

Maximise your fertility with our 6 week programme

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Our 1 Day, 6-Week and individually customised options

At Harbour Clinic we understand that trying to conceive either naturally or via assisted methods can bring many difficulties ranging from an emotional, physical and financial perspective.

We are delighted to introduce a comprehensive new programme offering support to individuals and couples experiencing fertility issues.

Our programme incorporates elements from several disciplines, all of which have been shown to be beneficial in improving fertility. These include Acupuncture, Mindfulness and Physical Therapy.

The 1-Day Programme includes

- 1 hour **Acupuncture** session helping to improve blood flow to the uterus, reduce anxiety and balance hormones
- 1 hour introduction to **Mindfulness**, incorporating techniques for stress reduction
- 1 hour **Physical Therapy** session to help strengthen and mobilise the body

.....plus you will receive a **FREE Mindfulness CD** to take home with you. You will also receive detailed handouts and **acupressure points to reduce stress and anxiety** and a customised set of **stretches and exercises** to perform at home.

Finally, all participants will receive a **voucher to the value of EUR20** from the cost of their next treatment at the clinic.

Our 6-Week Programme:

This programme involves a 2-hour session one day a week over a 6 week period, combining different treatment elements each week. The programme can be tailored to suit individual requirements.

A STRONGER, HEALTHIER, HAPPIER YOU!

- Studies have demonstrated that **Acupuncture** can reduce stress, improve blood flow to the uterus and can improve the chances of a positive pregnancy result during IVF
- Techniques learned in **Mindfulness** can help you to cope with feelings of anxiety, negative thoughts, anger or guilt
- **Physical therapy** can help to get your body in optimum condition for conception by releasing tension, strengthening the muscles and reducing weight where appropriate

We are more than happy to discuss all of these options to help find the best fit for you. **Please contact our Fertility experts at 01-2366648 / 087 984 0280, or email us at info@harbourclinc.com for more information about these programmes.**



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