

THE CURRENT REPRODUCTIVE TECHNOLOGIES, WHICH EXCLUDE THE MIND/BODY CONNECTION, NEGATIVELY AFFECTS THE HEALTH AND WELL-BEING OF THE MOTHER AND THE UNBORN CHILD

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Contrary to current medical practice, fertility is not determined by one's age or the quality of one's eggs alone. A woman's natural ability to conceive is sadly being "lost in the shuffle" of ageist-based statistics and dictums, which unnaturally separate one's emotional life from physiological consequences.

A NEW DIRECTION MUST EMERGE IN FERTILITY, HEALTH AND HEALING, CHALLENGING THE AGE-OLD SEPARATION OF MIND AND BODY, UNDERGIRDING THE REPRODUCTIVE CRISIS OF TODAY.

As Dr. Christiane Northrup (author, *Women's Bodies, Women's Wisdom*) notes, "TOO OFTEN THE STANDARD DUALISTIC WESTERN APPROACH TO FERTILITY DIFFICULTIES COMPOUNDS THE PROBLEM BY SEVERING ONE'S EMOTIONS AND MIND FROM THE BODY."

In this exciting era of mind/body research we are discovering how conflicting thoughts and feelings impact physiological functions. Our endocrine, immune and nervous systems are all intimately connected and influenced by every thought we think and every emotion we feel. Even if our conscious mind is not aware of what we are feeling about an event, person or experience, the body is registering a reaction. Dr. Northrup further notes: "WOMEN ARE ALMOST NEVER TOLD HOW THEIR FAMILY HISTORIES, BELIEFS AND EMOTIONS CAN AFFECT THEIR FERTILITY. KNOWING THIS INFORMATION CAN BE EMPOWERING."

Exploring all feelings involved in becoming pregnant is an essential part of the total process of conception; maintaining a pregnancy, safeguarding the quality of the in-utero life of the fetus; the labor and delivery process; and, creating conscious parenting.

FERTILITY IS A LIFELONG RELATIONSHIP WITH ONESELF regardless of one's age or whether or not one has a biological child. Feeling open and receptive to the reproductive process has more to do with how we feel about ourselves as sensual, sexual and fertile beings. And...how we feel about ourselves today is largely influenced by unexpressed (often unconscious) thoughts, emotions, beliefs and behaviors based on unfinished business from inception and throughout childhood.

THE BABY BOOMER'S DECISION TO DELAY CHILDBEARING: THE IMPACT ON THE UNBORN CHILD

I believe we have lost sight of why millions of baby boomer women throughout the world deferred childbearing. There are complex social, political, and psychological factors that gave rise to their decision to delay childbearing, altering the reproductive patterns familiar to their parents and multiple generations before them. THIS WAS NOT A CAPRICIOUS DECISION BASED ON "WANTING-IT-ALL." It was born out of a generation that did not want to repeat the narrowly defined, repressive and often frustrated lives of their mothers living in the 1950's. They said "no" to early marriage and childbearing and "yes" to defining and developing themselves. And many mothers of baby boomers, recognizing the lack of fulfillment and frustration that characterized their own lives, encouraged their daughters to seek a college education and professional careers. The sexual revolution of the 60's along with birth control pills and legalized abortion made this possible. For the

first time women could take charge of their reproductive lives.

This generation of women, generally healthier than their mothers were at the same age, have become trailblazers in challenging the stereotypical view of aging, affecting almost all facets of life. Having tasted the joyous gifts of individuation and personal autonomy in the outer world of business and creativity, they often express fears about the loss of autonomy and financial independence. Discovering and defining the 'self' became the priority. Ironically, what many of my clients express is also their concern that "I will do to my child what was done to me." However, when women and men feel "ready" to conceive, they are often unaware that there are a multitude of unresolved psychophysiology-based issues preventing a pregnancy.

As Bruce Lipton, Ph.D., author of "The Biology of Belief" so aptly stated:
"Thoughts, the mind's energy directly influences how the physical brain controls the body's physiology. The fact is that harnessing the power of your mind can be more effective than the drugs you have been programmed to believe you need."

SEEKING MEDICAL INTERVENTION TO "JUMP-START" A PREGNANCY IN NO WAY RESOLVES THE FUNDAMENTAL ISSUES INVOLVED IN ONE'S DIFFICULTY IN CONCEIVING.

BBC NEWS (1/26/2007) reporting on the latest UK research by Professor Vivette Glover of Imperial College, London, offers a strong case for a link between the unworked tensions of the mother and the impact on the emotional life of the unborn child. Professor Glover found high levels of the stress hormone cortisol in the amniotic fluid bathing the baby in the womb. Her work suggests maternal stress is a true risk factor in its own right and increases the risk of a range of problems affecting the fetus's development. Dr. Glover advises, "We should be screening women in pregnancy for stress and intervening accordingly."

THE WHOLE PERSON MIND/BODY FERTILITY PROGRAM

This program is based on a system designed to meet the urgent need for an integrated approach to assist women and couples to conceive. It maps out a person's in utero, birthing and early childhood experiences in conjunction with the family's beliefs, thoughts and patterns of behavior that affect the psyche and reproductive capacity.

As an international pioneer in Mind/Body reproductive health and author of "*The Whole Person Fertility Program: A Revolutionary Mind/Body Process to Help You Conceive*" Three Rivers Press, I have successfully counseled women and men worldwide, 90% of whom are baby boomers. They naturally or in conjunction with medical fertility treatments increased their opportunity to conceive when they realized that their difficulties in conception or carrying a pregnancy to term were not necessarily a medical problem. In broadening their view and allowing themselves to explore some troublesome and even at times painful issues in their personal history and current life, they reclaimed their reproductive rights.

As an example I cite the work of Dr. Sarah Berga, "*Behavioral Therapy Can Restore Ovulation in Infertile Women*" Dr Berga states, "Fertility can be restored in some women by the use of behavioral therapy, thus avoiding recourse to expensive medicines and complex procedures. Dr Berga presented her work at the 22nd annual conference of the European Society of Human Reproduction and Embryology in Prague, Czech Republic on Tuesday the 2nd of June 2006. Professor Berga, based at the Department of Gynecology and Obstetrics, Emory University, Atlanta, Georgia, USA., stated that "reducing stress through psychological intervention could restore ovulation in women whose ovarian function had previously been impaired." "Contrary to what had been previously believed," she said, "we found that multiple small stressors that seemingly would have minimal impact on reproductive competence can play a major role in causing anovulation.

" Birth is not only about making babies. Birth is also about making mothers strong, competent and capable women who trust in themselves and keep their inner strength." CHOICE, November 2001

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