

CNY FERTILITY CENTER

Integrative Fertility Care

The Fertile Secret™ Treatment Plan

Welcome to CNY Fertility Center!!!

I would like to take this opportunity to welcome you to CNY Fertility and Healing Arts Center. In addition, I would like to introduce you to my integrative approach for fertility care – The Fertile Secret™. As part of your initial consultation, we customize a treatment plan for you that encompass complementary medicine. It is my belief that the integration of Western and Eastern treatments creates an optimal experience for our clients. Ideally, you will allow 2-3 months of participation in The Fertile Secret™ program to maximize its benefits. Please see below for your treatment options.

Regards,
Dr. Robert Kiltz

Treatment Plan Recommendations (Please see full description below)

- Yoga for Fertility**
- Arvigo Techniques of Maya Abdominal Therapy (ATMAT)**
- Chinese Medicine (Acupuncture, Herbs)**
- Reiki**
- Massage for Stress Reduction**
- Supplements**
- Nutrition**
- Smoking Cessation**
- Weight Loss**
- Counseling**
- Monthly Support Offerings**
- Other**

Yoga for Fertility – Start Anytime

Incorporating regular movement into your routine is important for detoxification, stress reduction and self expression. Dr. Kiltz recommends gentle, low-impact nourishing movement that encourages blood flow to your internal organs.

The yoga for fertility class is a wonderful opportunity for not only supporting your fertility, but also to connect with other women going through this process. It is a beginner yoga class with incorporated relaxation techniques. This class is safe no matter what type of cycle you are doing, as well as during early stages of pregnancy.

Class Schedule:

Location: Syracuse	Day: Tuesday	Time: 6:00 – 7:15pm
Location: Rochester	Day: Monday	Time: 4:15 – 5:45pm
Rochester	Day: Wednesday	Time: 6:30 - 8:00pm
Location: Albany	Day: Tuesday	Time: 7:00 – 8:00pm
	Day: Saturday	Time: 10:30 – 11:30am

To view the current schedule, please visit: <http://cnyfertility.com/discussion/calendar.php>

Arvigo Techniques of Maya Abdominal Therapy (ATMAT)

ATMAT is a gentle and relaxing way to increase blood flow to the reproductive organs and open the pelvic and hip region. Expect your massage to be cleansing and detoxifying, physically and emotionally, leaving you with a deep sense of mental peace.

What are the benefits of ATMAT?

- Increases blood flow to the reproductive organs
- Nourishes follicles with fresh blood supply and oxygen
- Helps to break down scar tissue and adhesions
- Helps to resolve blockages in the fallopian tubes
- Re-aligns the uterus
- Relieves stress and anxiety
- Improves digestion and absorption of nutrients
- Reduces inflammation due to PCOS, cysts or fibroids

When should I start?

Schedule ASAP (anytime except during your period or if there is any chance you could be pregnant; also wait at least 6 weeks to receive a treatment after a surgery)

How often should I receive treatments?

Continue 1 session per cycle. However, if you are diligent in doing your self-care massage that your service provider teaches you during your initial appointment, you may need less frequent treatments.

Chinese Medicine (Acupuncture, Herbs) – Start Anytime

Acupuncture is an ancient Chinese healing practice that has been used for thousands of years to prevent illness and treat imbalances in the body. Acupuncturists insert tiny, “hair-thin”, sterile needles into specific points in your body to improve the flow of energy and remove any blockages creating disease. During your first visit, your fertility acupuncture specialist will assess your areas of imbalance and create a specialized program using a combination of acupuncture, herbal remedies and lifestyle recommendations. Ideally, you will allow 2-3 months of participation to create optimal results.

What are the benefits of Chinese Medicine?

- Regulate menstrual cycle
- For men, improve sperm count and motility
- Reduce stress and anxiety associated with infertility
- Normalize hormone and endocrine systems
- Improve blood flow in the uterus
- Decrease chance of miscarriage
- Increase the chance of pregnancy for women undergoing IVF

When should I schedule?

All cycles will begin with one session once menses has ended. Additional sessions are as follows:

- For a natural cycle, additional sessions are before ovulation, and 3-5 days after intercourse.
- For a medicated IUI cycle, additional sessions are before the trigger shot, day of IUI (after IUI is optional), and 3-5 days after the IUI procedure.
- For an IVF cycle, additional sessions are before retrieval, day of transfer (before and after transfer), and 3-5 days after transfer.

Reiki – Start Anytime

Reiki cleanses, clears, aligns and balances the subtle energy centers and meridians within the body-mind, thereby bringing greater health, vitality and balance to our lives. In addition to relieving anxiety, it removes blocked energy that can prevent conceiving, and supports balance for the hormones. A lot of individuals who have been through unsuccessful cycles worry about yet another attempt and begin setting themselves up for disappointment, which creates energetic blocks and sends mixed messages to the body. Sometimes the energy imbalance affecting the creation of a baby or bringing a baby into the world is held either by the husband or by the couple’s energy, not just the woman’s. Treating both the husband and the wife can remove the energy blocks that the couple might be holding or can bring the male reproductive issues like low sperm count into balance.

Massage for Stress Reduction – Start Anytime

Massage therapy is a great coping tool aimed at alleviating stress that can be incorporated into your journey at any time. It provides relaxation for the mind and numerous benefits for the body. Massage supports the balance of hormones in your body. Endorphins and serotonin are released while the stress hormones (cortisol and norepinephrine) are reduced. Studies show that stress adversely affects fertility in both men and women. For instance, women under nonstop stress may ovulate less regularly. Some research shows that stress may also affect testosterone levels and sperm production in men. Other research indicates that stress may have an impact on other aspects of fertility beyond ovulation, including problems with fertilization and implantation in the uterus. One study from the

University of California San Diego found that the most stressed women undergoing IVF had less success every step of the way, (fewer eggs retrieved and fewer eggs successfully implanted,) compared to women who were not as tense.

Supplements

We recommend taking the following pharmaceutical grade supplements which can be purchased at the CNY Healing Arts center:

Prenatal Vitamins

Taking a good quality multivitamin, for men and a prenatal, for women, is crucial for acquiring all the vitamins and minerals needed for building healthy sperm and eggs. The term, 'you are what you eat' is now scientifically proven. The addition of a multivitamin/prenatal will ensure you are not lacking in the area of basic nutritional requirements. Follow the guidelines on the multivitamin/prenatal container for dosing.

EFA's are found mainly in fish and also some nuts, seeds and grass fed meats. EFA's are needed to secure healthy cell membranes, which are the gates to providing the cell (your follicles) with all the nutrients it needs for development. Your prenatal should contain the full spectrum of nutrients and minerals and may include DHA or EFA (essential fatty acid). You may take a fish oil or flax seed supplement if your prenatal does not contain DHA or EFA's. **The recommended dosage for DHA is 450mg.**

Vitamin D

As an antioxidant, vitamin D has the benefit of protecting eggs and sperm against damage. Taken in balance with calcium and magnesium, **vitamin D is recommended at a dosage of 600IU up to 1000IU/day**. If blood tests show a vitamin D deficiency, supplementation may be recommended. Vitamin D is crucial for bone growth and development, immune health and neuromuscular function. Deficiencies are associated with increased risk of disease. The best way to get vitamin D naturally is through 30 minutes of sun exposure at least twice per week. Salmon and mackerel are the best food sources along with fortified milk and fortified non-dairy beverages.

CoQ10

Coenzyme Q 10 is an antioxidant present in every cell in the body. Along with its antioxidant function it is known for its benefit of protecting cardiovascular health by promoting blood circulation. This is also an important benefit for fertility. By improving blood flow, specifically to the organs in the pelvic region CoQ10 supports the healthy development of eggs and sperm. The supplementation of CoQ10 has been shown to improve IVF outcomes by improving egg quality, and sperm parameters, including count and motility. **The recommended dosage is 30-150mg/day.**

OPC

OPC's (oligomeric proanthocyanidins) are bioflavonoids found in fruits such as grapes, apples and pears as well as chocolate, wine and tea. The benefits of OPC's in the diet are quite significant and include antioxidant properties, anti-inflammatory properties and also anti-viral and anti-carcinogenic properties. OPC's are known to inhibit the degradation of vascular tissue, supporting microcirculation which is crucial for the developing oocytes (egg and sperm). Similarly beneficial is OPC's role in increasing the cell membrane resistance to degradation and injury.

The recommended dosage for OPC is 50-100mg, 1-3 times per day.

Nutrition

It is recommended that you schedule a nutritional consultation with one of our acupuncturists or nutritionists. The Fertile Secret nutrition program educates you on what food and lifestyle habits to include and what to avoid to improve your chances of conceiving.

During your initial consultation, you will have the opportunity to discuss your individual goals for health and current lifestyle habits. Your practitioner will make specific recommendations and you will receive a customized plan that includes: meal ideas, recipes, lifestyle suggestions and supplement recommendations.

Smoking Cessation

We recommend the use of Traditional Chinese Medicine to assist you in this process. This includes a series of 5 acupuncture treatments and may include the use of herbs or supplements. The acupuncture treatments focus on jitters, controlling cravings, irritability and restlessness; all withdrawal symptoms that may occur when you quit. It also aids in relaxation and detoxification. Studies show that smoking adversely affects the quality of follicles and sperm.

Weight Loss

We recommend the use of Traditional Chinese Medicine to assist you in this process. This includes a series of 5 acupuncture treatments and may include the use of herbs or supplements. For women, since estrogen is stored in our fat cells, weight optimization is key for hormonal balance. Finding your ideal body weight, by losing or gaining weight as the case may be, is helpful for supporting fertility. In conditions of PCOS, weight loss through exercise and nutrition has been shown as helpful for resolving fertility challenges.

Counseling

Whether it be in a group format or on a one-to-one basis, counseling may help you with the issues that surround infertility. We can make recommendations for counselors, therapists – just inquire with a staff member and we will assist you.

Monthly Support Offerings

CNY Fertility Center offers many ways to get the support you need to help you stay positive and stay connected. There are many support offerings that are offered at each location and **no cost to you**, including: a monthly Circle Of Hope support group gathering that is moderated by a CNY staff member, Fertile Friends Peer Support gatherings that meet weekly and monthly workshops. Additionally, we offer monthly support for you to take advantage of from the comfort of your own home (**also free of charge**): Fertility Support Teleworkshops on the 3rd Monday of every month, and monthly Interactive Fertility & Guided Meditation webinars – all facilitated by Lisa Stack, our CNY Fertility Center Support Coordinator.

For a full list of support resources visit: <http://cnyfertility.com/resources/>

The following calendar is updated regularly with local and virtual ways of engaging in supportive workshops and seminars: <http://cnyfertility.com/discussion/calendar.php>

How do I pay for this?

Dr. Kiltz firmly believes in incorporating the Fertile Secret into your fertility treatment plan and offers many different discounts, free services, etc. for you to take advantage of and enjoy. Please visit this link for the current CNY Healing Arts specials that he would like to share with you:

<http://www.cnyhealingarts.com/specials>

To schedule an appointment, please call:

Syracuse 315-671-5755

Rochester 585-244-1280

Albany 518-724-5750

To schedule a complementary Fertile Secret™ consultation to customize a treatment plan to fit your needs or to have your questions answered, feel free to contact one of our Fertile Secret Wellness Specialists:

Syracuse: Donald Clarke, LAc

dclarke@cnyhealingarts.com

Rochester: Erin McCollough, LMT, RYT **emccollough@cnyhealingarts.com**

Albany: Rebecca Rice, LAc

rrice@cnyhealingarts.com

If you have any questions, or we can be of service to you in any way, please let us know! We are here to support, encourage, and create opportunities for your growth.

Syracuse Office:

195 Intrepid Lane
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800-539-9870

Albany Office:

38 Old Sparrowbush Rd.
Latham, NY 12110
866-375-4589

Rochester Office:

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