

# FERTILITYROAD

YOUR JOURNEY TO PREGNANCY AND PARENTING

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## BACK FOR SECONDS

Pushing on when secondary infertility strikes

## THE EGG WHISPERER

Dr Aimee Eyvazzadeh exclusive interview

**5** STEPS TO ACHIEVING NATURAL FERTILITY

## LOSE WEIGHT AND BOOST FERTILITY

...without even trying!

# FERTILITY JOURNEYS 2015

NEW YEAR, NEW PARTNERS - YOUR INVITATION TO FREE FERTILITY TREATMENT FOR 12 MONTHS

PATRICK HOLFORD - COOKING TO CONCEIVE • 15 MUST-HAVES FOR FERTILE THINKING IN 2015 • JESSICA HEPBURN



PRINTED IN THE UK



# CHINESE HERBAL MEDICINE...

## WITH ANDREW LOOSELY

Andrew's fertility partner Louise is preparing for her IVF cycle in 2015 by undergoing an extensive Chinese Medicine programme. Here are her thoughts from the past couple of months.



### Louise writes...

My recent session with Andrew led us into a discussion about preparing my fertility for Christmas, and looking at how I could protect it through the festive season.

It's tempting to just kick back, eat lots of junk, drink alcohol and then think about fertility in the new year, but according to Andrew this would disrupt the results that we've achieved so far.

My progress to date has been really good with lots of positive changes and I'm feeling great about my IVF cycle in 2015.

Andrew and I have planned to continue this support through herbal medicine, correct diet, some supplementation and changes in my lifestyle, to get me properly prepared for my IVF.

We talked about Christmas and he shared with

me his six top tips to help support my fertility throughout the festivities and, onwards, across the winter period.

It's been a really interesting time working with Andrew and making the necessary lifestyle changes. I'm so pleased to see such great results in my general and fertility health.

I'm applying these six tips below to my winter health plan and am looking forward to doing my IVF cycle with an increase in fertility health!

### Andrew writes...

#### Protect and conserve energy

At this time of year we should be slowing down and spending more time in a restful state, much like other animals that naturally hibernate. Winter is a time of rest and deep rejuvenation of the body, and it's a good time to strengthen energy and nutrient reserves for the upcoming year.

These reserves are known in Chinese Medicine to feed the deeper levels of our bodies, and are linked to improving egg and sperm quality.

#### Eat healthily and avoid processed and refined foods

Although there are many lovely foods available, and often a plethora of social occasions to enjoy, I would advise trying to stick with as natural a diet as possible and continue to avoid refined foods, such as sugar. I would also suggest avoiding alcohol.

As much as it's nice to have a drink during celebrations, try to keep it to an absolute minimum and ideally none at all. Alcohol depletes our nutrient base and also compromises the immune system, which may have an impact on implantation and pregnancy.

I'm a big advocate of homemade bone stocks, the way our grandparents used to make them,

and I recommend eating or drinking stock daily throughout winter. You can make chicken, beef, lamb or venison stocks quite easily. There's a recipe for a simple stock on my website: [naturalfertilityexpert.com/bone-stock-recipe](http://naturalfertilityexpert.com/bone-stock-recipe).

#### Keep extra warm and protected from the cold and damp weather

Keep your feet, legs and lower back really warm and if they get cold add more clothes, or massage the area to get the blood flowing more efficiently.

When your body gets cold it requires more energy to warm itself up, and in the process it uses more nutrients. This depletes your nutrient reserves and takes away from the deeper nourishment of your body and fertility.

This is why animals fatten up for winter and then sleep, allowing their bodies to stay warm and use as little energy as possible. They rejuvenate over winter and return in the spring healthy and ready for the year ahead.

#### Hibernate and rest as much as you can

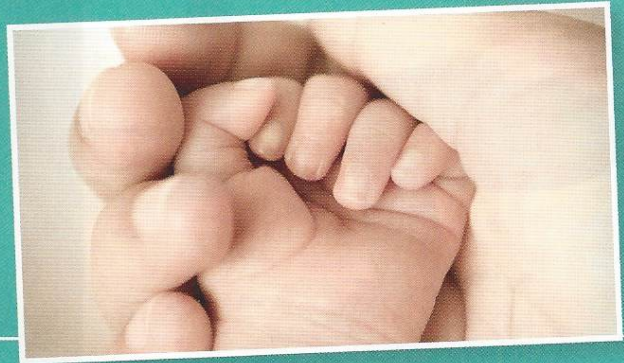
Go to bed earlier, sleep longer hours and try to get up after the sun rises wherever possible. You might feel sluggish in winter, and this is normal, but you'll feel totally rejuvenated in spring after a good long sleepy few months.

Winter is a time for reserving energy - a time to snuggle up and enjoy the long and dark restful nights.

Relax, read books and watch lots of fun and happy movies, and feel as if you're indulging yourself.

Enjoy time with your friends and family at home or in calm environments where you can talk, relax and spend quality time together. Places with open fires are great during winter and allow us to feel deeply warmed compared to central heating.

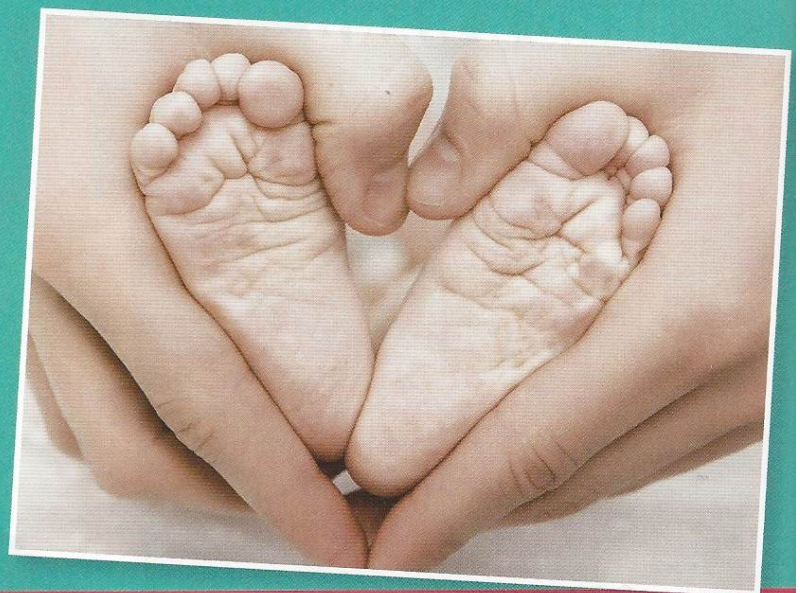
# FERTILITY JOURNEYS 2014



**THE NEW YEAR IS HERE BUT WE'VE A NUMBER OF LAST YEAR'S FERTILITY JOURNEYS TO UPDATE YOU ON.**

The word 'rollercoaster' is probably used too much these days to describe emotions and events that peak and trough, but in the case of our five couples, it's perfectly placed. Between them, they have been through a raft of different emotions – some positive, others not so. And we know from your feedback how much you've valued being able to read brave, concise, unbiased accounts of fertility treatments from those truly experiencing them.

So without further ado, here's the latest update from our couples and experts. Read on too for information on Fertility Journeys 2015 – your opportunity to be selected for a year of free treatment with one of our industry-renowned partners.



HYPNOTHERAPY: Russell Davis • NUTRITION: Dr Marilyn Glenville  
CHINESE MEDICINE: Andrew Loosely • DETOX: Simply Healing • EGG DONATION: IVF Spain