



SUNSHINE COAST AND BUNDABERG

COMPLEMENTARY THERAPIES BOOKLET



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COMPLEMENTARY THERAPIES AND FERTILITY TREATMENTS

At Fertility Solutions Sunshine Coast and Bundaberg, we take a holistic approach to individuals and couples care. This includes considering not just the physical side of the person but also the emotional and spiritual sides. We embrace traditional medicine as a complement to western medical approaches to preconceptual care and fertility treatment. There is a strong body of evidence which supports the use of complementary therapies in conjunction with fertility treatments to induce relaxation and reduce emotional and physical stresses.

The team at Fertility Solutions has researched local complementary therapists who have a special interest in fertility and want to work with us to help you optimize your health, your response to treatment, your chances of a successful pregnancy and the health of your baby.

On the following pages you will find information about a whole range of opportunities that are aimed at assisting you to reach your goal(s) when it comes to health care. Although Fertility Solutions have made every effort to ensure the accuracy and completeness of information contained in this booklet, we assume no responsibility for errors, inaccuracies, omissions or any inconsistency herein. If you are unsure of anything, please ask your Fertility Specialist Nurse or Doctor.

Some of the therapies/approaches that may help prepare you for a healthy pregnancy are;

- Quit Line: Stop Smoking
- Acupuncture
- Yoga
- Chinese Medicine
- Naturopathy
- Massage therapy
- Physiotherapy
- Dietetics-Nutrition
- Chiropractic
- Personal Training

In many circumstances we have additional information on the approaches listed above. Please just ask us.

We are open to any other suggestions and welcome practitioners contacting us so that we can discuss how we can work together for the health of our patients.

In the following pages is an introduction to the various therapies and practitioners who are working with Fertility Solutions to help you achieve your dream.

QUITLINE: STOP SMOKING

There has never been a better time to quit smoking. What better motivation could you have than to be able to make a difference with your and your babies' health?

There is no doubt that smoking is bad for you, OK! Planning for a baby is the perfect excuse to finally kick the habit. Why? Smoking reduces the chances that you will get pregnant with or without treatment. It increases the chances that you will miscarry, or experience serious pregnancy complications such as placenta praevia, bleeding, cerebral palsy and still birth. Not to mention increasing the chance that you won't be around to see this child reach adulthood. There is no safe level of smoking other than none. Even passive smoking is a risk. This goes for the men just as much as the women.

Don't delay do it now.

Phone the Quitline on 13 7848 (13QUIT) or go online to www.quitcoach.org.au

TRY NICOBLOC

A product that helps you reduce and overcome smoking at your own pace and what's more it does not contain Nicotine.

NicoBloc is the result of more than 10 years' research and development. NicoBloc uses a fluid that is made from 100% approved food grade ingredients and does not contain Nicotine or any other drug. One drop of NicoBloc fluid will block the intake of up to 33% of tar and Nicotine without significantly changing the taste or smoking experience. With only 3 drops blocking up to 99% of tar and Nicotine. There are approximately 700 drops per bottle and should last a typical 20 a day smoker about 2 weeks.



Ask your Chemist or GP about this product or you can find more information on the NicoBloc website at www.nicobloc.com

**GIVE IT A GO – YOU AND YOUR BABIES FUTURE RELIES ON
YOU STOPPING SMOKING, THERE WILL NEVER BE A BETTER
TIME!**

CHINESE MEDICINE AND ACUPUNCTURE

The benefits of Traditional Chinese Medicine (TCM) and acupuncture is that it can be used alongside cutting edge Western reproductive medicine to increase the chances of conception. The strengths of Western medicine are just those areas in which Chinese medicine is lacking, while the weaknesses of Western medicine are also precisely those areas where Chinese medicine has the most to offer. In other words, the two disciplines complement each other exceedingly well.

HOW DOES IT WORK?

TCM focuses on restoring health and balance to the body and therefore can assist Western medicine to work more effectively. TCM regards the body as an ecosystem and as such addresses the often, complex relationships between its different systems. Maintaining and restoring the 'balance' within the body is at the heart of diagnosis and treatment in TCM.

HOW DOES IT APPLY TO FERTILITY?

In TCM fertility/conception problems result from imbalances within the network of organs, hormones and energy systems of a woman's body. This network responds to stress, chemicals, lack of exercise, poor diet and excess emotions, all of which can put the body off balance. These imbalances prevent the body from doing what it was designed to do. A TCM practitioner looks at every aspect of a woman's health (by taking a comprehensive case history), to assess which organs are imbalanced. Then will utilize a program of acupuncture, herbs, exercises, dietary and lifestyle changes, to restore equilibrium to her body. The most important distinction that TCM practitioners can make is to identify the underlying pattern of dysfunction. Once this is established and treated, the outward manifestation of symptoms usually disappears. In Eastern medicine there is no separation of mind, body, emotions and spirit and TCM therapy is based upon administering to them all.

Acupuncture and TCM has been used for fertility treatment for thousands of years. Now, with new research performed in the Western world demonstrating acupuncture's effectiveness, it is becoming an important aspect in fertility both alone and alongside IVF treatments. In fact, 4 recent studies have shown a significant increase in pregnancies and birth rates when acupuncture has been used as an adjunct treatment before and after IVF embryo transfers.

Acupuncture can increase blood flow to the uterus and has a regulating effect on the hormonal systems via its ability to regulate the hypothalamic-pituitary-ovarian-axis, an essential aspect in the development of conception and healthy pregnancy.

WHAT CAN I HAVE TREATMENT FOR?

As seen, acupuncture and TCM can assist in the treatment of many Gynecological and Obstetric problems including the following:

- Menstrual cycle irregularities
- Pain
- PMT
- PCOS
- Endometriosis
- Ovulation problems
- Low sperm count
- Infertility

As you may well know, from a traditional point of view, acupuncture aims at regulating the two interdependent forces of Yin and Yang. Here you can see how this applies to the menstrual cycle. Each must be in balance for the next process to occur effectively. You will notice that as these processes return to balance, your overall wellbeing will be greatly enhanced.

HOW LONG DO I NEED TO BE TREATED FOR?

Most infertility issues can be resolved within 3-4 menstrual cycles or around 3 months for males. More complex and long-standing conditions may take up to 6 months of treatment. Lifestyle changes will usually lessen the treatment period. Treatments will usually be more frequent for 1-2 months and then both the amount of acupuncture and herbs required can be consistently reduced as the patient's condition improves. Acupuncture may be required once per week for the first 1-2 months of treatment and can then normally be reduced in frequency. We are able to treat some conditions with herbs alone depending on the diagnosis and patient condition.



Reference:

The Infertility Cure by R Lewis PHD

Treatment of Infertility with Chinese Medicine by J Lyttleton

TCM PRACTITIONERS AND ACUPUNCTURISTS

Sunshine Coast



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TCM PRACTITIONERS AND ACUPUNCTURIST

Bundaberg



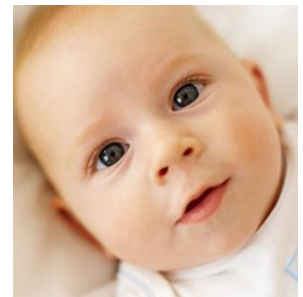
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NATUROPATHIC TREATMENTS AND PRECONCEPTION HEALTH CARE

Having a baby is one of the most important events in an adult's life, though often an unconscious one. We spend more time planning our wedding or our birthdays, than we do planning our pregnancies. We do very little to prepare our bodies for conception in order to allow the fetus the best possible chance in life. Veterinarians, stock breeders and farmers all practice preconception health care on their animals currently, as did our ancestors formerly. There are many clinical studies and scientific evidence showing the benefits of preconception care and nutrient supplementation prior to and during pregnancy. Here are some excellent reasons to consider undertaking preconception health care;

- One in six couples are now clinically diagnosed with infertility
- One woman in five will suffer miscarriage
- One baby in ten will be born prematurely
- One baby in thirty is born with congenital defects
- Childhood allergies and asthma are at epidemic rates
- Learning and/or behavioral problems have become common place



Lack of education about fertility and how our menstrual cycle works, along with poor diet, environmental pollutants and stressful lives are mainly to blame.

WHY IS PRECONCEPTION HEALTH CARE SO IMPORTANT?

The health of a baby is largely due to the health of both the mother and father prior to conception. This is because the mothers' egg takes approximately 100 days to mature before ovulation and father's sperm needs about 116 days to form.

Naturopathic treatments are designed for couples to embark on a 4-6 months conscious lifestyle program. It is the wish of every prospective parent when planning a family to have a healthy baby and a positive, rewarding pregnancy and labour.

WHO COULD BENEFIT?

Whether you have Poly Cystic Ovarian Syndrome (PCOS), Endometriosis, male infertility, or unknown causes for not falling pregnant naturopathic therapies maybe able to help.

WAYS OF INCREASING YOUR CHANCES OF CONCEIVING YOUR BABY

1. **Nutrients:** Giving your body the correct foods and nutrients. Nutrient supplementation is necessary for the best reproductive health will be assessed. Screening will be done for essential trace elements such as Zinc, Iron, Calcium and Magnesium, which are equally as important for female reproduction as they are for male fertility. Dietary modification will be suggested where needed, depending upon outcome of allergy, food sensitivities and Candida screening.
2. **Timing:** Did you know that there are only certain days of your cycle that you can conceive. You will be shown how to recognise signs of fertility that recur with every menstrual cycle.
3. **Environmental Factors:** Getting the pollutants out of your house and workplace. Tests to determine heavy metal toxicity; Lead, Mercury, Cadmium and Copper will be performed and treated if required.
4. **Detoxification:** Happy liver, happy baby. Herbal medicines are individually prescribed depending upon your needs to assist with detoxification and improve reproductive health.
5. **Mental Health:** Effective strategies to combat what may be holding you back ... STRESS. Emotional support, stress and relaxation techniques are taught throughout the program. Most men and women are leading busy lives and spend little time for themselves. Learn how to incorporate simple quick relaxation exercises to assist with stress and other emotional issues. Treatment for nervous system exhaustion and depression will be prescribed where necessary.

HOW WILL YOU BENEFIT FROM PRECONCEPTION HEALTH?

- Preconception healthcare can improve fertility in both men and women
- Can increase male fertility with improved sperm health, sperm count and sperm motility
- May prevent miscarriage, stillborn and premature births
- May help to avoid postnatal depression and helps with bonding and breastfeeding
- Helps to avoid birth defects
- Helps to enjoy a rewarding full-term pregnancy, a natural birth and a healthy baby
- Preconception care may help to prevent prevalent childhood ailments like asthma, allergies and behavioral issues.

NATUROPATHIC THERAPISTS

Sunshine Coast



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Karen McElroy

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Bundaberg Health Foods

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PERSONAL TRAINING

Personal training incorporates all aspects of wellbeing and can greatly assist in overcoming depression and low self-worth by developing a healthy mind through a healthy body, increasing confidence, developing goal setting skills, health discipline and maintaining a positive attitude.

Exercise is vital for fertility as it promotes good health, helps control weight and improves blood flow to all the vital reproductive organs required by men and women to help create a healthy pregnancy. Increased fitness also reduces risk of miscarriage, diabetes and high blood pressure during pregnancy. The psychological benefits of exercise include stress relief, reduced levels of anxiety and depression and regular exercise also promotes restful and regular sleep patterns. Maintaining a positive state of mind and body increases your chance of achieving a successful pregnancy. If you can recommend a personal trainer to us, please let us know and we will gladly incorporate them into this booklet.

**A strong, healthy body means a
greater chance of a healthy pregnancy.**

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YOGA

Modern Yoga, with its emphasis on breathing, mindful movement and deep relaxation is certainly the perfect antidote for the western life including the reproductive challenges that face many couples' worldwide. The East meets West approach to creating a more holistic lifestyle will encourage your body back to a state of health for all aspects of your being. A regular yoga practice, as part of this complete package, can assist in the following ways:

PHYSICAL BENEFITS

- Releasing stress and tension from the body particularly the key areas of the lower back, the shoulders and neck. Certain postures also open and prepare the pelvis, physically.
- Switching off the fight or flight nervous response. Instead the relaxation response is activated – endorphins are released giving a feeling of wellbeing, blood flow to the organs is stimulated allowing greater digestion and assimilation and finally the immune system has an opportunity to restore. This is a healing state for the whole body.
- Certain postures and styles of yoga may purify the body of toxins (particularly the heating practices), though the more meditative, gentler styles have been shown to be of most benefit
- Many people find that they sleep better with a regular yoga practice
- A yoga practice helps to balance the hormones and subtle energies of the body
- Develop trust of the body's innate wisdom

MENTAL/EMOTIONAL BENEFITS

- By using the yogic deep breathing whenever stress (physical, mental or emotional) arises we can find instant calm
- Yoga & meditation can enhance your mental stamina especially for developing patience towards the fertility process or should you need to give up cigarettes etc.
- Rather than being swept along with emotion (depression, anger or worry) and replaying the same thoughts we can stop, get some perspective and change our response, rather than react habitually
- Promotes a more loving connection with and sense of awe of your body (as opposed to anger at its failings)
- Many practitioners find a naturally arising desire for a healthier lifestyle
- Visualization practices may also assist the process

SPIRITUAL BENEFITS

- Enjoying a connectedness to all of life including cultivating compassion towards our self and all beings. In this way can embrace life more fully no matter how it looks.

CHIROPRACTIC FOR PRECONCEPTION AND FERTILITY CARE

WHAT IS CHIROPRACTIC?

With our increasingly busy and stressful modern lives, it is becoming more and more common for couples to have problems conceiving. Physical, chemical, and emotional stress combined can have an accumulative and perhaps detrimental effect on your body, and how it functions as a whole.

The Chiropractic Profession bases its philosophy on the fact that your brain controls or governs nearly all functions in the human body. The brain is designed to communicate effectively with the body via the spinal cord and nerves. Your spine is designed to protect your nervous system and allows this communication to be as optimal as possible by adapting to internal and external stress. If stress continues to build up, your body can become limited in its capacity to adapt. When your body's ability to adapt to these stresses is compromised, an unhealthy spine may result, which in turn may lead to an unhealthy nervous system, contributing to an unhealthy body.

Chiropractic Care is a holistic therapy designed to improve the movement of your spine and body through specific, gentle adjustments to your spine and other joints. Chiropractic care helps to decrease the effects of internal stress on your nervous system and allows your body to communicate and function at a more optimal level.

HOW WILL CHIROPRACTIC HELP US?

For couples having troubles with fertility, chiropractic care may be one of many beneficial therapies to help get your body and health back on track. Chiropractic care aims to decrease your body's internal stress levels to help your body to communicate and function more optimally. For preconception care, chiropractic care may help to improve your menstrual cycle and ovulation regularity, as well as help improve brain-body communication (including reproductive organs). When your body is under less stress and adapting in a more efficient manner, enhanced communication throughout your body may help to improve the probability for successful conception.

When conception is achieved, it is recommended to continue chiropractic care throughout your pregnancy. Chiropractic care during pregnancy has been shown to help reduce discomfort that may be experienced, reduce the need for intervention through the birth, as well as shorten labour times from 24-39%¹.

IS CHIROPRACTIC CARE SAFE?

In Australia Chiropractors undergo five years of full-time university studies and are trained and educated to be primary health care practitioners.

Chiropractic care has been found to be a safe and beneficial form of health care.

A 'Commission of Inquiry into Chiropractic' done by the New Zealand government conclude that 'Spinal adjusting is a vital, very safe and clinically effective form of healthcare. Chiropractors have more thorough training in spinal mechanics and spinal care than any other health profession. Furthermore, chiropractic is scientifically based. ²'

To compliment a holistic approach to increasing your fertility, try Chiropractic Care.

¹ Clapp F, Kim H, Burciu B, et al. Beginning regular exercise in early pregnancy: effect on fetoplacental growth. Am J Obstet Gynecol 2000;183:1484-8.

² New Zealand Government Commission of Inquiry into Chiropractic. New Zealand Government Printer. 1979; 1-377; 25.

REMEDIAL MASSAGE

MASSAGE AND REMEDIAL TREATMENT FOR PROSPECTIVE PARENTS

Growing a baby changes your body, mind and lifestyle — forever! Are you ready for this? Pregnancy is like a marathon — it is much easier (and more fun?) if you are prepared, sustained and maintained as your body goes through dramatic changes. Like an athlete, a pregnant woman's body is challenged and stressed in many ways. Childbirth is hardly a sport, but it does come under the heading of extreme physical effort. Your body needs to be fit, healthy and not stressed to *start* the baby-making process.

The opportunity for making significant improvements to your fertility and your child's future health is established in the 120 days of preconception preparation — before a pregnancy is even in sight. The time to optimise your child's future, giving him/her the best possible start in life is not during your *pregnancy* — it is during your **preconception preparation, and** involves **both parents**.

Motherhood is such a fundamental focus and role for most women, even for women who have rewarding and demanding careers. Modern lifestyle can frequently present serious health concerns — we now live longer, busier, more chemically challenged and 'stressed out' lives. We ask more of our bodies today than our ancestors, yet we still fail to acknowledge one of the simplest laws of nature — every action has a reaction and as a result, our bodies sometimes struggle to clean up the mess. Nutrition in **both** parents, even before pregnancy, has a profound effect on the state of the egg and sperm, as well as on the nature of the secretions within the peritoneal cavity. And nutrition affects all cells, muscles and organs.

There are many medical terms for 'inability to conceive', but we treat the signs and symptoms rather than the 'condition'. Complaints may include: back, hip or neck pain, headaches, cramping, painful menstruation, or pain with intercourse, constipation or loose bowels, poor digestion. Many women have had success with natural therapies which boost the immune system, release/repair damaged tissue and re-balance muscles and de-stress your body.

TREATMENT

Treatment helps in clearing adhesions and trigger points in and around muscles, organs, and connective tissues. We work with the whole mind/body/spirit to de-stress and tone your body — ready to make a baby. We use a variety of remedial techniques including deep tissue massage, lymphatic drainage, myotherapy and muscle energy techniques, remedial hot stones and reflex zone therapy. The addition of SCENAR treatment can have a profound effect on the outcome of the treatment.

We develop a treatment plan in collaboration with you to include clinical therapy and bodywork you can do at home. All this comes together to get your body in the best possible condition to make a baby — whether by natural conception or IVF and continue through a successful pregnancy.

REMEDIAL THERAPY CAN BE LIFE-ALTERING FOR A MOTHER-TO-BE AND BABY

Remember, we are with you all the way — with advice, nurturing and professional care. The healthier and fitter you are, the better chance your body will have in making a baby, and you having a wonderful, relatively pain-free pregnancy.

Sunshine Coast



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ENERGY AND SOUL HEALING

Fertility Solutions is always on the lookout for innovative ways to provide additional care for our patients and have recently come across a mode of practice known as energy and soul healing. This, like other complimentary therapies, may not be suitable for all but if it is of interest Bente of Dynamic Energy Healing might be an option to consider.



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A note from Bente about her work:

“My line of work is distinctly different from what is generally on offer in the natural health industry and because of this it’s easiest to simply label what I do as energy and soul healing. Now you may wonder just how this could possibly relate to the field of fertility, conception and pregnancy. In fact, it’s highly relevant in some instances especially when there is difficulty in conceiving.

As an energy and soul healer I have been gifted with the ability to tune into what is going on within an individual’s psyche (sub-conscious) and to gain a deeper understanding just what is preventing conception. Sub-conscious resistance may be due to a number of factors. Something as simple as conditioning from a parent can influence a young girl sufficiently to have her vow, “I’m never going to have children”, or there may be cellular or energetic memories from other lifetimes relating to difficult childbirth, having too many children, losing a child, etc. The sub-conscious reasons are plentiful. Clearing them is what I do in my line of work, along with other fear based issues that may be present sub-consciously. If you doubt this possibility exists I highly recommend Brian Weiss’ book *Many Lives, Many Masters*.

A session with me is relaxing, painless and should leave you feeling lighter and calmer about your journey. It supports the release of stress thereby enabling your body to work more harmoniously and in a manner it’s supposed to. The majority of my client work is undertaken from a distance, yet is still highly effective as it works on the subtle levels supporting the body into a state of balance.

Contact me if you are interested in learning more.”

At Fertility Solutions we specialise in delivering advanced fertility and IVF solutions that support you, your family and your future. To achieve even better results we offer complementary therapies that enhance your health, treatment and the health of your baby.

Offering support through complementary therapies

This is by no means, an extensive list of complementary practitioners. If you are seeing a complementary therapist and think they may be interested in talking with us about accreditation, please invite them to phone Fertility Solutions Sunshine Coast on 07 5478 2482 or email us on enquiries@fssc.com.au or Fertility Solutions Bundaberg on 07 4151 5222 or email Bundaberg@fssc.com.au.