

A Personal Journey ...

"I never thought it would be a challenge to become a mother. After almost a year trying, I found myself in a place where I was obsessed with getting pregnant and trying to figure out why I was not.

I was stressed and sad and angry and was told more often than I care to remember, that those were precisely the reasons I was not getting pregnant! My husband and I had the preliminary tests performed and everything was 'normal' for both of us.

I eventually saw a Reproductive Endocrinologist and began all of the testing throughout the course of my cycle.

During this time I read a post on the internet from a woman who felt she had gotten pregnant with the help of Acupuncture and Chinese herbal medicine. I knew little about it, but I tried it and



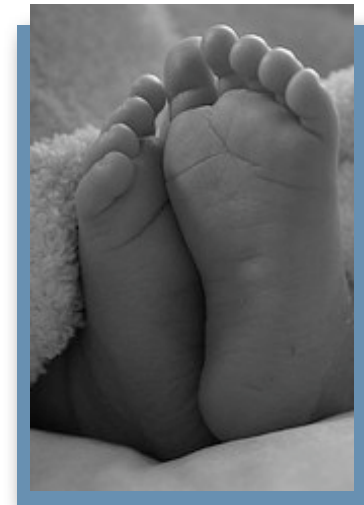
was pregnant within two months. Over time I began to come across more and more stories of women who had gotten pregnant naturally with the help of Chinese Medicine when they had not in previous cycles, or more easily through IUI or IVF when acupuncture was given concurrently during the medicated cycle.

While I was noticeably pregnant a friend told me that she had been trying unsuccessfully to get pregnant for five years. She had gone through IUI and IVF more than once and felt hopeless. She was preparing for her next IVF cycle when she was encouraged by her doctor to take a break due to her extremely high stress level and explore other options for parenthood, namely adoption. During her break I recommended Chinese Medicine for her and she too became pregnant, and only two weeks after she started taking the herbs!

These are the experiences that changed my life personally and professionally..."



Victoria Ryan
Licensed Acupuncturist
Licensed Clinical Social Worker



A holistic approach to
gynecological and
reproductive wellness

Services

Victoria's practice is dedicated exclusively to promoting gynecological and reproductive wellness. From a holistic approach, treatment provided includes Acupuncture, Chinese herbal medicine and nutritional guidance, all which have been used for over 2000 years in the treatment of women's issues. Many women receive complementary services while also being treated by gynecologists and reproductive endocrinologists.

In addition, fertility education, individual and couples support services and a 10-week mind/body program for women and their partners trying to conceive either naturally or through ART are also offered. The 10-week program brings women and their partners together with other couples who share similar experiences, into a confidential environment where they can feel comfortable talking about fertility challenges while reducing stress through educational activities, relaxation exercises, relationship building, yoga sessions and connecting to others with similar experiences.

Victoria brings to her practice, not only the knowledge of Eastern and Western medicine and the skills to provide women with optimal care in addressing both the physical and emotional aspects of infertility, but also the experience of living with her own fertility challenges. She is grateful that she was able to have two healthy children and has dedicated her professional career to helping other women realize the same dream.

Fertility

The journey begins with a 45-minute session to discuss your to-date progress toward parenthood and establish a plan to assist you in reaching your goal. Extensive information gathering and an acupuncture treatment formulated to help enhance your fertility and relieve stress follow. You will leave with a complimentary copy of Victoria's favorite book about maximizing fertility.

Following, acupuncture is recommended once per week and each treatment will be formulated for the different stages of your menstrual cycle.

Many women receive acupuncture treatment in conjunction with Western fertility therapy. Acupuncture is completely safe during this time and can enhance your chance of conception and implantation. Sometimes Western medical doctors do not want women to use Chinese herbal medicine during a medicated cycle and it is Victoria's policy to follow the recommendations of the Western practitioner.

IVF Support

Scientific evidence has shown that acupuncture before and after an embryo transfer can increase conception by more than 30%. The treatments can be completed in Victoria's office, your home or your doctor's office and it is recommended that they occur as close as possible to the actual transfer.

Contact:

Victoria Ryan, L.Ac., LCSW

Old Greenwich, CT

203.653.5030

www.FocusOnFertility.com

Gynecology

The initial appointment includes extensive information gathering plus an opportunity to discuss health concerns and end with a relaxing and revitalizing acupuncture session addressing the reason you came for treatment.

Western conditions treated include:

"PMS" symptoms, painful periods, spotting between cycles, heavy bleeding, long and short cycles, ovarian cysts, PCOS, endometriosis, fibroids, UTIs, abnormal vaginal discharge and symptoms associated with menopause.

Mind/Body Program for Infertility

This program does not involve acupuncture or Chinese herbal medicine and follows the format developed by Alice D. Domar, Ph.D, founder of the Domar Center for Complimentary Healthcare at Boston IVF. Dr. Domar trained Victoria personally to provide her program to women and their partners trying to conceive. It includes an individual assessment appointment, 10 group sessions, a weekend session lunch for you and your partner, 150 page participant manual, the book Healing Mind/Healthy Woman by Alice Domar, a Guided Relaxation CD, a Fertility Yoga CD and Infertility Explained DVD.

