoom/skype)

- **Follow-up fertility consultations** - 2x 30min consultations with me at 2 months and 4 months. This gives us a chance to catch up and discuss any changes that have happened.

Fertility Kit

- You'll receive a personalised fertility kit: this includes a **series of 8-10 personally prescribed homeopathic remedies** for the couple to take at specific times of the month, to enhance your fertility. Most women receive 6-8 homeopathic medicines and men receive 2-3 homeopathic medicines to take over the 4 month program.
 - The homeopathic medicines and shipping is included in the fertility package fee.
 - Your homeopathic fertility kit will last you for the 4 month duration of the program

Ongoing support:

You're not left to your own devices, weekly email support is available to answer any questions and help you keep momentum between sessions.

Total Value of Fertility program: £350