

The Stress Factor - Hypnofertility

Stress is the best conceptive going and needs to be addressed and dealt with. We have all heard of couples who have adopted and then become pregnant immediately afterwards. The effects of **stress** upon the reproductive process are profound. **Stress** affects the hypothalamus, which controls the flow of hormones to the body, so **stress** can actually prevent you from conceiving.

Anxiety and **stress** acts directly upon the endocrine system of our bodies, disrupting the hormonal balance necessary for successful conception and a healthy pregnancy.

According to Lynsi Eastburn, the founder of Hypnofertility, "unexplained infertility" must be addressed **holistically**. Hypnosis does just that- it works with the mind, body and spirit and it get results. Hypnofertility is a powerful and effective program for enhancing natural fertility through hypnosis. This unique program guides you to easily access that relaxed and harmonious state that opens the door to conception, whether your goal is to conceive naturally or to receive support while undergoing IVF or other medical procedures. In a relaxed therapeutic environment, the hypnotherapist and the client can work together to bring about positive attitudes and beliefs regarding pregnancy, childbirth and motherhood.