

THE *Life*  
WELLNESS CENTRE



Barbados Fertility Centre believes in complementing traditional medical practices to increase our patient's successful outcome.

Holistic Therapy is intended to treat you as a whole on all levels -

mind, body, and spirit

# nutrition

It is important that we are able to choose the proper foods that supply us with the four basic nutrients, water, carbohydrates, proteins, and fats. We also need to think of the vitamins, minerals and other micronutrients. By choosing the healthiest forms of each of the nutrients and eating them in proper balance, you enable your body to function at its optimal level.

Eating a healthful diet and supplementing your diet with the appropriate nutrients will help to assure that your organs, cells, and tissues get the fuel they need to operate properly. Should we not give our bodies the proper nutrients; we could impair the body's normal functions.

By understanding the principles of holistic nutrition and knowing the nutrients you need, you can improve your state of health, ward off disease and maintain a harmonious balance.

Your visit will involve a detailed consultation. After which you will receive dietary advice and program of treatment that will best support your individual condition.

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# reiki

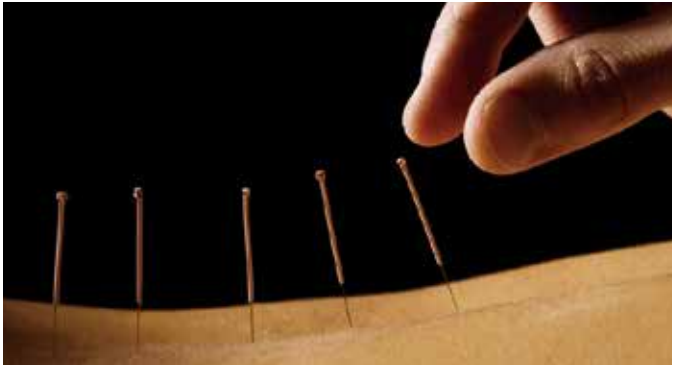
Reiki is used as a healing therapy, which originates with the Buddhist tradition. The word "Reiki" means universal life energy.

The Reiki experience is different for each individual, and it usually has a powerful effect on many different levels. When you receive Reiki you enter a deep neutral space where the unconscious can reveal messages to your conscious mind, often in pictures, colours, memories or words.

Your visit will involve a consultation followed by the treatment. You will be asked to lie fully clothed on the massage table. Throughout the treatment the therapist will place her hands in several positions over the whole body. The treatment starts at the head and ends at the feet in order to ground the person and bring energy into the legs.

Reiki works on the physical, mental and emotional levels, and is a simple yet effective method of promoting healing, relaxation and well-being.





# acupuncture

Medical studies prove the success of complimenting acupuncture with IVF treatment and The World Health Organization recognizing Acupuncture to be an effective therapy for many conditions including those affected with fertility issues.

Acupuncture is a very ancient form of healing, which pre-dates recorded history, inserting ultra-thin needles along the body at strategic points that correspond with energy and blood flow. These points when needed can regulate the way in which the body functions.

During an acupuncture treatment, the nervous system relaxes and stress levels decline significantly. This allows increased and improved blood flow into your reproductive organs. As a result more oxygen and nutrients are supplied and IVF medication gets more easily into the uterus and ovaries.

## How Acupuncture improves IVF success rates:

- ◆ **Reducing stress** - this is one of the most important reasons for receiving acupuncture.
- ◆ **Improving blood flow** - helpful for improving endometrial growth.
- ◆ **Enhancing ovarian function** - this helps improve the quality of eggs produced.
- ◆ **Decreasing uterus contraction** - this improves the environment for the embryo to attach to the uterine wall after embryo transfer.
- ◆ **Strengthening the immune system.**
- ◆ **Improving mobility, quality and quantity of male semen** to produce better quality and quantity embryos

# massage

Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being. It is more than relaxing "me-time". Studies continue to prove the physical and emotional benefits of even a single massage therapy session.

Massage therapy during IVF is beneficial as when you are healthier, your body has more energy to allow healthy conception. Massage stimulates the circulation of blood and lymphatic fluid, and to relieve stress and anxiety. When stress and anxiety is present this can create a hormonal imbalance, thus affecting ovulation timing, cervical mucus production, egg quality, sperm production, embryo implantation, and more.

Massage counters these negative influences and is designed to not only increase the flow of blood to the uterus, ovaries and fallopian tubes, but also increase a sense of well being, strengthen the immune system, stimulate the balance production of hormones, and improve the health of the lymphatic system. Massage therapy helps your body achieve an optimum health state.

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# aromatherapy

Aromatherapy is the ancient art of healing and soothing through the use and diffusion of essential oils. These oils are substances extracted from the petals, fruits, twigs, leaves and seeds of plants which are used in a variety of ways to enhance the health of the individual. Each oil possess particular qualities and can be used to treat specific ills.

Your visit will involve a consultation where a detailed personal history as well as a personal medical and family history will be taken. This will allow the Therapist to prescribe and make up the correct formulation of Essential Oils, which is then applied directly to the skin and massaged in by professional massage techniques. Your body will be covered throughout the treatment apart from the area being massaged.





## reflexology

Reflexology is a gentle, non-invasive therapy, deeply relaxing, restoring, and a great way to reduce stress and tension. Reflexology is based on the concept that there are reflex areas in the feet and hands which correspond to all of the glands, organs, and parts of the body, and all parts of the body are connected by pathways through vital energy flows. When our energy is low or tension blocks the natural flow, our organs and systems cannot function properly.

For those couples who have chosen to have IVF, Reflexology can be used to help reduce the stress & emotional unease and help prepare the body physically which can enhance the success of the treatment.

By applying gentle pressure to the points with the thumbs or fingers, the therapist can stimulate the flow of energy to all parts, clearing blockages and helping the body to achieve its own state of equilibrium and good health.

You will be asked to take off your shoes and socks, and comfortably recline while the Reflexologist works over the reflexes.

### ***Some of the conditions associated with infertility that reflexology may help:***

- ◆ Endometriosis
- ◆ Polycystic Ovarian Syndrome
- ◆ Irregular periods or ovulation
- ◆ Blockages to male tubes
- ◆ Low sperm count
- ◆ Stress related infertility

### ***A few other conditions reflexology is often used:***

- ◆ Headaches
- ◆ Sinus issues
- ◆ Joint and back pain
- ◆ Anxiety and depression.

# treatments

◆ <b>Acupuncture Therapy</b> (single)	60 mins	\$ 100.00
◆ <b>Acupuncture</b>		
Pre & Post Embryo Transfer	2 x 45 mins	\$ 200.00
◆ <b>Reflexology</b>	60 mins	\$ 105.00
◆ <b>Full Body Massage</b>	60 mins	\$ 100.00
◆ <b>Aromatherapy Body Massage</b>	80 mins	\$ 190.00
◆ <b>Indian Head Massage</b>	45 mins	\$ 100.00
◆ <b>Neck and Shoulder Massage</b>	60 mins	\$ 100.00
◆ <b>Chakra Rebalance</b>	60 mins	\$ 100.00
◆ <b>Reiki</b>	60 mins	\$ 100.00
◆ <b>Nutrition Consultation</b>		\$ 120.00
◆ <b>Healthy Mind Counselling</b>	90 mins	\$ 175.00

By Appointment Request.

\* Prices listed in US Dollars and are subject to change.

\*\* Please note a 24 hour cancellation policy on behalf of our therapists.



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