



the caporale center of natural health

Mind Body for Infertility

The drive to reproduce is one of our most basic instincts. Unanticipated difficulties conceiving can have a negative impact on everything from your outlook on life to one's closest relationships. Many may find that by the time they are diagnosed with infertility and are initiating treatment, an array of emotions, often contradictory, are coming to bear on the decisions that they make and their outlook on treatment. Research shows that the stress associated with fertility treatment can be at a level comparable to the stress associated with serious illness. Patients who seek emotional support early in treatment are often better prepared and find it significantly less stressful than patients who do not.

Mind Body Health is a treatment approach that complements conventional medicine. The two work in harmony to provide a greater level of well-being than either might achieve alone. **Mind Body Health** includes a wide range of specific treatment methods, including acupuncture, **mind body** techniques, massage, and yoga.

The Caporale Center's **mind body** program for infertility is modeled after Harvard Medical School **Mind Body Medicine** using the latest scientific and clinical research by Dr. Herbert Benson and infertility pioneer Dr. Alice Domar PhD.

Mind body treatment of infertility patients has been shown to increase pregnancy rates as much as 55%. Infertile women report elevated levels of psychological distress and this distress may reduce their chances of conceiving. **Mind body** treatments have been proven to be effective in both significantly increasing pregnancy rates as well as reducing psychological stress.

Mind body for infertility will help you learn:

- to reduce physical symptoms
- to self nurture and cope
- fertility enhancing lifestyle behaviors
- relaxation methods
- safe alternative medicine approaches

Our mind body program includes:

- individual assessment visit
- 10 weekly group sessions
- guest speakers
- phone access to group leader
- Sunday session lunch for two
- 150 page patient manual
- *Healing Mind, Healthy Woman* by Alice Domar
- guided relaxation CD by Alice Domar
- fertility yoga CD by Jolyon Cowna
- *Infertility Explained* DVD

Mind body FAQs:

- Mind body for infertility is open to patients of all infertility clinics.
- Sessions are 10 weeks long.
- Regular attendance required to obtain optimum benefit.
- You may participate regardless of your treatment plan.
- All ages are welcome.
- Husband or partner participation is encouraged, but not required
- On average, participants may conceive within six months of leaving the program.
- Register for mind body classes by calling our offices at the number below.
- New classes start regularly, call our offices for dates & times.