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The Fertile Body Method A Pracioners Manual The Applications Of Hypnosis And Other Mind Body Approaches For Fertility

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Hypnotic relaxation makes it easy for you to use your imagination
in a way that is helpful and will support your body to be in an
optimal fertile state for natural conception or IVF treatment. In
particular this guided hypnosis session is useful to: Reduce Stress.
Ease fear and anxiety. Release physical tension and pain.

Fertile Mind, Fertile Body | Mind - body approach to fertility
'The Fertile Body Method' is a complete guide to working with
fertility and related issues using hypnosis and other mind-body
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Hypnosis and a mind-body approach to fertility. Professional training for therapists. Founded by clinical hypnotherapist Sjanie Hugo-Wurlitzer.

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The Fertile Body Method Training "Like all great methodologies, once you 've learnt it, the FBM is simple. It 's also well structured and flexible enough to be applied to the myriad of clients and presenting issues you will see in a busy practice.

The Fertile Body Method - Testimonials

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The Fertile Body Method is a mind body approach to fertility which acknowledges the importance of working with fertility problems in a holistic way. Hypnosis is potentially a very powerful and effective therapeutic tool and is used in many of the techniques and approaches used in the Fertile Body Method.

The Fertile Body Method | River Holistic

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Find a Fertile Body Method Accredited Therapist The therapists listed on this register are all trained by Sjanie Hugo Wurlitzer in the Fertile Body Method and are qualified to help you enhance your fertility and restore a sense of wellbeing and balance in your life.

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Purpose: This study aims to compare the accuracy of fertile window identification with the contraceptive app Natural Cycles against the Rhythm Method and Standard Days Method (SDM). Materials and methods: Menstruation dates, basal body temperature (BBT), and luteinising hormone (LH) test results were collected anonymously from Natural Cycles app users.