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## News

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28/08/2008

### Chill Out for A Baby

A stressful and hectic lifestyle does absolutely nothing to help a couple conceive a much-wanted baby, says a leading North West natural fertility expert.

Tracey Turton, Clinic Director of the Natural Fertility Clinic, says: "Couples need to take a look at their lifestyles well before planning a baby. To give oneself the best chances of conceiving, and of having a healthy baby, both parents need to be in good health."

Ms Turton, a qualified Clinical Reflexologist, was commenting on a British Medical Journal report claiming that traditional drugs to treat infertility did little to increase chances of conception. "This report does not surprise me in the least as we have always treated couples on a holistic level rather than relying on drugs.

"While drugs can play a part in helping a smallpercentage of couples to conceive, health plays a more important role. Couples need to look at their eating habits, do they smoke? how much alcohol and caffeine do they drink? what are their stress levels?

"IVF in itself can be extremely stressful and of course very expensive. Natural therapies offer another chance of becoming a parent without the involvement of drugs," says Tracey, 43.

Andrea Sennett, 33, from Lymm, underwent Reflexology at the Warrington-based Natural Fertility Clinic, and is now the proud mother of Niamh, 15 months. Andrea had been trying for three years before she looked at natural therapies.

"My doctor had told me that drugs and/or IVF were the last resort and my husband and I were hesitant as we fully aware of the emotional roller coaster that can trigger. We were lucky and received fantastic natural therapy treatment. Little Niamh is our living testament to the power of natural therapies."

The Natural Fertility Clinic engages a holistic approach to fertility, using the expertise of various therapies, such as reflexology, acupuncture, nutritional therapy, hypnotherapy, medical herbalism and colonic hydrotherapy.

For more details contact Tracey Turton on 01925 730 123 or 07740 421984 or visit [www.naturalfertilityclinic.co.uk](http://www.naturalfertilityclinic.co.uk)

#### Media enquiries: Denise Wales

Dewcom Media Services

Email: [denise@dewcom.co.uk](mailto:denise@dewcom.co.uk)

[www.dewcom.co.uk](http://www.dewcom.co.uk)

Tel: 01663 732878

Mobile: 07729 895418

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