



Hello,

Thank you for your interest in my fertility and/or pre-conception coaching & treatments.

Falling pregnant basically involves 3 things; having healthy eggs, strong, lively sperm that can find them and a healthy environment that can promote the unity and nurture the new life as it develops.

Essentially, that is what our natural approach is all about. Getting the components and environment right, so that people can enjoy the wonder of a healthy, natural pregnancy in the shortest possible time.

I have been involved with women's health issues for a number of years now. During this time, my research has uncovered some of the most successful fertility enhancing concepts in Australia. This together with my knowledge of the latest and most effective herbal, homoeopathic & naturopathic approaches to fertility, enables me to provide excellent natural options for pre-conception health, as well as helping overcome many common fertility problems.

Enjoy this information pack at your leisure.

If you have any questions or when you are ready to begin treatment, please contact me on the number below or you can book online at the website.

Kind Regards,

Vanessa Glenn

*Fertility Coach, BHsc, Ad Dip Nat, Ad Dip Hom, Adv Dip WHM
Complementary Medicine Practitioner
Trained Teacher of Natural Fertility Education
Graduate Student, Masters of Reproductive Medicine, UNSW*



My goal for you is... a happy, healthy baby - quickly, safely and naturally.

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By appointment only

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Information Pack Contents

Enclosed is important information about our fertility coaching and treatments, prepared for your interest and benefit.

Included are the following sections:

1. About Fertility Coaching & Treatments
2. Why Bloom's Natural Fertility Approach is so Successful
3. What is Pre-Conception Health Care?
4. What is IVF Support?
5. Frequently Asked Questions
6. What about Appointments and Treatment Costs?
7. About Infertility & Other Statistics





Section 1

About Fertility Treatments

About my Fertility coaching, treatments and Pre-conception Health Care.

What types of Appointments and treatments are there?

- **Fertility Treatments** – This is a great opportunity to talk to someone highly experienced and qualified about the nitty gritty of fertility

At your initial appointment we will chat about your situation and plans and work out what might be happening and sort the best treatment options for you and your partner. I may suggest further tests or investigations to determine what is happening and what is best for you. I may recommend some natural treatments and supplements to enhance you and your partners fertility, chances of conception and a healthy pregnancy. These supplements can easily be purchased at the clinic or we can provide you with a treatment plan script for you to purchase online via an online naturopathic prescription supply company.

Treatment may be needed for 4-6 months, though of course it does and can happen a lot sooner for many. Just bear this in mind when making your decision to come and see me.

- **The pre-conception health care** – This is a preparation to conception treatment program. So, no you may not have any issues that you know of or might not have been trying yet. That's all good, you might just want to look at some real important pre-conception care for you and your partner.

It is generally a great idea to get 3-4 month of good health care in preparation for pregnancy.

My pre-conception care is for both male and female in the lead up to conception. It may involve a detoxification program, weight loss (if needed), nutritional vitamin and mineral therapy and lifestyle and dietary changes.

This is usually recommended for couples who would like to get healthy before falling pregnant, as well as those who have had repeated miscarriages, males with sperm count & quality issues, those having had many unsuccessful IVF treatments, or those with various health conditions, PCOS, diabetes, etc. and where it would be beneficial to improve general health prior to pregnancy.

- **IVF support treatment program** - This is an additional support while preparing or undergoing IVF treatment to help increase chances of conception and enable things to happen quicker and safer. Preconception care or preparation for IVF and/or treatment during IVF can highly increase the chances of successful conception and health pregnancy.

How Does It Work?

My fertility coaching & treatments are based on the use of herbal & homeopathic remedies, nutritional supplements, good nutrition, a healthy lifestyle and a detoxification & weight loss protocol, (if required). In addition, I take into account occupational/household toxins that may be contributing to infertility in your case.

As part of our treatments we may need to look at balancing hormone levels, regulating the menstrual cycles, stimulating ovulation and improving cervical fluid – all the key components to get you pregnant quickly. As well as helping you to conceive by recognising key fertile phases and when to try. During treatment monthly blood tests may be conducted to ascertain if you are ovulating each cycle or not.

I'll also work with addressing stress levels and feelings of grief, despair and guilt that are often associated with infertility.

Males are a big part of this 'new life' – so yes, we look at their health, diet, lifestyle, and fertility etc. For males our treatments include medications and advice to improve sperm counts, motility problems and abnormalities.

Your treatment regime will be designed specifically for you, your needs and your plans.

What our hormonal treatments can help with:

- ☐ Balancing your hormone levels
- ☐ Reversing any residual suppressive effects of OCP (oral contraceptive pill) or hormonal implants
- ☐ Regulating your menstrual cycle
- ☐ Stimulating ovulation
- ☐ Increasing fertile mucus
- ☐ Increasing libido
- ☐ Reducing stress and feelings of grief and despair (often associated with infertility)
- ☐ Can work with existing conditions like fibroids, PCOS and endometriosis
- ☐ Addressing most common causes of miscarriage
- ☐ Sperm health, count, motility, morphology, etc.



The Advantages

- ✓ Preparing you for a healthy conception
- ✓ Increasing your chances of natural conception
- ✓ Improving mother and baby health – safer pregnancy
- ✓ Reducing the tendency to miscarry
- ✓ Improvement to the overall health and function of the reproductive organs
- ✓ Non-invasive, all natural alternative to IVF
- ✓ Or, improved chances of success while undergoing assisted treatments and/or IVF

Who Can Benefit?

Our treatments are suitable for all couples trying to conceive. It has been successfully used in the following circumstances:



- As a pre-conception care program- preparing you and your partner for falling pregnant, easily & quickly
- For couples having difficulty falling pregnant – for both male & female infertility
- For couples with 'unexplained' infertility
- For those with PCOS, endometriosis, fibroids, etc.
- For those who fall pregnant, but suffer from a tendency to miscarry
- As a preparation to IVF or other assisted reproductive techniques (ART)
- As an accompaniment to IVF or ART to boost the chances of success
- PCOS Yes I know I've mentioned it above, but will do so again. I don't want to blow my trumpet but PCOS is a biggy for me. Get cycles back that have ceased, getting ovulation happening again, getting pregnant. Yes, that too!



What Makes our Natural Fertility Approach so Important and so Successful?

Over the years Bloom fertility has had amazing success in both restoring & enhancing fertility. All treatments used are gentle acting, non-invasive, natural remedies and nutritional supplement. In addition, my coaching and treatments are based on making a healthier you, looking at diet and lifestyle factors and also in helping you understand how the reproductive system works and how to make the most of your fertile phase etc.

What we do:

- Fertility coaching – chatting about your situation and helping to work out the best treatment options for you and pointing you in the right direction.
- Providing holistic approach and solutions to fertility & conception.
- Working to ensure a healthy pregnancy and birth

Treatments are:

- Highly successful - for all your fertility & pregnancy needs.
- Completely natural – providing natural conception and pregnancy.
- Non-invasive - using natural remedies to prepare you for conception and to gently enhance your fertility.
- Able to be used with IVF treatments or in preparation for enhancing your IVF cycle success.
- Affordable Plus private health fund rebates may be available.



A Proven System – A Holistic Approach

It is the holistic approach to fertility that makes my treatments so successful. I believe in taking a whole body and lifestyle approach to fertility – getting everything in order so that it can happen naturally and quickly. As part of treatment we focus on you and your partner's overall and fertility health including; diet, lifestyle, nutrients, and helping you to manage your stress and emotions. I will help you to understand your fertility signs and when your fertile phase is, to enable you to conceive as quickly and as healthily as possible.

At Bloom Health I incorporate the most up to date naturopathic approaches to enable natural conception & healthy pregnancy.

I am fully qualified naturopath practitioner, herbalist and homeopath with a special interest in fertility, women's and children's health. A Trained Teacher in Natural Fertility Education, as well as having attended Fertility Intensive training with two of Australia's leading natural fertility experts – Leah Hetchman and Angela Hywood and training with homeopathic fertility expert Liz Lalor. I am also a UNSW Master's of reproductive Medicine Student.

These qualifications, experience and my love for fertility enable me to provide a comprehensive range of treatments for all aspects of fertility, pre-conception care, pregnancy & health care for young babies & children.





What is Pre-Conception Health Care?

Pre-conception care is becoming an extremely necessary part of pregnancy planning. Times have changed... we now live in a very toxic world. Many women and men have worked in toxic occupations (on mine sites, hairdressing, farming etc.) which can lead to a build-up of toxins in the body tissue.

Other factors that tend to influence the health of the mother and child and hinder a healthy pregnancy are the diet, lifestyle and daily exposure to toxic chemicals, of both the mother and father prior to conception. This includes our tendency to consume higher sugar & higher carbohydrate diets, higher intake of alcohol, cigarettes, medications, recreational drugs, and exposure to chemicals and even electro-magnetic fields (radiation).

It is therefore advisable that you and your partner begin to prepare 3-4 months prior to conception. This gives the cells time to be renewed and for new 'healthy' sperm and eggs to be produced.

As part of our pre-conception health care treatments we may recommend that you undergo a gentle detoxification process for a few weeks - using herbs and nutritional detoxification medications. Your report will show our recommendations for you and your partner.

"Preconception care is the really exciting idea that we can contribute to the raising of really healthy individuals, whose genetic blue print has been created in an optimally healthy environment."
Francesca Naish 2008

What Pre-conception care can do!

2 Studies conducted by Foresight - The British Medical Association on Preconception Care

Study #1

	General population	Preconception care
Miscarriage	1 in 5	1 in 65
Malformation	1 in 36	1 in 396

Study #2

Involved 367 couples - Age of females 22 - 45 years & Age of males 25 - 59 years

With previous history of:

Percentage of couples

No previous fertility problems (but including older couples)	41%
Infertility	37%
Miscarriage	38%
Therapeutic abortion	11%
Stillbirth	3%
Small for dates or low birth weight babies	15%
Malformations	2%

Results

Outcomes

Live births	89%
Live births to those previously infertile	81%
Average gestational age	38.5 weeks
Average weight for males	7lb 4 1/2 oz (3299gm)
Average weight for females	7lb 2 oz (3289gm)
Lightest baby	5lb 3 oz

- **No miscarriages, perinatal deaths or malformations**
- **No baby admitted to intensive care**
- Normal expectation in general population would be 70 miscarriages and





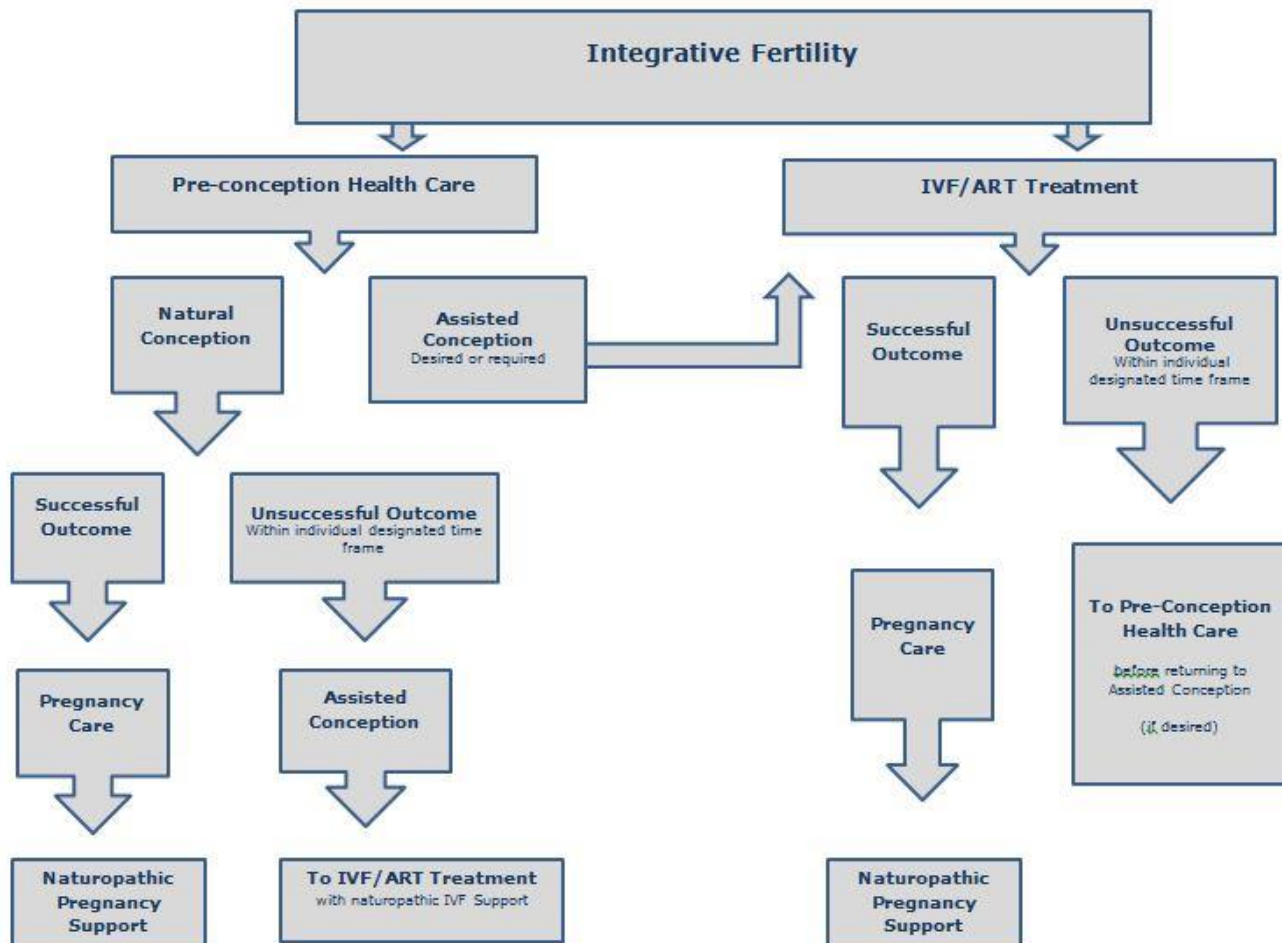
What is IVF Support?

Still need IVF? Some couples still need IVF treatments due to obstructions or other factors that make natural conception very difficult or impossible. If you are one of these couples, we can still help you.

IVF support is all about supporting you before and throughout your IVF or assisted reproductive treatments. It is all about improving your health & well-being and therefore improving your chances of success during your IVF treatment.

How does this fit in with my IVF treatment?

Integrative Assisted reproductive treatment simply means that I work with your fertility specialist in your treatment. This chart shows the different options and stages of fertility treatments.



The benefit to you is that you can get the best of both treatments

Section 5

Frequently Asked Questions



1. WHAT ARE NUTRITIONAL SUPPLEMENTS?

Nutritional supplements include vitamins & minerals and they form an essential part of our treatment. They are used to increase the nutrient level to the cells (which include the egg cells & sperm cells). Optimal levels of specific nutrients are required during the pre-conception & conception phases of treatment to make sure that the egg & sperm that makes up your child is as healthy as can be. The other benefit of a healthy egg & sperm is that the natural processes of conception, implantation & pregnancy occur as they should. A low-quality egg or sperm may not fertilize, may not implant and may have a higher chance of miscarrying.

Sperm cells take 80-100 days to develop and eggs take about 120 days to come to maturity. This is the reason that supplements are required for a minimum of 4 months before significant changes to egg & sperm health may be noticed.

Why not just a pregnancy multivitamin?

Pregnancy or conception multivitamins are just a small part of good pre-conception and fertility care. They contain essential nutrients for general health, however mostly they are just small amounts of many nutrients put together to maintain good health. Where there are fertility issues we often need higher doses of some nutrients, this is why I will prescribe additional supplements according to you & your partners needs or situation.

It is still recommended that you take a pre-conception/pregnancy multivitamin before conception, during pregnancy and after birth for at least 12 months – especially, if you are breastfeeding.

2. WHY WE RECOMMEND OUR BRANDS OF NUTRITIONAL SUPPLEMENTS

In most cases I prefer you to use our recommended supplements and products. This is because I know what nutrients our brands contain and in what dosage they need to be prescribe at to make them effective. That is my success and results have been trialled and based on these particular brands.

I do use '**practitioner only**' nutritional supplements which are often higher doses. Practitioner only supplements are only available from registered practitioners i.e. naturopaths and some chemists with a naturopath in-house, and are of the highest quality and often have a higher nutrient content than regular multivitamins.

As mentioned previously the multivitamins only contain minimum doses of many different nutrients put together in one convenient pack. Please note: They are generally not enough to cover deficiencies of any kind. Additional specific nutrients may be required at higher doses (**therapeutic dose**) for those nutrients which are found to be deficient. Therapeutic dosing means that the doses are prescribed at higher levels than recommended dietary intake (RDI). RDI doses only apply to maintaining nutrients at a current level and is unlikely to be sufficient to raise a quite deficient nutrient level.

3. WHY CAN'T WE JUST GET THE NUTRIENTS FROM OUR DIET?

I have found that many couples struggle to eat a highly nutritious diet. This is mainly because they are too busy and too tired to regularly prepare healthy meals. Many will admit to eating less than 2 vegetables in a day. Often these are potato – as in hot chips or peas for their greens.

The second problem is, even if you are getting a good load of varied vegetables in your diet – the vegetables generally don't have the nutrients in them anymore. Most farmers are cutting cost and are replacing only a few of the needed minerals back into the soil. Yes, the plants are growing and looking healthy - but they don't have the full complement of nutrients that they should.

Thirdly, even if you do grow your own or buy organically – once you are deficient in certain minerals and vitamins it takes a whole lot of veggie eating to get what a few tablets, for a few weeks can do.

4. WHAT ABOUT DIET & LIFESTYLE?

Diet and lifestyle are extremely important areas - they can have a huge impact on fertility and can either enhance or decrease your chances of conception. Depending on your test results and your fertility problems I may recommend to avoid or increase certain foods, drinks and/or substances, for a period of time.

5. WHAT DO THE HOMOEOPATHIC AND HERBAL REMEDIES DO?

The homeopathic and herbal remedies are the 'key players' in the cycle regulation parts of our fertility treatments. They are the ones that can alter cycles, stimulate ovulation, boost libido, and in general balance hormone levels and improve fertility.

6. WHAT HAPPENS NEXT?

Give me a call or book online at my website www.bloomfertility.com.au

7. ABOUT OUR APPOINTMENTS

At your **Initial Fertility Appointment** with me we will thoroughly go over your fertility concerns & health history, look at any test results you might have had done already, discuss with you what might be happening and what would be your best treatment options. I may also recommend certain tests or investigations to get done following this appointment. This appointment can be in clinic or via phone or Skype. This appointment takes about 60-75 minutes and costs \$150.00.

At or following (for skype or phone) the appointment I will put together an initial treatment plan for you based on your current situation. The medications and supplements recommended for you can be purchased at the clinic on the day, or a script will be provided, and you can purchase them online and have them posted out to you.

Monthly Fertility Review Appointments – While undergoing our fertility treatments I like to see you every new cycle or every 4 weeks. At these appointments we will go over your last 4 weeks of treatment, this will include discussing changes to your health or last cycle, any blood results done in that time and checking on timing and/or other conception concerns. These appointments take about 30 minutes and cost \$65.00 plus medications (alterations or top ups).

How long for? You will need to allow 4-6 month of treatment with an appointment each 4 weeks. Sometimes things do happen quicker but allow time for your body to respond and for the health of your egg and sperm to improve.

Do we both need to attend every session?

No – It is great if you both can attend as many appointments as possible, as fertility and conception is a joint venture. However, it is most important for the female to attend each cycle or every 4 weeks.

ONGOING COSTS

You simply pay for your monthly appointments and medications at each appointment.

Please provide at least 24 hours' notice when changing or cancelling your appointment, otherwise you may be liable for the full cost of the time booked.

8. DO YOU GUARANTEE THE SUCCESS OF YOUR TREATMENTS?

While I would love to be able to provide you with a guarantee, that you will conceive while using my treatments, it is not possible to do so.

There are too many factors that influence the success of any treatment, these include:

- Your individual response to the remedies & medications
- Your diagnosed fertility problems
- Your ages, diet & lifestyle
- Your compliance with the treatment
- The regularity of sexual activity
- Type of conception - natural or assisted

Every person & situation is very individual, so I make sure that your treatments are tailored specific to your needs to enable you to gain as much benefit and success out of your treatment.

I do monitor your progress very closely and tailor your treatment protocol to your situation and response, at each review appointment.

So, while I don't guarantee my treatments, I do guarantee that I will do my very best to try to regulate your cycles and get you pregnant in as short a time possible. Generally, if you have not conceived naturally in 4 cycles of the conception phase then we will recommend further investigations.

9. DO YOU PROVIDE DISCOUNTS?

No, I don't offer any discounts to pension card holders etc.

I attempt to keep the cost to you as low as I possibly can without reducing your chances of success. It is a fine balancing act for us to provide you with professional support and the best quality and therapeutic dose of medications to be effective, while keeping it affordable to you.

10.HOW DO WE PAY?

We have Credit card & EFTPOS facilities at the clinic, and if you do a phone/skype appointment the consultation fee will need to be paid prior to the appointment or over the phone. Please note: Private health rebates are not available for phone or Skype consultations only face to face appointments.

We do not offer accounts or take personal cheques; payment must be made at time of consultation or prior for phone or skype consultations. Payment for medication and postage will be required prior to posting.

11.HOW MUCH WILL I GET BACK FROM MY HEALTH FUND?

Naturopathic treatments are covered by most private health funds in WA. Talk to your fund provider to see if they cover you for naturopathic treatments. Phone or Skype consultations are not covered by private health.

Please note: Private health regulations has changed and as of 1st April 2019 health funds will no longer pay rebates on natural health treatments.

12.WHAT IF WE NEED TO USE IVF?

IVF and assisted reproductive treatments are a fantastic medical advance and have enabled many couples to conceive who wouldn't have been able to previously.

I am all about helping you get pregnancy naturally, where possible. I acknowledge that in some cases assisted reproductive techniques (ART) like IVF will be required. However, it is my belief that where there are no physical obstructions which would hinder you from falling pregnant naturally - restoration of your fertility should be pursued first and foremost. It is physically, financially & emotionally preferable.

In some cases, where natural conception has proved unsuccessful within a certain timeframe, (usually within 6 months), I may recommend that further investigations be done prior to treatment or during treatment.

Many clients use my natural treatments in conjunction to assisted reproductive treatments and for many this has greatly improved their chances of a successful IVF cycle. Clients using natural treatments have commented that their Fertility doctors have been amazed at how quickly & well they have responded to the IVF treatments.

I do have a lot of experience working effectively & safely alongside IVF protocols.

If you are considering ART treatments in conjunction with our treatments, please let us know at your appointment so that we can make sure that there is no conflict with medications.



Section 6

What about the Cost?

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|---|----------|
| 1. Initial Fertility Consultation | \$150.00 |
| 2. Follow up/Review consultations - every 4 weeks
Allow for 4-6 months of treatment, more if very complex or older | \$65.00 |
| 3. Medications – you may be recommended some medications for you and/or your partner. These will be explained at your consultation or in a report after your phone/Skype appointment. These can be purchased on the day or a script can be supplied for purchase online. As a rough estimation, allow about \$150-300 for initial medications for you and your partner. Some of your medications will last for the first 2-3 months of treatments, some however will only last until the next appointment in 4 weeks. | |

Prices are for face to face and/or phone/skype appointments. Please note no health fund rebate applies to phone/Skype consultations.

Please note: Any prices quoted in this pack are valid until 30th June 2019.

Ready to book your initial appointment? Give me a call on 9535 9499
or book online at my website www.bloomfertility.com.au





About Infertility & Other Statistics

What is infertility?

A couple is believed to be suffering from fertility issue if they have had unprotected sex for more than 12 months without conceiving. This varies depending on the age of the couple and their situation etc. The majority of infertile couples are actually sub fertile – they produce eggs and sperm but have difficulty conceiving due to disorders such as hormone imbalances and problems of the reproductive tract. Cases of total infertility – where no eggs or sperm are produced – are rare. Some couples have 'unexplained infertility' where substantial tests are done and all appears to function correctly yet conception does not occur.

Infertility statistics

- ❖ One in six couples in Australia is now considered infertile. In 40 per cent of these cases the problem rests with the male partner, in 40 per cent with the female partner, ten per cent with both partners, and in a further ten per cent of cases, the cause is unknown.
- ❖ Fertility problems affect one in three women over 35.
- ❖ One in 25 males has a low sperm count and one in 35 is sterile.
- ❖ For healthy couples in their twenties having regular unprotected sex, the chance of becoming pregnant each month is only 25 per cent.
- ❖ The chance of conceiving in an IVF cycle is on average around 20 per cent (but varies due to individual circumstances).
- ❖ More than one per cent of births in Australia involve the use of assisted reproductive technologies.

Types of infertility

For hundreds of years, if a couple were unable to have a baby, it was believed to be due to the woman's fertility. We now know both men and women suffer infertility problems, and these are no more common in one gender than the other. Sometimes multiple factors are involved in one or both partners.

Women can suffer from disorders such as hormone imbalances, blocked fallopian tubes, endometriosis, or abnormalities of the reproductive organs. Men can experience infertility if they have problems with the number, motility and shape of their sperm, produce antibodies against their own sperm, or have blocked spermatic cords.

In some cases, the exact cause of infertility cannot be explained.

What some of our clients say...

- *Vanessa has been a breath of fresh air, after trying for a baby for 7 years and having failed IVF cycles and ovulation inductions and spending so much money, and going on the emotional roller coaster of fertility drugs. Vanessa was just amazing, after only seeing her for 3 months my miracle happened. I was given my dream of being pregnant. I can't say thank you enough. Thanks Aleisha.G.*
- *I had a miscarriage last year and we were having some trouble getting pregnant again. I was starting to feel very frustrated and anxious. I went to Vanessa in March. She provided me with fertility homeopathics as well as some homeopathic remedies to help with my anxiety. I instantly felt better knowing that Vanessa was helping me. I fell pregnant in May. I was very happy and excited. I experienced some really bad morning sickness. Vanessa provided me with a homeopathic remedy for my morning sickness which helped a lot. I am now 15 weeks pregnant and I am really grateful to Vanessa for helping me get to this point. Liane. A.*
- *What can we say but "THANK YOU"! Pregnant in just 5 cycles, after many years of trying. The difference you made to my cycle in such a short time was amazing. Even if I didn't manage to get pregnant, those initial changes to my periods (No more pain, no more flooding) would have been worth the time & cost of the program. I am constantly singing your praises! Marg P.*
- *Wow ... this has been amazing for me. I have PCOS and haven't ovulated for at least 2 years. I was so sceptical of natural treatments - but I wasn't responding to any of the ovulation stimulation drugs, so thought I would give it a go. It blew me away! My 3rd cycle I ovulated, but being the sceptic that I figured it was just a once off thing! But no! I have ovulated every month since. Now I finally have an opportunity to fall pregnant without drugs. Nicole S.*
- *We just want to say thank you, Vanessa. Having tried 5 IVF cycles and a great deal of expense, discomfort and anxiety - we were desperate. We had lost hope! Now... after just 6 months we are now pregnant! We can't believe it! This was so simple, so natural and very cheap compared to everything else we tried. We are so looking forward to our little one. Thank you so, so much. Jodie F.*

