

Welcome to *Effortless Fertility*!

How this works

With this process, I combine a few separate approaches into a unified whole, to give you the best possible treatment and experience as you go through your course of fertility support.

Professional care

You can rest assured that you are receiving professional care for your body, mind and spirit.

Over my ten years of supporting couples with natural fertility and enhancing their Assisted Reproduction treatments, I have settled on several powerful modalities that get to the essence of what's needed to promote and foster fertility.

Please see below for details of the main approaches that I utilise.

Your role

Your role in this? It is to relax into your innate sense of wellbeing, your naturally-occurring state *within*.

And also, to focus on nourishing your body with wholesome food prepared with love, on joyful movement and ample relaxation and rest, and to nurture your relationship alongside nurturing your self.



Creating life *from within*

Fertility is about creating life – well actually, it's about creating the *right conditions* so that *life re-creates itself through you*.

One of the most important things that you can do, then, is to *allow a sense of peace, joy and love into your heart*. This is a process that we can specifically explore, and revisit, through our coaching sessions.

Life and your inner wellbeing

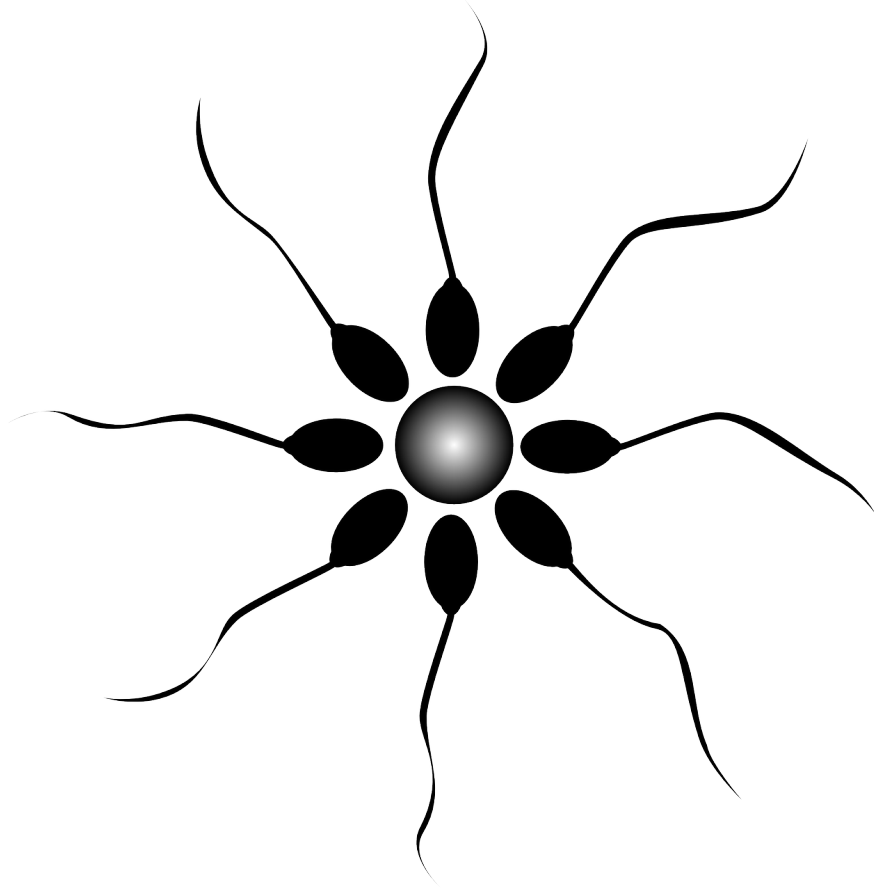
Life re-creates itself through beauty and joy. This is where it begins to feel effortless for you. The technical side of things, you can hand over to me. Re-discovering *your inner centre of calm and connectedness is wonderful fertility medicine* – the best thing *you* can do *for yourself*.

And the benefit for you? You will start to feel amazing! You will feel whole, more centred, more grounded, more authentically *you*.

This is *Effortless Fertility*!



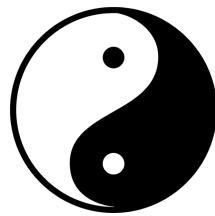
Effortless Fertility
Creating life from within



Hunyuan Chinese Medicine

Ancient medicine for the modern day

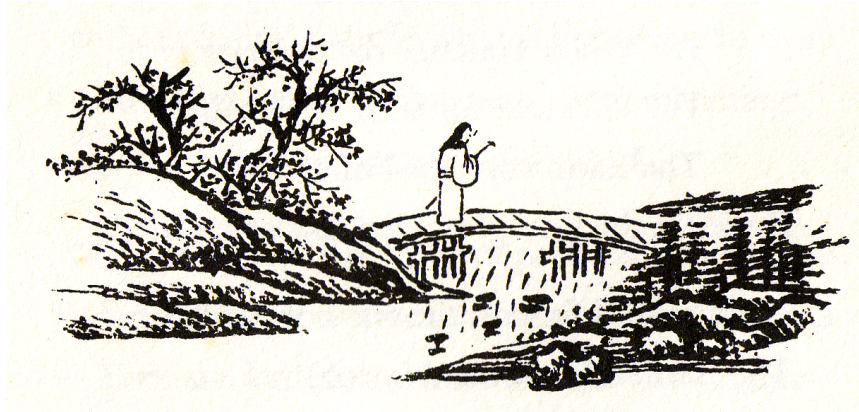
Rooted in ancient Chinese classical medicine and yet tested and refined to bring this wisdom into the modern day, Hunyuan Medicine is a powerful approach to strengthen *your connection to life*, which is *also the root of your fertility*.



Connection to nature, connection to life, connecting the generations

By strengthening your “recharging ability” – your capacity to draw energy in from nature and express it as your own vitality – and by correcting slow or fast movements in your flow of energy, your overall vitality is greatly enhanced. This results in physical wellbeing and optimal fertility potential *at the same time*.

What makes you stronger and healthier is what makes the flow of life through the generations stronger and healthier – the same healing process benefits you and benefits the generations to come.



No side effects

With Hunyuan Chinese Medicine treatment, you will feel better alongside building your fertility potential. There is no such thing as “unwanted side effects”. The medicine makes your body stronger, flow better and feel better. People usually notice improved sleep and clearer energy as the first changes.

Healing therapies

You may be treated with one or a combination of the following therapies, depending on your initial evaluation and ongoing assessment:

- ✓ acupuncture (or acupressure for distance clients);
- ✓ Hunyuan herbal medicine;
- ✓ Qigong home practice;
- ✓ self massage;
- ✓ meditation;
- ✓ dietary therapy;
- ✓ lifestyle advice; and
- ✓ “heart cultivation” (a practice of finding one’s “centre” which works seamlessly with the Three Principles described below).



Three Principles (aka “Innate Health”/“Innate Wellbeing”)

Wellbeing in every moment

The Three Principles understanding is at the core of the coaching process, to help you “fall into” the beautiful feeling-thinking-experiencing state *within you* that is ever-present.

And why don’t we feel this sense of wellbeing in every moment, if it’s always there? Simply because we get “caught up” in our personal thinking. We all do it, it’s part of being human.

Effortlessly calm and clear

But the beautiful news is that we don’t need to work and strive and “Do” to find this wellbeing. We simply need to *know* it’s always there, underneath our personal stories about things. And then when we get caught up in our personal thinking, to forgive ourselves with a sense of love and forgiveness!

This practice is so simple, it’s the essence of being human.

Because of its simplicity, it is something that just takes us deeper and deeper into life, as we keep noticing how this plays out in our ordinary daily experience.

Wider applications of The Three Principles

The Three Principles understanding has been successfully applied in psychology and psychiatry private practice, drug and alcohol rehabilitation, communities struggling with issues such as crime or drugs, schools, business and leadership, government, prisons, homeless communities... This one simple idea is applicable to humans in any setting.



The Three Principles and fertility

Because of its beauty and simplicity, and because it just helps people to feel good, I have found this understanding is so useful when applied specifically to the fertility journey.

Much of the suffering of the fertility process comes about through thought processes that are painful to experience.

Rather than delve into the painful thoughts and try to analyse them, the Three Principles approach is a breath of fresh air. We allow the painful content to be as it is, and simply wait to allow new, fresh, wholesome thought to arise – as it naturally will always do.

Cultural misconceptions

What has been missing is our cultural lack of understanding that new, fresh thought, insightful thought generated from our inner wisdom, can always show up for us. Because we are not taught that it's there, we miss it.

This is the simple beauty of the Three Principles. I love to lighten people's way through the fertility process with this approach and I look forward to teaching this understanding to you, bringing this insight to where you are *right now*.



Recordings, meditations and articles

Over time I will add recorded teachings, meditations and useful articles to the EffortlessFertility.com site. Please keep your eye out for emails letting you know when new content has been posted.



Thank you

Thank you for choosing *Effortless Fertility* to support you on this phase of your journey. My best wishes are with you for a successful outcome.

Lois Nethery