

Natural Fertility (Female)

A nurturing programme with an 85% success rate

Duration – Six months; Cost - £5000

This programme is “Clinician Recommended” following a Natural Fertility Assessment which is not included in the Programme price.

We are delighted to able to offer you considerable savings and ongoing coaching as part of a six-month programme to support your optimal health and fertility journey. Programmes represent an average 20% saving over booking treatments individually.

If conception has not taken place within 6 months, we encourage you to continue with the treatment pathway on a month by month basis for as long as imbalances present.

SUPPORTING YOU

Our Natural Fertility Programme offers you guided support from an experienced Clinical Lead.

Programme Clinical Lead – Bridget Batty BHSoc (Naturopathy) - Naturopath, Nutritional Therapist and Herbalist; bridget@healthoptimising.co.uk

We invite you to work with the team closely and engage with the process consistently. A close relationship is recommended for best outcome. We are here to make your journey educational, enlightening, empowering and effective.

Bridget will act as your Programme Manager, available to talk you through the programme in more depth, and as an individual Health Coach to support you through your treatments. You will have the backing of the entire clinical team as needed, co-ordinated by Bridget and can access support daily via Bridget when participating in the Programme.

INDICATION OF LEVEL OF TREATMENT INCLUDED

Your programme will be individualised based on your personal health and fertility picture. This is an example of what an average programme could look like to give you a guide as to the type and number of assessments and treatments which may be included. Bespoke programmes may mean a variation in the number of assessments and treatments outlined.

Monthly Fertility Reviews including Nutrition

Fertility focus consultations with Clinical Lead including the application of the science of nutrition to develop a specifically tailored nutritional plan and support for the promotion of optimum health and performance.

**Health Optimising VoiceAnalysis and Homeostasis together or separately (x6)
Health Optimising VoiceAnalysis (VA)**

A voice pattern recognition system that can identify and redress unresolved emotional factors underlying ill health. Exclusive to Health Optimising in the UK

Health Optimising Homeostasis

Non-invasive biofeedback/bioresonance technology promotes self-healing and self-regulation mechanisms which may be dysfunctional through emotional or physical stress.

**Cleansing Sessions x6 – your Senior Clinician will advise between;
Colonic Hydrotherapy**

A very gentle & effective method of cleansing. By removing harmful waste material, detoxification is given a real boost and your immune system can breathe easily again. A healthy, well-functioning colon is essential for optimal health.

Liver/ Kidney/ Gallbladder Flush - undertaken to support the breakdown and release of toxins in the main organs of detoxification

Advanced Lymphatic Drainage (x 6)

The status of your lymphatic system is important for improving immunity, draining excess fluid, absorbing & distributing fat soluble nutrients. Includes a light cleansing massage with indicated essential oils to further encourage lymph drainage.

Traditional Chinese Acupuncture (x12)

Patients may benefit from having bespoke Traditional Chinese Acupuncture therapy with a classically trained & experienced clinician. For pain management, an array of internal conditions, for general well-being or to complement ongoing treatments.

Pulsed Plasma Light Therapy (as many as needed)

Encourages intrinsic self-regulation to reduce the impact of disruptive microorganisms which cause altered immune responses

The Rehabilitator using Papimi (x10)

Uses nano-pulse therapy to improve energy supply to the cells. This results in the overall restoration and enhancement of the normal operation of the body.

Health Optimising NitricOxide Treatment (x6 – 10 minutes)

Direct Nitric Oxide (NO) treatment using Plason equipment for healing through improving vascular circulation and tissue oxygenisation.

RECOMMENDED BUT NOT INCLUDED

Will always be an additional cost.

HD Imaging Medical Thermography (MT) Study

Infrared technology used to detect abnormal vascular activity due to subtle thermal variations that may prompt wider investigation and a focus on preventative action. Fully trained and professional thermographers use the highest resolution cameras to visually record and accurately record the location of metabolic processes and any physiological deviations from normal temperatures and patterns.

Highly Recommended (COST – see website)

NOT INCLUDED

Programmes can include any of the treatments that we have on offer but do not include any additional supplements, herbs or homeopathy nor any tests which are sent out of Clinic for assessment e.g. blood, urine, saliva, hair, unless specified.

The Heidelberg Test, the HD Medical Thermogram and the Nutritional Profiler/Oligoscan are also priced separately unless specified.

PAYMENT AND CONDITIONS

Payment for the programme is **due in full immediately and in advance of the first treatment**, ideally paid by BACs (or credit card if this is preferable)

Before you make a commitment please be aware that, due to the discounted nature of our programmes, once your programme has commenced we are **unable to offer a refund or transfer treatments** to someone else.