

ESSEX FERTILITY SUPPORT PACKAGES

The Art & Science of Fertility Support

Price List



Essex Fertility & Women's Health
www.essexfertility
[@alexoconnor_fertility](https://twitter.com/alexoconnor_fertility)

Table Of Contents

| | |
|---|----|
| Who We Are and How We Work | 2 |
| Unexplained Infertility | 2 |
| CURRENT PRICE LIST (June 2022) | 3 |
| Online Zoom Consultation (Alex) | 3 |
| Essex Fertility Acupuncture Package | 3 |
| Essex Fertility Acupuncture Package | 4 |
| Fertility Acupuncture (single treatment) | 4 |
| Fertility Osteopathy | 4 |
| Essex Fertility Acupuncture & Support VIP Package | 5 |
| Will there be additional costs involved? | 6 |
| What Happens After The 12 Weeks | 7 |
| Qualifications & Training | 9 |
| Disclaimer | 11 |

Who We Are and How We Work

We are two lovely ladies who are passionate about supporting people struggling with fertility issues, we offer physical and emotional support, guidance and a listening ear. We blend our extensive knowledge of infertility from a western medical perspective with the ancient knowledge about how to support fertility from a Chinese medicine perspective. We offer support for the mind, body and soul and will walk with you as expert guides through this difficult landscape.

Unexplained Infertility

We specialise in supporting people who are struggling with unexplained infertility and women preparing to be single mums who would benefit from our expert guidance and support. We have an unusually integrated approach to working in this field, combining extensive knowledge and experience of resolving infertility through holistic support with up to date, research driven knowledge about fertility investigations and treatment from a western medicine perspective. In addition to this dual approach, we are two very gentle, supportive women who really do get what you are going through and we offer a safe space to talk about everything.

In many cases what we do here is enough to resolve things, but there are always some tricky cases that come our way - for these we have an incredible network of fertility experts to call on for advice or to refer onto when necessary. When things are really tough we work closely with a multi-disciplinary team which may include acupuncture, visceral osteopathy, functional medicine, specialist ultrasonography, urologists, gynaecologists and some of the most innovative IVF clinics.

Please read the 'Who We Are, How We Work' ebook for further details about how we work.

CURRENT PRICE LIST (July 2022)

Online Zoom Consultation (Alex)

This is the place to start for anyone considering one of the Fertility Acupuncture 12 Week Packages, but this can also be used as a standalone option if you would like me to cast an expert eye over your situation and provide some advice and direction.

We talk about all aspects of fertility, looking at things that impact egg health, sperm health and the health of the uterine environment.

This is normally held over Zoom, but it is also possible to hold this consultation in person if you would prefer. You need to fill in and return my fertility questionnaire to get the most out of this consultation.

£195 (60 minutes preparation, 60 minutes Zoom Consultation, 30 minutes to write a report)

If you book a Fertility Consultation with Alex and decide to commit to a Fertility Support 12 Week Package, the cost of the Initial Fertility Consultation will be deducted from the price of the Fertility Support 12 Week Package price.

Essex Fertility Acupuncture Package

It takes 12 weeks to have a significant positive impact on fertility, as it takes this length of time for follicles to grow and develop and it takes around 9 weeks for sperm to develop. We see such a difference in our outcome statistics for people who come for regular treatment that we offer a reduced price to clients who are prepared to commit up front to a package of 12 treatments.

Appointments can be for a single person, or a couple for no extra charge.

If you are already working with a nutritionist or other fertility support practitioner and want to come simply for fertility acupuncture this option may suit you better than the full VIP Package, and we are happy to liaise with your existing team in order to be able to offer you the most targeted support and advice.

Essex Fertility Acupuncture Package

£1200 for 12 acupuncture sessions in Danbury & Burnham on Crouch (prepaid)

£1680 for 12 acupuncture sessions in Scrutton Street, Shoreditch (prepaid)

Any sessions remaining after a positive pregnancy test can be converted into pregnancy, prebirth or post natal support from either Alex or Gill or gifted to a friend.

Fertility Acupuncture (single treatment)

£110 for 1hr in Danbury & Burnham on Crouch, Essex

£160 for 1hr in Scrutton Street, Shoreditch

Fertility Osteopathy

From a visceral osteopathy perspective, the benefits of treatment are cumulative, so it is best to be prepared to attend treatment once or twice a month over a few months in order to give enough opportunity for significant change.

£70 for 1hr in Danbury & Burnham on Crouch, Essex

£100 for 1hr in Scrutton Street, Shoreditch

Essex Fertility Acupuncture & Support VIP Package

This 12 week package offers you the kind of support that we feel will give us all the best chance of a successful outcome. This package includes acupuncture, visceral osteopathy, nutrition guidance, massage and ongoing support and advice (visceral osteopathy is usually only available in Essex).

£1750 in Danbury & Burnham on Crouch

- Initial Consultation with Alex (value £195)
- 12 x Fertility Acupuncture (or Meridian Massage & Acupressure) (value £1320)
- 3 x Women's Health Visceral Osteopathy (value £225)
- 1hr Functional Nutritionist Consultation (value £150)
- 1 x Abdominal Massage (value £80)
- Advice & Guidance about the tests, explanations about test results and Fertility Support & Mentoring for 12 weeks (priceless)
- Free access to my Explaining Infertility Ebooks.

£2050 in Scrutton Street, Shoreditch

- Initial Consultation with Alex (value £195)
- 12 x Fertility Acupuncture (or Meridian Massage & Acupressure) (value £1920)
- 1hr Functional Nutritionist Consultation (value £150)
- 1 x Abdominal Massage (value £80)
- Advice & Guidance about the tests, explanations about test results and unlimited Fertility Support & Mentoring for 12 weeks (priceless)
- Free access to my Explaining Infertility Ebooks.

The City option does not include Visceral Osteopathy as Gill usually works from Essex

Will there be additional costs involved?

We will suggest additional tests to you if we feel they may help us to work out contributing causes of infertility and help us to guide and treat you more appropriately. We will recommend additional tests if signs and symptoms suggest to us that tests have been overlooked, if we feel the data from existing tests is unreliable or if the results are out of date.

Here is a list of some of the tests we frequently refer clients for and the prices you can expect to pay for these. These tests are provided by third party companies and we are not responsible for any price changes - prices are shown here to give you an idea of what tests we frequently work with and typical prices.

| | |
|------------------|--|
| £195 | Comprehensive Semen Analysis |
| £100 | Semen/Urine Culture |
| £395 | COMET Sperm DNA Fragmentation Test |
| £199 | Invivo Healthcare's Vaginal Ecologix (Vaginal Microbiome) |
| £354 | Invivo Healthcare's GI Ecologix (Gut Microbiome) |
| £79 | Medichecks Male Hormone Panel (great for female day 2/3 test) |
| £79 | Medichecks Advanced Thyroid Test |
| £325 | Trans Vaginal Pelvic Ultrasound of ovaries, uterus and pelvic cavity |
| £545 | HyCosy with Saline 3D Ultrasound of uterus |
| £225/£125 | Cycle Monitoring (initial scan £225, subsequent scans £125) |
| £900+ | NK Cell testing |

These prices are guide prices, these tests are provided by 3rd party companies.

There are some tests that are used very frequently, and some which are needed much less frequently. We assess the potential value from tests on a case by case basis.

It is possible to work without the insight provided by additional tests, but not ideal.

What Happens After The 12 Weeks

When you commit to work with us for 12 weeks, to run the tests that we suggest and to listen to our advice and guidance, we should be able to make a significant impact on your menstrual cycle and your hormone levels or improvements to semen parameters. We are likely to recommend additional tests (blood tests, cultures, microbiome tests, ultrasounds and advanced male fertility tests). These can help us to establish what may be contributing to your infertility.

In our experience this is usually enough time to turn things around, and the majority of our success stories happen after between 3-4 months of regular treatment but it is important to realise that while we can promise you commitment and effort, we cannot promise a successful outcome.

If you have not achieved a successful pregnancy, 12 weeks of intensive support should be enough to settle you into a healthy cycle and to improve your fertility. If you choose to continue with treatment after the 12 week package, we usually recommend treatment to be at a much reduced frequency to maintain the positive impact of the treatment and to allow time for the magic to happen.

There are always some more complex cases that roll on beyond the 12/15 week point. When we work on more complex cases, these are usually in conjunction with a multidisciplinary team (including Functional Medicine Practitioners, Chinese Medicine Herbalists, Urologists and IVF Clinics).

If you start with no cycle, have a very irregular cycle or an incredibly painful cycle it can take time to restart or to stabilise the cycle before we can start supporting fertility in the way that we need to. In these circumstances we may need to discuss extending regular treatment beyond 12 weeks.

The Rules of Engagement for the Essex Fertility Acupuncture Package and the Essex Fertility Acupuncture & Support VIP Package

- Be prepared to attend treatment weekly - especially at the beginning of our time working together -it really makes such a difference to rate of response to treatment.
- You will be asked to pick a regular time and day so we can block it off for 12 weeks. Alterations can be made as we go along if the diary permits
- We are likely to recommend additional tests and investigations which will be organised through third party companies at additional cost.
- The Packages are non-refundable but if you fall pregnant before the end of your package you are welcome to convert any remaining treatment sessions to pregnancy support or to support for birth preparation or to gift them to a friend.
- Once begun, treatments must be used within 6 months of your initial consultation.
- If one of us takes a holiday mid-package it will be for no more than a week, and you will have an option to switch to a different practitioner or to pause treatment for that week. If you take a holiday mid-package, you will be able to pause for up to 2 weeks.

Qualifications & Training

Alex O'Connor MBAcC, LicAc, ADFA

Degree in Acupuncture BSc(Hons)

Advanced Diploma in Fertility Acupuncture (the gold standard training for fertility support acupuncture)

Member of the British Acupuncture Council

Member of the Fertility Support Trained Practitioner Network

Member of the Acupuncture Fertility Network

Alex has undertaken innumerable specialist courses in different aspects of fertility such as:

- Spermageddon (male factor infertility with Olivia Krammer-Pojer)
- Female Ecology Mastercourse (vaginal microbiome with Moira Bradfield)
- The Reproductive Microbiome (Leah Hetchman)

Alex has created a practitioner course and an Ebook on the topic of low AMH.

She attends regular training as a Fertility Support Trained Practitioner which keeps her knowledge current and deepens her understanding of the mechanisms of infertility.

In addition to this she has an ITEC holistic massage qualification and has trained in the art of Fertility Massage.

Gill Hind M.Ost

Degree in Osteopathy M.Ost

Post Graduate Diploma in Paediatric Osteopathy

Registered with the General Osteopathic Council

ScarWork®

MommyMot®

Nutritionists

Included in the Essex Fertility Support VIP Package is a 60 minute introductory consultation. The nutritionists we work with have a very functional approach to supporting fertility through nutrition and are members of the Fertility Nutrition Centre. You will be given expert advice on what constitutes a healthy diet for fertility, general basic advice about supplements, and an overview of the impact of functional nutrition for fertility. Functional nutrition is particularly helpful when we are working with a client who has PCOS, Endometriosis or Autoimmune related issues.

The time allocated is not enough for them to give you a detailed, personalised supplement regime - if you want to dive in deeper into functional nutrition you will be able to arrange that directly with your nutritionist. They both work with the DUTCH tests, gut microbiome tests and numerous other functional tests which can help investigate potential causes of infertility or recurrent pregnancy loss.

Kirsten Mooring - BA(Hons) DipION mBANT CNHC

- Kharazzian Institute Functional Medicine Fertility & Pregnancy Course
- Making Babies Naturally with Sandra Greenbank

Kirsten offers some packages for clients who want to take a deeper dive into the use of nutrition to support fertility.

kirstenmooring.com

Katy Bradbury - Registered Nurse & Nutritional Therapist

Katy is a nutritional therapist with a wonderful range of packages for fertility support, pregnancy support and early years support.

She has mentored with the highly respected Sandra Greenbank at the Fertility Nutrition Centre.

www.katybradbury.com

Disclaimer

We do not claim to be able to 'cure' infertility, but we are both experienced holistic practitioners who know how to recognise many of the things that can impede natural fertility. We are able to support you holistically, and to help you to navigate through the complex world of medical fertility investigations and assisted fertility interventions.

Our knowledge of unexplained infertility comes from experience of working in this field and not through any specific qualification. Alex has had extensive training in how to investigate infertility and support fertility in a more East/West integrated manner through the Advanced Diploma in Fertility Acupuncture and through her active engagement with the Fertility Support Trained Practitioner network. Gill has spent years deepening her knowledge and skills of women's pelvic health assessment and treatment.

We cannot promise success, even for clients that fully commit to working with us. We can promise to try our best, and for more difficult cases we will work with our network of fertility experts to try to help you to reach a satisfactory outcome.

Neither Gill nor I are medically trained doctors and if we notice anything that we feel warrants medical input we will ask you to contact your doctor and explain why so that you can advocate for yourself.

Essex Fertility Support & Guidance

Unexplained infertility is not a diagnosis, it is a term too easily handed out as a result of a lack of investigation and poor understanding of the causes of infertility.

Alex and Gill work together in Essex and in the City to support and guide people struggling with infertility. They merge current, evidence-based knowledge of the mechanics of fertility from a Western medicine perspective with a deep understanding about how to support fertility from a holistic perspective.

Alex brings her knowledge of fertility from a Chinese Acupuncture perspective, Gill brings her knowledge and understanding of the structures and tensions in the body and how these can impact fertility. Together they work to support and guide people through the maze of unexplained infertility and through the anxious weeks of early pregnancy, through birth preparation and post natal recovery.

