



Spring's just round the corner and we've now got the government's Roadmap to help get us from the New Normal back to something like the Old Normal for us all to start relaxing, getting out and about and enjoying ourselves. Now that the warmer weather is here and we're seeing Nature blossom and grow will feel even more special now that we can start taking back control.

Our topic for March is about how **alternative therapies** can help you achieve a feeling of wellness and wellbeing for your fertility journey.

Alternative therapies, such as acupuncture, reflexology and yoga have been around for thousands of years. These ancient therapies work holistically by looking at the rhythms and cycles of the natural world to help us attune ourselves to being interconnected with Nature. They're natural, gentle and relaxing and can be a way of tuning into an emotional delicacy and compassion that sometimes gets lost in our busy, demanding lives.

Acupuncture has been practised for over 3,000 years and originated in China. It uses terms like Qi (energy), Yin and Yang (representing opposite but interdependent elements) to harmonise the mind and body. Acupuncture works by stimulating the parasympathetic nervous system to reduce levels of stress and anxiety, increasing the 'happy' hormones and increase blood flow to reproductive organs. Fine needles are inserted at certain points on the body (meridians) to balance specific elements of Yin and Yang. **Rachel Pattison is an Acupuncturist** who offers a small, intimate and bespoke service, including clients having fertility treatment or who are pregnant. Rachel takes a holistic approach, initially taking history and getting to know her client to provide individualised treatment and deciding what particular combination of points might need releasing or balancing to help her client cope with the physical and mental strain of fertility treatment for the body be as strong as possible.

Watch Rachel's video on the CARE Tunbridge Wells page for more information on acupuncture

Fertility Yoga: Gabrielle Minkley-Barnes offers virtual classes for pregnancy, fertility and menstrual health. **Fertility Yoga** aims to help connect with your fertility journey in a series of yoga poses with an emphasis on slow flow to encourage blood flow to the hips and increase circulation, help sleep and ease stress and anxiety to focus on self-care. Breathing, visualisation and positive affirmation help foster a sense of self-care to smooth out the steep ups and downs of a fertility journey. Doing something positive for yourself gives you that much-needed self-care when you're feeling fragile.

Watch Gabrielle's video on the CARE Tunbridge Wells page for more information on fertility yoga

Reflexology is a gentle, non-invasive complementary therapy using finger and thumb pressure massage techniques that encourages the body to balance and heal itself. Points on the feet called 'reflexes' reflect the organs and structures of the body, as well as a person's emotional health. Reflexology can help to reduce the effects that stress and our busy lives have on our body by encouraging a state of complete relaxation where muscular tension is released, circulation boosted, nerve function improved, breathing regulated and the mind calmed to aid optimum health and give a sense of wellbeing. **Emma Curry** is a local reflexology practitioner in Tonbridge who will start offering reflexology sessions outside again (British weather permitting!), once restrictions are lifted, so you can make the most of being in the fresh air with the sound of birdsong and the gentle rustling of leaves to help make you feel soothed and relaxed.

You can view Emma's video or contact her for more information via emma.renewreflexology@gmail.com

Making your physical and emotional wellbeing a priority has never been more important and making positive adjustments to your lifestyle is key to lowering stress and improving fertility in both men and women. I hope this Newsletter goes some way to raise awareness of how alternative therapies, along with exercise and diet, can help. [You can also access some great blogs via our CARE website](#)

With best wishes,



Rachel Saunders
Clinic Director, CARE Tunbridge Wells