

# SPECIALIST IN:

## FERTILITY & IVF

To treat problematic cycles, encourage natural conception and to support assisted cycles (IVF). Helping to address the physical and emotional roller coaster of diagnosed or unexplained fertility issues.

## PREGNANCY & POST NATAL CARE

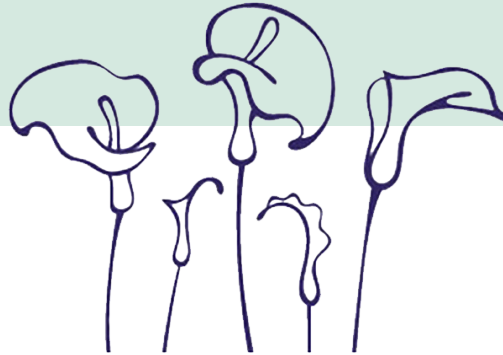
To support the ups and downs of hormonal disruption during pregnancy, addressing pregnancy anxiety and fear of childbirth. Preparing for and encouraging labour when the time comes, and rebalancing post birth.

## MISCARRIAGE/PREGNANCY LOSS

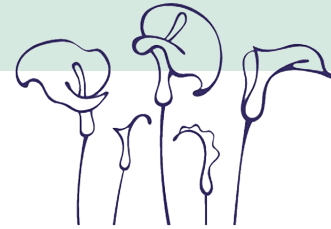
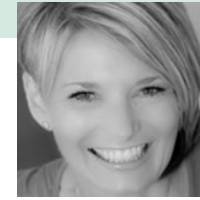
To encourage the body to rebalance after such a trauma, and to help address fears, anxieties, and worries often left from such an emotional devastation.

## HORMONAL IMBALANCE

To alleviate hormonal disruption from various conditions and issues associated with PCOS, Endometriosis, Peri-menopause and Menopause. Our bodies are constantly in a state of 'hormonal' flux, and long term stress is no friend to our cycles.



THE  
Hormonal  
THERAPIST



Alison Fuller

ITEC, MAR, MARR, DIP.I.PCH, CHFP, CHBP, GHR REG,  
REGISTERED FERTILE BODY METHOD PRACTITIONER

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FERTILITY MASSAGE  
HYPNOTHERAPY  
REFLEXOLOGY

FERTILITY & IVF  
PREGNANCY & MISCARRIAGE  
HORMONAL IMBALANCE

07811 123 494



# ABOUT ALISON

Alison specialises in Fertility Massage, Hypnotherapy and Reflexology to support the emotional and physical challenges that fertility, pregnancy, miscarriage and hormonal imbalance can bring.

Addressing the emotion can often be as important as addressing the physical imbalance itself. During her sessions she explains the impact that internal and external stress has on the body and how it wreaks havoc with the hormonal cycle.

She seeks to impart as much knowledge as she can about reproductive awareness and cycle health, advice on fertility tests and results, how to deal with the ups and downs of assisted conception and the effects that stress puts on your body.

Alison runs her main practice in Weybridge and also works at the Newlife Clinic in Epsom which specialises in Fertility, Immunology and Women's health - promoting the integration of natural therapy with ground breaking modern medical procedures.

# THERAPIES



## HYPNOTHERAPY

Hypnotherapy helps to address the emotional roller coaster associated with fertility, pregnancy, and pregnancy loss. In a given session we work to address any fears, anxieties and worries that may be impacting on your fertility journey or preventing you from enjoying a healthy pregnancy. For those who have experienced trauma, it is an extremely effective therapy helping to address past events, and prepare for new ones in a healthy state of mind. Hypnobirthing sessions are also available.

## FERTILITY MASSAGE

This is an abdominal and lower back (sacral) massage which is specifically designed to address fertility related issues by increasing circulation to the uterus, ovaries and fallopian tubes. This type of massage helps to address hormonal imbalance, and alleviate symptoms from conditions such as PCOS, Endometriosis and Fibroids. It also aims to release tension found in the muscle and connective tissue of the abdomen and sacral areas.

## FERTILITY REFLEXOLOGY

Fertility Reflexology has its roots in classic Reflexology but focuses on the reproductive reflexes (ovaries, tubes, womb, testes etc). The behaviour of your menstrual cycle is monitored and addressed, taking into account the body's natural rhythm, or a drug protocol (IVF). It can address the impact of conditions such as PCOS, Endometriosis, Fibroids and cycle irregularities and seeks to encourage the body to regain hormonal balance, improving the quality and health of the cycle and the internal environment. With pregnancy, it aims to address discomforts such as morning sickness, and aids in bringing about great relaxation, until nearer your due date, when labour can be encouraged.

