

The Complete Fertility Massage Guide

**How Fertility Massage can help you
conceive your baby.**

**The Complete Fertility Massage Guide is for
Women trying to conceive naturally and assisted.**



by Clare Blake

Adv.Dip. Naturopathy. MTI

Fertility Massage Therapy & Training

Published by

Eco Earth 70 Church Path, Chiswick, London W4 5BJ

First edition 2013

Copyright © Clare Blake 2013

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher (Eco Earth).

Disclaimer

Every effort has been made to ensure that the information in this book is up-to date and accurate. As the information in this book may only be relevant to a majority of people and not applicable in each individual case, it is advisable to obtain professional medical advice on all personal health matters. Neither the publisher nor the author accepts any legal responsibility for any personal injury or other damage or loss arising from the use or misuse of the information and advice in this book.

Welcome to Fertility Massage

Thank you for choosing to download and read this Fertility Massage guide. I hope that you find this guide beneficial, and discover some interesting information about your womb!

My name is Clare Blake, I am the founder of Fertility Massage Therapy and Training. I've been practising natural medicine, in particular holistic massage for 15 years and in the last 7 years I have specialised in fertility massage.

Fertility Massage was created when I discovered a technique known as Abdominal Sacral Massage. Through the years of further training in many modalities both physical and energetic, I combined various techniques from my expanding tool box, which helped me to create this unique treatment.

This guide will provide you with the foundational knowledge to enable you to understand Fertility Massage and how it can be beneficial on your fertility journey, whether you are trying to conceive naturally or assisted.

As you read on you will discover how Fertility Massage is different from any other treatment available and why it is so effective as a fertility treatment. I will explain some of the conditions that commonly affect fertility and how fertility massage can benefit these conditions and many others.

The guide will unearth how the position of your womb can have a major affect on your health and fertility, and how to identify if you have a misaligned womb.

I truly hope that you enjoy reading this guide and discovering more about your body.



Clare Blake

The Complete Fertility Massage Guide

Clare Blake

Contents

What is Fertility Massage.....	6
Mind and Body Connection.....	7
Common Conditions that affect fertility.....	8
Endometriosis.....	9
Fibroids.....	11
Polycystic Ovarian Syndrome.....	15
Premature Ovarian Failure.....	16
How does a misaligned womb affect fertility?.....	17
Common signs of a misaligned womb.....	20
Common causes of a misaligned womb.....	21
How can Fertility Massage improve fertility?.....	22
Circulation.....	23
Scar tissue.....	24
Cleansing.....	24
Emotional release.....	25
How can fertility massage benefit endometriosis?.....	26
How can fertility massage benefit fibroids?.....	27
How can fertility massage benefit PCOS?.....	28
How can fertility massage benefit ovulation?.....	28
How can fertility massage benefit other conditions?.....	29
Where to find out more about Fertility Massage.....	31
About Clare.....	32
References & Resources.....	33
Contact Clare.....	34

What is Fertility Massage?

Fertility massage therapy is a fusion of bodywork techniques that are drawn from many traditional cultures. Over the years, I've been shown different techniques; either along my travels or through training in many modalities. I've blended leading edge techniques, such as abdominal sacral massage, pulsing, rebozo, reflexology and guided visualisations to name a few to create this unique treatment.

Unlike many massages which avoid the abdomen, my main focus of the massage is the torso, from the pubic bone to ribs, and then lower lumbar, sacrum and buttocks.



It is commonly known and accepted that massage increases circulation¹, reduces stress² and lowers blood pressure caused by stress³. These 3 benefits alone will assist those on a fertility journey, however, over the coming pages, I'd like to share how Fertility Massage Therapy can specifically assist You on Your fertility journey.

¹) Sefton JM, Yarar C, Berry JW, Pascoe DD "Therapeutic massage of the neck and shoulders produces changes in peripheral blood flow when assessed with dynamic infrared thermography" Neuromechanics Research Laboratory, Department of Kinesiology, Auburn University, Auburn, AL 36849, USA. J Altern Complement Med. 2010 Jul;16(7):723-32. doi: 10.1089/acm.2009.0441.

²Bost N, Wallis M."The effectiveness of a 15 minute weekly massage in reducing physical and psychological stress in nurses.". Griffith University Research Centre for Clinical Practice Innovation, Gold Coast, Queensland, Australia. 2006 Jun-Aug;23(4):28-33

³ Aourell M, Skoog M, Carleson J."Effects of Swedish massage on blood pressure." School of Physiotherapy, Karolinska Institutet, Novum, S-171 76 Stockholm, Sweden. 2005 Nov;11(4):242-6.

Mind and Body Connection

Fertility Massage is so much more than just a physical treatment. As with all holistic therapists, we believe that the mind and body are connected, therefore the emotional and spiritual aspects are an important element of this therapy.

Wilhelm Reich was a major contributor to the body-mind science in the early 20th century⁴. Quite simply explained as the body holding tension where emotional stress or trauma has occurred. He believed that by massaging the body to release the tension, the emotional stress was also released, allowing the life force to flow freely.

Throughout my years of treating hundreds of clients, many have experienced a huge sense of lightness, freedom and release where stress had been stored previously.

We all hold some emotional stress to some degree in our body and like all stressors can cause an hormonal imbalance, therefore, it is important to release stress and encourage a relaxed environment as much as possible.

Our reproductive organs are the only dispensable organs in the body, choosing to shut down if the body is not functioning optimally, to save impinging on the body's health. Therefore, in order to restore health to the reproductive organs, all other areas of the person should be addressed – physically, emotionally and spiritually which is why Fertility Massage is an ideal complement to your fertility journey.

⁴ Wilhelm Reich : The Evolution of his Work, Boadella David, 1973, Vision Press, Chicago

Endometriosis

Definition

The cells that form the lining of the uterus, the endometrial lining, normally grow inside the uterine cavity. In endometriosis it grows elsewhere, such as the ovaries, pelvic ligaments, bowel, bladder or external to the cavity entirely. These cells still have hormonal sensitivity and therefore can bleed during menstruation.

Chocolate cysts – a blood engorged cyst on the ovary. The ovary usually tries to contain the growth of the endometrial tissue by creating a capsule around it, thus forming a cyst. The cyst can bleed at each menstruation, however, if a rupture does not occur, the cyst will grow increasing in size each month. The blood becomes thick, sticky and dark brown.

When large cysts rupture they can cause severe abdominal pain and shock. Any shedding of blood is an irritant within the pelvic cavity causing pain and inflammation.

Endometriosis can cause tubal blockages and ovulation problems, both of which are a factor of concern for fertility.

Possible Symptoms

Usually associated with pelvic pain, abnormal menstrual cycles and fertility. The most common place for endometriosis to occur is behind the uterus, in the area between the uterus and rectum, the Pouch of Douglas. Endometriosis in this area can cause painful sexual intercourse, rectal pressure and pain with bowel movements, especially before a period.

However, some women will experience no symptoms other than trouble conceiving.

Common Causes

Endometriosis is an oestrogen sensitive disease and symptoms are increased by oestrogen during the menstrual cycle. We are exposed to many xeno-oestrogens (synthetic) through foods, plastics and cosmetics; these can increase the irritation and hormonal activity of the endometrial tissue.

Symptoms are increased by inflammation. Today's western diet is highly inflammatory; with an imbalance in the ratio of good to bad fats, processed foods and exposure to chemicals and hormones in non organic foods, particularly meat and dairy. There is current research stating that endometriosis is classed as an auto-immune disease⁵. This may explain why it tends to be hereditary, as auto-immune conditions are often passed through generations.

There is a classic theory that endometriosis results from retrograde menstrual flow so that some of the menstrual blood and tissue that lines the uterus goes back up into the fallopian tubes. It is recommended that for this reason, you refrain from vigorous exercise or having sexual intercourse during your period.

Energetically, endometriosis is caused by blocked pelvic energy. This can be due to many reasons, and will be different for every woman, depending on their own experiences.

⁵ American Autoimmune Related Diseases Association, Inc. www.aarda.org

Definition

Fibroids are benign tumours of the womb and are extremely common, particularly amongst African and Afro-Caribbean women. They are made of smooth muscle, as is the womb and start as a single cell, growing in a circular pattern, and like endometriosis, they are dependent on the presence of oestrogen. They may vary in size and quantity and can usually be diagnosed with ultrasound. Large fibroids can exert pressure on the bladder or bowels, and can distend the abdomen.

Uterine fibroids



Different types of fibroids

Seedling Fibroids – these may be quite small and symptom less.

Intramural fibroids – found within the myometrium of the uterus. They can cause the uterus to become retroverted, creating congestion and a dragging feeling.

Subserosal fibroids – found on the outside of the uterus, but below the serous outer lining. These fibroids may impede on other organs.

Submucosal fibroids – grows just below the lining and can displace the lining and cavity. Likely to cause menorrhagia (heavy bleeding). These are more likely to cause fertility problems.

Pedunculated fibroids – subserosal or submucosal fibroids can develop a stalk and extend into the pelvic space or cavity in the uterus or cervix. The stalk may twist causing pain and bleeding.

**** If you have pedunculated fibroids, you would need to be very careful with any deep abdominal massage****

Symptoms

The symptoms women get from fibroids will depend on the number, size and location of them. Not every woman will experience the same symptoms, and some may be symptomless.

The most common symptoms are heavy, painful periods or problems conceiving.

Heavy Periods

Although there are many causes of heavy periods (menorrhagia) fibroids can be one of these. One of the main reasons for the heavier bleedings is that the womb is increased in size and the surface area increases, therefore increasing the amount of lining to bleed.

Painful periods

The location and size of the fibroid will affect whether you experience pain through the cycle. Larger fibroids or those placed lower down in the womb are more likely to contribute to painful cycles.

Prior to a bleed, the fibroids will engorge, and this can cause a level of discomfort due to the hardening and pressure in the abdomen.

Fertility

Approximately a third of all patients with fibroids present with infertility or sub fertility. It is not clear exactly how fibroids affect fertility, however, it is thought that they affect the blood supply to the womb. Implantation can be affected by the distorted shape of the womb or due to the inflammatory response increasing scar tissue.

Not all fibroids create a problem with fertility, those that distort the uterine cavity and are submucous, are those most likely to cause an issue.

Common Causes

Fibroids are very similar to endometriosis, in that they are driven by an hormonal imbalance of excess oestrogen. Fibroids have more oestrogen and progesterone receptors than normal uterine cells.

Again, like endometriosis, they are responsive to inflammation, therefore an awareness to where these triggers are coming from is important.

Energetically, fibroids are an unfulfilled expression of creativity. Whether that is a feeling of not fulfilling a life-long dream to perhaps sign, dance, paint or write or getting to a certain age and having not expressed your true inner self, maybe stuck in a mundane job?

Our wombs are our creative centre, they need to be expressed in order to energetically feel fulfilled. Once we re-connect to our womb, we can hear her true wishes, and learn to express these inner creative desires.



Polycystic Ovarian Syndrome (PCOS)

Definition

This is the most common reason for infertility; in fact, it affects 5-10% of childbearing women. Simply explained, PCOS is caused by a hormone imbalance that disrupts ovulation. As ovulation rarely occurs, fertility is lower.

Symptoms

Most commonly, PCOS will cause irregular cycles, weight gain, acne and excessive hair growth. This is not always the case, and some women will not experience any of these symptoms. Women who are not thought of as typically overweight may actually have a higher body fat due to lower muscle mass and this is very common. This higher level of body fat can contribute to higher insulin levels.

Causes

PCOS is commonly due to an insulin resistance. High levels of insulin equates to the ovaries producing excess androgens, (testosterone) and lower progesterone and oestradiol levels. Androgens impede normal follicle development, causing the formation of small cystic follicles, therefore the ovum and follicles are inhibited and neither develops properly, creating poor ovulation.

This is a complex complaint which is primarily a metabolic condition associated with insulin resistance. Insulin resistance occurs mostly due to our nutritional intake of foods high on the glycemic index such as processed and refined carbohydrates or sugars.

The natural treatment for PCOS is to treat insulin resistance, regulate menstrual bleeding, reduce and treat the consequences of excess androgen levels and improve ovulation and enhance fertility.

Premature Ovarian Failure (POF)

Definition

Premature Ovarian Failure is also known as premature menopause or premature ovarian insufficiency. This is when a woman's periods either stop completely, or become increasingly irregular. The ovaries have stopped producing oestrogen and eggs, which makes conception highly unlikely. Oestrogen levels will be low and there will be higher levels of FSH (Follicle Stimulating Hormone).

Symptoms

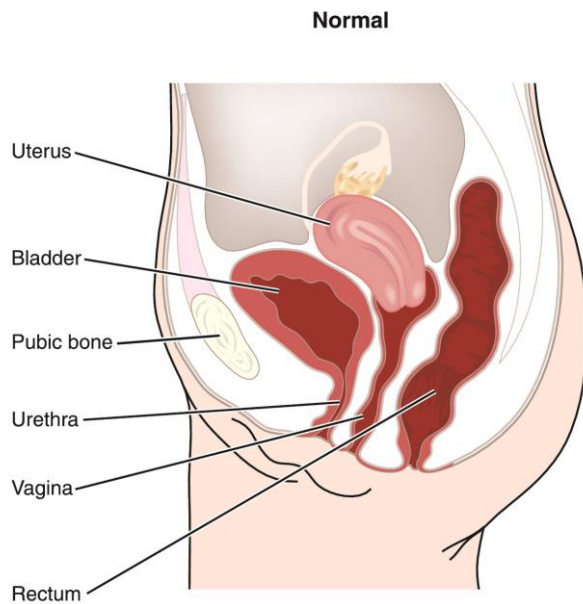
The first symptom most women notice is either a sudden cessation of bleeds or a noticeable spacing between bleeds. Due to the similarity of reaching menopause, women can experience hot flushes, vaginal dryness and increased mood changes.

Causes

There isn't any defined reason for the occurrence of POF, it can run in the family, be an abnormality of genes that control ovarian function or could be affected by a viral infection.

For some, stress can be enough to cease their ovaries from functioning or time spent on contraceptive devices can alter the FSH levels and give a false POF reading.

How does a Misaligned Womb affect Fertility?

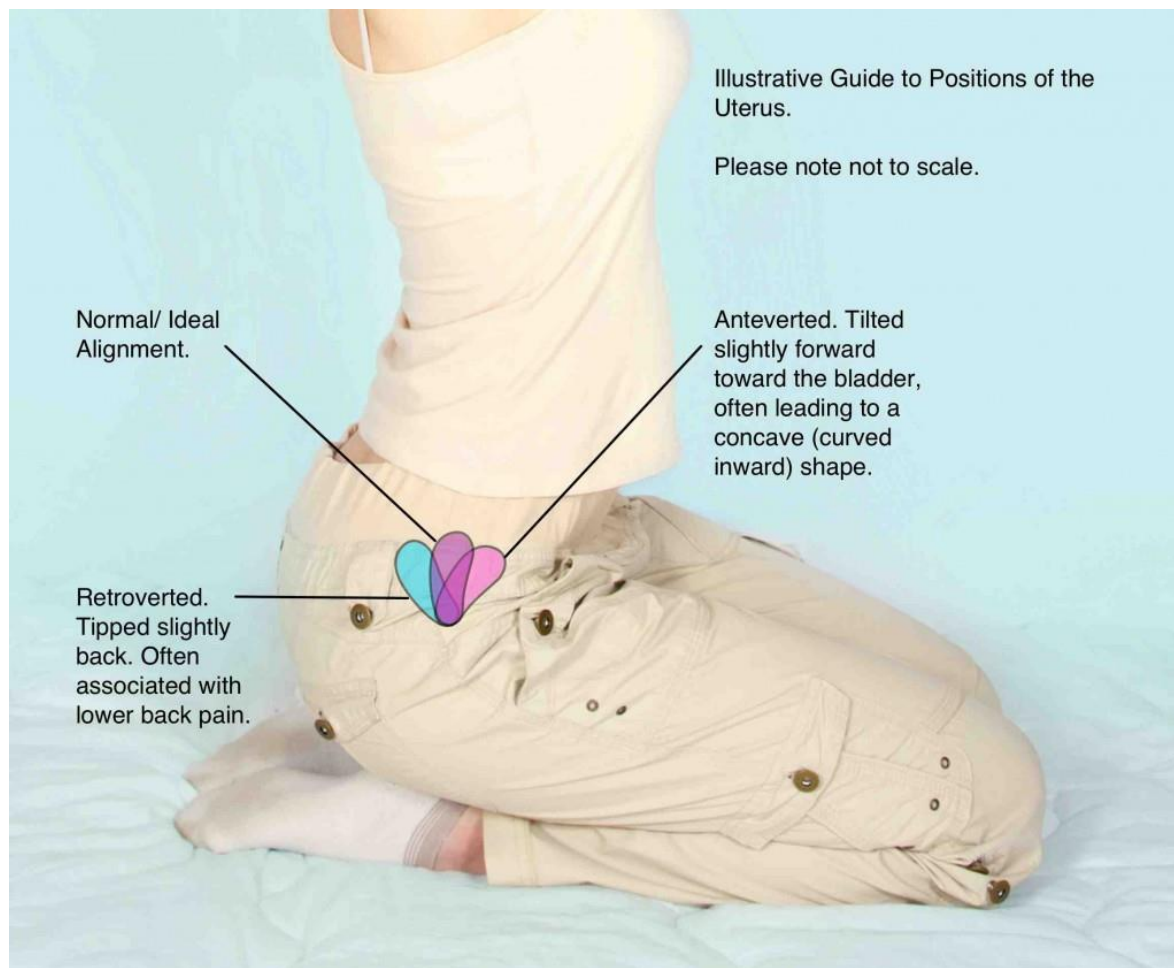


Do you suffer with any of these symptoms prior to your bleed?

- ❖ Lower back ache
- ❖ Frequent urination
- ❖ Cramping or Blood clots
- ❖ Dragging or heavy downwards sensation
- ❖ Change in bowel motion i.e. constipation or diarrhoea
- ❖ Brown sludgy blood at the beginning or end of bleed?

If you answered **YES** to any of the above, it is likely that your womb is not sitting in her correct position.

A misaligned Womb is really common, it is believed that about 80-90% of women will have a misplaced Womb. This could be either tilting backwards (Retroverted), to either side, leaning forwards (Anteverted) or prolapsed.



Wandering Womb

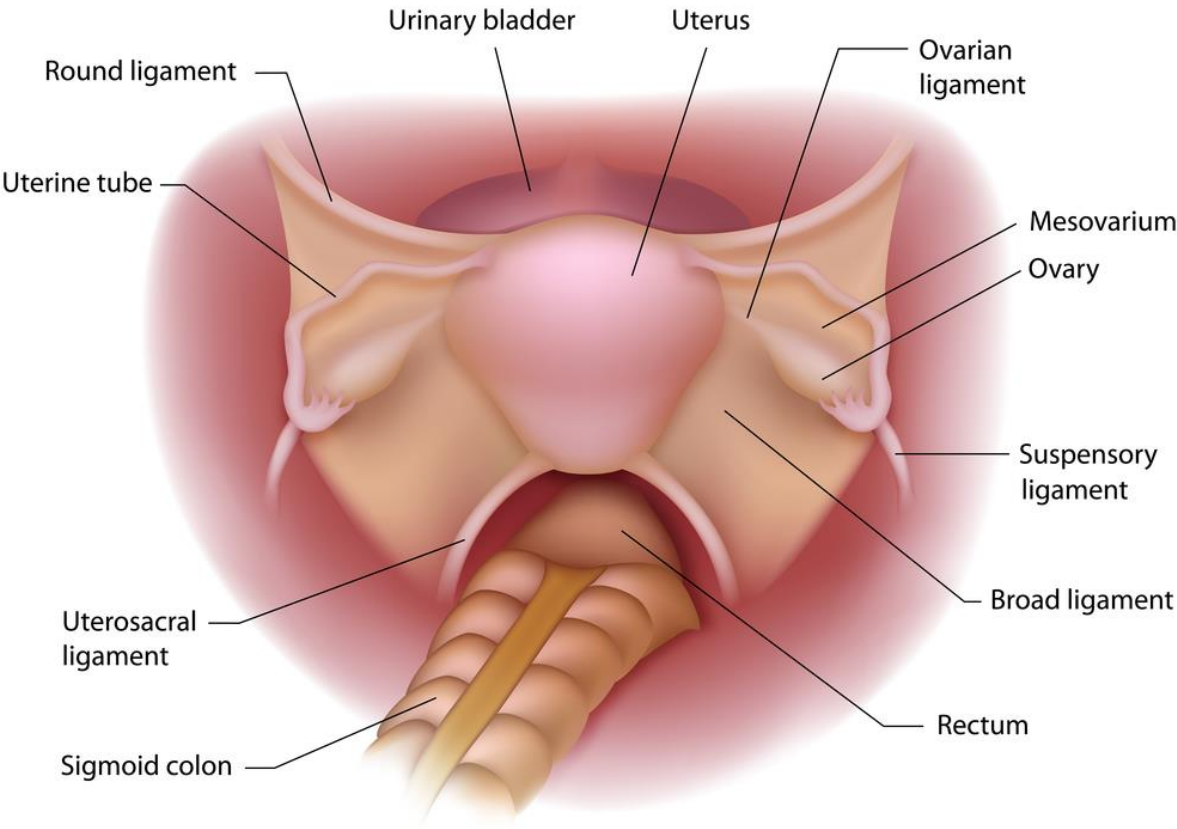
A phrase coined by Hippocrates, which was the cause of "*hysteria*". Hysteria is defined as a woman with mood swings, erratic behaviour, incontinence and an inability to make rational decisions.

The Womb is able to move around quite freely when there are no restrictions but once she's in one place for long enough she may continue to stay in that one set position. For some they will feel no pain, for others it may cause pain during intercourse or during their period.

During the month she weighs about 1 - 2oz, but as she grows bigger and fills up with endometrial lining, she can weigh about 8oz to 1lb, so she increases the pressure on other organs, ligaments or muscles just prior to a period.

Female Reproductive Tract (Superior view)

Anterior



Posterior

Common signs of a misaligned womb and why they cause these symptoms :

Low back pain before period is due to the increased pressure of the womb resting back onto the spinal nerves.

Constipation or diarrhoea before period is due to her increased size and pressure as she rests on the rectum, blocking the natural pathway of the stools.

Blood clots or cramps are due to a misaligned womb, as she cannot empty properly or has to squeeze hard to release her lining, this along with restricted ligaments can cause a lot of period pain or cramps.

Brown sludgy blood at the beginning or end of the period; as with the clots or cramps, if the womb cannot release all her lining each month due to being hunched over, she will release this old stagnant lining in the following months resulting in darker brown bleeds. Brown sludge at the beginning of the cycle is last months old lining. Brown sludge at the end of the cycle is many months old lining.

Frequent urination may be due to womb resting on the bladder or resting on a pelvic nerve creating a trigger response.

Dragging downward or heaviness with your period is due to her increased size and often weak core (pelvic floor) muscles, and often the womb can be prolapsed to different degrees.

Common causes of Misaligned Womb

Weak core muscles create a weak environment for the reproductive organs. By core muscles, I am not talking about the typical kegel exercises. Core muscles are the whole abdominal structure, developed through functional exercises including Pilates.

Being overweight will place stress on the internal organs, and often when you are overweight, your core muscles are weakened.

Heavy lifting, running or excessive exercise in the 3 days leading up to a period. This is due to the increased size of the womb in the lead up to the bleed, and therefore the increased pressure and strain on the surrounding ligaments, in particular the pounding of running on hardened surfaces.

Births that are too close to each other. The Womb needs about 3 years recovery between births, especially where caesarean sections have been involved. Traditionally women breastfed for approximately 3 - 6 years, which ceased their fertility, allowing their bodies the chance to fully recover between births.

Damage to the lower back, can cause a weakening to the utero-sacral ligament. This is a ligament that connects the sacrum to the womb; if this is tight it will restrict the positioning and movement of the womb.

If the Womb is in a good position, she is likely to release her old lining better than a Womb that is bent over, a healthier lining is going to be a better place for the embryo to grow. And quite simply, an upright womb, will have an easier to find entrance for the welcoming of the sperm, helping the sperm to travel easier to meet with your egg.

How can Fertility Massage improve fertility?

One of the main differences between a regular massage and Fertility Massage is the area of the body that is massaged. Most massage therapists will avoid the abdomen, or perform a quick "window washing action" before swiftly moving on.

I mentioned earlier that my focus is to massage the abdomen from pubic bone to ribs, and lower back. If we are looking at fertility, this is where all the reproductive organs are situated, therefore, the massage needs to be focused to that area.

The other important reason that I massage the whole torso is because our abdominal cavity is serviced by the same neural pathways, connecting the organs, muscles and connective tissue of the reproductive and digestive systems along with the lower back muscles. If one organ or muscle is misaligned, blocked or damaged by scar tissue – all the others can be disrupted, and can, in turn, send the whole body into disarray. For example, many people suffering with a digestive complaint such as constipation or bloating, may also complain of lower back pains and/or menstrual problems. Therefore, you may be experiencing a digestive complaint that may in turn be creating a fertility issue.

Circulation

It's amazing how many clients I've massaged over the years who have cold lower abdomens; which is an indicator of poor circulation to the reproductive organs. We need a good flow of blood to these organs to help nourish and nurture the womb, ovaries and fallopian tubes with fresh oxygenated blood.

Hormones are transported through the blood, so it will help to transport hormone responses which again is vital for fertility. This can help to balance the hormones which will in turn help regulate cycles, which may be a cause for concern with fertility.

By increasing the circulation to the digestive system we are thereby enhancing the immune system. It is important to note that 80% of our immune system lives within our digestive tract. Immunity, digestion and fertility are closely linked. An imbalanced immune system has been said to be the cause of 40% unexplained infertility problems and 80% of unexplained miscarriages⁶. Also by working the digestive system, if someone has a weak digestive tract shown by any digestive disorder, they are likely to be lacking in nutrients due to poor absorption. So it is vital that the digestive system is massaged to help improve its functioning and therefore improve fertility.

We need to have good quality, fertile mucus present for the sperm to be able to swim up the channel, but also to survive and be nourished, and by increasing the circulation and lymphatic flow to the cervix, it will help to promote a healthy cervix and hormonal balance, which in turn will help to improve the production of the fertile mucus.

⁶ Coulam, CB and Hemenway NP: "Immunology May Be Key To Pregnancy Loss" 2004

<http://www.inciid.org/article.php?cat=immunology&id=374&pagenumber=1>

Scar Tissue



We can get a build up of internal or external scar tissue either from surgeries or from inflammation within the body caused by toxins or diets too high in sugar, this scar tissue also needs to be broken down by the massage, leaving the area to be freer. Enhancing the circulation will enable the body to cleanse itself of these waste products broken down through the massage.

I would also recommend clients use a castor oil pack over the abdomen to help break down the scar tissue, increase circulation and elimination of toxins and waste products. Castor oil packs are a wonderful additional treatment, particularly if you suffer with constipation or have a condition such as endometriosis or fibroids.

Cleansing

As I mentioned previously in the section on a misaligned womb, many women will have dark sludgy blood at the beginning and sometimes still at the end of a period. This is a sign that the womb is still holding old stagnant blood and lining. Fertility massage will help the body to rid itself of old stagnant blood and tissues, leaving a woman with a brighter red bleed, which would show a healthier, cleaner womb, the perfect place for a growing embryo to begin life.

Emotional Release

Another key point is the emotional aspect of fertility. It's common knowledge that our emotions can affect our fertility. During your Fertile journey, there are increased stress levels, invasive procedures, emotional turmoil and so many fears and worries; our bodies hold on to these stresses and emotions, usually in our abdomens. Many common phrases demonstrate how we link our emotions to our stomachs..."Butterflies in my tummy", "Feel sick to my stomach" & "Gut wrenching

Fertility Massage will help to release stored emotions that may be causing a blockage. Combined with guided visualisations or meditations, they can help women to connect to their womb, visualise seeing their baby or pregnant bump.



When we store stress in our bodies, it triggers a negative hormonal response, which is detrimental to fertility. Fertility Massage gently eases this tension, leaving you feeling freer in mind and body.

Fertility is at the forefront of your thoughts, you will no doubt receive the well intended suggestion of "relax and you will get pregnant"...easier said than done. Taking time out to be nurtured and learning how to perform the massage on yourself, will gently encourage you to relax.



How can Fertility Massage Therapy benefit Endometriosis?

Oestrogen clearance takes place in the liver, therefore by increasing the circulation and strengthening the liver you are assisting your liver to eliminate toxins including the excess oestrogens.

Increased circulation will assist with **Maintaining hormonal balance**. Hormones travel in our blood, therefore by clearing congestion in the pelvic region allows for a freer blood flow. Thus encouraging the negative feedback loop between the ovaries and pituitary gland to function better.

Scar Tissue and adhesions which cause **congestion** are broken down and eliminated due to the increased circulation of blood and lymph.

Increasing the circulation to the Uterus will increase fresh oxygenated blood, which renews and repairs cells, this will increase **Uterine tone**.

Massage releases endorphins, which is a wonderful natural **Pain relief**.

How can Fertility Massage Therapy benefit Fibroids?

Oestrogen clearance takes place in the liver, therefore by increasing the circulation and strengthening the liver you are assisting your liver to eliminate toxins including the excess oestrogens.

Increased circulation will assist with **Maintaining hormonal balance**. Hormones travel in our blood, therefore by clearing congestion in the pelvic region allows for a freer blood flow. Thus encouraging the negative feedback loop between the ovaries and pituitary gland to function better.

Increasing the circulation to the Uterus will increase fresh oxygenated blood, as it is worth noting that our Uterus will only receive 5% of our blood flow, and fibroids have their own blood supply.

Scar Tissue and adhesions which cause **congestion** are broken down and eliminated due to the increased circulation of blood and lymph.

Massaging the area can help to soften the fibroid, and along with the endorphins released, will act as a natural **Pain relief**.

How can Fertility Massage Therapy benefit Polycystic Ovarian Syndrome (PCOS)?

Increased circulation will assist with **Maintaining hormonal balance**. Hormones travel in our blood, therefore by clearing congestion in the pelvic region allows for a freer blood flow. Thus encouraging the negative feedback loop between the ovaries and pituitary gland to function better.

Increased circulation will bring fresh, oxygenated blood to the **ovaries**, delivering nutrients and hormones to the developing follicles.

Scar Tissue and congestion caused by numerous undeveloped cysts are broken down and eliminated due to the increased circulation of blood and lymph.

How can Fertility Massage Therapy benefit Ovulation complaints?

Increased circulation will bring fresh, oxygenated blood to the **ovaries**, delivering nutrients and hormones to the developing follicles.

Scar Tissue and congestion caused by undeveloped cysts, scar tissue and inflammation are broken down and eliminated due to the increased circulation of blood and lymph.

The massage will help to **soften** hardened ovarian walls, therefore making it easier for mature follicles to be expelled out of the ovary.

Increased circulation will assist with **Maintaining hormonal balance**. Hormones travel in our blood, therefore by clearing congestion in the pelvic region allows for a freer blood flow. Thus encouraging the negative feedback loop between the ovaries and pituitary gland to function better.

Fertility Massage isn't limited to benefiting these conditions, here is an overview of benefits for some other common conditions.

Heavy, Painful or Blood clots

- Helps to bring fresh blood to the womb
- Helps the body to get rid of old, stagnant blood
- Increases endorphins which help reduce pain
- Helps restore correct position of the uterus, which can ease pain and lessen blood clots.
- Easing trapped nerves, brings pain relief.

Irregular Bleeds

- Balances hormones
- Eases stress which has a huge impact on cycles
- Increased circulation increases hormone delivery.

Poor Mucus Production

- Encourages hormonal balance thus mucus production
- Increased circulation to the cervix which promotes healing and repair, especially for a damaged cervix
- Increases lymphatic flow; therefore enhancing mucus production

Blocked Fallopian Tubes

- Helps to reduce inflammation
- Breaks up scar tissue causing blockages in tubes
- Increased circulation aids in tissue elimination and repair
- Helps the body to loosen tension within tissues
- Encourages tone and strength

Digestive Complaints

i.e. Constipation, Irritable Bowel Syndrome (IBS), Crohn's Disease etc...

- Encourages elimination from digestive tract, easing constipation
- Releases trapped wind and bloating
- Promotes bowel movements, which aids in elimination of toxins
- Tones and strengthens the intestines

Lower Back Pain

- Easing tension, scar tissue and adhesions in sacrum and coccyx
- Releasing trapped nerves in lower spine
- Easing pelvic imbalances to help restore correct position of Uterus.
- Enhance orgasms through releasing coccyx tension

Emotional Trauma

- Easing stress
- Eases tension from old emotional traumas
- Aids in releasing trapped emotions
- Helps women to connect to their womb

Where to find out more about Fertility Massage?

I hope that you have enjoyed reading this guide and found the information to be beneficial.

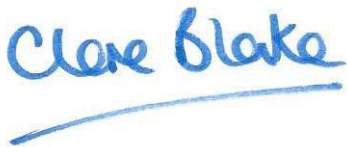
Fertility Massage is available either as a one to one treatment at my London or Essex based clinics, or as an online programme. The online programme with personal guidance from myself is an exclusive service offered as part of The Baby Creating Plan, www.naturalfertilityexpert.com or can be purchased as a download.

To arrange a free chat or to book an appointment please email me at info@fertilitymassage.co.uk.

If you would like to discover more about Fertility Massage or purchase the online programme, please visit my website www.fertilitymassage.co.uk.

I look forward to hearing from you and helping you on your fertility journey.

Warm regards



About Clare

Founder of Fertility Massage Therapy and Fertility Massage Training

Clare Blake is the founder of Fertility Massage Therapy culminating from over 15 years work in the natural health field.

Clare is driven by her passion for assisting couples to achieve healthy pregnancies and for helping women reconnect with and love their wombs.

Through her extensive and international research and training - and an understanding that many fertility problems are the result of physical or emotional trauma, including scar tissue, digestive complaints, stress and anxiety – Clare developed a treatment that combines massage and emotional healing to enhance successful conception.

Combining leading edge techniques, including abdominal sacral massage, pulsing, reflexology and guided visualisations, Fertility Massage Therapy is a first of its kind treatment.

Clare qualified as a holistic massage therapist in the United Kingdom before becoming a senior tutor, in abdominal sacral massage (fertility massage). She has continued to train in numerous body work styles, as well as studying Naturopathy and Billings Ovulation Method in Australia. All of which have provided her a deeper understanding of women's health. This evolved into the unique treatment that she delivers today.



Clare is a speaker at the annual Fertility Focus Telesummit, Fertility Question Time and Mind-Belly Connection Summit. A respected contributor to The Baby Book, and a natural health tutor and Fertility Massage tutor with an international profile.

Contact Clare Blake

e: info@fertilitymassage.co.uk • **w:** www.fertilitymassage.co.uk

Reference & Resources Guide

References

¹) Sefton JM, Yarar C, Berry JW, Pascoe DD "Therapeutic massage of the neck and shoulders produces changes in peripheral blood flow when assessed with dynamic infrared thermography" Neuromechanics Research Laboratory, Department of Kinesiology, Auburn University, Auburn, AL 36849, USA. J Altern Complement Med. 2010 Jul;16(7):723-32. doi: 10.1089/acm.2009.0441.

²Bost N, Wallis M."The effectiveness of a 15 minute weekly massage in reducing physical and psychological stress in nurses." Griffith University Research Centre for Clinical Practice Innovation, Gold Coast, Queensland, Australia. 2006 Jun-Aug;23(4):28-33

³ Aourell M, Skoog M, Carleson J."Effects of Swedish massage on blood pressure." School of Physiotherapy, Karolinska Institutet, Novum, S-171 76 Stockholm, Sweden. 2005 Nov;11(4):242-6.

⁴ Wilhelm Reich : The Evolution of his Work, Boadella David, 1973, Vision Press, Chicago

⁵ American Autoimmune Related Diseases Association, Inc. www.aarda.org

⁶ Coulam, CB and Hemenway NP: "Immunology May Be Key To Pregnancy Loss" 2004
<http://www.inciid.org/article.php?cat=immunology&id=374&pagenumber=1>

Resources

Women's Bodies, Women's Wisdom Dr Christiane Northrup (Piatkus)

Is Your Body Baby-Friendly? Alan E. Beer, M.D. (ajr publishing)

Women, Hormones and the Menstrual Cycle Ruth Trickey (Allen & Unwin)

The Language of Fertility Niravi B. Payne, M.S. (Harmony books)

Contact Clare

Clare Blake

w: www.fertilitymassage.co.uk

e: info@fertilitymassage.co.uk