



# Releasing Stress from the Fertility Path

# Contents

<b>03</b>	Fertility, a Holistic Journey through Turbulent Times
<b>04</b>	Fertility today, how can a holistic approach unlock blockages?
<b>05</b>	The Body, the home of fertility
<b>08</b>	The Mind, a Place to Unleash Fertility
<b>11</b>	The Spirit, the Seat of our True Self
<b>14</b>	CASE STUDIES
<b>20</b>	SUPPORT YOUR FERTILITY EVERY DAY
<b>21</b>	REFERENCES

## DISCLAIMER

This E-book offers information on neuroenergetic kinesiology, executive coaching and nutrition in relation to fertility, it is designed to gather and share useful information. It does not substitute nor replaces professional medical advice. When planning a pregnancy, you should always consult with a physician or a health-care professional. Your application of the indicated body, mind and spirit precautions advised in this document is at your own risk.

All rights reserved. This e-book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of Aura & Meta Ltd-Sandra Cohen except for the use of brief quotations in a e-book review.



## Fertility, a Holistic Journey through Turbulent Times

**“As more women enter my practice seeking help in dealing with difficulties in conceiving while managing a busy and challenging professional life, I have become convinced that career evolution, the stress it entails, and fertility are deeply intertwined,”** Sandra Cohen

Throughout my sessions as a nutritional therapist, Nutrigenomics specialist, neuro-energetic kinesiologist and executive coach, I helped many women find balance between their personal and professional lives. The situations they sought to alleviate went from career changes, ascending to higher positions within the same company, to completely shifting their focus from the corporate path onto an entrepreneurial venture. Running alongside their professional evolution, these women also desired children, and fertility quickly became a strong component of their kinesiology and coaching sessions.

**In fact, working with women on how their professional ambitions could coincide with their desire to conceive enabled me to explore the powerful way in which kinesiology builds a bridge between anatomy, physiology, neurosciences and spirituality.**

My personal path has greatly opened my eyes on this subject: relocating to Asia, reinventing myself outside of my comfort zone and conceiving my second child. These experiences have put me in the heart of uncertainty, navigating career shifts and treading on the fertility path.

Through this e-book I want to share useful key concepts and tools I harvested from both personal and professional experiences, illustrated in a selection of case studies, to help others develop self-awareness and apply lasting changes in order to support your fertility. I mainly focus on highlighting in the case studies what is **the essence of my signature program that entails a combination of diet and lifestyle modifications, functional testing while deep dive into the realm of emotions and spirituality** that cannot be left aside in those moments of life.

Cohen

In health, Sandra



## Fertility today, how can a holistic approach unlock blockages?

Data shows that in the UK, 1 out of 7 couples may struggle to conceive (NICE, 2013). **A remaining 25% of infertility cases is categorised as “unidentified” after eliminating all of the possible physiological sources** (Somigliana et al. 2016). These cases of unexplained infertility reveal a gap in our understanding of fertility and how it is impacted. **The relationship between essential bodily functions and stress**, which can be found in different sources (a routine of multitasking, life load, etc.), can surely be extended to our ability to give life.

Today, persistent gender inequality in the workplace, and at home, pushes women to **juggle professional and personal life all at once**. Meanwhile, science has pointed at multitasking as a great source of stress, which as we will see in this e-book, in turn impacts women's path to conceiving.

In fact, most women envision their fertility path in a very similar way to their career. A cog in the wheel of a meticulously crafted plan can shift everything into imbalance. Indeed, the social pressure that resides in the idea of succeeding at adulthood, of which conceiving a child is a milestone, is too often underestimated in terms of stress generation. Especially when we know that stress, regardless of its source, has more impact on the life of a wife than of a husband. It also greatly affects the sense of satisfaction with the self and general well being. (Palomba et al., 2018)





The fact that **a quarter of infertility cases in the UK remain unexplained** points to our struggle to fully understand fertility thus revealing a space to consider and adopt a holistic approach. Drawing from both Western physiological theory and alternative medicine like Traditional Chinese Medicine and Ayurveda, **neuroenergetic kinesiology** centers around balance and establishing harmony between body, mind and spirit. The first section of this e-book exposes the different environments of **Body, Mind and Spirit in relation to fertility**. Here we explain key concepts and guiding principles that come into play in a holistic vision of fertility. The second section tells the story of three women and their fertility path, providing context for the approach practiced by Aura & Meta. In the third section, you will find a list of suggestions we have put together to help you embark on a holistic path to fertility.

**WE HOPE YOU WILL FIND ANSWERS AND TOOLS TO EMBARK ON A JOYOUS HOLISTIC FERTILITY JOURNEY.**





## The Body, the home of fertility

Over the last 50 years, fertility has been reduced by half with a considerable decrease in sperm count (50%) and in addition 62% of sperm abnormality (with an increase of 24.6% in sperm deficiency) (Rahban et al, 2019., Basnet, 2016). While men are advised long periods of abstinence before intercourse, women can begin by learning to listen to their bodies. Tuning into one's internal clock helps perceive the signals of ovulation. A holistic approach revolves around women's ability to deeply connect with their fertility on several levels.

## When stress takes its toll on hormonal fertility

Within the rapid pace of modern life, it is easy to disconnect from our physical well being and solely provide for the basic requirements for our bodies to function. **The origins of stress run far and wide.** Many studies have shown that a highly pressurised environment is a breeding ground for social, mental and physical stressors, which fester when left unaddressed. In fact, the perception of a permanent threat induced by the state of "fight or flight" leads to overproduction of cortisol, the "stress hormone".

As the endocrine, immune and nervous systems work together, **one's dysregulation throws the others out of balance** too (Acevedo-Rodriguez, 2018). Once the pivotal role of the hypothalamus-pituitary-adrenal (HPA) axis falls out of synchronization, it may alter hormonal pathways. Regulation is disrupted and hormonal levels may shift out of balance. Those potential imbalances could lead to the dysregulation of the HPG axis, involving the sexual hormones (HPG axis -Hypothalamic -pituitary- Gonadal axis), and may result in a state of (permanent) systemic inflammation. As you can see, when stress takes over lifestyle, the body's ability to conceive on a physiological level can be directly at risk.





## Review your lifestyle to care for your fertility

**Adopting a holistic approach to one's journey to fertility means taking a 360° look at our lifestyle,** identifying and improving the aspects that impact our ability to conceive. From a physiological point of view, many precautions, also in line with Western Medicine, contribute to optimising the viability of the pregnancy (Homan et al., 2018).

**At Aura & Meta, we take a broader look at deep and unearthed causes for stress within the body with special attention paid to work-life balance.** Reviewing daily routines to recalibrate your lifestyle and develop healthy habits includes setting-up strong boundaries, reassessing priorities and freeing yourself from negative emotions such as guilt.

**The importance of sleep cannot be emphasised enough** (Fernando et al., 2014). To function effectively the body, including fertility, relies on the strong relationship between circadian rhythms, melatonin and hormones production. Qualitative sleep supports the body's innate ability to restore, replenish itself and in turn create life.





**After sleep comes nutrition, an aspect that can be powerfully leveraged towards fertility.** The first step of lowering the toxic load goes beyond the traditionally recommended actions of quitting smoking, reducing alcohol and caffeine intakes. An approach based on kinesiology principles can equip the body to better face the stresses induced by direct exposure to environmental toxicity. For example, elevated levels of cadmium and lead are detrimental to conceiving as well as the lack of essential nutrients (e.g. vitamin E, zinc) contributes to fertility struggles.

**Implementing targeted detox precautions, guided by testing, not only raises the chances of conceiving but also cares for the long term health of the offspring.** Please note that this e-book solely discusses nutrition within the perspective of a holistic approach to fertility. In this context, detoxing means lowering and supplementing nutrients rather than embarking on a strenuous protocol.

**Finally, regular exercise sustains a strong lymphatic system,** crucial in naturally detoxifying your body. **Breathing exercises and yoga encourage abdominal breathing** to improve oxygenation of the body and the internal organs. In addition, yoga contributes to supporting energy flow throughout the body.

As a nutritional therapist trained in **functional medicine and specialised in fertility**, I can't emphasise enough the role of diet and lifestyle when conceiving or getting ready for an IVF.

**Nutrigenomics** (DNA testing) can also offer some highlights on genetic mutations and help us tailor made a specific plan to your needs.



## The Mind, a Place to Unleash Fertility

The mind is the seat of reasoning, intellect and consciousness. It is the theatre of our thoughts, emotions, feelings as well as unconscious cognitive processes. The mind is located in the brain, which is composed of different areas that conduct different functions.

### Removing emotional blockages or traumas

**Fertility is deeply linked to the balance between the heart and the brain**, the rational and the emotional connection. The heart generates the largest electromagnetic field in your body and sends signals to the brain. These signals then affect the emotional processing of information. Stress and negative emotions may impede this communication and send erratic neural signals to the brain that may inhibit cognitive function. On the contrary, reduced stress may result in more stable heart signals, clearing the way for positive emotions and feelings, and thus benefiting the whole body.

It is known that past negative emotions have a detrimental impact on our health, but **how can the past traumas, fears and anxiety affect your current situation?** A variety of experiences can stay engraved in our minds: childhood traumas, miscarriages, etc. **Releasing emotions that may be subconsciously suppressed, or deeply stored, prevents them from surfacing as obstacles in your fertility path.**

**What limiting thoughts are we looking to release through kinesiology?**

- **Deep-rooted fears** that hold us back
- **Giving yourself permission** to give life and to putting yourself first.
- **Perceived time pressure**: a follicle development takes 120 days, giving yourself time and space to get pregnant is key in the process.



## Positivity

The fertility path can be a joyous one and the first step is positivity. The sentence we all know too well of “glass half full instead of half empty” provides an answer, what if we focused on filling the glass?

Did you know that neurons are created everyday through a process called neurogenesis? **This means that everyday you have the opportunity to improve positivity levels.** In fact, Neuroscience even holds a concept that presupposes that “neurons that wire together, fire together”. Through neurogenesis and neural plasticity (neuroplasticity) anyone can shift their mindset from old habits and beliefs to new ones. It's a three-step process:

**first, be aware ; second, apply changes ; third, mindset shift and fresh pathways created.** This is how changes can happen and new fresh positive neural pathways are created.

### A few things you can make space for in your daily routine:

- **Working with positive affirmations** helps rewire your brain by shifting your mindset and creating fresh neuro pathways.
- **Meditation** brings clarity and enables you to take a step back from the daily grind.
- **Visualization is a practice that brings about** a combination of clarity and positive projection into the future. Visualizing your objectives on a daily basis helps with focusing on what is possible rather than what is not working. This practice also encourages the **nurturing of the self**. In other words, turning inwards helps identify and implement habits that are nurturing for your body and mind.



## Energy Medicine

**“Because of historical confusions and vested interests our culture and education have obscured the nature of energy and thereby denied us the opportunity to explore what is arguably the most important part of our nature and of our health” James L. Oschman (2014).**

Energy medicine is often portrayed as a mysterious part of complementary medicine and separated from conventional medicine, when it is quite the contrary. In fact, the existence of an energetic field surrounding our body has been acknowledged by quantum physics.

**Mind and body are interconnected** and we are in constant communication with our environment. Therefore our emotions deeply impact our physical body. This is where energy medicine can help us clear the path, restore flow in the face of our sometimes turbulent environment and social pressure.

You may be wondering how to approach energy medicine. Try this visualisation: **think of your body full of energetic circuits** (much like a river flowing with too many rocks here and there that obstruct the way the water flows, causing it to not reach its destination). When an imbalance arises within that circuitry, our energy is depleted as it cannot feed into the internal communication of the body and all the different systems that require it.

**Energy medicine strives to bring our focus back to our own needs**, away from social pressure. Through this shift we can harness our **power to self-heal and take responsibility for our health**. Being aware of our healing abilities empowers us to adopt a more active posture in implementing the necessary changes to pave a healthier path to fertility.

While the mind is the home of the rational and emotional states, the spirit asks the bigger questions that make up who we are and how we as humans are making our way through life. Our Spirit's powerful ability to support healing and the creation of life is powerful and to often untapped, the following section exposes how it functions in close relation to the mind.

## The Spirit, the Seat of our True Self

Very often, clients are confused when I introduce the concept of spirituality, as they often associate it with religious beliefs, which reveals an incomplete understanding of the term. Neuroenergetic kinesiology approaches spirituality as a form of detachment from the temporality of our lives. It offers a broader perspective, encompassing knowledge, wisdom and life experiences, a big picture if you will. **The Spirit is the seat of profoundly human questions:** what is your mission in life and your purpose? Do you believe in destiny or karma?

### Nurturing of the self

As you may have understood in the last few sections, the holistic path to fertility revolves around the ability to put yourself first. Nurturing comes in different forms, through physical nourishment (food and exercise), touch (a massage) and mental activities (reading, meditation or anything that may bring you a sense of fulfilment). Consciously establishing new habits of caring for yourself fosters a deeper connection to your body and its own internal cycle. If you wish to conceive, **you must own your fertility path and allow yourself to receive**

### Drawing from Holistic Perspectives

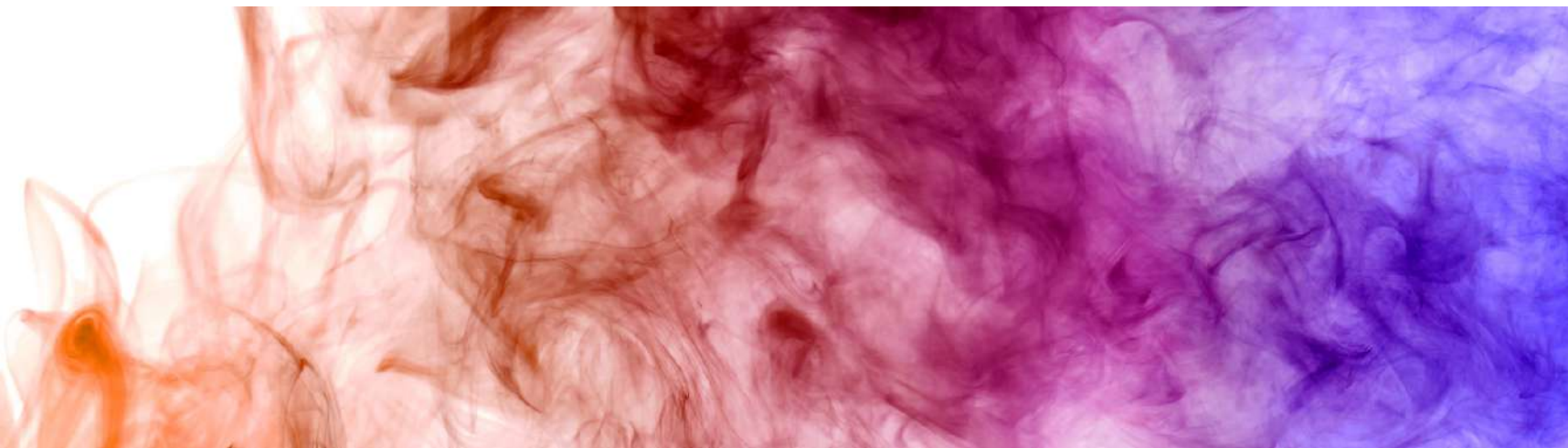
Kinesiology looks at the cause of energy blockages by using Traditional Chinese Medicine to find the imbalance that lies in the Qi'. It is essential to understand Qi flow and meridians in order to remove blockages and restore the energy's fluidity within the body. This can be done through work around the Chinese meridians and the interrelation between organs. Once you can identify and monitor the causes of energy drainage, whether located in the body or the mind or both, you are better equipped to eliminate them or lessen their impact.





## Cultivate your feminine energy

YIN/ YANG energies are opposite yet interrelated and can only co-exist in harmony. the feminine (YIN) energy tends to be depleted by the masculine (YANG) energy. In the world we live in, power, rush, strength and growth are more dominant, counterbalancing involves caring for the Yin energy. We have previously discussed nurturing, let's now add **compassion, this means allowing yourself to be you and take the necessary time to do so.** The crucial point here is to herald more YIN energy into your life.



## Activate your Sacral chakra

Neuroenergetic Kinesiology also encompasses Ayurvedic medicine, under which falls the chakras system. We explore any imbalances around those energetic centres and strive to unlock them through tapping into their physiological and emotional correlations. Different families of negative emotions are linked to the meridians and the chakras. By exploring the energy's nature and how it is exchanged, whether it is given or received in the chakras, we can release the emotions that do not serve our purpose.

Of the 7 major chakras, the second, called the sacral chakra, is located in the pelvic area, it is physiologically linked to the reproductive system and all related hormones. The sacral chakra is the seat of creativity whether physically (fertility) or metaphorically (creativity and productivity). This chakra harnesses the ability to welcome change and experience new things, enjoying them and **reconnecting to your creativity and fertility.** It is critical that the base chakra, seat of **grounding, anchoring and stabilization** remains in balance in order to achieve optimum creativity.



## Find Support in Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine has a long history of supporting psycho-spiritual development. **Did you know that the heart and the uterus are deeply intertwined?** In fact, the heart meridian provides the blood necessary for the menstrual cycle (hosted in the uterus) to correctly operate. In Traditional Chinese Medicine, every organ is considered to house a family of emotions. The heart meridian relates to Love as well as to forgiveness, self-confidence and self-esteem, for example. With this in mind, cultivating positivity and self-love may enhance the energy (CHI') flow to the uterus. In addition to the main meridians, the eight extraordinary meridians (also known as "vessels") contribute to carrying our essence during gestation. This makes them even more likely to hold stress around fertility such as difficulty to conceive and miscarriages.

**Caring for your spirit on the path to fertility involves being grounded in the present moment.** You can decide to actively acknowledge that every step made today is necessary to achieve your goal of getting pregnant. Allow yourself to live the moment fully and enjoy any experience you have along the process and in your life. Another useful perspective is to **embrace the process**, be into the process instead of being led by it. Relinquishing control of the situation means surrendering and finding resilience in things not unfolding according to plan. Bear in mind that there might be a good reason that you will certainly understand at some point.





## CASE STUDIES

The following case studies aim to shed greater light on the practical application of kinesiology and the adoption of a holistic perspective on the fertility path. All clients described below are in their thirties, had a wish to conceive and sought to supplement the solutions that Western medicine offers.

The path to fertility is as multidimensional as it is extremely personal. For couples seeking answers beyond the realm of Western medicine, kinesiology provides deep rooted support by delving deep into the origins of infertility linking with mind, body and spirit. Because every woman is different, every session is personalised and responds to the needs of each person. As we have seen previously, neuroenergetic kinesiology is based on the concept of the triangle of health: balance between physiology (anatomy), psychological and energetic structures. One imbalance in one of those structures in turn impacts the others, leading to poor health. Through neuroenergetic kinesiology, Aura & Meta locates deep-rooted stresses in the body and explores them to bring release and restore balance to all the different systems involved in human health and fertility.

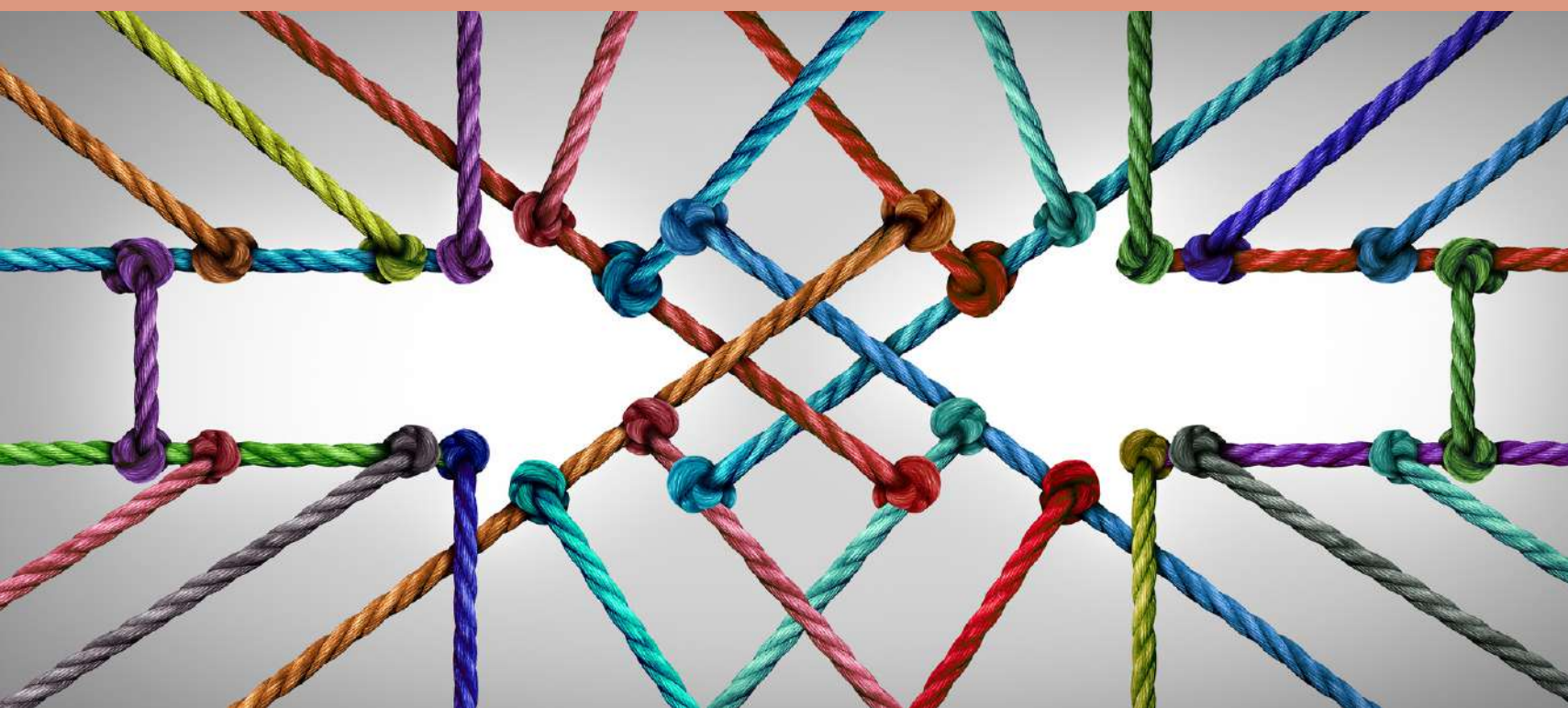
## CASE STUDY 1: Insomnia, reconciling mind and body

### 1. Resolving existing stresses to prepare for fertility

Client A came to me about insomnia, as she had been struggling to sleep more than four hours per night for a couple of years. With the support of kinesiology practices we were able to regulate her sleep. Moreover, she had a very busy job involving a lot of travelling and long hours. **Her decision to get pregnant meant that she had to strike the right balance between her personal and work life with her fertility goal in mind.** This proved to be a difficult undertaking, as an entrepreneur she could hardly say no to a new client, thus increasing her workload.

### 2. Reconciling past experiences with present desires

We identified a **resistance to embracing change and the need to grieve for past negative experiences.** Through working on her Heart chakra, she was able to focus on giving herself more self-love. Delving further into her emotions, we worked towards **establishing new neuro-emotional pathways in relation to fear, and anxiety around separation.** Later, I also worked on the more chemical aspect with neurotransmitters, which was surrounded by stresses.





### 3. Overcoming difficulties with confidence

When this client got pregnant and unfortunately had a miscarriage, I worked on her Spleen chakra to enhance her confidence and her vital force. This with some coaching techniques **strengthened her self-confidence** and openness to success.

I identified **blockages in her energetic structures** such as her Nadis (ayurvedic energy distribution system in the body) which needed releasing. I also drew from Traditional Chinese Medicine here working on the stress around connection points called LUO channels in order to restore the flow of deep nutritive CHI. I carried out a **complete assessment of her CHI** (inherited CHI from the parents, vital force, etc.) and released a stress around her placental chakra which is linked to the nurturing aspect of the mother-child relationship.

Her husband was detected with sperm abnormality, prompting the couple to embark on the IVF route, which she faced with a lot of apprehension. We worked on **releasing stored anger** around this new fork in the road of her fertility path. She got pregnant a few months later.

**All along the goal for this client's was to get her body ready for a healthy pregnancy.** During all the sessions, I worked continuously at **an emotional level**: love, choice, trust, fear, centering and connection. Key mindset shifts for her were going with the flow, giving herself nurturance and love, **trusting the process and detaching herself from the fear of failure.**



## CASE STUDY 2: Making Lifestyle Changes to Welcome Fertility

When she came to see me, client B was suffering from **hormonal imbalances and a stressful lifestyle**. As she planned for a second pregnancy, we worked on **balancing work and personal life**: finding equilibrium between family life, work overload and social challenges. Above all, his client came in committed to applying lasting changes to her lifestyle.

### 1. Assessing the mind - body connection

Through a combination of executive coaching techniques and kinesiology, we worked on reassessing **her mission and her values**. This work was crucial in reaching realignment with herself. We found that some unconscious stresses were still present, namely a lack of freedom. **I worked on releasing her blockages on an emotional level, empowering her to** reach her fertility goal through being more centered and aligned with her values. From a physiological perspective and through balancing techniques, I was able to clear the **stresses held in her digestive, reproductive and lymphatic systems**.

### 2. Balancing the emotional and the rational

As the couple had planned artificial insemination, I worked on rebalancing her knee chakras. Did you know that the knee chakra is related to flexibility and the ability to change directions? To dislodge this particular type of stress, **we focused on lowering the need for control over situations with uncertainty and releasing the fear of the unknown**.

Later, it was clear that the **rational and emotional parts of the brain were not working harmoniously**, one taking precedence over the other depending on the situation. This imbalance might translate into a heightened emotional state, or overcompensation on the rational side, not letting space for the emotions to emerge. This created distractions from her ultimate goals. I worked restoring balance to different brain areas, we call this work "brain integration".





She also had a blocked brow chakra, linked to wisdom and knowledge. After a few sessions, she was equipped with the necessary tools to approach her fertility path with greater self-awareness and harmony.

**I also worked with Traditional Chinese Medicine principles** with this client. **As I identified** too much FIRE in her system, linked to impatience, it was clear that her meridians had fallen out of balance. I established harmony by following **the law of 5 elements**, in which the energy of each organ nourishes another one in a specific order.

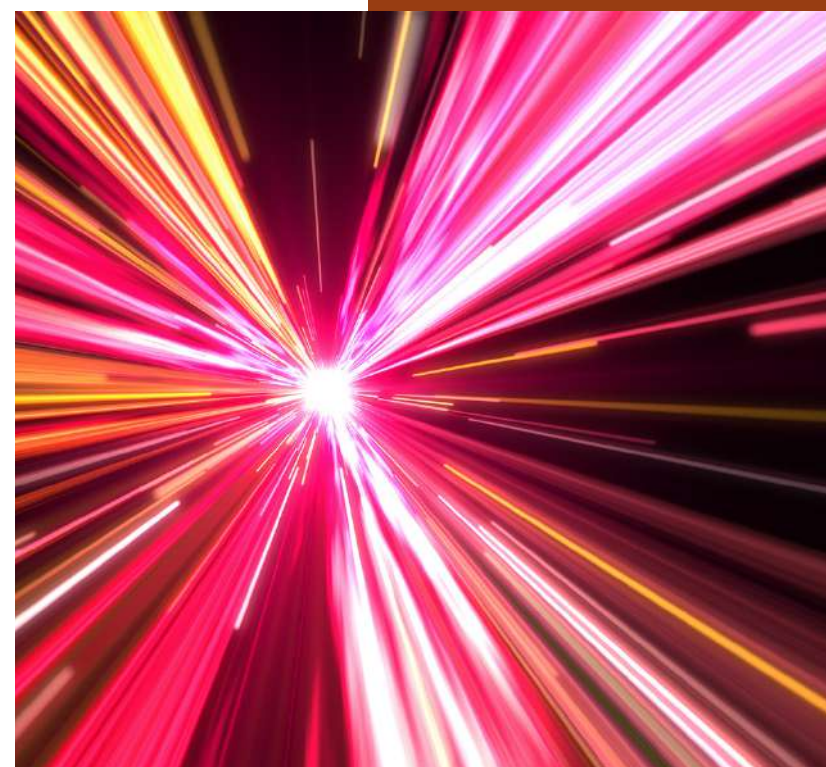
### 3. Releasing generational trauma to shift mindset

In Traditional Chinese Medicine, the 8 extraordinary meridians, also known as preconception meridians, hold generational traumas passed through DNA, including some psycho-emotional aspects, which we seek to solve on a deeper level. This client felt deeply **vulnerable** and a session was dedicated to alleviating this feeling. At that stage, the client was projecting stored negative emotions, her mindset needed a flip so that she could see the positive aspects of her situation.

### 4. Preparing to give birth in peace and presence

The client got pregnant and came back to prepare herself for the birth. The stress at that stage was **around the unknown and the uncertainty** of how she would give birth. She also lacked awareness of the timing: she was about to give birth very soon. **Grounding work replaced her in the present and reconnected her into the flow of life operating inside and around her.**

I worked on resolving stress in her brow chakra and in the celestial chakra 12. After successfully rebalancing her chakras, we did a visualization of the birth, diffusing any stress found during the visualization. Finally, I addressed the physiological aspect of the brow chakra, linked to the pituitary gland (producing prolactin and oxytocin hormones). **The goal was to tap into her inner wisdom and past experiences to find peace in the moment and welcome the birth, whichever way it would happen.**



## CASE STUDY 3: Releasing Repressed Emotions

Despite the fact that she suffered from endometriosis, this client clearly desired to have a baby. At the time, she had followed her husband's professional move abroad and couldn't find yet what to do with her career.

### 1. Finding Acceptance And Self-love So To Best Move Forward

We worked towards her **acceptance of the situation** and leverage it to get the best out of this precise period of time. She needed to **reconnect to herself to her own desires**. To provide strong bases to her fertility path ,I worked on balancing two key **energetic structures**: her **heart meridian and heart chakra**, infusing greater self-love and self-compassion.

### 2. Resolving Body Stresses

The physical body stresses affect fertility in different ways. This client presented a **chemical stress around her absorption of iron**, which made sense in the context of very heavy periods. A stress was also found on her adrenals, linked to **an unconscious suppressed and unresolved panic**. Releasing these two body stresses through kinesiology techniques enabled her to embark on her fertility path with greater serenity.

### 3. Unearthing Repressed Emotions

Next, it was time to care for the mind. We worked around the **loss of her job and her uncertain career abroad**. As signs of **rage** emerged, I worked on soothing all the neuro-emotional pathways and brains areas involved in that system.

The "seeking system" also presented signs of stress, this part is linked to her drivers. We worked on identifying what she wanted out of life, prompting her to question where her motivations lied, **what made her heart beat faster** and what made her get out of bed in the morning...

Finally, I worked on the chakra system to allow **peace for personal transformation**. In the case of this client, we mainly dealt with suppressed emotions that re-emerged along the sessions. Once these emotional blockages had been released her fertility path was cleared, and I am glad to report that she got pregnant.

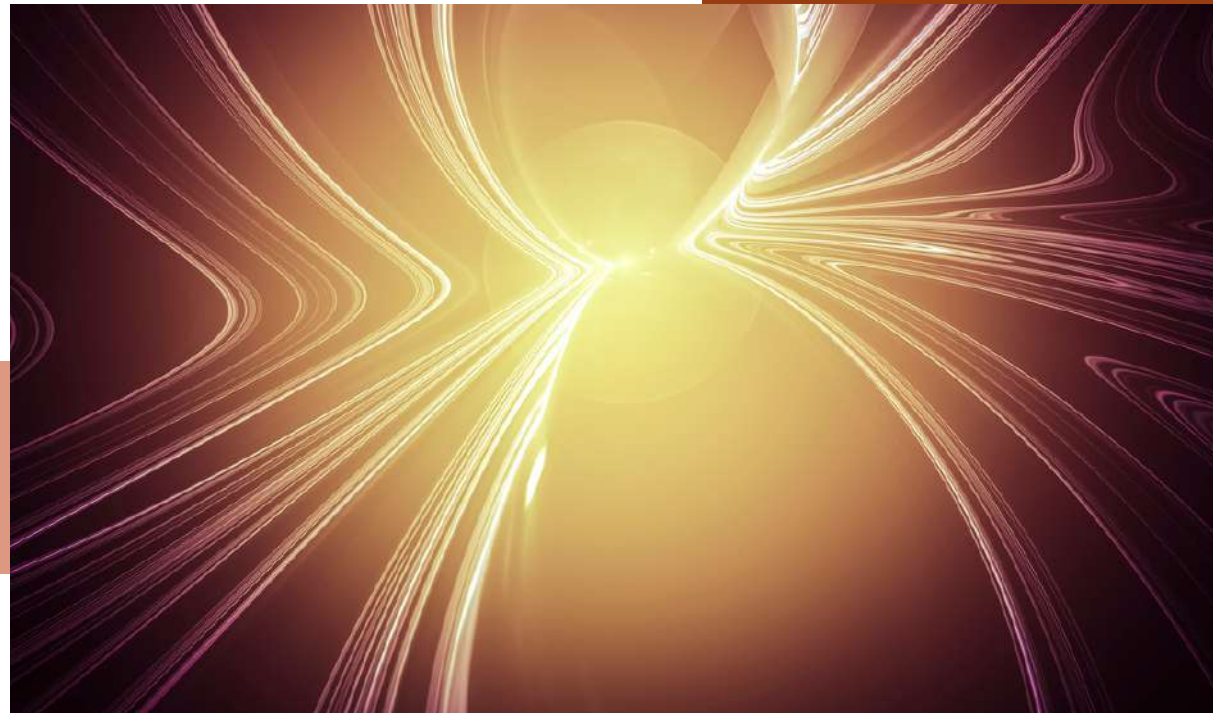


## Support your Fertility Every Day

If you wish to adopt a holistic perspective on fertility, but don't know where to start, the following checklist is for you. This non-exhaustive list of actions aims to offer starter tips on how to align your daily habits with your fertility path.

### Align with your Body

- Stay hydrated, this may be an obvious one but drinking plenty of water is too often neglected, especially in a fast paced working environment.
- Be mindful of your BMI, maintaining a healthy weight contributes to a healthy pregnancy.
- Make sure you have a rainbow of colors on your plate and consume organic food as much as possible (Mnif et al., 2011).
- Detox your body through simple actions :
  1. Beware of heavy metals (aluminum, mercury) and hormonal disruptors (phthalates, BPA).
  2. Avoid tap water, plastics, tinned food, deodorants, cosmetics and dental amalgams.
  3. The use of electronic devices and smartphones may also affect fertility. EMF radiation may induce oxidative stress and cell apoptosis (meaning death) leading to infertility in both men and women (Vendano, 2012).



## Connect with your Mind

- **Reduce psychological stress** in the way that best suits you: coaching work, meditation, yoga, self-care or simply by slowing down (Li et al, 2019).
- **Use visualisations** to remind yourself of your objectives on a daily basis, focusing on what is possible rather than what is not working. For example, imagine yourself welcoming this baby into this world.
- **Practice positive affirmations:**
  1. "My female reproductive system is healthy, strong and fertile and operates at optimum levels."
  2. "I embrace the flow of life, I am patient and at peace with where I am with my life."
  3. "I am confident that everything happens at the right time in life and I release all expectations about the future."
  4. "I am able to trust and I feel safe and supported in the process of conceiving and giving birth."





## Ground Down in your Spirit

- **Remain in the present moment:**
  1. Anchor yourself into the earth by walking barefoot on soil, sand or any source of natural water: river, sea, etc.
  2. Draw energy from your breath: breathe in for 4 seconds, hold your breath in for 4 seconds and breathe out for 6 seconds. Make the exhale longer than the inhale.
- **Stay connected**
  1. Add some mindfulness exercises to your routine by counting and focusing on your breath.
  2. Welcome any disrupting thoughts and let them go.
- **Embrace the process:**
  1. Trust your inner strength and your inner ability to deal with the situation.
  2. Detach yourself from negative emotions (fear, anger or anxiety) around your fertility journey.
- **Find resilience** in surrender:
  1. Cultivate patience
  2. Build resourceful environment around you for support (partner, family, therapist, doctors, etc)
- **Focus on acceptance** of the process through affirmations:
  1. "It will come when it is the right time"
  2. "I trust the unfolding in life. Everything happens in the right timing"



## REFERENCES

Acevedo-Rodriguez, A, Kauffman, AS, Cherrington, BD, Borges, CS, Roepke, TA, Laconi, M. Emerging insights into hypothalamic-pituitary-gonadal axis regulation and interaction with stress signalling. J Neuroendocrinol. 2018; 30:e12590. <https://doi-org.ezproxy1.bath.ac.uk/10.1111/jne.12590>

Basnet, P. et al. (2016) 'Changes in the semen quality among 5739 men seeking infertility treatment in Northern Norway over past 20 years (1993–2012)', Journal of Reproductive Biotechnology and Fertility, 5, p. 205891581663353. doi: 10.1177/2058915816633539

Chan, C. L. W. (2001) 'A body-mind-spirit model in health: an Eastern approach East meets West: applying Eastern spirituality in clinical practice', (February). doi: 10.1111/j.1365-2702.2006.01649.x.

Fernando, S., & Rombauts, L. (2014). Melatonin: shedding light on infertility?--A review of the recent literature. Journal of ovarian research, 7, 98. <https://doi.org/10.1186/s13048-014-0098-y>

Homan, G. F., deLacey, S., & Tremellen, K. (2018). Promoting healthy lifestyle in fertility clinics; an Australian perspective. Human reproduction open, 2018(1), hox028. <https://doi.org/10.1093/hropen/hox028>

Li, Y., Zhang, X., Shi, M., Guo, S., & Wang, L. (2019). Resilience acts as a moderator in the relationship between infertility-related stress and fertility quality of life among women with infertility: a cross-sectional study. Health and quality of life outcomes, 17(1), 38. <https://doi.org/10.1186/s12955-019-1099-8>



## REFERENCES

Mnif, W. et al. (2011) 'Effect of endocrine disruptor pesticides: A review', International Journal of Environmental Research and Public Health, 8(6), pp. 2265–2303. doi: 10.3390/ijerph8062265.

National Institute for Health and Clinical Excellence. Fertility: Assessment and Treatment for People with Fertility Problems. NICE Clinical Guideline. Manchester, 2013.

Palomba, S., Daolio, J., Romeo, S. et al. Lifestyle and fertility: the influence of stress and quality of life on female fertility. Reprod Biol Endocrinol 16, 113 (2018). <https://doi.org/10.1186/s12958-018-0434-y>

Rahban R, Priskorn L, Senn A, et al. Semen quality of young men in Switzerland: a nationwide cross-sectional population-based study. Andrology. 2019;7(6):818-826. doi:10.1111/andr.12645

Somigliana, E. et al. (2016) 'Age-related infertility and unexplained infertility: an intricate clinical dilemma', Human Reproduction, 31(7), pp. 1390–1396. doi: 10.1093/humrep/dew066.

Vendaño, C. et al. (2012) 'Use of laptop computers connected to internet through Wi-Fi decreases human sperm motility and increases sperm DNA fragmentation', Fertility and Sterility, 97(1). doi: 10.1016/j.fertnstert.2011.10.012.

**Want to remove blockages, release deep-rooted stress, unleash your fertility and gain serenity?**

**Nutritional therapy, Nutrigenomics, Neuroenergetic kinesiology and executive coaching can support your personal fertility path. Book a free Chemistry Call with Sandra to find out how**

**BOOK YOUR FREE 20MIN  
CHEMISTRY CALL  
BY CLICKING HERE**



**CONTACT DETAILS**

[WWW.AURAMETA.COM](http://WWW.AURAMETA.COM)

E-Mail: [Sandra@aurameta.com](mailto:Sandra@aurameta.com)

**SOCIAL MEDIA**

[Instagram](#), [Facebook](#) and [LinkedIn](#).