



### Philosophy

Our vision at The Jocelyn Centre 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 our overall health and to the birth of healthy new generations.

These methods call for the practice of healthy lifestyles which furthers our ultimate vision of playing an active and 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.

*"Reproductive Health Care for Every Stage of Your Life"*

### Our Team

With over 30 years experience, our Director, Francesca Naish, has chosen the top specialist practitioners in the field to ensure our patients receive premium care across all facets of our service.

Our staff have extensive academic and practical experience and undertake continued professional development to ensure they are at the forefront in terms of research, knowledge and specialist care. Our practitioners are registered with all professional industry associations such as ATMS, ANTA, NHAA and are members of all major health fund providers.

Our team of committed administrative staff ensure your practitioners are free to focus on quality patient care.



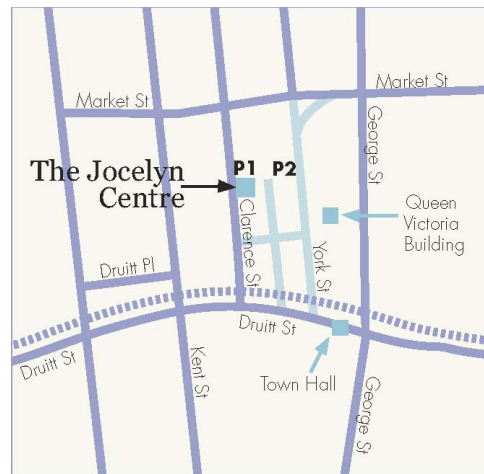
## The Jocelyn Centre

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We are conveniently situated in the heart of Sydney city with a variety of public transport and parking options close by.

**Trains:** Town Hall (2 mins), Wynyard (7 mins)  
**Buses:** QVB bus stop (1 min), Town Hall (2 mins)  
**Parking:** P1 - Wilson Parking, 190-202 Clarence St  
P2 - QVB Parking, Cnr Market & York Sts

Broadway Shopping Centre has free parking for 3 hrs with buses running almost continuously from Broadway down George St to the QVB (approximate travel time 15 minutes).



## The Jocelyn Centre

for

**Natural Fertility Management  
& Holistic Medicine**

*"Reproductive Health Care  
for Every Stage of Your Life"*



The Jocelyn Centre is a thriving multi-disciplinary team of naturopaths, doctors and natural health practitioners who service a broad community of patients and customers from all over the world.

The Jocelyn Centre provides holistic, effective and safe solutions for all your reproductive health needs throughout life: from fertility, preconception health care, conception, pregnancy, birth & breastfeeding to contraception, puberty, menopause and all reproductive and general health needs.

*Phone (02) 9268 9000 for information or to make an appointment.*



The Jocelyn Centre for  
Natural Fertility Management

### Conception

The Jocelyn Centre offers a comprehensive and specialised program for preconception health care. Our approach is one of common sense, focusing on peak health for prospective parents to optimise your chances of a healthy conception, pregnancy, birth and baby.

Particularly for those with fertility problems, we work in conjunction with our in-house doctor who specialises in reproductive health. Orthodox tests, diagnosis and medicine are used to complement the natural therapy approach and seek to address and heal issues rather than override them.

Our integrated approach also includes in-house access and referrals to medical specialists and additional alternative health services such as acupuncture to provide holistic, comprehensive care.

With decades of research, clinical practice and successful outcomes, the practitioners at The Jocelyn Centre look forward to assisting you achieve your goals of a natural, healthy conception.

*"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 [naturopath]!"*

Mrs E.H., Bronte NSW

*"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...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

*A free ½ hr consultation is available to answer questions and discuss your particular situation.*

*Please call (02) 9268 9000 to make an appointment.*

*Or visit our website [www.fertility.com.au](http://www.fertility.com.au) for further information.*



The Jocelyn Centre for  
Natural Fertility Management

### Infertility, Health Issues & IVF Support

The Jocelyn Centre Conception Program can be extended or modified to support prospective parents with a wide variety of reproductive issues. A common problem is unexplained infertility (no diagnosed health issue) which can often be resolved by addressing a range of diet, lifestyle or sub clinical health issues. We also treat specific medical conditions such as endometriosis, PCOS, fibroids, thyroid problems, hormonal imbalance or problems with sperm count, motility, morphology or DNA integrity. Please refer to our Conception Program for further details.

For patients whose fertility problems are not amendable to natural therapy (such as severely blocked tubes), your naturopath can support you prior to and during IVF/ICSI or any other assisted reproductive procedures. Our IVF Support Program is undertaken with a view to improving overall health, increasing the possibility of success and decreasing the health risks involved.

The Jocelyn Centre has longstanding relationships with many IVF clinics with referrals occurring in both directions. We are knowledgeable about the processes involved at these clinics and will work in conjunction with your IVF doctors to ensure you receive the very best care.

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*Or visit our website [www.fertility.com.au](http://www.fertility.com.au) for further information.*

### Pregnancy

If you are already pregnant or have just achieved success on our Conception Program, our practitioners are perfectly placed to assist you through your pregnancy and beyond. Our methods and treatments are tailored specifically to the needs of each trimester of your pregnancy and aim to achieve optimal health for the mother and developing child whilst addressing any health issues that may arise such as nausea, constipation, cramps, backache, hemorrhoids, heartburn or anxiety. We also offer specialised treatments for those with a history of recurrent miscarriage.



The Jocelyn Centre for  
Natural Fertility Management

### Naturopathic Services

The Jocelyn Centre assists with all your reproductive health needs throughout life including fertility, preconception health care, conception, pregnancy, birth, breastfeeding, puberty, contraception, menopause and any specific reproductive or general medical conditions. We encourage the practice of healthy diet & lifestyles and the primacy of natural remedies in resolving health issues. We utilise various diagnostic tools alongside a detailed case history to prepare a comprehensive plan for addressing issues and attaining optimal health. Treatments involve the use of natural medicines, nutrition, detoxification, stress management, allergy and infection control and lifestyle advice and are complemented by the diagnostic and therapeutic support of our in-house doctor, if required.

### Acupuncture

Based on thousands of years of traditional Chinese medical expertise and philosophy, acupuncture offers a drug-free way to treat almost any health problem. Through releasing blockages of the 'chi' or life energy, it can effectively relieve conditions affecting both general and reproductive health, and combines well with the naturopathic basis of our Conception Program and pregnancy support treatments.

### Contraception

*Natural Fertility Management* is the safest and most empowering method of natural contraception currently available. The program teaches you to understand and cooperate with your fertility cycles and can be used by all women, whether or not their cycles are regular, and at any stage of their fertile life. The NFM Contraception Program includes consultations, comprehensive printed material, instructions, charts, tools, CD, a copy of *Natural Fertility* by Francesca Naish and naturopathic medicine for menstrual, hormonal, reproductive and nutritional health, if required.

*"I have been amazed by how easy it has been to observe my fertility cycles. I can't imagine how I never noticed before! It has made such a difference to my confidence and our sex life. Contraception was meant to be easy."*

M.G. - Brisbane