

Long Island IVF is pleased and excited to announce the opening of our Wellness Center

Please Join Us

On Thursday, October 30th from 6:30-8:00 pm
when our Wellness Center Team will present

Wellness & Infertility – How Complementary Medicine Can Facilitate Your Journey To Parenthood

Our Wellness Team – composed of Acupuncturists, a Hypnotherapist, Psychotherapists, a Yoga Teacher and Massage Therapists – will present their areas of expertise to you. During the one and a half-hour discussion, you will have the chance to learn about and experience how complementary medicine treatments can reduce your stress, which can ease your distress while you are in fertility treatments. Alternative treatments can enhance your ability to become pregnant and provide you with life long coping skills.

Come Meet

Sherona Oil and Andrea Huggler: Our acupuncturists will explain how acupuncture can reduce the side effects and increase receptivity to fertility medications. Their services have helped our patients produce better quality follicles, enhance uterine (blood) flow and prevent miscarriages.

Lisa Schiff and Harriette Rovner Ferguson: Our psychotherapists will discuss the benefits of support groups and psychotherapy. Having the opportunity to share your thoughts and feelings with others while making your way through the crisis of infertility will increase your ability to cope with the psychological, emotional and social stress most couples experience during their fertility treatments.

Janet Philbin: Our hypnotherapist will talk about her work with patients, how she encourages them to release fears and worries, and improves the mind-body connection while they undergo fertility treatments. Hypnotherapy can help prospective parents let go of limiting thoughts and emotions about conception. These stressful thoughts can register in the hypothalamus and turn into physical responses via hormone levels which have a direct effect on fertility.

Melissa Boyd: Our yoga instructor will speak about how fertility yoga brings attention away from the stress of invasive treatments and focuses on relaxing poses, meditation and visualization which can help you obtain an optimal hormonal response.

Massage Therapists: We have a group of massage therapists available to our patients in locations throughout Long Island. At our open house, one of our massage therapists will explain how massage therapy aims to alleviate the “stress-tension-pain” cycle through touch and pressure to interrupt negative impulses to the spinal cord and how it reduces excess nerve activity within muscles and tissues and forces out toxic irritants which cause pain. Hands on body work has been shown to reduce the anxiety of invasive medical treatments.

Please R.S.V.P. by calling our Melville office at 631-752-0606

9/2008

**We're happy to make ourselves available for any questions
you may have. Please call us or visit our website at: www.longislandivf.com.**