

The Natural Fertility Management
Conception Program

Introductory Booklet



A Preparation Program For All Prospective Parents
Optimising Your Chances of a Natural, Healthy Conception,
Pregnancy, Birth and Baby ~ Through Preconception Health Care
and Natural Treatments For Fertility Problems

Natural Fertility Management
“Reproductive Health Care For Every Stage Of Your Life”

The Jocelyn Centre for Natural Fertility Management & Holistic Medicine
Suite A, Level 6, 204 Clarence Street Sydney NSW 2000 Australia
Ph: 612 9268 9000 Fax: 612 9267 6377
Email: enquiries@fertility.com.au Web: www.fertility.com.au



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“Reproductive Health Care For Every Stage Of Your Life”

Produced by NFM Pty Ltd
Suite A, Level 6, 204 Clarence St
Sydney NSW 2000 Australia
Ph: 61 2 9268 9000
Fax: 61 2 9267 6377
Email: enquiries@fertility.com.au
Web: www.fertility.com.au

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*May we give ourselves, our children and our future generations
the gift
of strong health and vitality,
with a natural, safe and healthy start to life,
and a natural, safe and healthy environment in which to live ~*

*... and may we do this by seeking out knowledge
about the inherent and natural fertility of our own bodies
which is our own natural birthright.*

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Free Introductory Consultation

Because each couple's needs and challenges on their journey to conception are unique, the Jocelyn Centre offers a free half hour introductory appointment to give you the opportunity to ask questions about the Conception Program and to receive a realistic assessment on how best we can assist you with your particular fertility concerns.

This is a no-obligation appointment and we highly recommend it for both partners before embarking on the program. It can save you both time and money by giving you a fuller understanding of your commitments before you embark on a natural and holistic approach to addressing reproductive health issues.

For couples living outside Sydney area and undertaking the Conception Program by distance treatment - this introductory consultation (by phone) is an excellent and practical way to begin, before making the trip for at least one face-to-face consultation (which is necessary for both therapeutic effectiveness and to satisfy industry regulations).

*The accompanying handout **Fees & Consultation Procedures** will give you up to date information about costs and the management of your appointments and natural medicines.*

Overview



The NFM Conception Program

The Natural Fertility Management program of preconception health care is a new approach to planning a baby which offers support for couples with fertility problems and also for couples who simply want their child to have the healthiest start to life. The NFM conception program not only aims to achieve a conception, but to also improve the chances for a very natural and healthy conception, pregnancy, birth and baby. It works with the natural cycles of the body, and relies on restoring health, in order to bring this about. This is achieved through the use of natural medicines, dietary and lifestyle changes, cycle charting and timing techniques, and teaches couples how to understand and manage their own fertility in the least invasive, most effective and safest way possible. It makes use of orthodox medicine to complement the natural therapy approach, and in the case of infertility, seeks to address and heal the reasons behind any problem, rather than override it. The first aim of NFM is always a natural conception, though it is also used by some couples to support the effectiveness of assisted reproductive technologies such as IVF.

Why Natural Fertility Management?

The NFM approach has come about as a response to the rising rate of health problems in fertility, pregnancy, birth and children's health. At present, one couple in six is infertile, one woman in five will suffer a miscarriage, one baby in ten is born prematurely, and one child in thirty is born with a congenital defect. At least one child in every ten suffers from learning or behaviour problems, and one child in five suffers from asthma.

These figures are on the rise in Western countries and are thought to be due to our modern lifestyle, which is not as healthy as our parents' or grandparents' generations. Environmental pollution, poor nutrient levels in soils and foods, polluted water, toxic farming methods, chemical, radiation and heavy metal exposure,

*“A healthy body
is a fertile body”*



sedentary lifestyles, weight problems, overuse of sugar, caffeine, alcohol and the stress of modern living all contribute to poorer general health, and consequent poorer reproductive health.

The approach at NFM is one of common sense. The idea is simply to bring prospective parents back to optimal health *before* conception occurs, to optimise your child's chance of a healthy constitution, by creating the best possible start to life. This involves preconception health care for a minimum of four months, for both parents, which includes treatment of fertility or reproductive health problems if they are present, followed by nutritional and lifestyle support for the pregnant and breastfeeding mother.

NFM at the Jocelyn Centre

NFM was first pioneered in Australia in 1975. Since then, the Conception Program has been constantly expanded and refined, helping thousands of women and couples who have been treated at our clinic, the Jocelyn Centre, which was set up in 1996 as the first naturopathic fertility clinic dedicated to providing Natural Fertility Management. We have also trained orthodox and natural medicine practitioners nationally and internationally in our methods of natural treatments for fertility problems and preconception health care.

Parenting starts before conception

At NFM we recognise that the journey into parenting is undoubtedly one of life's most profound and intimate experiences. Parenting starts even before conception takes place. Through the Conception Program you can learn about effective nutrition, reproductive cycles and healthy living to manage your own fertility, your own health and the health of your babies as an ongoing benefit for your whole family.

The importance of preconception health care

The practice of preconception health care has been used for thousands of years, and is experiencing a resurgence now due to increasing infertility and problems in pregnancy, birth and infant health. The ancient Spartans knew of preconception health benefits more than 2,500 years ago with young women engaging in wrestling, running and throwing the quoit in order for pregnancies to be healthy and strong. Later the ancient Romans recognised environmental effects on fertility when they noticed the reduced conception rate following their installation of lead water pipes. The physicians of ancient Greece recommended that young women take no alcohol in preparation for conception and during pregnancy. Many traditional societies today also feed special diets to their young women and men of childbearing age. Veterinarians, stockbreeders and farmers all practice preconception health care as a means of improving reproductive outcomes.

... own ability to manage our fertility

“After the physical & emotional toll of three miscarriages we found our doctors advice of ‘just keep trying’ difficult to accept. Deflated, we started a program at the Jocelyn Centre, which focused on our nutrition and lifestyle. Almost immediately we noticed our health improve and gained confidence in our own ability to manage our fertility. Now our baby is due to be born any day, I realise that in learning to nurture ourselves properly we have taken the first real steps towards becoming parents - happier individuals, too!”

Ms E.V., Mosman NSW

*“Be in control
- naturally”*



Preconception health care is a way for both prospective parents to improve their fertility and the health of their eggs and sperm, by ensuring:

- the presence of the nutritional 'building blocks' which are necessary for the formation of a healthy embryo
- the absence of toxins that could be detrimental to this process
- optimum general and reproductive health in both parents.

Medical research and a review of embryology suggest that intervention during the preconception period is a legitimate and overdue focus for modern gynaecology and obstetrics. The combined evidence of many eminent researchers shows that many conditions such as infertility, miscarriage and poor foetal health are preventable and treatable with preconception health care, combined with continuing healthcare throughout pregnancy.

Your growing baby is rapidly developing new organs and body tissues, and needs nutrients to complete this growth and development in optimum health and vitality. The food you eat and the supplements you take before and during pregnancy act as a supply of nutrition for these developing organs and tissues. During the first three months after conception, the mass of the embryo increases over 20 million times. This is the time when cells differentiate and organs are being formed. Sometimes nutrient deficiencies may be so great that the pregnancy cannot continue. In other cases, the deficiency is not so severe but may still be detrimental to the health of the unborn child. For example, this is the case in spina bifida, where levels of folic acid are insufficient for satisfactory closure of the neural tube and the spine covering does not fully develop. Other less obvious problems, such as allergies, asthma, behaviour problems and infections (for example, middle ear, gastro-intestinal and respiratory infection) are far less likely to occur in children when conception occurs after the restoration of adequate nutrient status and low toxicity levels.

Why four months of preconception health care?

The reason preconception health care takes a minimum of 4 months is to ensure that the health of your sperm and eggs is optimal before conception. Sperm can take up to 116 days to generate and during this time they are susceptible to damage from illness, toxins (pollutants and drugs such as cigarettes and alcohol) and nutritional deficiencies. Similarly, the egg is vulnerable during maturation, for approximately 100 days leading up to ovulation. Therefore, having at least 4 months of healthy living *before* conception will improve the quality of your eggs and sperm, which will optimise the health of your pregnancy, birth and child.



... had a great pregnancy

“ My experience has been nothing but wonderful. I was guided through my pre-pregnancy program, had a great pregnancy, felt healthy, fit & strong and was not at all fearful of the pending birth. Of all the people I knew pregnant at the same time, I was the only one who felt so great. It's the only way to do it. Both my son and I still visit regularly for naturopathic consultations. Thanks [NFM]! ”

Mrs E.H., Bronte, NSW



The four month time period is a general, *minimum* guideline. Occasionally a longer time is required for particular health issues to fully respond to treatment.

Prospective fathers

Unlike conventional treatments for infertility, the role of the prospective father on the Conception Program requires the same involvement as the prospective mother. This is simply because the father provides at least 50% of the contribution to a healthy conception. This is also the case even if you are unaware of any fertility problems.



Sperm are even more vulnerable than eggs to toxic exposure and nutritional deficiency. Unlike eggs, which are safely cocooned within the mother's body and are only vulnerable during maturation, sperm are generated wholly during the preconception period, and therefore exposed to any physiological or environmental hazards present at that time. Sperm are also smaller than eggs and are held outside the body, increasing their susceptibility.

Charting the menstrual cycle

On the program you will learn to recognise the unmistakable signs of fertility that recur with each menstrual cycle and, through charting them, become aware of patterns of change in cervical mucus, body-at-rest temperature and other symptoms. By combining this with your personal bio-rhythmic lunar cycle, you can learn how to optimise the timing of conception. The same charts will enable a more thorough diagnosis of your reproductive health and hormonal and nutritional status, ensuring your treatment program is as effective as possible.

Your NFM Conception Kit

As part of the Conception Program you will receive a kit which will guide you through the first few cycles of charting, and provide you with all the necessary materials to guide you between appointments. It contains:

- a copy of *Natural Fertility* by Francesca Naish
- your NFM Workbook for Conception which includes:
 - full instructions for learning the methods
 - 12 cycle charts for recording observations
 - diet guidelines for reproductive health
 - recommendations for preconception health care
- a CD which contains:
 - track 1 - an introduction to NFM by Francesca Naish
 - track 2 - relaxation and suggestions to reduce stress, for motivation and confidence that you can achieve a

◆ Overview ◆

healthy conception, pregnancy, birth and baby and to help to synchronise your lunar and hormonal cycles for optimum fertility

- a fertility thermometer
- an order card for your personal lunar calculations and moon calendars for five years - at no further cost to you
- time zone calculator (for adjusting your personal lunar calculations to different time zones when travelling).

This kit can be bought as a separate item, but where there are fertility problems it is strongly recommended that you consult a naturopath for personal treatment on the NFM Conception Program.

Our integrated team of naturopaths & doctors

For many of our patients this is their first experience of natural therapies. Our approach is very different from what you may experience with orthodox medicine - it is an holistic approach, which means that as well as treating any obvious fertility problems, we also address the various root causes behind any reproductive health problems, which are often due to lifestyle issues.

We find that an integrative approach to fertility works best; with a primary focus on natural and restorative therapies as the first approach, complemented by appropriate orthodox medicine.

Benefits of the NFM approach to planning a baby

Benefits for prospective parents:

- increased chance of a healthy conception, pregnancy, birth & baby
- a successful alternative to assisted reproductive technology for most fertility problems
- gentle, natural and safe – does not threaten your health
- integrated team of naturopaths and doctors
- an empowering experience of understanding and managing your own fertility
- improved general health and energy
- appropriate for all couples planning a family
- equal involvement for each partner
- learn safe, natural contraception for after the birth of your baby
- helpful for older parents or those with undiagnosed fertility problems.

Benefits for your pregnancy & birth:

- decreased chance of miscarriage, premature birth or stillbirth
- decreased occurrence of common pregnancy complaints (such as morning sickness), as well as more serious problems (such as gestational diabetes, hypertension)
- increased chance of a natural, unmedicated birth
- decreased risk of postnatal depression.



... compassion and understanding

“After starting fertility treatment at the [... IVF Clinic], it was a joy to find out about the Natural Fertility program. At [... IVF Clinic] we were treated like a number and saw a different person on each visit. On joining the Natural Fertility program we were assigned to one naturopath, and we were treated in a relaxed atmosphere with compassion and understanding. After about 12 months we finally conceived and gave birth to a very healthy, happy baby girl. Although she was 6 weeks early she was very healthy and only required 2 weeks in hospital before coming home.”

Mr & Mrs P.J., Hornsby NSW





... resulted in a totally natural conception

“ At age 40, after 8 years of trying to conceive and 8 heart-breaking failed IVF attempts, we had almost given up hope of ever having a child. Doctors gave us little chance of conceiving naturally. [Our naturopath] undertook a comprehensive review of our medical history, conducted some further tests and encouraged my husband to have surgery to correct a varicocele (an operation my doctors had advised against because “it never works”). This, combined with nutritional improvements, herbs to enhance our fertility and a variety of stress management techniques resulted in a totally natural conception. I gave birth to our beautiful son when I was 41 after a trouble free pregnancy & quick labour. We are eternally grateful for [our naturopath’s] support, advice and encouragement to go on trying which made our dream a reality. ”

Mrs R.K., Sydney NSW

Benefits for your baby & child:

- increased chance of a healthy, happy baby
- reduced risk of congenital malformations (birth defects)
- increased chance of problem-free breastfeeding and close bonding
- less likely to suffer from various health and learning problems in childhood and as an adult
- health benefits for all future generations
- parents educated about diet and nutrition for growing family.

Benefits if Assisted Reproductive Technology is required:

- has been found to more than double your chances of success with IVF (see **Success Rates** section of this booklet)
- helps to avoid the increased miscarriage and health risks to mother and infant that may occur with IVF.

What does the Conception Program involve?

There are several concurrent approaches during the Conception Program for both partners.

A Healthy Lifestyle:

- avoidance of, and protection against, environmental toxins (chemicals, heavy metals, radiation)
- avoidance of caffeine, alcohol, cigarettes & social drugs
- regular exercise
- stress reduction.

Good Nutrition:

- organic, fresh food
- purified water
- good dietary balance of protein and carbohydrate
- avoidance of refined grains, sugar, saturated fats and some dairy products
- a comprehensive and balanced regime of nutritional supplements.

Natural Treatments (using nutritional and herbal medicine):

- for reproductive and fertility problems
- for general health issues which can affect fertility
- for detoxification and recovery from toxic exposure.

Diagnostic Protocols:

- urine and hair analyses to test for toxic metals (e.g. lead & mercury)
- assessment of nutritional deficiencies
- medical pathology (non-invasive) tests (blood, swab, semen analysis and culture)
- referral to appropriate specialists where required.

Medical Treatments:

- for treating genito-urinary infections.



Counselling and Relaxation Therapy:

- for stress relief
- for emotional issues surrounding pregnancy, parenting and infertility
- for support in reducing addictive or unhealthy habits.

Charting and Timing Techniques:

- natural contraception (to avoid problems associated with oral contraception, IUDs etc) during preconception health care
- ongoing charting of cyclical signs and symptoms (including mucus and basal temperature) to assist in diagnosing hormonal and nutritional imbalance
- use of lunar biorhythmic cycles to complement charting
- conception timing techniques to ensure fresh healthy sperm and eggs meeting at the optimal time in the menstrual cycle.

Further information about the Conception Program

Sex selection

The NFM Conception Program gives some couples the option for influencing the sex of their baby. Predetermination of the gender of your child is not realistic for those who are experiencing fertility problems; in such cases, a healthy baby (of either gender) is the goal, as sex selection techniques can reduce the chances of achieving a conception. This option is offered to couples without fertility problems who are doing the Conception Program for the advantages of preconception health care, and who also prefer to increase their chances of a particular gender for their child.

The sex selection option on the Conception Program involves a combination of methods which greatly increases the chances in favour of the desired gender, though this cannot be guaranteed. Generally we achieve a high success rate using approaches which are not detrimental to the health of your baby, or yourselves.

Sex selection is not offered as a single service outside the NFM Conception Program, except through a postal kit. The reason for this is that the primary aim of the work of NFM is to promote the health of parents, babies, children and future generations. We generally find our patients consider sex selection to be an additional bonus. We also believe some of the options available to influence the gender of your baby to be detrimental to the health of your pregnancy or baby, and do not promote their use.

*Please refer to the **Fees & Consultation Procedures** handout for details about the cost of this additional option.*

Availability of NFM outside Sydney

The Jocelyn Centre is the only clinic where Francesca Naish and her Associates offer Natural Fertility Management, and where





... no-one had been able to find the problem

“ We had been to various Doctors/ Homoeopaths but no-one had been able to find the problem and we had almost given up hope after 5 ½ years and two miscarriages. Now, thanks to NFM, we have a strong, healthy, bright, happy, beautiful daughter. No colic, reflux, feeding problems, allergies, asthma, eczema or sleeping problems. It did cost us a lot of money but as we are so healthy from the program there are very few Doctor visits now. A special thanks to [our naturopath] - her bright, positive attitude and constant encouragement and support was wonderful all the way through. At last our prayers have been answered! ”

Mrs V.C.R., Moss Vale NSW

you are guaranteed the full and extended version of all natural fertility management programs. By seeing one of the naturopaths at the Jocelyn Centre you will benefit from the latest research and development from Francesca and her team. If you live outside Sydney, you can have a free half hour introductory consultation by phone. Following an initial face to face consultation you can receive treatment from the Jocelyn Centre via phone, mail or email.

Please refer to the **Fees & Consultation Procedures** handout for more information on this.

Since 1994 over 1000 natural therapists and orthodox health practitioners have been trained by Natural Fertility Management Pty Ltd. They now make up an informal natural fertility management network, spanning Australia, New Zealand, Malaysia, U.K., Singapore and the USA. They all have a special interest in reproductive health and have completed a residential training program with us, bringing elements of the pioneering work of Francesca Naish, and her associates at the Jocelyn Centre, into their own diverse practices. Some make use of the NFM books, supplement ranges and program kits for their patients - however, they are not representatives of Natural Fertility Management Pty Ltd in any formal capacity e.g. as associates, branches or franchises. Our role has been educational and we fully support and encourage the world-wide availability of these techniques for women and their partners.

Use of medical drugs alongside naturopathic treatments

As a general rule, medical drugs tend to interfere with the effectiveness of natural medicines. Also, a few natural medicines may interfere with the effectiveness of medical drugs. Ideally, only prescribed and essential medical drugs should be taken whilst undergoing naturopathic treatment, in order to make optimal use of the natural healing process. Please discuss management of your medical and natural treatment protocols with your NFM naturopath and our doctor.

Preconception health care can only be fully effective in the absence of fertility drugs. If assisted reproductive technology (e.g IVF) is unavoidable after preconception health care, the Conception Program can then be adapted to provide naturopathic support for an optimal outcome.

Confidentiality

Confidentiality is assured when you undertake any form of treatment at the Jocelyn Centre. Knowledge of the nature of your visit is restricted to your practitioners and our staff. Your privacy is also strictly protected with any communications we might have with you outside of clinic time. Natural Fertility Management Pty Ltd operates under the name of the Jocelyn Centre for this reason.





Our 'Baby Board' at the Jocelyn Centre reception shows some of the many babies we have been honoured to help into this world.

Free Introductory Consultation

Because each couple's needs and challenges on their journey to conception are unique, the Jocelyn Centre offers a free half hour introductory appointment to give you the opportunity to ask questions about the Conception Program and to receive a realistic assessment on how best we can assist you with your particular fertility concerns.

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Disclaimer

At NFM we alert all prospective patients to the fact that our programs are not able to guarantee a successful outcome every time. Our experience is that they greatly improve chances of success. However, there can be no guarantee of conception in individual cases.



Is the NFM Conception Program appropriate for you?

The NFM Conception Program is suitable for most prospective parents. Preconception health care has significant health benefits which can be of benefit to all. The program is also appropriate and offers significantly improved outcomes for couples facing fertility issues such as repeated miscarriage, unexplained infertility, male fertility problems, failed IVF attempts, as well as diagnosed infertility.

At your (free) introductory consultation you can have your particular health issues assessed for a realistic idea of how much our program can help your individual situation (see the adjacent box).

For many 'infertile' couples, the challenge to conception exists as a collection of sub-clinical health issues that cannot alone cause infertility, but when grouped together, significantly reduce the probability of a natural conception. The aim on the NFM Conception Program is to resolve enough of these issues to a level at which conception can occur naturally, and where there is a greater chance that there will be a healthy outcome.



The NFM Conception Program

Success Rates



How to increase your chances of success on the NFM Conception Program

To increase your chances of having a healthy conception, pregnancy, birth and baby it is necessary to undertake a program of preconception health care, *prior* to conception. The chances of a successful outcome are highest if 1) both prospective parents take part in the program, 2) lifestyle and dietary protocols are followed as closely as possible, and 3) general and reproductive health issues for both partners are resolved to a sufficient degree during this time. The closer the program is followed, the higher the success rate.

Measuring the program's success rate is complex

Success rate percentages for the NFM Conception Program are complex to measure. Our patients come to us with such differing general and reproductive health issues that it is often inappropriate to compare them with one another. Some have little difficulty with conceiving and want to simply optimise the health of their baby. The majority do have some reproductive health or infertility issue. Many have tried assisted reproductive technologies (such as IVF) and some have 'reached the end of the road' before trying our services. Others are older prospective parents with decreased fertility and lack of time. We have cases deemed untreatable (many of which we have successfully treated). The other factor that makes measuring success rates difficult is that treatment is personalised for each patient. There is no one herbal formula, or treatment protocol, which we apply to everyone, which could then be measured for its effect.

Jocelyn Centre clinical outcomes are successful, despite difficult cases

We do, however, having been in practice since 1975, have much *anecdotal* evidence (clinical observation) which strongly suggests that our overall success rate is high, despite a large proportion of





challenging cases (such as older prospective parents in their late 30s and early 40s). Natural and holistic treatments can often succeed when orthodox treatments, such as drugs and surgery, fail. Since our clinic began, we have had successful outcomes with thousands of 'infertile' couples.

Little funding to date to conduct scientific studies on the work of the Jocelyn Centre

The work of NFM is a unique and new approach to addressing fertility problems. We have pioneered the concept and practice of 'preconception health care' which is now a term and method in common use throughout both natural and orthodox approaches to fertility, pregnancy and infant health. Partly because our approach is new, and partly because we primarily use natural therapies, there is little external funding available to conduct scientific studies to verify the clinically observed success rates we see each day. Also, the holistic approach does not easily lend itself to the scientific method because of its multi-faceted nature, the difficulty in monitoring self-help aspects of treatment, and the fact that treatments are highly personalised.

However, there are three studies which go some way to support our clinical observations of success

1. Foresight Study 1995

Foresight, the Association for the Promotion of Preconceptional Care, was established in the United Kingdom in 1978. A Foresight study, conducted in conjunction with Surrey University (published in the *Journal of Nutritional & Environmental Medicine* 1995), clearly shows the effectiveness of preconception health care.

Foresight Study Results The women participating in the study ranged in age from 22-45 years, the men from 25-59 years. 41% of the couples had no previous adverse reproductive history, but among these were the older couples.

Study Involved:	Presenting with a Previous History of:	Percentage in Sample
<ul style="list-style-type: none"> • 367 couples and lasted 2 years • age of females: 22-45 years • age of males: 25-59 years. 	infertility	37%
	miscarriage	38%
	therapeutic abortion	11%
	still birth	3%
	'small for dates' or low birth weight babies	15%
	malformations	2%
	SIDS	1%

Today we have a beautiful, lively, baby boy ...

“After two miscarriages, we wanted to give our next pregnancy our best shot. The material in 'Better Babies' led us to the Jocelyn Centre in Sydney. Here we were introduced to the Natural Fertility Management [Conception] Program. Following the program wasn't too difficult because we already had a lot on board already - but still we didn't know what the outcome would be. Today we have a beautiful, lively baby boy Devanard (Devan for short). Looking back - we were extremely fragile when we had our first consultation with [our naturopath]. [Our naturopath] was wonderful - supportive, informative, encouraging and available. We have followed the program via email and phone call - this worked very well. While we were nervous throughout the pregnancy we became less fragile - this was due to [our naturopath] and our maternity caregivers in Wellington.”

Ms D.W., Wellington NZ





Results	Outcome	Percentage in Sample
• No miscarriages, perinatal deaths, malformations.	Live births	89%
	Live births to those previously infertile	81%
• No baby admitted to intensive care.	Average gestational age	38.5 weeks
	Earliest gestational age	36 weeks
• Normal expectation - 70 miscarriage - 6 malformations.	Average weight of males	7lb 4oz (3303g)
	Average weight of females	7lb 2oz (3232g)
	Lightest baby	5lb 3oz (2367g)

Note: The NFM Conception Program covers the same treatment methods used by Foresight and extends these by using natural therapies to enhance and resolve specific and individual health issues.

2. Foresight Study 2003

Foresight has completed a further, larger study with 1,061 couples. The statistics from this show excellent outcomes, with a conception rate of 78.4% (leading to a healthy baby) within two years of following the program. This study also suggests a more than doubled conception success rate for IVF of 47.1% following preconception health care.

3. University of New England

Susan Arentz, BHSc(Hons) ND, Dip Hom; Dip Bot Med. and Dr Gemma O'Brien, BSc(Hons), PhD Syd, conducted an independent study of 67 patients on the NFM Conception Program conducted at The Jocelyn Centre. A high proportion of the couples in this study (those in the test group) had serious fertility problems and were diagnosed as infertile. In both the test and control group 25% of women were over 40 years of age. Results showed that 56% of previously infertile couples conceived within the first 2 months following their participation in the program and 50% of these women were in the 40+ age group.

How do these success rates apply to individual cases?

When you begin the NFM Conception Program, your naturopath will discuss the following with you:

- whether the program can address your specific concerns
- an approximate idea of how long it may take to resolve any fertility problems - if there is no successful outcome after 6 months of attempting conception (following the minimum 4 months of preconception health care) and if no further problems have become apparent, your naturopath will then discuss the orthodox and complementary options open to you
- an approximate idea of your individual chances of success.

Treatments based on tradition and science

Although there are only a few studies of the holistic nature of our treatments, the individual remedies (nutritional and herbal etc) that we use are extensively studied, and/or have been safely in use for long periods of time. At the Jocelyn Centre, we continuously revise and review our remedies and treatments with regard to new findings and research, to keep the Conception Program “state of the art”.



The end result was fabulous - a baby girl (full term)

“ I discovered the [Natural Fertility Management Conception] program after reading Francesca's book 'Better Babies'. My husband and I decided to go along and see what it was all about. We were eager to provide the best future for our child - simply give it a good 'head start' in life. We were both surprised how thorough and interested our consultant was in both of us. She wanted to gain as much information about us both, past and present, as possible. My cycles were more than 40 days long but were regular. I was shocked to discover that my long cycles would increase the chances of miscarriage. I didn't believe that taking herbs would shorten my cycles. Both my husband and I were amazed that these herbs and supplements actually brought my cycle down to 33 days.

Whilst on the program we were very positive and felt great. The end result was fabulous - a baby girl (full term). She is now 2½ yrs old, and is not only beautiful but also clever.

I am now 20 weeks pregnant with my 2nd pregnancy after we returned to the program. We underwent the same process - except we were both a little more laid back and more flexible with our eating. (We actually found it harder to stick to the dietary plan the second time round). We are looking forward to the 2nd child next year. We are both confident that our 2nd child will be just as healthy as our first.”

Mrs C.D.V., Parramatta, NSW

Disclaimer

Despite the excellent success rates shown for preconception health care and natural treatments for fertility problems, please note that there can be no guarantee of conception in individual cases.





The NFM Conception Program

What to Expect



Our son has been a remarkably well baby ...

“ With both of us looking at our health in a positive way, this program did much to alleviate the negativity of infertility. To be looking at ourselves beyond fertility took some pressure off. I think that made a huge difference to our chances! Our son has been a remarkably well baby and I had a dream pregnancy. We have continued to be pro-active about health & attitudes and see the results everyday. The Jocelyn Centre was recommended to us by several couples and I have done the same. ”

Ms M.A.T., Canberra ACT

For many of our patients, this is the first venture into the world of natural therapies. This section explains what you can expect to experience with the natural and holistic approach of the NFM Conception Program.

Differences with the holistic, natural approach

Holistic treatment means comprehensive treatment. In order to be effective, many areas of concern are addressed, with natural remedies used wherever possible. This will result in a number of differences to an orthodox medical approach, including:

- time - making fundamental changes to health and addressing underlying causes takes time
- effect - for many conditions this can be profound and long lasting
- gentleness - procedures and treatments are non-invasive and are generally not painful
- involvement - you will be fully involved, on a daily basis, in contributing to the success of the program
- holistic - your entire health (physical, emotional, mental) is addressed with personalised treatment, during extended consultations.

Your daily commitments

When you undertake the Conception Program, you are committing to many changes in your daily life, some of which may be habits of a lifetime. All of these changes have highly beneficial effects on your health and therefore the health of your child, whether you are a prospective mother or father. This includes:

- daily charting of cyclical changes such as cervical mucus and body-at-rest temperature (for diagnostic purposes, natural contraception and for optimum conception timing)
- daily supplements (vitamins & minerals) - in most cases, at least a dozen tablets - and liquid herbal medicines



◆ What to Expect ◆

- dietary improvements, organic foods and purified water
- avoidance or minimalisation of, and protection against environmental toxic exposure at work and at home
- avoidance of alcohol, cigarettes, social drugs, unnecessary medical drugs, sugar (and all substitutes), white refined grains, and saturated fats
- reading and learning between appointments
- exercise and weight loss protocol (if indicated).

How will all these lifestyle changes feel?

The closer you adhere to these healthy principles, the quicker and stronger will be the impact on your health, and on increasing the chance of a successful outcome. Over the months of preconception health care you can expect to start feeling very healthy. Many couples continue these dietary and lifestyle habits after the program has finished simply because they feel so good, and also because they provide a wonderful level of health for pregnancy and for all the demands of parenting a newborn child.

Consultations

Your naturopathic consultations (both partners to attend):

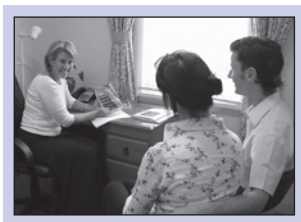
- free, no obligation, introductory ½ hr consultation - to talk about how the program can address your specific situation
- 2 initial extended consultations (3 ½ - 4 hrs in total), 1 - 2 weeks apart (or on the same day if coming from outside Sydney) - to assess your case, devise your treatment protocols and teach you the program methods
- follow-up consultations every 4 - 6 weeks (1 hr) to monitor progress and adjust treatment.

Your medical consultations:

- 2 consultations for the prospective mother, for swabs, blood and urine tests
- 1 consultation for the prospective father, for blood and urine tests and a referral for a semen analysis and culture
- results consultation/s.

Please refer to the “Fees and Consultations Procedures” handout accompanying this booklet, which tells you what you need to bring to each consultation.

In some cases, further medical consultations, other natural therapies or counselling may be required.



I have had two effortless pregnancies ...

“ My two beautiful children are more than enough proof for me that Natural Fertility Management works. I have had two effortless pregnancies (no morning sickness, stretch marks, constipation, etc) and very healthy babies under the NFM program. I am sure that without this help I probably would not have been able to conceive at all. The treatment we received was always positive and covered all options available - both medical and natural. I was always informed and never felt uncomfortable. ”

Ms D.W., Baulkam Hills NSW





When it is time to conceive

Once detoxification has been completed, health concerns addressed and adequate nutritional status is achieved, it is time to try to conceive. At this point your NFM naturopath will guide you with timing techniques which ensure that your conception occurs at an optimal time in your cycle to enable the best possible chance of a healthy outcome.

Once you are pregnant

When you are pregnant your NFM naturopath will continue to see you during your pregnancy to ensure that you don't lose the advantages of preconception health care. Typically, this involves a consultation each trimester to maintain nutritional status and ongoing health. The work you have done during preconception health care, continued into pregnancy, should ensure a very healthy pregnancy. If there are health concerns during pregnancy, there are usually natural remedies which can assist with these. Our doctor can also offer medical support during pregnancy, although this does not replace the care of your midwife or obstetrician.

You may elect to continue seeing your naturopath and our doctor for advice and remedies for birthing, breastfeeding and infant health care. We can also assist you with natural contraception (given your new-found fertility status), planning your next baby, general health and with any further male or female reproductive health issues (see the "Beyond Conception" section on p34).

*The accompanying handout **Fees & Consultation Procedures** will give you up to date information about costs and the management of your appointments and natural medicines.*



I had had a lot of trouble falling pregnant ...

“ I had had a lot of trouble falling pregnant & after 2 years, a friend recommended the Jocelyn Centre. At first my husband was skeptical, but after hearing the success rates & seeing that the treatment was very common sense, he was very supportive. After being on the preconception program for an extended 6 months, due to complications that needed to be sorted out on my side, we eventually fell pregnant after 3 months of “trying” - we actually conceived more quickly than the average of 4 months. We were thrilled to have a healthy, happy and very lively boy. ”

Mrs P.N., Woronora Hts NSW

The NFM Conception Program

Essential Information



Before you embark on the NFM Conception Program it is important to be aware of some of its essential requirements. These requirements are responsible for the success of the program and need a dedicated approach from both yourself and your partner during the months of preconception health care.

You can refer to other sections of this booklet for the reasoning behind each requirement, as well as variations to this protocol for individual cases. Your naturopath will also go over them during your introductory half hour consultation, and also tailor some of them according to your particular situation.

On the NFM Conception Program, during at least four months of preconception health care, you and your partner can expect to be:

1. avoiding alcohol, caffeine, cigarettes and social drugs
2. eating minimal sugar, salt and saturated fats
3. eating organic produce and drinking purified water
4. avoiding 'white' refined grains and eating a good balance of protein and carbohydrates
5. practising preconception health care for at least four months before trying to conceive
6. avoiding unprotected intercourse during your fertile times
7. minimising toxic exposure from radiation, chemicals and heavy metals in both domestic and work environments
8. taking at least a dozen tablets on a daily basis, plus liquid herbal medicine twice daily
9. undertaking a series of medical pathology tests
10. minimising use of medical and fertility drugs (only when appropriate, and in cooperation with your prescribing doctor)
11. delaying IVF or other assisted reproductive technologies
12. charting the prospective mother's cycle on a daily basis
13. reading and learning between appointments
14. undertaking exercise and/or weight loss programs
15. using stress management techniques.

See the **Fees & Consultation Procedures** handout, which comes with this booklet, for a full explanation of fees and costs, and what to bring to your first fee-paying consultations.

The **Overview**, **Success Rates** and **What to Expect** sections of this booklet give you a full description of the Conception Program.

NOTE !

The **Fees & Consultation Procedures** handout also tells you what you need to bring to your first fee-paying naturopathic and/or medical consultation.





The NFM Conception Program

Fees & Costs



... told by a doctor he could do no more for us

“After a stressful time of trying to fall pregnant, an operation and then being told by a doctor he could do no more for us; finding the Jocelyn Centre was wonderful. Not only were we so glad to be able to go about it naturally but their approach from the start was so positive. They actually gave us hope! The whole way through the treatment they were very helpful and understanding. And then to fall pregnant at the first attempt after treatment was more than we dreamt of. At the outset the cost of treatment was a concern, but with help from the family we just made it. We now have a beautiful baby girl who is hard not to spoil!”

Ms E.W., Windsor, NSW

This section is about our fees structure, what your fees cover, and the rationale behind price setting for the Conception Program.

*For the latest listing of specific fees for consultations, remedies, rebates, cancellation fees and estimates of average expenditure on supplements per person, per week - please refer to our **Fees & Consultation Procedures** handout which comes with this booklet.*

The cost of providing our service to you

The Natural Therapy industry in Australia is currently unsupported by government subsidisation - though quality is controlled through the Therapeutics Goods Act and professional associations. This means that patients generally bear the full cost of the treatments and medicines (with minor rebates available through some private health funds and tax rebates).

Our particular service relies heavily on the use of herbal medicines and vitamin/mineral supplementation in order to achieve our success rates. These natural remedies are expensive to produce at the professional quality needed to be effective. The bulk of natural medicines also attract GST. We only use brands with the highest reputation, manufactured specifically for clinical use and often only available through practitioner prescription. The quality of these products often differs vastly from over the counter preparations available in health food shops or supermarkets, and this is reflected in their price, as well as their effectiveness.



Because the health problems, toxicity and nutritional deficiencies which may impact on a healthy conception all need to be addressed before the conception occurs, we need to prescribe quite a large number of nutritional supplements and advise on dietary and lifestyle changes, as well as conduct a number of pathology tests - all of which are vital to achieving your parenting goals. Our Conception Program is unique in this regard, distinguishing it from other approaches to conception, including assisted reproductive technologies. The other consideration with expense is that in order to increase the success of the program, both the prospective mother and father need to undergo highly personalised treatment for many different health concerns - all for a minimum of four months before conception takes place.



Funding & finances for the Jocelyn Centre

The *Jocelyn Centre for Natural Fertility Management* was originally set up with funding from the estate of Jocelyn Naish, mother of Francesca Naish. Since its inception, any small annual profit we may make is ploughed directly back into improving services or into research and development.

Is it really worth it?

This is a question which we are often asked. The costs of undertaking the program are considerable, and you need to be confident that your financial commitment is worthwhile. Our answer to this question comes down to the value of the end goal itself: the importance of a healthy start to your child's life, and the effect this will have on his/her future development. One comparison you may find useful is to the expense of other events related to the start and successful continuation of family life, such as the cost of a wedding, and the rearing and education of children. Giving our children the best possible start to life, through preconception health care, before they are even conceived, is surely at least as important.

Setting fee structures for the Conception Program

In order to provide a service which is as cost effective as possible, we:

- provide a free half hour introductory consultation
- minimise dosages if the time taken to achieve a conception is extended and causes financial problems
- provide our own range of supplements which are highly targeted for the Conception Program to avoid wasteful purchases
- run a budget clinic for a limited number of patients
- use any supplements you already have if these can be incorporated into your protocols.



What do you get for your money?

Your fees cover long consultations with our naturopaths and doctor, personalised treatment protocols for each partner, personalised medicine mixes for each partner, various natural remedies and also the time your practitioners spend outside of the consultations handling your case. Your fees also cover a kit of materials you will receive at your first consultation, and, because naturopathy is a holistic approach to health, your entire health picture will be taken into account - so we will also treat many other health issues you may have, at the same time. We have every hope that you will have a successful outcome and, at the very least, you and your partner should have much improved general health by the end of your time with us. Your fees also assist in paying for the administrative support team, whose presence behind the scenes enables your practitioners to focus solely on you.

If you have any further questions or concerns regarding our fees and charges, please feel free to talk to our administrative staff at the Jocelyn Centre, or to your practitioner/s.



The NFM Conception Program

Frequently Asked Questions



Do I really have to give up cigarettes, alcohol & coffee?

Yes. The preconception health care period is a time of focus on detoxification and preparation. Most women would be aware that these substances are not recommended during pregnancy - however, the effects of either parent indulging in this preconception period is just as, if not even more, detrimental, as so many significant events happen very early in the pregnancy.

Toxins such as alcohol, cigarettes and caffeine have been shown to have a significant impact on both male and female fertility, as well as on the health of the pregnancy and baby. Toxic effects to any cell which is in a process of division (such as sperm, eggs and foetal cells) will be carried through to the whole organism.

As the sperm and eggs need to generate/mature in a toxin free environment, these substances should be avoided for at least four months before a conception is attempted. Most of our patients find that the increased well being and energy they experience on our program more than compensates for the stimulatory effects which they have previously experienced as a result of these substances and habits. Where there is a need for further support, we can refer you to a recommended hypnotherapist.

*For more information on this see **The Natural Way to Better Babies** (which will be supplied as part of your NFM Conception Kit when you start the program).*

Why do I have to wait 4 months before trying again?

To ensure the health of your sperm and eggs is optimal before conception. As eggs and sperm take approximately 3½ - 4 months to generate and mature, the full advantages of preconception health care can not be experienced if conception occurs before this time. If there are additional risk factors such as increased age, or previous history of problems, or the use of assisted reproductive technology, it is even more important to complete your preconception health care before conception. The four month time period is a general, minimum guideline. Occasionally





... worked with me through my IVF cycles

“ I had spent 3 years trying to fall pregnant and had many medical tests done to find out what was causing my secondary infertility before I came to the Jocelyn Centre. After following a program with [our naturopath], my Fertility Counsellor, my health and cycles improved dramatically, but I was still not able to conceive, so I decided to try IVF. My fertility counsellor was very supportive and worked with me through my IVF cycles and after only 2 cycles of IVF, I was pregnant. I continued with the Jocelyn Centre throughout my pregnancy and gave birth to a beautiful baby boy. He was perfect in every way; very alert, beautiful skin and feeding and sleeping well (as [my naturopath] had said he would). He is now 8 months old and a complete joy. Thank you [to my naturopath] – words cannot really express our thanks for all that you have done for us and for the wonderful advice throughout our longed for pregnancy. ”

Mrs P.J., Sydney, NSW

a longer time is required if there are particular health issues which need to have the chance to fully respond to treatment.

Can I do IVF or use fertility drugs at the same time?

In most cases, we recommend the NFM Conception Program as your first option (rather than your last, or concurrent option). If it is at all possible to have a natural and healthy conception, pregnancy, birth and baby, then this is obviously the better path to take for all concerned. There are also some practical reasons for this:

- the fertility drugs used on assisted reproductive programs interfere with and override the more gentle remedies we use, and are incompatible with preconception preparation
- preconception health care can significantly improve your chances with assisted reproductive technology procedures (if you end up taking this option afterwards). A recent study from the UK shows a greater than doubled effective rate for IVF conceptions which are preceded by preconception health care
- even seemingly intractable fertility problems are often overcome or improved while you are on the NFM Conception Program, and IVF may be rendered unnecessary
- taking the time out to do both preconception health care and natural therapy for any fertility problems can end up being time saved in the long run. Even if you are an older prospective parent the time you spend in the short term by boosting your health can be worth it in the long term because the chances of the first attempt being successful are higher
- preconception health care can help to reduce the risks which are increased for those on assisted reproductive programs (IVF etc) such as miscarriage, poor foetal or infant health problems or perinatal death.

Assisted reproductive technologies and the NFM Conception Program are not necessarily incompatible. If there is a clear need for IVF/ICSI or any other technology, your NFM naturopath can continue to support you through this, with a modified program, thereby further increasing the possibilities of success and decreasing the health risks involved. This can be useful for those patients whose fertility problems are not amendable to natural therapy (such as severely blocked tubes), or if conception is not achieved after some months of trying on the NFM program. Much depends on your particular circumstances. Whichever route you take, your NFM naturopath can assist you with reviewing your options and supporting you with the decisions you make. The Jocelyn Centre has longstanding relationships with many Sydney IVF clinics with referrals occurring in both directions.

Please feel free to discuss your options and possible approaches with one of our naturopaths. This is the sort of issue you may like to bring up at the (free) introductory consultation.



Can you help if I have a serious problem?

Low sperm count	Generally responds well to natural treatments.
Low % of motile sperm	Causes are identified and addressed. In most cases, responds very well to natural treatments.
Poor sperm morphology	Reasons are sought and resolved. Sperm morphology is frequently improved during the course of the program.
Fragmented sperm DNA	Antioxidant therapy and toxicity reduction has been shown to improve sperm DNA. Egg DNA should also benefit though can not be measured.
Irregular cycles	Respond very well to natural treatments.
Hostile mucus	The underlying immune, nutritional and hormonal imbalances are addressed and the problem can usually be resolved.
Sperm antibodies	Investigations are made into the type. Response varies depending on the type and amount. Generally very successful, when occurring in the female.
Endometriosis	Depends on severity, however generally a successful long term treatment and often used in conjunction with surgery.
Ovarian cysts	Depending on the type, many spontaneously resolve although some require surgery. Natural treatments are conducive to resolution.
PCOS	Polycystic Ovarian Syndrome usually responds well to nutritional and herbal medicine.
Fibroids	May not be a barrier to conception, depending on position and size, although the underlying hormonal issues are considered and addressed. Surgery may be necessary in some cases.
PID	Pelvic Inflammatory Disease - causative agents are identified and treated during the initial stages of the program. This may require antibiotics.
Both tubes blocked	A serious challenge to natural fertility treatment, although mild tubal damage can often be addressed successfully. In more severe cases, the Conception Program is offered as a complement to reproductive technology.
Candida/thrush	Responds well to natural treatment.
Stress	Different techniques are used to reduce lifestyle stress and the inevitable stress of infertility.
Miscarriage	Identification of risk factors is undertaken, including additional pathology tests where miscarriage is recurrent. Preconception health care can successfully address most causes, and rates are greatly reduced.



I had a case of severe endometriosis ...

“ After a year of unsuccessful conception attempts and doctors already recommending IVF, my husband and I decided to give the Natural Fertility Management program a try. I had a case of severe endometriosis and my husband had a varicocele (which was greatly affecting his sperm quality and motility). Whilst on the program my husband's problem improved greatly & was all within normal range. With some medical intervention & the program, my endometriosis was also put at bay. As we were approaching the end of one year on the program, we were just about giving up on the idea that a natural conception was achievable, but it actually happened. Thank you [naturopath] for always being positive and having faith that this was possible for us. ”

Mrs L.S., Sydney NSW

If you have queries about other conditions and whether the Conception Program could assist, please book in for a (free) introductory consultation.



**... .. pregnant at age 37
after some help from IVF ...**

“ I have been wanting to write this for so long now but there never seems to be the time. It is really to thank you for the books that you released which changed my whole life really. I first got your book *Natural Fertility* when I lived in NSW and often read it over & over. I fell pregnant at age 37 after some help from IVF (due to trauma to my tubes) and have a healthy baby boy. I had no problems with my pregnancy. Anyway, I wanted to share with you what you helped me to achieve and to thank you. Without people like yourselves who have others' interest at heart, well, it would be a sad, sad world. Thank you again. ”

Mrs L., Sydney NSW

What if I'm taking other medications?

Fertility drugs interfere with any attempt to address hormonal or reproductive health issues through natural remedies, and are inappropriate while preconception health care is undertaken (though can be accommodated, if necessary, at a later stage). Other medical drugs may or may not cause problems, and can be assessed individually. Where effective natural treatments are available, it is often possible to replace these, with your medical doctor's cooperation. Similarly, there may be a less invasive pharmaceutical medication which can be used as an alternative.



Can I do the Conception Program even if I'm not infertile?

Absolutely. In fact, the NFM Conception Program has an integral aim to educate and make accessible all the concepts of preconception health care, as a standard approach for any couple planning a family. Increasing numbers of our patients come to us without any particular health problem, but with the recognition that boosting their health is going to have long term benefits for their children and themselves. We live in an increasingly toxic world, and redressing this issue prior to conception is making sense to more and more couples. It is one of the many things we do as a conscious act of parenting. The practice of preconception health care is becoming more commonplace throughout both orthodox and natural medicine, as a sensible response to our society's increasing fertility and childhood health problems.

What are the chances for older prospective parents?

Age obviously cannot be reduced by the Conception Program, but the biological ageing factors that affect ovarian and testicular activity are able to be addressed to a degree. Many people well into their 40s use the NFM Conception Program to boost their reproductive health and improve their chances of pregnancy. We see a large number of older prospective parents, and many conceive and go on to deliver healthy babies. The Conception Program can be particularly appropriate if you are older, as it not only increases the chance of a conception - it also minimises the chances of problems associated with age such as foetal abnormalities and higher incidence of miscarriage.

Although you may be in a hurry to conceive due to your age,



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it can be well worth the wait for the effects of preconception health care to take place, as this can save you much time and disappointment in the longer run by decreasing the chances of problems with your baby's gestation, birth and general health.

Many of the increased risks associated with older parents have been shown to be associated with the greater toxic exposures and nutritional deficiencies associated with a longer life. There are also several nutritional remedies which support the mitochondrial function in the eggs and sperm (the energy storehouse). Even genetic and chromosomal problems have been shown to respond positively to nutritional supplementation and detoxification.

However, older parents do need to be aware of their reduced chances and be realistic about their commitments. You can discuss your individual circumstances with one of our naturopaths at your introductory consultation.

What if my infertility is not a diagnosed problem?

This is a common situation for couples we see. With no evidence of particular reproductive health problems, there seems to be 'no reason' for a lack of conception. Often this is caused by a combination of various minor nutritional deficiencies and subclinical health issues in both partners which can prevent a healthy conception occurring. These cases are often quite straightforward to resolve through the Conception Program. Our doctors also test for a range of infections not typically tested in Australia and our naturopaths test for toxic levels of heavy metals with urine and hair analyses. Sometimes this can throw light on hidden issues which we can address through an appropriate combination of natural and orthodox therapies.

How long do I try to conceive before realising that there may be a fertility problem?

A lack of conception after six months of trying (during fertile times of the woman's cycle) might indicate some sort of problem, although the medical diagnosis of infertility is only made after one year, especially if age of either parent is an issue.

Even without the diagnosis of a specific fertility problem, the NFM Conception Program can still improve your chances of conception. And even if there is no concern with fertility problems, all prospective parents can benefit from the significant advantages of preconception health care.

Can I choose the gender of my child?

The NFM Program does give an option for sex selection in some cases. A combination of methods taught to you on the program greatly increases the chances in favour of the desired gender, but cannot be guaranteed. This option is not realistic for couples experiencing fertility problems, as the aim then is for any



... as an older wannabe mum ...

“ We went to the Jocelyn Centre because, as an older wannabe mum, we knew we needed to get pregnant quickly. The vitamin/test regime was time consuming, but [our naturopath] was sensationally supportive. In the end, we conceived on the second cycle, after the preconception period, and had a dream baby - great sleeper, no nappy rash, no unexplained crying, very calm and contented. I'm sure the herbs, vitamins & minerals contributed to that (and they were invaluable through 14 weeks of morning sickness!). ”

Mrs R., Rye, NT





conception at all, regardless of gender, and by practicing sex selection you may reduce your chances of conceiving.

Please refer to the introduction section of this booklet for more information on sex selection.

I'm single - can I do the Conception Program?

Although there are obvious advantages to having both prospective parents undertake the NFM Conception Program, we understand that this is not always possible. Where a sperm donor is being used, it will still be very helpful for the prospective mother to carry out preconception health care. We have also worked with sperm and egg donors, where appropriate.

But I have a very good diet already...

The modern diet is generally lacking in essential nutrients. This is because of many factors in modern farming and food preparation methods resulting in low nutritional levels in the foods we consume. When this is combined with a modern preference for prepackaged, processed and chemical laden products there is a gradual and detrimental decline in overall health, including reproductive health.

Even if you are already careful to eat in a healthy manner, you may be unaware of many specifically helpful dietary requirements for good reproductive health, and healthy children. It is also virtually impossible to receive the level of nutrients you need from diet alone, even if your food is organic and nutritious, due to the rising toxicity of our environment, which increases our requirements.

For example, in the 1983 Australian Dietary Survey it was found that 74-83% of females of reproductive age did not receive the RDA (recommended dietary allowance) for zinc. Zinc is essential for the hormonal health of both men and women, production of normal sperm, the proper development of the foetus and a healthy pregnancy. Unfortunately it is present in fewer and fewer foods (due to farming and processing methods) and, as a front-line antioxidant, depleted by increased levels of toxic exposure.

Amongst a multitude of other significant findings, it has been shown that prenatal multivitamin and mineral supplements can reduce the incidence of pre-term delivery, low birth weight, infant morbidity and mortality, while antioxidant vitamin supplementation has been demonstrated to decrease the incidence of pre-eclampsia. Whilst it is now well known that folic acid supplementation can significantly reduce the risk of spina bifida in your baby, most other nutrients have also been shown to be essential for foetal development and prevention of miscarriage.

Even when the diet is purely organic, with properly purified water

... understanding of the cause of miscarriage ...

“ After experiencing three miscarriages, my husband & I decided to seek help from the Jocelyn Centre in conceiving a longed for child. We were emotionally and physically traumatised after two years of disappointment. We were counselled by [our naturopath] upon arriving at the Jocelyn Centre and were extremely impressed with the empathy shown and the depth of investigation into our medical history. We were impatient to try and conceive again but agreed to be patient to gain some understanding of the cause of the miscarriage & to reach our optimum health beforehand. After 5 months of taking the recommended supplements & altering our eating & lifestyle we were feeling better than ever. We conceived after the first month of trying and now have the most beautiful baby daughter who had an Apgar score of 9 after 1 minute. We are very grateful to the Jocelyn Centre, [our naturopath] and staff. ”

Mrs L.C., Caringbah NSW



and with an absence of unhealthy substances, this is not enough to ensure our optimal reproductive health. Supplementation is still needed as well as adequate treatments for the stored and current impact of environmental toxins on nutritional status.

Does my partner have to do the program?

Yes, if at all possible. Whilst it is essential for the woman to be involved, as she needs to monitor her cycle, it is also becoming more and more apparent that the prospective father is at least as responsible for conception, foetal health and avoidance of miscarriage. This is because sperm are even more vulnerable than eggs to the effects of toxicity and nutritional deficiency. This is the case whether you are coming simply for preconception health care or you are also addressing fertility problems. Often, infertility is the result of a matrix of smaller reproductive health issues in both the male and female. It is not usually all due to one issue in one partner. We aim to resolve enough of these issues to a satisfactory level, before you try for a conception. Having both of you on the program therefore doubles the chance of resolution of these issues simply because you are both undergoing treatment. It also means both of you have done the preconception health care and therefore have optimally healthy eggs and sperm to further enhance the chances of a healthy conception, pregnancy, birth and baby.

If only the prospective mother comes, she has less chance of success on her own. Often, in orthodox approaches, it is the female who experiences most (if not all) of the treatment procedures. But this is very different with the NFM Conception Program, where both prospective parents are equally responsible and involved from the very beginning. Many of our patients come to experience this as an opportunity for the increased involvement of prospective fathers in parenthood, and as an early adjustment to the new kind of teamwork that is demanded of a relationship when parenting begins.

If your partner is not able to come, we can still offer you many benefits and this does not mean it isn't worth doing the program. It just won't necessarily be as effective.

Will I lose weight on the Conception Program?

Most people who follow our dietary recommendations will lose weight - if they are presently overweight. Both over and under weight problems can adversely affect fertility, and weight loss (or gain) can be an important part of therapy.

Do I need to avoid conception during preconception health care?

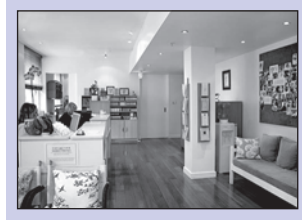
You will be practicing natural contraception during preconception health care, to avoid conceiving before your preparation is complete, so that your pregnancy and baby can fully benefit.



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Back-up contraception, such as condoms, can be used at times you identify as possibly fertile. This method has been shown to be greater than 99% effective if used correctly. However, if a conception did occur, there will be, in most cases, no detrimental effects. If your naturopath needs to use remedies which are better avoided during pregnancy, she will inform you, and you can take particular care to avoid conception.



Case Studies



Connie & Spiros

Connie and Spiros had a history of ectopic pregnancy, which was possibly the result of adhesions formed after a laparoscopy had been performed, to correct a cystic condition in Connie's ovaries. Her fallopian tubes were adhered to her bowel and a previous cone biopsy for pre-cancerous cells had left her cervix scarred. Her mucus was minimal. She had also since developed endometriosis which was not helped by a chronic systemic Candida condition. Spiros smoked and this was contributing to poor sperm motility. They had undergone 5 unsuccessful attempts at IVF. Although they realised that a natural conception could be risky (as the chances of another ectopic pregnancy were considerable) they were disillusioned with their course so far, and were ready to try our approach. With a good stress reduction program in place, Spiros was able to stop smoking, and gradually Connie's reproductive health improved as we addressed the various problems with natural remedies. Despite our initial concerns, they conceived a baby which was correctly placed in the uterus and was carried to full term.

Simone & Wayne

Simone and Wayne came to us with a troubled history. We were not very confident that we could help, but despite our doubts they wished to continue treatment. Two years previously, due to a severe birth defect, their baby had died after only a few hours of life. Six months later another conception resulted in a miscarriage at 13 weeks. Wayne had subsequently been diagnosed as having a 'translocated' gene which had led to increased levels of abnormal sperm and could also lead to congenital malformations (although their specialist felt it was not the cause of their previous problems). He also had an enlarged varicocele (varicose vein in the testes). Soon after the miscarriage, Simone was diagnosed with Graves' disease (hyperthyroid condition) which had been treated by partial removal of her thyroid gland. She was now taking appropriate medication, but her cycle had become irregular and this was not helped by her raised prolactin levels, which were possibly due to the stress she had recently experienced. In addition, as treatment for her abnormal cells, she had undergone laser treatment of the cervix, and she was chronically constipated and suffered severe dysmenorrhoea and PMS. The treatment on the NFM Conception Program required a high level of commitment from them both and included simultaneous use of natural remedies for all conditions. After only a minimum period of preconception health care they conceived within two months of trying, much to everyone's delight. We have since heard reports of their beautiful baby and that another one is on the way.

Beyond Conception

Other Reproductive and General Health Services



The Jocelyn Centre for Natural Fertility Management & Holistic Medicine provides you, your partner and children, with holistic, natural and safe solutions for all of your reproductive health needs throughout life; from puberty to menopause, contraception to conception, preconception health care to treatments for fertility problems, pregnancy health care to birth, breastfeeding and beyond. We also provide you with general health care during infancy and childhood, and both general and reproductive health care for men and women throughout adulthood.

With our team of natural therapists and doctors, as well as a range of products, books and kits, *Natural Fertility Management Pty Ltd* brings you a truly integrative approach to modern health care, combining the very best of natural therapies, complemented by appropriate orthodox medicine, to successfully address your, and your family's, reproductive healthcare needs - at every stage of life.

Reproductive health care for every stage of your life:

- preconception health care
- natural treatments for fertility problems
- pregnancy, birth, breastfeeding, post-natal care
- natural contraception
- male general reproductive health (e.g. prostate health)
- female general reproductive health (e.g. endometriosis, menstrual irregularities, polycystic ovarian syndrome)
- infant and child health
- menarche & menopause management.

Because there are different needs at different times when it comes to managing your fertility, we have developed various programs and services which allow you to make clear, flexible and informed choices about the alternatives open to you, your partner and family in the management of your reproductive health.

Natural solutions for general health

We also offer treatments for most general health problems with the use of:

- naturopathy
- herbal medicine
- nutrition
- homeopathy
- acupuncture
- appropriate orthodox medicine.

We also have a wide network of associated medical and natural health practitioners to whom we can refer.

Integrative medicine

The *Jocelyn Centre* has long been a proponent of integrative medicine; seeking the best of both worlds of orthodox and natural medicine through our team of medical and natural practitioners. At the *Jocelyn Centre* our approach primarily uses natural therapies, but complements these with orthodox medicine where it is recognised that it is more appropriate for certain conditions. This means you have the benefit of the long-term deep effectiveness and safety of natural medicine, supported by the diagnostic, crisis management and symptomatic relief benefits of orthodox medicine. Our team of practitioners work closely together to provide you with a powerfully effective combination.

Reproductive health products

Natural Fertility Management Pty Ltd also offers you a range of books, kits, CDs and our own practitioner nutrient range (available only through a consultation). For the full range of reproductive health products please refer to our website www.fertility.com.au.



About NFM



The services at Natural Fertility Management Pty Ltd are unique and may be a new experience for many of our patients. This section gives you background information about who we are, our history and the vision behind our work in reproductive health.

Our Vision

In an age when reproductive health is moving away from being viewed as a natural and self-managed part of life, and is instead being increasingly managed in laboratories, operating rooms and in the hands of 'experts'- we, at *Natural Fertility Management Pty Ltd*, believe strongly in the inherent and natural capacity of women and their partners to manage their own fertility, in order to avoid or achieve conception, and in their right to the information which will enable them to do so - without unnecessary recourse to drugs, devices, surgical or technological intervention.

In an age when environmental imbalance, food pollution and toxic lifestyles are increasingly leading to reproductive health problems, to cycles of ill-health across the generations, and to a rise in infertility - we, at *Natural Fertility Management Pty Ltd* believe strongly in the power of good nutrition, natural remedies and healthy lifestyles to return balance to the micro-ecology of the body, resulting in the optimal reproductive and general health of parents, in the unproblematic management of reproductive health needs, and in the consequent good health and strong constitutions of our children.

Our vision at *Natural Fertility Management Pty Ltd* is to create optimal health for ourselves, our children and future generations, by making known the specific methods of fertility awareness, nutrition, natural therapies, lifestyle and environmental approaches which lead directly to peak reproductive health, empowered self management of fertility, and to the birth of healthy new generations - in an increasingly toxic world. These methods call for the practice of healthy lifestyles which furthers our ultimate vision of playing a responsible part in the movement toward a sustainable, environmentally friendly and healthy future for this planet, and all those living on it, now, and into the future.

We aim to meet this vision by providing worldwide accessibility to our educational materials, self-help kits, publications and other products, as well as offering specialised and tailored natural therapy treatment programs for women, their partners and families. We also aim to spread this knowledge and experience by training students and practitioners from all fields of alternative and orthodox health medicine. We actively seek funding, support and recognition for these natural options in the management of reproductive health care, in order make them more affordable, more visible and ultimately more widely accessible.

*Francesca Naish,
Founder & Director of Natural Fertility Management Pty Ltd*

Francesca Naish pioneered these specialised methods as a direct result of searching for better ways to manage her own fertility in a climate where reproductive health was increasingly becoming medicalised and pathologised, instead of being viewed as a natural and healthy part of life. Besides her work on contraception and general reproductive health problems, she is also a pioneer of the concept and practice of 'preconception health care' which is now a term in common use throughout both natural and orthodox approaches to fertility and pregnancy. Due to the demand for this information in her own practice, Francesca wrote her first best-selling book *Natural Fertility*, and has since co-authored a further four books (and counting) on reproductive health. She and her team of associate naturopaths are popular lecturers, teachers and speakers at colleges and conferences, in Australia and overseas, and appear regularly in articles in the health and general print media. They also appear regularly on TV and radio programs (e.g. Today Tonight, Mornings with Kerri Anne, A Current Affair, and numerous commercial & ABC radio programs).

The story of the Jocelyn Centre

The Jocelyn Centre for Natural Fertility Management and Holistic Medicine (NFM Pty Ltd) was founded in 1996 by Francesca Naish, as a clinic and outreach service to carry out specialised natural therapy treatments & educational programs for reproductive health - which she had originally pioneered and performed in solo practice, since 1975.

These programs and methods provide women, their partners and families with holistic, effective and safe solutions for reproductive health needs throughout life: from puberty to menopause, contraception to conception, preconception health care to natural treatments for fertility problems, pregnancy health care to birth, breastfeeding and beyond. They emphasise the self-management of reproductive health needs, the primacy of natural remedies, the practice of environmentally healthy lifestyles, and the optimal health of children and future generations.

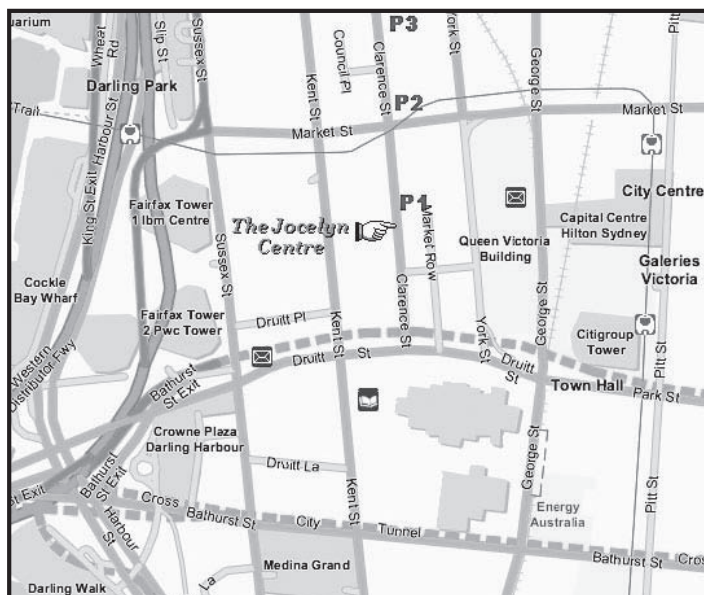


Our team of NFM naturopaths & practitioners

Natural Fertility Management Pty Ltd is now a thriving multi-disciplinary team of naturopaths, doctors, and other natural health practitioners who work alongside administrative staff to serve a broad community of patients and customers from all over the world, with treatment programs, kits, books and other products - as well as having now trained over 1000 health care professionals from Australia and overseas. As a result of these trainings, '*Natural Fertility Management*' has come to describe a modality and is practiced in many other clinics nationally and internationally.

“Reproductive Health Care for Every Stage of Your Life”

How to Find Us & Hours of Operation



The Jocelyn Centre is conveniently situated in the heart of the city with a variety of public transport and parking options close by.

Trains: Town Hall Station (2 minute walk), Wynyard Station (7 minute walk)

Buses: QVB bus stop (1 minute), Town Hall bus stop (2 minutes), Wynyard bus stop (7 minutes)

Parking:

P1 - Wilson Parking, 190–202 Clarence Street – next to our premises

P2 - The Bowlers Club Car Park, 168 Clarence Street – just over Market St

P3 - Plaza Parking, 124 Clarence Street – just before the corner of King St

The Jocelyn Centre has on onsite dispensary of herbal and nutritional supplements, as well as convenient reordering facilities via phone, fax and email.

Dispensary Hours of Opening for Buying Supplements:

9.00am – 5.00pm Monday to Saturday (and occasionally on week nights – call ahead to confirm).

Appointments Hours of Operating:

Most practitioners are part-time and work variable hours. This can include evenings, early mornings and Saturdays, as well as normal business hours. Ask at reception for details.

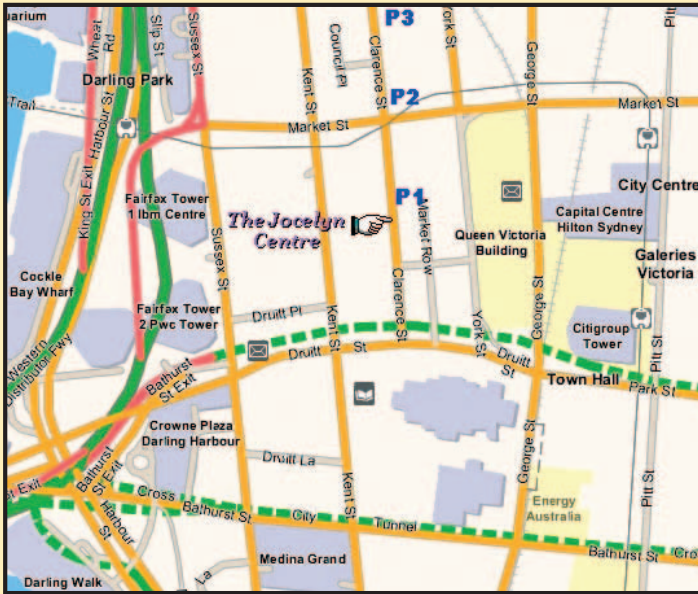
Suite A, Level 6, 204 Clarence Street Sydney NSW 2000 Australia

Ph: 612 9268 9000 Fax: 612 9267 6377

Email: enquiries@fertility.com.au Web: www.fertility.com.au

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