



natal
HYPNOTHERAPY



**Information
pack with
full instructions**

Helping you get the most out of your
Hypno Fertility tracks

Be more relaxed, confident and prepared



What is Hypno Fertility?

With hypno fertility tracks, you learn powerful and effective self hypnosis techniques, relaxation and guided visualisation to help you create a state of calm and relaxation, to recognise and let go of fears or concerns, and work with your body to maximise your chance off successfully welcoming baby into your life.

Hypnosis is a completely natural state similar to daydreaming, during which you feel extremely relaxed, calm and have a heightened sense of awareness and concentration. It is a time when your busy, analytical, conscious mind takes a rest and allows you to sink into your dreamy subconscious which is the part of you that: -

- Stores all your memories, emotions and patterns of behaviour.
- Is responsible for all bodily functions e.g. breathing, immune system, blood pressure and hormone release, reproductive system
- Is an untapped resource of confidence, creativity, natural intelligence and imagination

When you relax, and enter into this state, your mind becomes receptive to positive suggestions and can function much more efficiently and effectively. In Hypnosis you become an active problem solver with access to change old habits, as well as to untapped resources and inner strength and confidence.

Hypno fertility is using the natural state of Hypnosis for a particular end. It is a safe and gentle way of opening the door to the subconscious to bring about positive change to your way of thinking, to your behaviour and to your body. Practising hypno fertility leads you to being more relaxed, feeling more in control and to deal with life and those around you more effectively.

The beneficial use of Hypnosis has been around for centuries to help with all kinds of issues such as sleep and providing anaesthesia. Today it is used in many areas of life including sports performance, medical treatment, overcoming phobias, therapeutic treatment, changing habits (such as stopping smoking) and helping with life skills such as reducing weight and being more confident.

Hypnofertility to get pregnant naturally

The mind and the body are not separate, they are simply one entity. Your body stores all your emotions and thoughts, every memory, every feeling, every fear is stored in your body. In addition, your thoughts create an unconscious response and reaction in your body e.g. feeling anxiety in your stomach or chest, having sweaty palms when frightened, butterflies when in love and so on.

Often, women today have spent many years being mentally and emotionally opposed to getting pregnant and have actively prevented conception. Their subconscious has been so geared towards preventing pregnancy that when the woman consciously feels the "time is now right" to have a baby, her subconscious may not always get the message and may need to be given "permission" to stop protecting her from becoming pregnant.

There may be many reasons, both big and small, why a women's body is not fully prepared for conception. Reasons which the subconscious part of the mind believes are important enough to protect her from conceiving. Questions which may be in her mind such as "How will the new baby really fit into my lifestyle? How will it effect my relationships? Can we cope financially? Can I be a good enough mother? Can I really produce a happy healthy child? How will I cope with giving birth? Will I be as good / bad as my own mother? Will having a baby destroy my figure?"

This hypnofertility track can help you realign your mind and body and help you to prepare emotionally as well as physically for conception. Once deeply relaxed, the techniques and suggestions on this track take you on a journey to recognise and then "let go" of any reasons which may be holding back your body from conceiving. Once you have "let go" the CD guides you through a technique to give your body permission to conceive and to welcome a child into your body.



Hypno fertility to get pregnant naturally can be listen to every day during ovulation and then 2-3 times a week for the rest of your cycle.

Hypnofertility - Helping you through the IVF process

IVF can be a very difficult, stressful and emotional process. For many women the transition from planning on conceiving a baby by using the body's natural approach, to a medical and clinical procedure can be a difficult and stressful one. Yet ironically, women who are more relaxed during IVF have been shown to have a higher chance of success and are better able to deal with all the procedures involved.

A clinical trial in Israel* showed that women who used Hypnosis during IVF had double the chance of success.

This Natal hypnotherapy hypno fertility tracks were specifically created to help women cope with the stresses and strains of IVF by teaching them easy to use relaxation and guided visualisation to help them emotionally, mentally and physically prepare their body for successful IVF. It supports women through the process, by instilling a sense of positivity, calm, and belief and confidence in her body - a confidence often knocked by years of trying to conceive and difficult, disheartening medical examinations.

The **Hypnofertility IVF album** has 3 tracks.



1. An introduction and only need be listened to once.
2. Pre Embryo replacement - listen to this track every day from the beginning of your treatment until the replacement of embryos. This track focuses on preparing you for the clinical procedures, helping with the changes taking place in your body and helping you keep positive and relaxed.
3. Post replacement - listen to this WHILST the embryos are being replaced and then every day thereafter. This track will help you stay relaxed, focused on other things (not just on the IVF) and helps with visualisations to encourage your body to accept and develop the embryos.

The IVF hypnofertility tracks will help you to cope with the various medical procedures and treatments of the IVF process, and what's more, have a real practical effect - in our latest survey of 79 women who used this track 52% became pregnant.

*A team from Soroka University, Israel, in a study of 185 women, 28% of women in the group who were hypnotised became pregnant, compared with 14% of those who were not.

FAQ

Can I listen to it in the car?

DO NOT listen to the track in the car. You are likely to enter deep relaxation which would not be safe for the driver of the car and do not operate any equipment which may require your full attention.

What should I do before listening to the track?

Listen to the track at a time when you would not normally be going to sleep e.g. first thing in the morning, after work, during the afternoon, etc. Find somewhere quiet and comfortable where you will not be disturbed and make sure you have enough time to listen to the whole track. Switch off your phone; get yourself comfortable and take a few deep breathes before pressing play.

What happens if I am interrupted during the session?

If you are interrupted during the session, simply count to 5 in your head (as you will do at the end of the track), get up slowly and respond to the interruption. If you wish to go back to listening to the track, you must start from the beginning again.

I feel like I have fallen asleep when listening to it!

A deep state of self-hypnosis can feel very similar to being asleep. Often you may not remember anything you heard on the track, but feel as if you 'woke up' at the end. If you do actually fall asleep, and wake up some time later then that is also fine - it is a great sign that your body and mind are truly letting go and relaxing which is extremely beneficial.

How else can I get the most out of the track?

Have your favourite aromatherapy oil burning when you listen to the track, that way your subconscious will make the association of the smell with deep relaxation. You can then burn those oils when making love or if undergoing any fertility treatment, during the treatment itself.

I am a bit nervous about what is actually on the track?

Listen to the track once in a waking / conscious state (ie at the kitchen table with a cup of tea so you can take in what is actually on the tracks. You can also make a note of any particular phrases, images or visualisations that you particularly like. You can then use these at other times when you are not able to listen to the track to help keep you in a positive state of mind.

Can I listen to it in bed at night?

If that is the only time you have then it is OK, however you may get more benefit if you listen to it at a time when they would not normally be going to sleep e.g. first thing in the morning, after work, during the afternoon etc.

Other Natal Hypnotherapy tracks available for pregnancy and



Pregnancy Relaxation - 24:13"

You can listen to this track from the moment you know you are pregnant. Listen to this 2 or 3 times a week.



Letting go of fear - 22"

This is for helping you deal with any specific concerns or fears that you may have. You can listen to this at any time in your pregnancy and even during the birth



The Effective Birth Preparation range 32:10"

editions available for hospital / birth centre, home birth, twins vaginal birth, cesareans birth and VBAC

Listen to this from about 32 weeks onwards, again 2 or 3 times a week. From 38 weeks onwards listen to it every day. It is also useful to listen to it in a "waking state" and make some notes on visualisations. Phrases or triggers which you like so your partner can read these back to you during the birth.



Special Note for the VBAC set - this includes a special VBAC letting go track to help you work through and let go of any negative emotions connected with your previous C-section experience



The Labour Companion

This is for the birth only. You do not need to listen to it prior to the birth. There are three tracks for the three emotional phases of labour - excitement (**22:24"**), serious (**16:50"**) and adrenaline blip (**8:35"**) plus a track of the same background music as the other hypnosis tracks (**31:23"**). Play these tracks during the birth to help you stay calm, relaxed and focused.



Postnatal recovery - 25:10"

This is predominantly for after your baby has been born. However, if you are anxious about the first few days and weeks with your baby then you can listen to this in the last week or so of pregnancy alongside the birth preparation tracks. Listen to this when your baby is being cared for by someone else or when your baby is asleep so you can completely switch off and relax. Listen as often as you can find the time :)



Breastfeeding Companion track - 1 27:10" and track 2 10:03"

There are 2 tracks - one is a hypnosis track for you to listen to when your baby is asleep or being cared for by someone else. The second is a support track for when you are actually feeding your baby. This can be very comforting during late night feeds