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HOLISTIC & SUPPORT THERAPIES





SANDRA GREENBANK

Nutritional Therapist

Sandra Greenbank graduated as a nutritional therapist from the prestigious Institute for Optimum Nutrition in 2009. Since then she has specialised in working with couples to enhance their fertility and she works with clients all over the world.

Sandra is a certified DNA Life genomics practitioner, and as part of her on-going training she is carrying out further studies with the Institute for Functional Medicine in the States.

NUTRITION

Nutrition really forms a base for healthy fertility and pregnancy. The food that you eat can have a direct impact on the development of the egg and sperm, as well as the future health of your child. It is therefore an important and helpful thing to focus on when you are trying to get pregnant through IVF.

The building blocks for the egg and sperm come from the food that you eat. It takes around three months to mature an egg ready for ovulation and to produce sperm.



During this time, the egg and the sperm are exposed to everything that is circulating in your blood stream. This includes vitamins, minerals and any chemicals that you come into contact with. This may be through your skin, via the food that you eat or the air you breathe.

Even if you don't have three months to prepare, there are still many strategies available to improve the environment in the womb and the mother's nutritional status.



ACUPUNCTURE

Acupuncture treatment may begin at the start of the IVF cycle and before and after embryo transfer. This is to increase blood flow to the uterus lining in order to increase receptivity, and to reduce any uterine contractions or spasms that may occur due to the transfer procedure itself. At this point treatment also works to regulate stress hormones which affect implantation, reduce anxiety and calm the mind



ILLANA GARSIN Acupuncture & IVF

Is an experienced acupuncturist based in Elstree and received her BSc Hons from Portsmouth University. She is a member of the British Acupuncture Council and has completed a certificate in Acupuncture for Fertility and IVF Support at The City College of Acupuncture. In her practice, she treats a variety of conditions including women's issues such as infertility,



If possible, it is recommended I work with patients 3-6 months before commencing IVF to regulate the menstrual cycle, support efficient and regular ovulation and optimise hormone levels. This ensures the release of the best possible egg and the development of the best possible endometrium.



REFLEXOLOGY

Reflexology involves a method of treatment using massage to “reflex areas” found in the feet and the hands. Reflexologists believe that the feet have reflex areas corresponding to all the parts of the body and these areas are arranged in such a way as to form a map of the body in the feet with the right foot corresponding to the right side of the body and the left foot corresponding to the left.



BARBARA SCOTT Reflexologist

Barbara Scott is Chair of The Association of Reproductive Reflexologists, founder of Seren Natural Fertility and author of Reflexology for Fertility. In 2017, she was awarded ‘Complementary Therapist of the Year’ by the Federation of Holistic Therapists and has recently been nominated for an ‘Innovation in Reflexology’ award by the Association of Reflexologists for her work in Reproductive Reflexology.



By having the whole body represented in the feet, reflexologists believe that massaging these areas allows not only symptoms to be treated but also the causes of symptoms. More recently, Reflexology was described in the form in which it is now known by the late Eunice Ingham, an American lady, who based her method of treatment on work called ‘Zone Therapy’ which had been described some years earlier in the 1920’s by an American, Dr. William Fitzgerald. Reflexology does not claim to be a ‘cure-all’ but is known to help relaxation and to improve the mood of the client.



AYURVEDA

Ayurveda is an art and science of living your life which originates in India. It is one of the oldest systems of healthcare in the world and focuses on the prevention of any disease with a balanced diet and lifestyle. Ayurveda also recommends a number of therapies and physical treatments to maintain health and well being.



ASHISH PAUL Reflexologist

Our mission is that we improve the well-being of patients and communities by delivering patient- and family-centered health care.

Our vision is that we will define and deliver “Medicine of the Highest Order” and set the standard for compassion and innovation.



The journey through IVF treatment is stressful for most couples, especially for women. This effect is visible in short-term and longer-term health manifestations, especially in mental health. As a society also more stress is part of our daily lives. Ayurveda offers various ways to destress at the time of IVF.

Ayurvedic treatments are holistic, natural and without any side effects. These therapies are safe and can be undertaken alongside all IVF procedures.



KINESIOLOGY

Kinesiology is a natural health care system which uses gentle muscle testing of the arms and legs to evaluate if your body is working as it should. Muscles that are being tested should fire correctly if the part of the body being tested is in balance. If your muscles don't fire correctly it may mean that there's an imbalance due to emotional disturbance, a nutritional deficiency or a need for balance correction for another reason.



RAKHEE SHAH

Kinesiologist & Holistic Therapist

Rakhee Shah is a holistic women's health therapist specialising in fertility issues using Fertility Massage, Fertility Reflexology, Kinesiology and Nutrition. Having been through infertility herself and needing IVF to conceive her twins, she fully understands the strains and pressures you may be going through and fully believes that holistic support throughout is very important in making your journey easier.



Using the principles of Traditional Chinese Medicine, and western techniques, we will look at you as a whole, not just a collection of symptoms. Checking for and addressing nutritional deficiencies, structural imbalances and energy blocks, we'll use massage, nutrition and contact points to enhance your health and wellbeing and calm your unwelcome emotions and anxiety.



SOPHIA BASEOTTO

Fertility Coach

Sophia has a Bachelor of Science majoring in Chemistry, Biochemistry and Biological Chemistry with over 25 years of experience across all areas of IVF and Fertility treatments. After speaking with over 3,500 clients, Sophia recognised that many people needed easy to use strategies to help them through a very difficult time emotionally. Trained in Cognitive Behavioural Therapy, Neuro Linguistic Programming, Time Line Therapy™ and Hypnosis. Sophia combines over 25 years of Science together with modern Coaching Techniques to provide people with positive results and successful outcomes

FERTILITY COACHING

Coming to terms with infertility when the rest of the world appears to be carrying on as normal can make you feel isolated, can impact on your relationships with your partner, and with others around you. Undergoing any fertility investigations or treatment can also provoke some powerful and sometimes overwhelming emotions. It really is an 'emotional rollercoaster' that many people experience. It is important that you are able express the feelings of sadness, loss and anger freely in a confidential environment with the support of someone who understands what you're going through. Here at IVF London, we provide a confidential, supportive and friendly coaching service that you can access at any time throughout your journey with us.



ANDREIA TRIGO

Fertility Coach & Nurse

Andrea Trigo RN, BSc, and MSc provides emotional support and helps you improve your health for fertility. She is the founder of in Fertile Life, multi-awarded nurse consultant, fertility coach, author and TEDx speaker. Combining her fourteen-year medical experience, CBT, NLP and her own eighteen-year infertility journey, she has developed unique strategies to help people undergoing similar challenges achieve their reproductive goals. The Enhanced Fertility Programme by inFertile Life is a one year support programme that has been awarded Best Innovation in Business 2018 and E-Business of 2018 and is helping people worldwide.



NOMY COHEN

Fertility Counsellor

Nomy has practised as a fertility counsellor for 18 years, working with individuals, couples and groups impacted by all fertility issues. Those include primary and secondary infertility, miscarriage, premature menopause, post natal support, egg and sperm donation and surrogacy. She is a registered and accredited member of UKCP and a member of AFT and BICA. She is passionate about supporting people in the fertility challenges they face and in helping them navigate them.

SUPPORTIVE COUNSELLING

Your first optional session is included in your treatment package with us and is readily available as a resource for you and your partner to request at any time whilst you are on your fertility journey. It is really important that you are able express the feelings of sadness, loss and anger freely in a confidential environment with the support of someone who understands what you're going through.

IMPLICATIONS COUNSELLING

This is a mandatory requirement for both partners at IVF London when seeking treatment using donated gametes or embryos. This is a pre-treatment session that is required to help you and your partner understand the social, ethical and legal implications of receiving a donated eggs, sperm or embryos. Implications counselling is included within your treatment package.