



*"Miracles are not contrary to nature, but only
contrary to what we know about nature."
Saint Augustine*



 **HypnoFertility™
Canada**



Ontario Hypnotherapy
pathways to healthy mind-body connection

8 Centre Street
Markham, On. L3P 2N8
(905) 428-1970
1-877-ON-HYPNO

www.HypnoFertilityCanada.com

Hypnosis for Fertility

Worry = Negative Self-Hypnosis
Hypnotherapy = Positive Change

The negative self-talk you allow in your mind about the challenges you may be experiencing, repetitive patterns and/or other difficulties can cause great stress and anxiety.

When you become so worried that you allow a negative inner mind state to take over, you begin to realize the self-fulfilling prophecy of failure from within.

How We Can Help.

Hypnotherapy transforms that fear and frustration you're feeling, providing you with tools that enable you to achieve the relaxation necessary for a calm, peaceful, positive and viable pregnancy.

Thousands of women in the United States and Canada have been using HypnoFertility™ as a means to assist their own fertility in ways never before attempted and they have the success stories to make the hardest of hearts smile. In ways, not yet fully understood, women are attributing hypnosis to increasing their chances of conception leading to term.

Now, especially when combining hypnosis with IVF or IUI, women are literally doubling their success rates, alleviating the disappointments and possible stress that may come from repeated cycles.

Hypnosis Works Results From Studies Are Undeniably Amazing!

Several studies show the efficacy of Mind-Body techniques to accomplish results in removing unresolved issues about having a baby.

In studies conducted by Alice Domar PhD, published in the Journal of the American Medical Women's Association (1999) and confirmed in a follow-up study published in "Fertility & Sterility" (2000) 55% of women who used Mind-Body techniques regularly, conceived within six months compared to 20% of the control group who used no Mind-Body techniques.

The chances of conceiving doubles when hypnosis is added as a complement to IVF. In 2004, Professor Eliahu Levitas and his team conducted a study with 185 women undergoing IVF in the Soroka Hospital in Beer-Sheva, Israel. While 14% of the women in the control group conceived, 28% of the women who had been hypnotized conceived as a result of the single treatment.

Particulars of these and other studies are kept on file at the Markham Office



HypnoFertility™ can be used by couples who want to conceive naturally or in conjunction with assisted fertility treatments.

HypnoFertility™ has been successfully used in harmony with Naturopathic Doctors, Fertility Clinics as well as Traditional Chinese Medicine, Acupuncturists and Homeopathic Doctors to facilitate healthy pregnancies, either in natural conception or through assisted methods such as IVF or IUI.

Please contact HypnoFertility™ Canada to discover how Hypnosis for Fertility can work for you.

HypnoFertility™ was developed by Board Certified Hypnotherapist and Instructor, Lynsi Eastburn. The program used by HypnoFertility™ Canada helps women to support natural conception. We also provides specific hypnotherapeutic support to women undergoing IVF, IUI and other medical procedures.

Using the Mind-Body Connection to assist and support fertility is a powerful and precisely individualised program that supports the entire process (natural or medically assisted) for optimal results.