

# ESSEX FERTILITY SUPPORT PACKAGES

The Art & Science of Fertility Support

## How We Work & Price List



Essex Fertility & Women's Health  
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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. Most of our clients come to us having been struggling with unexplained infertility for years, many have had one or more unsuccessful IVF cycles.

We gather in all the information we need to unravel the puzzle - blood tests, scans, semen analysis and a whole host of information that we can gather from signs and symptoms of how your system rolls through life. All too often we find that some simple things have been missed or overlooked, often things that are readily resolvable either by us or through our network of medical and holistic fertility experts. Sometimes we find all is in order and all that we need to do is to gently encourage the magic to work.

We have an unusually integrated approach to working in this field, combining our 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. 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.

## Low AMH

If there is a specific group of people that I specialise in working with, it would be women under 40 with low AMH. There are a lot of misconceptions about the impact of low AMH on fertility for women under 40. AMH levels after the age of 40 can be used to predict time to menopause, and it is widely recognised that age impacts egg quality, but in women under 40 the issue of low AMH and unexplained infertility is much more complex.

If you are under 40 with low AMH and have been told that you need IVF 'because low AMH means your eggs are running out', or been told that you 'need to use donor eggs because low AMH means your egg quality is poor' - we need to talk.

*"I wish I didn't waste 2 years of my life and went to Alex before a fertility clinic, I would have gotten pregnant a lot sooner! [She] made me feel a lot less anxious about my low AMH rather than being told I was running out of eggs"*

— Previous Client

## Difficult & Unusual Cases

There are always some tricky cases that come our way and for these we have an incredible network of fertility experts to call on for advice or to refer onto when necessary (acupuncture, visceral osteopathy, functional medicine, specialist ultrasonography, urologists, gynaecologists and some of the most innovative IVF clinics). Using this blended Western/Eastern medicine approach we have been able to crack some really difficult cases that have evaded success for many years.

## CURRENT PRICE LIST (Sept 2023)

### A 360° Fertility Review (Online or In Clinic)

A 360° Fertility Review is the place to start for anyone considering working with us. This also works really well as a standalone option for someone who simply wants to talk everything through with someone who really understands this stuff.

When I prepare for a Fertility Review, I look for areas where there are indications that further investigation is warranted, I look for areas that simply need a bit of support and improvement to increase your fertility potential.

I look at things that influence egg quality and your ability to carry a pregnancy . . .

- **Your Menstrual Cycle.** So much useful information can be gleaned from the fine details of your menstrual cycle and your body's response to menstrual hormones.
- **Digestion.** This plays a far more important role than many people realise as it influences the whole of our internal environment, our egg quality, hormone regulation, our immune system function, systemic inflammation levels and mood.
- **Sleep.** How you sleep, the quality of your sleep and your underlying energy as you move through the day can all influence your fertility.
- **Infection, inflammation, immune system dysregulation.** I look for signs of all of these things as they can all play a part in infertility and pregnancy loss.
- **Underlying health issues.** I help people to avoid IVF if possible and prepare well for it if they really need it. Underlying health issues cannot be ignored.

“Just do it, and go all in - you will be pleasantly surprised. It's worth the time and financial investment to prepare yourself for a successful pregnancy.”

— Previous client

I also look at sperm health and things that can influence male fertility.

- **Semen Analysis.** We start with this. Far too often signs of potentially resolvable male fertility issues can be found in a semen analysis and are often overlooked by people who assume IVF will fix everything (top tip - it often won't, and even if it does, it may not be necessary).
- **Testicular health.** I look out for any sign that there may be a need for further investigation (testicular aches and pains, heaviness or heat, erectile issues)
- **Sleep patterns.** The quality and length of sleep can have a significant impact on sperm health.
- **Digestion.** This plays a surprisingly important role in sperm health as it has such a strong influence on the internal environment, inflammation, hormone balance etc.
- **Environmental and lifestyle issues.** Sperm are incredibly sensitive to toxicity so I look for anything that can help minimise the impact of toxins on sperm health.

"Alex is really passionate and knowledgeable about what she does. She will leave no stone unturned to get to the bottom of why you aren't getting pregnant, rather than blindly push you down the IVF route. You may not need IVF, please, save your money and go through further testing with Alex first."

— Previous client

- In some cases we find nothing worryingly significant and are able to turn things around with a combination of acupuncture with me, and visceral osteopathy with my colleague Gill.
- In some cases we find things that require an onward medical referral, and we will help you to find the best route through.
- In some cases we find there are holistic health issues that would benefit from additional support through functional nutrition, through Chinese herbs, talking therapy. If so, we help you to find a good practitioner to work with.

You would need to fill in and return my fertility questionnaire beforehand - if you have a partner, they also need to fill in a form. To help us to get the most out of this consultation you can also send me through any test results, scan reports or other investigation reports you have to help me to prepare for our consultation.

Then we talk. We get stuck in. We talk about all the detail, what you have been through, what signs and symptoms stand out for me, what your plans are and how we can help you to move forward.

After the consultation, I review my notes and write up a long 5-6000 word report which steps you through my thoughts about different aspects of your case. I use a traffic light system to clearly indicate to you which areas to pay attention to, and conclude by offering you some clear next steps to take.

**360` Fertility Review £250**

90mins prep, 90min consultation, 5000+ word written report

“A huge thank you to you Alex and Gill for your expertise. You went above and beyond, were dogged in your digging of what could be preventing us from conceiving and it worked! I don't think there are words that sufficiently describe how grateful we are to you. The work you do is so, so valuable and positively life changing!”

— Previous Client

## Fertility Support & Mentoring (Online)

I offer a Fertility Support service over email or zoom. You can book ad hoc sessions or regular sessions for support, guidance, mentoring and cheerleading in person or via email, phone or zoom. This gives you the opportunity to ask all those burning questions, to feel seen, heard and supported through your journey. Fertility Support time can also be used to cover my time if you need me to write a report, referral letter or liaise with other practitioners.

### Ad Hoc Fertility Support

£120/hr pro rata (15 mins = £30, 30 mins = £60 etc)

### 12 Week Intensive Fertility Support & Mentoring Intensive

£900

- 360' Fertility Review (value £250)
- 11 weeks with 30min check in via phone or zoom to monitor cycle symptoms, discuss test results, talk about progress and offer emotional support (value £660)
- Unlimited email support (value unlimited)

### 12 Week Fertility Support & Mentoring Light

£400

- 360' Fertility Review (value £250)
- 3 x 30min Fertility Support via phone or zoom (value £180)



## Essex Fertility Support (in Clinic)

It takes 12 weeks to have a significant positive impact on fertility. It takes this length of time for follicles to grow, improvements to the ovarian environment and to follicle development can influence egg quality; it takes around 9 weeks for sperm to develop. My advice would be for new clients to be prepared to stick it out for 12 weeks to get the most out of what we are doing. We see such a difference our outcome statistics for people who commit to regular treatment that we offer a reduced price to clients who are prepared to commit up front to a package of 12 treatments.

### Fertility Acupuncture & Mentoring (12 sessions)

£1190 for 12 appointments in Danbury & Burnham on Crouch (prepaid)

£1730 for 12 appointments 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 & Mentoring (single session)

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

£160 for 1hr appointment in Scrutton Street, Shoreditch

### Fertility Support & Mentoring

You can book additional ad hoc sessions or regular sessions for support, guidance, mentoring and cheerleading in person or via email, phone or zoom. Fertility Support time can also be used to cover my time if you need me to write a report, referral letter or liaise with other practitioners.

Ad Hoc Fertility Support is charged at a rate of:

£120/hr pro rata (15 mins = £30, 30 mins = £60 etc)

## Fertility Osteopathy

### In which situations is visceral osteopathy especially useful?

There are certain issues that crop up in a client's history that flag that there are issues that would benefit from some sessions with Gill.

- Previous surgery (abdominal, keyhole, investigative or traumatic).
- History of pelvic pain (are these signs of endometriosis, fibroids, cysts, pelvic tension or issues with circulation or tissue fluid movement through the pelvic region).
- History of trauma, illness or an event in your past after which 'nothing has ever felt the same since'.
- Bladder and bowel issues (irritable bladder, UTIs, long term constipation, IBS etc)
- Irregular periods.
- Unusually light periods.
- Unusually heavy periods.
- Periods that stop mid bleed for a day or two before the bleed resumes.
- Pain with sex, discomfort from using a mooncup or tampon, extreme pain during a HyCosy procedure.
- Previous pregnancy, especially if followed by a difficult or protracted labour or a Cesarean section.
- If one ovary is always considerably more active than the other.

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.

£90 for 1hr in Danbury & Burnham on Crouch, Essex

£130 for 1hr in Scrutton Street, Shoreditch

The experience of working with you exceeded all expectations - it's like getting the all round holistic help and support you'd always dreamt of from the medical profession.

Acupuncture is magical and I'd highly recommend everyone does it to heal any low level ailments and to support your conception journey.”

— Previous client

## Essex Fertility Low AMH Package

The impact of Low AMH on fertility is highly contentious, especially in women under the age of 40. Research shows time and time again that Low AMH in women under 40 cannot be used to determine egg quality, and in this age group it is not a predictor of time to menopause. Indeed, in women in their 30s, Low AMH has been shown to shorten the time to conception if there are no other fertility limiting issues in play.

However the issue of Low AMH is more convoluted than many people realise, and while it can be associated with very good fertility, it can also be an indicator that male fertility issues are in the picture, or that there are more complex underlying issues which are having an impact on the ovarian environment.

When unexplained infertility and low AMH coincide, we need to consider if there are any factors that are artificially lowering AMH - factors such as inflammation, poor hormone regulation, infection, autoimmune system issues, poor circulation and nutrient deficiencies. Many of these factors can lower AMH and will also make it more difficult to have a successful IVF cycle without proper preconception support.

This 12 week package offers you the kind of support that we feel will give the best chance of a successful outcome with Low AMH - whether through simply giving you the time and support you need to conceive naturally, or through identifying and resolving underlying issues (making IVF a more realistic prospect and potentially increase egg yield). This package includes acupuncture, visceral osteopathy, nutrition, ongoing support and advice (Chinese herbs are optional extra). The focus is to investigate any signs and symptoms of issues that could be lowering AMH (and which may also impact egg quality and IVF success potential), while all the while actively supporting your menstrual cycle and ovary health to improve egg quality and encourage natural conception.

IVF is often not an easy or obvious choice for women with Low AMH on account of the small number of follicles that are likely to be available on any particular month. The majority of our clients with Low AMH go on to achieve natural pregnancy, especially women with low AMH under the age of 40.

There are limited places for this package.

“Alex was so supportive in the process of us exploring our fertility. Whenever I felt unsure or scared I could reach out to her for a comforting and pragmatic chat. That was so invaluable. I felt so reassured that Alex has a strong network of experts that she can refer you to should anything out of her expertise pop-up.”

— Previous client

## The Low AMH Package Contents:

- 360' Fertility Review with Alex (value £250)
- Standard Tests (these are our essential tests for Low AMH cases)
  - Advanced Thyroid Test (value £80) - TSH, FT4, FT3, TGA, TPO, Ferritin, vit B12, vit D
  - Comprehensive Day 2/3 Hormone Panel (value £80) - FSH, LH, Oest, Testosterone, SHBG, DHEAs, Prolactin
  - Vaginal Microbiome Test (value £200)
- 12 x Fertility Acupuncture & Mentoring sessions (or Mentoring, Meridian Massage & Acupressure) (value £1320 in Essex, £1920 in Shoreditch).

*Partners are welcome to come for acupuncture at the same time for no extra charge.*
- 3 x Women's Health Visceral Osteopathy (value £270 in Essex, £390 in Shoreditch)
- 1hr Functional Nutritionist Consultation (value £150). This allowance can be put towards more acupuncture or osteopathy or more extensive nutrition package)
- Remote Fertility Support (up to 30mins/wk): general discussions, explanations about test results and Fertility Support & Mentoring for 12 weeks (priceless)
- Bespoke Chinese Herbs optional extra - initial consultation and 3 months of bespoke Chinese Herbs (value £740)

**£2000** The Low AMH Package (Essex)

**£2540** The Low AMH Package (Shoreditch)

**£2635** The Low AMH Package (Essex) inc 3 months Chinese Herbs

**£3175** The Low AMH Package (Shoreditch) inc 3 months Chinese Herbs

## Will there be additional costs involved?

The Low AMH Package includes our essential tests for Low AMH clients but we strongly advise you to also seek a comprehensive semen analysis at a private clinic such as Fertility Solutions for a male partner (approx £185). Male infertility frequently plays a role in infertility with Low AMH. Additional tests and investigations may be recommended if they are appropriate.

### What are the costs of some of these additional tests?

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 (blood tests, microbiome tests, ultrasounds and advanced male fertility tests).

Here is a list of some of the tests we frequently refer clients for and guide prices you can expect to pay for these. We use some of these very frequently, and some much less often, we assess the potential value of tests on a case-by-case basis.

<b>£195</b>	Comprehensive Semen Analysis
<b>£450</b>	COMET Sperm DNA Fragmentation Test
<b>£199-225</b>	Vaginal Microbiome Test
<b>£200</b>	Semen Microbiome Test
<b>£354</b>	Invivo Healthcare's GI Ecologix (Gut Microbiome)
<b>£79</b>	Medichecks Male Hormone Panel (great for female day 2/3 test)
<b>£79</b>	Medichecks Advanced Thyroid Test
<b>£325</b>	Trans Vaginal Pelvic Ultrasound of ovaries, uterus and pelvic cavity
<b>£545</b>	HyCosy with Saline 3D Ultrasound of uterus
<b>£225/£125</b>	Cycle Monitoring (initial scan £225, subsequent scans £125)
<b>£900+</b>	NK Cell testing

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

## What Happens After The 12 Weeks

In our experience, 12 treatments 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 pregnancy. We can, however, promise to support and encourage you as you navigate this journey.

If you are working with us on the Low AMH Package, the program allows us time to investigate and improve issues that can contribute to Low AMH (and which can also make IVF less likely to succeed). The Low AMH Package also allows time for the impact of treatment to filter through into improved egg quality. In the unlikely event that IVF appears to be necessary, this preparation window is important as you need to prioritise quality over quantity for IVF with Low AMH.

If you choose to continue with treatment after the 12 week package, we usually recommend treatment to be at a reduced frequency to maintain the positive impact of the treatment and to allow time for the magic 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.

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).

### **The Rules of Engagement for the Essex Fertility Low AMH 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.
- Partners are welcome to attend on any sessions for acupuncture too for no extra charge.
- If possible it is best to pick a regular time and day so we can block it off in the diary. 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 Package is 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 have recent blood tests or a vaginal microbiome test and do not need to include these as part of your package, we will discount the cost of package according to the cost of the tests our price list.



## Qualifications & Training

### **Alex O'Connor MBAcC, LicAc, Fertility Support Trained**

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

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)
- Vagiversity (a deep dive into the vaginal microbiome with Moira Bradfield)
- The Reproductive Microbiome (Leah Hetchman)

Alex has an excellent reputation for her understanding of Low AMH. She writes Ebooks on interesting fertility issues, including one on Low AMH, has been invited to speak on podcasts and insta-lives, and to speak at conference about her approach to the low AMH client.

### **Gill Hind M.Ost**

Degree in Osteopathy M.Ost

Post Graduate Diploma in Paediatric Osteopathy

Registered with the General Osteopathic Council

ScarWork®

MommyMot®

## **Nutritionists**

In the Essex Fertility Support VIP Package we include a 60 minute introductory consultation. The nutritionists we work with for this 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 and an overview of the impact of functional nutrition for fertility, and have a chance to discuss more in-depth testing that might be appropriate for you. There will be time to ask some of those burning questions about issues such as the impact of alcohol, processed foods etc and your nutritionist would be able to give you a heads up about any specific areas that you may want to focus on.

Functional nutrition is particularly helpful when we are working with a client who has PCOS, Endometriosis or Autoimmune related issues.

**The 1 hour allocated in the Low AMH Package is time for you to get an expert view on the impact of nutrition on fertility and what constitutes a good baseline for nutrition for fertility. There is not enough time for them to give you a detailed, personalised supplement regime - if you know you want to dive in deeper into functional nutrition we can arrange to put the time allowance towards a package with them.**

They all 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 and prove invaluable when we are dealing with endometriosis and adenomyosis.

## 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. Low AMH in women under 40 cannot be used to predict poor egg quality or time to menopause - but yet that is often the interpretation you will be given.

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.

