

ESSEX FERTILITY SUPPORT 12 WEEK PROGRAM

The Art & Science of Fertility Support

Who We Are
How We Work



Essex Fertility & Women's Health
www.essexfertility
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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. 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 (June 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.

£180 (preparation, 60 minutes Zoom Consultation)

Optional +£30 for written report following the consultation

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.

The Fertility Support 12 Week Packages

The Gold Package

This 12 week package combines acupuncture, visceral osteopathy, nutrition, massage and ongoing support and guidance, but it doesn't include any additional testing as part of the package.

We may recommend additional testing if tests have been overlooked, if we feel the data from existing tests is unreliable or if the results are out of date. It is possible to work without the insight provided by additional tests, but not ideal.

£1750 in Danbury & Burnham on Crouch

- Initial Consultation with Alex (value £180)
- Written Report following Initial Consultation (value £30)
- 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 Fertility Womb Massage (value £110)
- Remote Fertility Support & Mentoring, 15mins per week for 12 weeks (value £300)

£2250 in Scrutton Street, Shoreditch

- Initial Consultation with Alex (value £180)
- Written Report following Initial Consultation (value £30)
- 12 x Fertility Acupuncture (or Meridian Massage & Acupressure) (value £1920)
- 3 x Women's Health Visceral Osteopathy (value £270)
- 1hr Functional Nutritionist Consultation (value £150)
- 1 x Fertility Womb Massage (value £150)
- Remote Fertility Support & Mentoring, 15mins per week for 12 weeks (value £300)

The Platinum Package

This Platinum standard package doesn't cut corners and offers you as much support as we can give you from a team of like-minded fertility experts. This package includes tests which we have found to be the most useful tests for the widest range of clients.

£2500 in Danbury & Burnham on Crouch

- The Gold Package - Essex Fertility Support 12 Week Package (value £1750)

PLUS

- Invivo Vaginal Ecologix Test (value £199)
- Day 2/3 hormone panel (Medichecks) (value £79)
- Advanced Thyroid Panel (Medichecks) (value £79)
- Comprehensive Semen Analysis (value £195)
- Cycle monitoring (two ultrasound scans - ovulation, 7DPO) (value £350)
- Advice & Guidance about the tests, explanations about test results and unlimited Fertility Support & Mentoring for 12 weeks (priceless)

£3000 in Scrutton Street, Shoreditch

- The Gold Package - Essex Fertility Support 12 Week Package (value £2250)

PLUS

- Invivo Vaginal Ecologix Test (value £199)
- Day 2/3 hormone panel (Medichecks) (value £79)
- Advanced Thyroid Panel through (Medichecks) (value £79)
- Comprehensive Semen Analysis (value £195)
- Cycle monitoring (two ultrasound scans - ovulation, 7DPO) (value £350)
- Advice & Guidance about the tests, explanations about test results and unlimited Remote Fertility Support & Mentoring for 12 weeks (priceless)

The Rules of Engagement for the 12 Week Package

- Be prepared to attend treatment weekly.
- You will be asked to pick a fixed session time and day so we can block it off for 12 weeks. Alterations can be made as we go along if the diary permits. Once begun, the 12 week package must be used within 6 months of your initial consultation.
- We are likely to recommend additional tests and investigations which will be organised through third party companies and for which there will be additional costs (see next page for some idea of costs). No tests are included in the price of the GOLD package, but some tests are included in the price of the PLATINUM package. If you are on the 'Platinum' package, only one of each of the tests listed are included in the price.
- 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 pre-birth preparation or to gift them to a friend.
- 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 treatment for a week.

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.

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).

Will there be additional costs involved?

We may suggest some specific supplements to you, some of which we stock in our clinic (sold at RRP). You are under no obligation to purchase products from us. In addition to this, we will often suggest some additional tests to you if we feel they may help us to work out the cause of infertility and help us to guide and treat you more appropriately. Here is a list of some of the tests we frequently refer clients for and the prices you can expect to pay for these.

£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
£195	Ultrasound of ovaries and uterus and antral follicle count
£545	HyCosy with Saline 3D Ultrasound of uterus
£225/£125	Cycle Monitoring (initial scan £225, subsequent scans £125)

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

What Happens After The 12 Weeks

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 would usually recommend treatment be at a much reduced frequency just to maintain the positive impact of the treatment and to allow time for things to happen.

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.

Ad Hoc Treatments

If you would prefer to book acupuncture or visceral osteopathy appointments in a more ad hoc fashion, it is important to recognise the importance of regular treatment.

From an acupuncture perspective, the menstrual cycle has distinctly different phases and it is important that we get to treat each phase of the cycle, especially at the beginning of our time together.

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

Fertility Acupuncture (Standalone)

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

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

£160 for 1hr in Scrutton Street, Shoreditch

£1800 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 Osteopathy (Standalone)

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

£90 for 1hr in Scrutton Street, Shoreditch

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

We work with a couple of excellent nutritionists for our Gold and Platinum packages. Included in the package is a 60 minute introductory consultation for which you will be required to fill in a detailed questionnaire beforehand. If you wish to work more extensively with nutrition, you will be able to arrange that directly with your nutritionist. This can be a very good addition to the program and particularly helpful when we are working with a client who has PCOS, Endometriosis or Autoimmune related issues. Both of these nutritionists work extensively with the DUTCH test and with the Invivo Healthcare microbiome tests.

Each of the nutritionists that we work with have a very functional approach to supporting fertility through nutrition and are members of the Fertility Nutrition Centre which is an incredible network of fertility focused nutritionists.

Kirsten Mooring BA(Hons) DipION mBANT CNHC

Kharazzian Institute Functional Medicine Fertility & Pregnancy Course

Making Babies Naturally with Sandra Greenbank

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

kirstenmooring.com

Katy Bradbury

Katy is a nutritional therapist and she offers 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.

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.



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