



# Integrated Approaches to Infertility, IVF and Recurrent Miscarriage: A Handbook

*From Singing Dragon*

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## **Integrated Approaches to Infertility, IVF and Recurrent Miscarriage: A Handbook** From Singing Dragon

A comprehensive integrative handbook on fertility treatment, and Assisted Reproduction Techniques (ART), the book is written by specialist contributors for health professionals and Complementary and Alternative Medicine (CAM) practitioners, and for those seriously considering ART themselves.

Integrated approaches to infertility offer both a greater awareness and understanding of the combination of factors that can influence the chances of success when undergoing different types of ART. Leading experts review the evidence and discuss the benefits of different approaches to support the physiological and emotional aspects of fertility and fertility treatment. The book covers everything from identifying and treating conditions that may reduce fertility, including immunological abnormalities and specific male and female factors, to how nutrition, acupuncture, reflexology and yoga can support couples going through assisted reproduction, including helping to improve some immunological aspects. There is also a chapter that looks specifically at support for the over 40's.

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## **Integrated Approaches to Infertility, IVF and Recurrent Miscarriage: A Handbook From Singing Dragon Bibliography**

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### **Editorial Review**

#### Review

This book is important for patients and all health care professionals working with infertile couples and those undergoing ART. The book reviews the evidence supporting integrated approaches to patient care and the management of infertility, and it outlines how a person-centred approach can help those trying to conceive to nurture their mind, body and spirit as they strive to bring forth new life. -- Penny Abatzi, Clinical Director, Serum IVF, Athens, Greece This practitioner handbook constitutes essential reading for couples experiencing sub-fertility. Whilst offering detailed information on the journey through fertility treatment, the authors build a compelling case for adverse impacts to fertility and pregnancy mediated by poor diet and lifestyle choices, genetics and environment. They raise important questions around why many of us are moving away from evolutionary reproductive norms, while offering necessarily controversial answers born out of research and clinical experience. The book should be recommended reading for all healthcare professionals. -- Meleni Aldridge BSc Nut Med, Dip cPNI, Executive Coordinator, Alliance for Natural Health International Health Practitioners working with pregnant women continue to see increasing numbers of infertility and recurrent miscarriage and IVF issues, as the average age for first-time mothers in the UK and Europe rises to 30 years of age with more women deciding to start their families later in life. This book represents a priceless resource to health practitioners of all disciplines, from medicine to nutrition as well as complementary therapists who wish to deepen their knowledge of reproductive health whilst having easy access to well documented practice-based evidence on the subject. --Miguel Toribio-Mateas BSc (Hons) Nut Med PgDip Clin Neurosc. MSc mBANT CNHC ABAHP, Chairman of the British Association for Applied Nutrition and Nutritional Therapy, BANT

#### Review

This book is important for patients and all health care professionals working with infertile couples and those undergoing ART. The book reviews the evidence supporting integrated approaches to patient care and the management of infertility, and it outlines how a person-centred approach can help those trying to conceive to nurture their mind, body and spirit as they strive to bring forth new life. (Penny Abatzi, Clinical Director, Serum IVF, Athens, Greece)

This practitioner handbook constitutes essential reading for couples experiencing sub-fertility. Whilst offering detailed information on the journey through fertility treatment, the authors build a compelling case for adverse impacts to fertility and pregnancy mediated by poor diet and lifestyle choices, genetics and environment. They raise important questions around why many of us are moving away from evolutionary reproductive norms, while offering necessarily controversial answers born out of research and clinical experience. The book should be recommended reading for all healthcare professionals. (Meleni Aldridge BSc Nut Med, Dip cPNI, Executive Coordinator, Alliance for Natural Health International)

Health Practitioners working with pregnant women continue to see increasing numbers of infertility and recurrent miscarriage and IVF issues, as the average age for first-time mothers in the UK and Europe rises to 30 years of age with more women deciding to start their families later in life. This book represents a priceless resource to health practitioners of all disciplines, from medicine to nutrition as well as complementary therapists who wish to deepen their knowledge of reproductive health whilst having easy access to well documented practice-based evidence on the subject. (Miguel Toribio-Mateas BSc (Hons) Nut Med PgDip Clin Neurosc. MSc mBANT CNHC ABAHP, Chairman of the British Association for Applied Nutrition and Nutritional Therapy, BANT)

From the Inside Flap

A comprehensive integrative handbook on infertility, fertility treatment and Assisted Reproduction Techniques (ART) for health professionals and Complementary and Alternative Medicine (CAM) practitioners, and for those seriously considering ART themselves.

Integrated approaches to infertility offer both a greater awareness and understanding of the combination of factors that can influence the chances of success when undergoing different types of ART. The book includes contributions from leading experts and covers everything from identifying and treating conditions that may reduce fertility, including endometriosis and immunological abnormalities, to how nutrition, acupuncture, reflexology and yoga can support couples going through assisted reproduction. There is also a chapter that looks specifically at support for the over 40's.

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