FUNCTIONAL INFERTILITY and PREGNANCY MASSAGE

FUNCTIONAL INFERTILITY

Difficulty with conception is beginning to be more frequent in our society. It may be due to many factors:

- Increase of every day stresses and anxiety
- Sedentary jobs
- Decrease in physical activity
- Increase in the general toxicity of our environment
- Nutritional deficiencies
- Restrictive clothing
- Past traumas and illnesses

Food additives, alcohol, plastics and cosmetics create another insult to our bodies. They often mimic the action of hormones, are confusing to our systems and chemically overload them even further.

Psychological factors cannot be omitted. Anxiety and stress with not being able to conceive creates a further load on both partners.

Note: Functional Infertility treatment also enhances the chances of conception in artificial insemination.

Technique

The treatment approach is decided upon by an assessment of biomechanical, cranial and visceral dysfunctions and completely tailored to the condition of each mom to be.

It is also very important to restore the hormonal balance. As this is outside of the scope of my practice, please visit Dr. A. Kodet’s website www.drkodet.com for more detailed information.

There are also specific yoga exercises to enhance the chances of conception. For these instructions please contact Jane Sponiar at 403 – 281 – 7553 or visit her website www.livingtaichi.ca. Besides teaching Hatha Yoga and Tai Chi, Jane also teaches Yoga for Backs (remedial yoga) and Critical Alignment Therapy © (C.A.T) that was developed by Gert van Leeuwen, founder of Critical Alignment Yoga Institute in Amsterdam, NL.

PREGNANCY MASSAGE

Due to increased weight and postural changes, many women experience some discomfort during their pregnancies. Pregnancy massage provides continuous support and comfort.

ENJOY IT! You will have very little time for yourself after your baby arrives!