



## Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

Hypno-Healthgram: Issue 54

**April 2015**

### **HypnoFertility**

The following excerpt from Prevention Magazine details the potential to increase fertility by using one's subconscious mind. "Wendy W. couldn't believe it: Her cycles had always been very regular, but the minute she decided to try to get pregnant, she stopped menstruating. After four months without a period, the 24-year-old nurse at Dartmouth-Hitchcock Medical Center in Lebanon, NH, consulted an OB/GYN who was a fertility specialist. He couldn't find the slightest thing wrong with her or her husband. Okay, she concluded, I guess my mind has stopped my period. She called the hospital's psychiatry department. 'I want someone good,' she said.

Da-shih Hu, MD, a psychiatrist and an assistant professor at Dartmouth Medical School, invited Wendy into his office. They talked about her life, marriage, and work but found no obvious reasons why her reproductive system had shut down. When Hu suggested that hypnosis might help, Wendy bristled. 'I thought he was literally nuts,' she says. 'I knew nothing about hypnosis, except that it's a bad Vegas act. And I hate magicians.'

But two sessions later, with nothing to lose, she decided to give it a try. Hu asked her to close her eyes, take a deep breath, and imagine a wave of relaxation spreading slowly from her toes to the top of her head. 'It was the feeling you get right before you go to sleep, she recalls. At the doctor's instruction, she took several more deep breaths, until she felt herself drifting off. Soon, her head slumped toward her chest, and the straight-back chair seemed to morph into a comfortable recliner. Hu asked Wendy to imagine a safe, restful place to visit, and at her suggestion, they 'walked' to a waterfall. 'Do you hear the sounds of water?' Hu asked. 'Do you feel a breeze?' A quiet fluidity entered her soul, instilling a sense of peace she'd never known.

'I was in the room, but I wasn't there,' she says. 'I was above myself, looking down, like a mom looking down at a child. And I had this amazingly powerful feeling: I felt like I could fix myself.' Hu later asked Wendy to think of a day when she should start menstruating. On that

very day, her period started. Soon afterward, she became pregnant, and 9 months later, her son was born.”[1]

The above situation exemplifies the ease with which hypnosis can help people heal themselves. Researchers and practitioners are discovering how important the mind is in helping the body achieve optimal health. Hypnosis can identify and resolve emotional issues that are not available in the conscious mind and cause imbalances in the body. It can release the fear, lack of confidence, depression, confusion, anger, resentment, and stress that might contribute to infertility. “Karen McAuley spent years trying for a second child, although there was no medical reason to stop her conceiving. Then her doctor recommended an unusual remedy - hypnosis - and she became pregnant within months. Hypnotherapy would once have been put in the same class as black magic as an infertility cure, but the number of women using it to help them conceive has trebled in the past few years, says the British Society of Hypnotherapy.”[2]

Simply living in a fast-paced society creates stresses that weren't apparent a generation ago. “Over the last twenty years there has been a significant rise in the number of people who experience problems conceiving. With approximately 25% of couples planning to have a baby experiencing problems, it is common for them to take two/three years to conceive their first child. And for those who seek medical help 30% are told they have unexplained infertility for which science can offer no explanation.” [3] According to Margaret Jasinska ND (Author of *Infertility the Hidden Causes*) and Dr. Sandra Cabot (Author of the *Liver Cleansing Diet*) “one in six couples are infertile, one in three women over 35 will experience difficulty conceiving, and sperm counts in males are more than halved in the last 50 years.” [4]

Dr. Christine Northrup, Obstetrics & Gynecology specialist, University of Vermont, talks about the importance of a healthy mind as well as a healthy body, and how it can impact fertility, in her book *Women's Bodies, Women's Wisdom*. Northrup wrote: “Regardless of what you've been told about your fertility, you need to know that your ability to conceive is profoundly influenced by the complex interaction among psychosocial, psychological, and emotional factors, and that you can consciously work with this to enhance your ability to have a baby.” [5]

“Educated experts from around the globe are proving the effectiveness of hypnosis to stimulate fertility. A recent Israeli study by Professor Eliahu Levitas conducted with 185 women, showed that the success rate of IVF doubled from 14% to 28%, when the subjects underwent hypnosis during implantation.

Dr. Alice Domar has studies published in several important journals, such as *Fertility & Sterility* (1990 and 2000) and the *Journal of the American Medical Women's Association* (1999). She continues to emphasise the importance of “mind/body” techniques, including self-hypnotic suggestions, to reduce stressors interfering with conception and healthy pregnancy. Dr Domar is the author of *Conquering Infertility*, and other books on the topic. The results of her new study, made public at the Beth Israel Deaconess Medical Center on May 16, 2011 show that women

who participate in a mind/body program for stress reduction while undergoing IVF treatment have a significantly higher pregnancy rate than those who do not (52% versus 20 %).

Dr. Ernest L. Rossi specialises in psychobiology, the relationship between the mind and physical body states. He has conducted extensive research to suggest that human genes must be in a state of physical readiness for conception to take place. His findings suggest that hypnotic-type suggestions can activate specific genes involved with fertility and conception.

HypnoFertility is designed to help reduce the stress, anxiety and frustration of infertility, allowing you to feel more calm and in control. Studies indicate “infertile” women using hypnosis have up to 55% improvement in conception success rate.”[6]

In another study, Peter Quinn, a pioneer in the field, used hypnotherapy with a group of women between the ages of 26 and 42 who had durations of infertility lasting from 2-12 years. 65% of the women went on to have a successful full-term pregnancy. The positive results from these studies suggest that the sub-conscious mind may be an overlooked factor in the treatment of fertility.”[7]

“In her research Dr Elizabeth Muir, a clinical psychologist based in London, conducted a ground breaking study where she focused on the mind-body connection- using mostly hypnotherapy and psychotherapy-with women who had unexplained infertility. The results of her research showed that, after completing Dr. Muirs’ programme, 45% of women with unexplained infertility were able to conceive and carry the pregnancy full term. Dr Muir, speaking on the issue of infertility said, ‘ Hypnotherapy is particularly successful in the area of fertility. It enables us to access sub-conscious issues, which might be related to fertility. Very often an individual is not aware of those issues. With the skilled use of hypnotherapy a subject is helped to elicit her own individual ability to resolve her specific issues of fertility.’ Dr Muirs’ research has become worldwide. Since her landmark study, hypnotherapy has become an important tool used to identify and process roadblocks and fears that may be preventing fertility.”[8] “Most women I see have psychosomatic infertility related to conflicts or unresolved issues about having a baby.”[9]

While researchers/practitioners have been amassing the previously-mentioned support for hypnosis and hypnotherapy helping women with fertility issues, something different and dramatic has been happening in the Denver, Colorado area. Lynsi Eastburn, registered psychotherapist and Board Certified Hypnotherapist by the National Guild of Hypnotists, is the creator of HypnoFertility®- a program based on clinical experience gleaned from tens of thousands of clinical hours in her Colorado private practice and training school. She has helped couples conceive over 1000 babies and has traveled around the world to train over 600 hypnotists in her methods. Lynsi has also written two books: *It’s Conceivable!* and *The 3 Keys to Conception*. For more information, visit her at [www.HypnoFertility.com](http://www.HypnoFertility.com)

[1] <http://www.healthyrealityhypnotherapy.com/Prevention%20Mag%202006.html>

[2] [www.independent.co.uk/.../hypnosis-can-help-you-get-](http://www.independent.co.uk/.../hypnosis-can-help-you-get-).

[3] [www.hypnoticimpact.com.au](http://www.hypnoticimpact.com.au)

[4]

[http://www.thefertilebody.com/Articles/Details/Research showing the benefits of hypnotherapy for Fertility problems](http://www.thefertilebody.com/Articles/Details/Research%20showing%20the%20benefits%20of%20hypnotherapy%20for%20Fertility%20problems)

[5] <http://www.brisbanefertilityclinic.com.au/science-and-research.php>

[6] <http://sydneywellbeing.com/hypnofertility/>

[7]

[http://www.thefertilebody.com/Articles/Details/Research showing the benefits of hypnotherapy for Fertility problems](http://www.thefertilebody.com/Articles/Details/Research%20showing%20the%20benefits%20of%20hypnotherapy%20for%20Fertility%20problems)

[8]

[http://www.thefertilebody.com/Articles/Details/Research showing the benefits of hypnotherapy for Fertility problems](http://www.thefertilebody.com/Articles/Details/Research%20showing%20the%20benefits%20of%20hypnotherapy%20for%20Fertility%20problems)

[9] <http://www.brisbanefertilityclinic.com.au/science-and-research.ph>

---

### Gift Certificate

Print this certificate and bring it with you to receive

**\$25**

off the cost of an appointment with  
Hugh Sadler, M.Ed.,  
Board Certified Consulting Hypnotist

---



## *Hugh*

Hugh Sadlier, M.Ed., BCCH  
Board Certified Consulting Hypnotist

Offices:

222 Auburn Street ~ Suite 102  
Portland, Maine 04013

1280 Morgan Bay Road  
Blue Hill, Maine 04614

Phone: 207.773.5200

E-mail: [sadlier@hypno-health.net](mailto:sadlier@hypno-health.net)

Website: [www.hypno-health.net](http://www.hypno-health.net)

**Remember:** *Hypnosis can be done in the office, by phone, and via Skype.*