



Pregnancy & Miscarriage Support Manual

PATIENTS MANUAL

 
emma cannon
fertility to family



PLEASE
DO NOT
REMOVE 



Index

- 5. Our Philosophy
- 6. Biographies
- 8. Miscarriage – excerpt from 'Total Fertility' by Emma Cannon
- 9. Case study – an experience of repeat miscarriage
- 10. Chinese medicine approach to the treatment of Miscarriage
- 12. Helpful foods according to Chinese medicine diagnosis
- 15. BMI in Fertility
- 16. The Fertile Man
- 18. Nutritional Information
- 21. Testimonials
- 22. Editorial page
- 25. Maps





Our Philosophy

We provide a medically led service for anyone thinking of having a baby either now or in the future. We offer a full range of fertility advice, tests and programmes; supporting couples or women who have suffered from miscarriage. We specialise in optimising natural fertility and IVF. We support individuals and couples from pre-conception to pregnancy, birth and postnatal. Whatever point you are at on this journey, our aim is healthy parents, healthy pregnancies and healthy babies.

Our initial consultation with you begins at the diagnostic stage and takes a 360 degree approach to assessing your fertility health, including medical, lifestyle and emotional aspects.

Bespoke plans are designed around acupuncture, nutrition, lifestyle issues, stress reduction, exercise (the 'right kind') & sex. We welcome gay couples or single women, and also provide personalised programmes and plans for male fertility. Our approach is to treat everyone as an individual because no two cases are the same.

Our extensive experience has given us a unique overview of many different systems of medicine and when used appropriately each significantly contributes to a positive outcome for the patient.





Alison Smith

Bsc (Hons) MbBAC

I have been working with Emma Cannon at the Fertility Rooms since 2013. I hold a Bachelor of Science in Acupuncture and Chinese Medicine from Westminster University and I am a member of the British Acupuncture Council. I have also had extensive experience using acupuncture in palliative care working for two years at a hospice in Hackney. This experience enabled me to work closely with medical staff blending Western and Eastern medicine to benefit the patients.

Over the years I have treated all aspects of fertility, both in natural and IVF, as well as pregnant women, postpartum and those who sadly miscarry.

It is immensely rewarding for me to be part of an integrated medical system which help women (and men) achieve a positive outcome. I offer a sensitive approach and recognise that sometimes it can be a stressful time. My treatments seek to not only address the physical symptoms but to also calm the mind and emotions throughout the process.



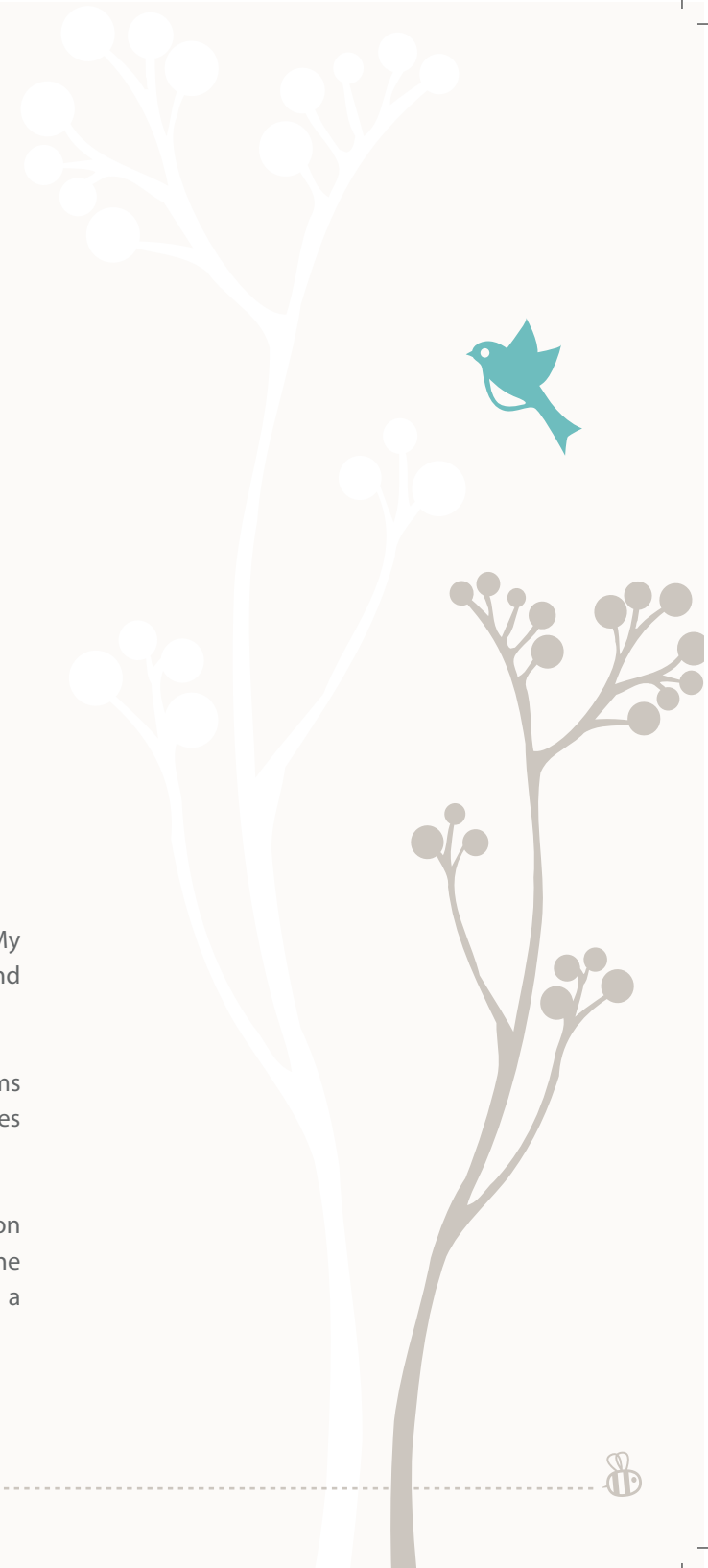


Victoria Wells Bsc (Hons) Human Nutrition

I am a qualified Registered Associate Nutritionist offering consultations to support throughout the lifecycle. My nutrition specialism is the role of diet and lifestyle in reproductive function, pre-conception care, IVF support and pregnancy.

My diet and lifestyle advice is evidence based and individualised programmes are devised for specific problems including weight gain and weight loss, hormonal disorders, nutritional imbalances, immunological fertility issues and gut health.

I have specialised in women's health since 2007 and received a First Class Honours BSc degree in Human Nutrition from the University of Westminster. I have worked at the Fertility Rooms with Emma Cannon since 2014. I am the consultant nutritionist on two books focusing on health and fertility: Emma Cannon's Fertility to Family and a cookbook to be published this Autumn.





Miscarriage



From: Total Fertility
by Emma Cannon

Sadly, I have seen many women experience miscarriage and I myself have had two. It's not something that people talk about enough; but I think there is now more openness about this painful experience, and you may be amazed at how many people are willing to share their stories as a form of support when the subject is broached.

Why do miscarriages occur? About half of all fertilised embryos never implant or do not implant well enough to develop into a pregnancy. Sometimes a woman may sense she was briefly pregnant or may even get an early positive pregnancy test, but then it fails to progress.

The causes of miscarriage are not always easy to establish. Possible causes include: a problem with a pregnancy, which causes the body to reject it; hormonal imbalances; problems with the sperm, uterus, implantation, placenta, cervix or immune system; or an infection of some kind. The most common reason for a pregnancy failing is because the embryo has a chromosomal abnormality, such as Trisomy 21, which causes Down's syndrome. These abnormalities are more common in older women, and so the miscarriage rate is higher as you get older. The extremes of BMI are also associated both in natural pregnancies and after fertility treatment.

After a miscarriage:

Following a miscarriage, it's essential to establish that all placental products have been discharged. In some cases a sharp curette may be needed to make sure the uterus is free of all the tissue that needs to be expelled. This small operation is performed under general anaesthetic.

Most of the work I do around miscarriage involves helping women recover, as well as helping women who have had miscarriages in the past with subsequent pregnancies. Research suggests that when women are well supported in subsequent pregnancies following miscarriage, it can improve pregnancy outcomes.

Like so many aspects of female fertility, the Qi and the blood are an important consideration following a miscarriage, particularly if there has been heavy loss of blood. Following our guidelines for nourishing the Qi and the Blood and make sure you take adequate time to recover.

- Raspberry leaf and Nettle tea are excellent tonics.
- Aubergines help to move the blood and have a strong tonifying effect on the uterus.

Emotions:

In terms of the emotions, my experience is that some women will want to 'get back to normal' as quickly as possible. For many this approach works just fine; they are happier getting on with their life and do not feel the need to dwell on the sadness and the loss. If this applies to you, just make sure it is really how you are feeling and that you are not just acting that way for everyone else's benefit. Others may find it much harder to recover; I have met women who are haunted by the loss for many years. Do give yourself some emotional and physical time out. Your body will have been pumped full of pregnancy hormones and drop in these is bound to contribute to feelings of sadness.

Men too suffer during a miscarriage, as they also experience the emotions of loss. Clearly they do not go through the physical process of losing a longed-for baby, but emotionally it can be hard for them, and difficult for them to know how to help. It's hard when your partner is sad and difficult to console, but there is no need to suffer in silence.





Case study

AN EXPERIENCE OF REPEAT MISCARRIAGE

My next birthday is my fortieth. I have been pregnant three times and each time lost my baby. I can feel the deep sense of grief welling up and pressing on my chest like a huge heavy hand as I write. My clock has been ticking with increasing intensity since my early thirties; sometimes so loud now that it completely takes over my being.

Finding out I was pregnant for the first time was such a joyful experience, full of innocent anticipation and the promise of motherhood. When the first spots of blood started, followed by cramping, I went completely into shock. I couldn't believe what was happening; it felt animalistic, an out-of-body experience. I was a helpless heap. I had to just let go. It was what it was.

The last pregnancy ended three months ago. I was twelve weeks pregnant and I thought surely this time it was meant to be. Yet at my three-month scan, my hormone levels were not right and I was advised to undergo a CVS (Chorionic Villus Sampling test). My baby died following the procedure.

I will never get over the loss that I feel from these events, the emptiness and pain that follows; they are part of me now. However, as they say, with deep suffering you start to glimpse your true nature. Good can come out of these times. I have learnt much about how to 'be', trying to flow with my emotions, and not to hang on to or hide the pain.

I practise dealing in the detail of moments. In one moment I feel OK, in the next briefly happy, then grief or anger or even nothing. I try and focus on the small things during the day.

By doing this, I am dealing in the now, not controlling my future or holding on to the past. I learnt to live in the moment – that has helped me. It continually reminds me that whatever is happening to me – a moment of joy or a moment of suffering – it is going to pass and turn into something new.

Annee, a great friend of mine, gave me the best piece of advice. She said, 'There is only so much you can do to make yourself baby ready: eat well, sleep well, use techniques to look after the self, then let go and leave the rest up to the universe. You can only control so much.' This is what I do, every day.

Today, the sun is shining outside, my dog is cutely growling and grumbling on the floor next to me, my heart feels a little heavy from writing this piece, but I feel positive. Who knows what tomorrow might bring? I could find out that I am pregnant again, and this time it could last.

It is what it is.





Chinese medicine approach to the treatment of miscarriage

A miscarriage from the Chinese point of view can be nearly as demanding on the body's resources as childbirth ie: the physiological changes experienced by a pregnant body which then suddenly becomes not pregnant are significant and require great adjustments. The hormone levels drop very rapidly after a miscarriage and if there has been significant blood loss, this will leave the body very weak.

The recovery is not just physical; in the case of a miscarriage, there is usually emotional distress and this can be considerable if the miscarriage follows a period of infertility.

Chinese medicine texts describe several different clinical approaches to miscarriage, depending on the circumstances.

- **Threatened miscarriage** – trying to save a pregnancy at risk. If a woman starts bleeding treatment may be employed to pacify the fetus in an attempt to stabilise and save the pregnancy if possible. As a large percentage of miscarriages are the result of genetic defects in the embryo such treatment will in many cases, have very limited useful effects.
- **Inevitable miscarriage** – In the event the pregnancy is non viable, Chinese medicine can be used to expedite the complete removal of all the contents of the uterus. Subsequently recuperative treatment will address weakness in the mother due to blood loss and physiologic and psychological stress. When such weakness is made good, treatment to regulate the menstrual cycle again will be appropriate. In most cases it is after 2 or 3 healthy cycles that attempting pregnancy is advised. This is an area in which acupuncture treatment brings great benefit and may, in the long term, be a sound approach to conceiving again.
- **Missed miscarriage** – This term is used when the woman is still carrying the fetus but it is discovered that there is no heart beat. This finding may occur on a routine examination with no warning signs or pain. Women will be left for a period of

time (usually 1 – 2 weeks) to see if they will miscarry naturally. If this does not occur labour will either be induced, or if it is early in the pregnancy a D & C will be performed.

- **Recurrent miscarriage** – In this instance it is likely that there would be some medical intervention. Chinese medicine can be a great support in this instance as well as treating the constitution of the would-be-parent rather than the pregnancy or the fetus.

Many women go straight back to work after a miscarriage. Chinese medicine has a different view and considers the experience to be as draining as childbirth. There is also an emotional impact of a miscarriage to consider, particularly when the pregnancy has taken a long time to conceive or was the result of IVF.

About half of all fertilised embryos never implant or do not implant sufficiently to become a pregnancy. Sometimes a woman may sense that she was briefly pregnant or may even get a faint positive early pregnancy test but then it fails to progress.

Most miscarriages happen in the first trimester (95%) and 15% of all pregnancies will end in miscarriage. A quarter of all women who become pregnant will experience at least one miscarriage – it is the most common complication of pregnancy.

Whatever the cause of miscarriage, we believe that recovery and proper aftercare are vitally important in preventing a recurrence. Following a miscarriage, a woman needs time to collect herself and her feelings, and going straight back to work may not be the right thing. There are those that say “well, I just wanted to forget about it and move on – get on with my life”. we caution these women not to be too tough and recommend the following:

- Give yourself some emotional and physical time out – your body is pumped full of pregnancy hormones and the drop in these will contribute to feelings of sadness. Your breasts may have grown and your abdomen may have swollen, which will make you feel as if you are still pregnant, even though you are not.
- Grieve – this is an important part of the process.
- Take your mind off it, but try to do this through pleasurable things, rather than throwing yourself into your work.





When to start trying again?

This is a highly emotive question, and one that elicits a variety of answers from the medical community. Some obstetricians say it's ok to try in your next cycle; others say that you should wait for three cycles.

We think it very much depends on the nature of the miscarriage. If the miscarriage was due to a problem with the embryo, for example, or was very early on, then waiting may not be the best option. However, if the miscarriage was due to an infection, or it resulted in heavy blood loss you would be well advised to wait a few months (four months is good, time permitting).

The body needs time to repair and get back into balance. The last thing you want is to go through the trauma of miscarriage again, so although the idea of falling pregnant as quickly as possible is very tempting, investing time in preparing the soil will pay off in the long run.



Our approach

The recommendation for patients who have miscarried will vary according to the circumstances. It is worth mentioning that clinical trials demonstrate that women who receive support and continuity of care following a miscarriage go on to have successful pregnancies.

- If a patient has a history of miscarriage, we will spend time correcting any energetic imbalances and advise following the pre-conception plan for at least four months.
- In the case of a threatened miscarriage, we will try to see if we can apply some treatment to save the pregnancy. Acupuncture, for example, will not save a pregnancy with genetic abnormality, but in many other cases there may be some hope.
- After a miscarriage, it's important to be back in balance before attempting again. I recommend following my plan for four months for Blood Deficient, Blood Stagnant, Yin or Yang Deficient or Heat types. Those with other tendencies may be able to try a little sooner.
- Miscarriages can occur because the mother is very weak; in such cases, taking it really easy during the first trimester is very important.
- Blood Deficiency is a common cause of miscarriage in Chinese medicine; patients who are Blood Deficient need to make sure they follow the plan for it and rest, rest, rest.
- Heat – leading to Reckless Blood, perhaps as a result of Yin Deficiency is also common. Heat types must ensure that their diet is bland with no spicy foods or heating substances. They should avoid coffee too. It is also important to keep a calm and cool mind. This condition would relate to infection in Western medicine.
- Blood Stagnation types have to be careful to avoid any physical trauma or bruising to the uterus. This condition includes the blood-clotting issues in Western medicine and would be treated with heparin or aspirin if blood-clotting factors are suspected. Patients who know they are prone to Blood Stagnation need to prepare really well prior to pregnancy.





Helpful foods according to Chinese medicine diagnosis: Daverick Leggett

QI DEFICIENCY:

When the Qi is weak, this means that we are under functioning in some way. How this shows itself will depend on our individual strengths and weaknesses. For some a particular organ may lack the power to do its job well. For others, insufficient Qi may cause lethargy or the immune system may become weak.

Qi easily becomes stagnant when its circulation in the body is restricted by tension. Relaxation is a major key to the liberation & formation of Qi Stagnation.

Supporting our Qi through Food

To support and increase our Qi we need to eat food which release energy steadily into our system over a long period of time.

Foods which tonify Qi tend to be sweet and often warm.

Some foods which especially tonify Qi are listed below:

Almond, beef, carrot, cherry, chicken, chickpea, coconut, date, egg, fig, grape, ham, herring, lentil, licorice, mackerel, micro-algae, milk, molasses, oats, potato, quinoa, rice, sage, shiitake, squash, tofu, trout, venison, yam

YIN DEFICIENCY:

Yin, the water of the body, is both lubricant and fuel. When the Yin is strong all body processes are 'well oiled' and we have a good reserve of fine quality nutrients to build new tissue and repair and maintain our bodies.

When the Yin is depleted we have probably been running on empty for quite some time, overdoing it in some way. We may have been ill for a long time or perhaps we were born with a weak constitution.

We need time to replenish ourselves and rest is vital. We need patience too as this replenishing takes time.

Supporting our Yin through food:

When our Yin is deficient we need to avoid foods which stimulate us to use up energy we don't really have and to avoid foods which will aggravate our tendency to overheat. We should therefore AVOID stimulants such as: coffee, alcohol & sugar and the overuse of the more heating & drying pungent spices that release energy from the body. Dairy products benefit the Yin. As with all rich foods they need to be used cautiously, especially if a tendency towards Dampness is already present.

Yin tonics tend to be sweet and cool. To tonify Yin we favour sweet, sour and salty over bitter and pungent flavours. Foods which especially tonify Yin are listed below:

Apple, asparagus, avocado, banana, cheese, clam, crab, egg, honey, kidney bean, lemon, mango, milk, nettle, oyster, pea, pear, pineapple, pomegranate, pork, seaweed, sesame, spelt, spinach, string bean, sweet potato, tofu, tomato, watermelon, wheat, yam

YANG DEFICIENCY:

Yang is the fire of the body. All the processes of life require heat. Our Yang keeps us warm and provides heat for all the body's functions. If our Yang is low we cool down and our metabolism slows down.

To build the Yang means to fan up the flames, to tend the fire within. We can support this process by keeping warm and keeping moving. Physical exercise will produce heat which increases the power of Yang.

Supporting our Yang through food

When our Yang is deficient we need to avoid taking too much cold food and liquid into our bodies as this puts out the Digestive Fire. Instead we need to flavour foods and cooking methods that warm us up.

Yang tonics tend to be sweet, pungent and warming. Foods which especially tonify Yang are listed below:

Anchovy, aniseed, basil, cardamom, cinnamon, clove, dill, fennel, fenugreek, garlic, kidney, lamb, nutmeg, quinoa, rosemary, sage, shrimp, star anise, thyme, trout, walnut.



BLOOD DEFICIENCY:

The quality of our Blood is a measure of the available nourishment circulating in our body. Blood nourishes our muscles, organs, brain, every part of us. It's quality depends on the quality of food we eat and our ability to absorb nourishment.

When our blood is strong we tend to feel vigorous, well-nourished and full-bloodedly alive.

When our Blood is weak, we may feel under-nourished and not fully in touch with who we are. At night the Mind may float so much that we cannot sleep.

Supporting Our Blood through food.

Blood is very easily improved through diet. A diet rich in fresh vegetables is essential. In particular, dark green leafy vegetables and chlorophyll-rich foods are helpful, especially when combined with grains. Adequate protein is also necessary.

Foods which especially nourish blood are listed below:

Aduki bean, apricot, beef, beetroot, black soybean, bone marrow, cherry, egg, dandelion, date, fig, grape, kale, kelp, kidney bean, leafy greens, liver, mussel, nettle, oyster, parsley, spinach, squid, sweet rice, watercress.

BLOOD STAGNATION:

Stagnant Blood describes a condition where the circulation of Blood is blocked or restricted. Stagnant blood is often the result of Stagnant Qi manifesting in a more tangible, physical form.

Promoting Blood circulation through food.

Foods which move blood are often warm in nature so is important to be cautious if signs of Heat are present.

Foods which especially help move the Blood are listed below.

Aubergine, brown sugar, butter, egg, chilli pepper, chive, crab, leek, mustard leaf, onion, peach, radish, saffron, sweet rice, turmeric, turnip, vinegar.

QI STAGNATION:

Qi can get blocked when problems start to accumulate in the stuck place in the body/psyche then start to erupt elsewhere as the Qi looks for escape routes. Stagnant Qi in the Liver, for example, might escape up the Gall Bladder meridian causing crashing headaches, or move sideways into the digestive system and cause chaos there.

The cause of Qi stagnation is most often emotional. Feelings and creative impulses which we are unable to process create blockage. On a physical level Qi stagnation is aggravated by lack of movement.

Promoting Qi Circulation Through Food:

To avoid stagnation it is important not to overeat and not to consume too much heavy food at any one time. We also need to AVOID sugar and stimulants which may appear to give temporary relief but eventually worsen the root of the problem.

To encourage movement we can include some of the pungent foods and herbs that stimulate the dispersal of Qi. In choosing pungent foods we need to take into account whether Heat, Cold or Deficiency are bound up with the stagnation.

Foods which especially help the circulation of Qi are listed below:

Basil, caraway, cardamom, carrot, chive, clove, coriander, dill seed, fennel, garlic, grapefruit, kohlrabi, marjoram, mustard leaf, orange peel, peach, peppermint, plum, radish, squash, star anise, tangerine peel, turmeric, turnip, vinegar, watercress,

HEAT:

There are several ways that we can become hot. We may suddenly contract an acute feverish illness indicating that a "hot" pathogen has penetrated our defences. Heat may also arise from prolonged overconsumption of heating foods or substances. Heat combines easily with Dampness and is often a sequel to periods of Stagnation.

The above descriptions all refer to the condition of "full heat". It is vitally important to distinguish between this condition and that of "Empty Heat". Empty Heat arises when over a period of time our Yin becomes deficient. The cooling, lubricating function and the quality of our fuel becomes depleted. In this case we become hot because we cannot keep cool. In this case we cannot keep cool and our Yin needs tonifying.



Removing Heat through food.

In chronic conditions Heat is simply treated by the avoidance of hot foods and the use of more cooling foods and methods of food preparation.

Some Heat-reducing foods are listed below:

Alfalfa, apple, asparagus, aubergine, banana, barley, broccoli, cabbage, celery, chard, cucumber, elderflower, grapefruit, kelp, lemon, lettuce, mint, mung bean, olive pear, peppermint, potato, radish, seaweed, spirulina, tofu, tomato, watermelon, wheat.

DAMP:

Dampness comes from the failure to burn off or transform moisture in the body. As the word suggests, Dampness can make us feel heavy and tired. It can make us swell up and it can obstruct our body's functioning. Some people are more prone to Dampness than others. A tendency towards Dampness can be aggravated by living in damp conditions or by a sedentary lifestyle.

Resolving Dampness through food.

Dampness is often the result of overeating or over-nutrition. It may also result from jamming the digestive system with poorly combined foods.

In particular we need to avoid too much raw, cold, sweet or rich food and the overconsumption of fluid. Some foods are particularly dampening and to AVOID are: dairy products (sheep and goats products are less dampening). Pork and rich meat, Saturated fats, Roasted peanuts, Concentrated juices especially Orange and Tomato, Wheatflour, Bread, Yeast, Beer, Bananas, Sugar and Sweeteners.

Some foods which have properties to resolve Dampness:

Aduki bean, alfalfa, anchovy, asparagus, barley, basil, buckwheat, caraway, cardamom, celery, clove, coriander, corn, garlic, green tea, horseradish, jasmine tea, kidney bean, lemon, mackerel, marjoram, button mushroom, mustard leaf, onion, oregano, parsley, pumpkin, radish, rye, turnip, plum.



*Daverick Leggett (1994).
Helping Ourselves: A guide to Traditional Chinese Food Energetics.
Meridian Press. Totnes*





BMI in fertility

Increased weight is associated with reduced fertility in both sexes. There is a great deal of focus on women who are obese, but there is also a growing fertility issue with women who are too thin. There is now evidence to suggest that being either extremely over or underweight may have a negative effect on fertility (Veleva et al).

Body fat helps convert the male hormone androgen into oestrogen. It's also been shown that having too little body fat can affect the menstrual cycle, and you may stop ovulating even if you are having periods each month. There is also a higher risk of miscarrying in the first trimester of pregnancy (Frisch et al, 2003).

On the other hand, being overweight can affect your fertility too. You may develop insulin resistance, which can lead to an overproduction of the hormone leptin. This can contribute to irregular ovulation, or again an absence of ovulation altogether.

The distribution of fat is also significant. Excess lower body fat around the hips and bottom (pear-shaped) may affect fertility, but to a lesser extent than fat around the middle (apple-shaped).

The simplest way to check if your weight might be impacting on your fertility is to check your BMI. The optimum BMI for fertility is considered to be between 20 and 24, so if you are below or above you might want to take steps to lose or

gain weight. The good news is that if you eat a healthy diet and take regular exercise, your body will naturally reach a healthy weight, unless you have a pre-existing condition that is affecting your weight, for example a thyroid condition.

In IVF treatment, studies show that obese women are more likely to yield fewer follicles, fewer eggs are successfully collected and are of poorer quality and implantation rates are lower, as are rates of pregnancy and live-births (Clark et al, 1998).

Clark, A., et al. 1998. Weight loss in obese infertile women results in improvement in reproductive outcome for all forms of fertility treatment. *Human Reproduction* 13: 1505

Frisch, Rose E. 2003. *Female Fertility and the Body Fat Connection*. Chicago: University of Chicago Press.

Veleva, Z., et al. High and low BMI increase the risk of miscarriage after IVF/ICSI and FET. *Human Reproduction*. Available at: <http://humrep.oxfordjournals.org/content/23/4/878.short>





The Fertile Man

Emma Cannon

“FIT FOR FERTILITY”

In my clinic I have a three-month treatment programme for male patients, which is beneficial for simply improving health prior to conceiving, for men who have had a poor semen analysis, or for those whose partner has had repeated miscarriages or unsuccessful IVF treatment. There are some key lifestyle factors men can address which can be extremely helpful when it comes to increasing a couple's chances of getting pregnant. Here are the tips I would give to all men:

We recommend that all men see Victoria Wells, our nutritional therapist as well as undertaking an acupuncture programme.

- Stop smoking
- Don't smoke marijuana
- Take charge of your sexual health: see your GP if you suspect you may have an STD and get checked for any low-grade infections, especially if there is pain when you ejaculate or urinate, or if there is abdominal pain.
- Limit your exposure to any environmental chemicals, and avoid drinking from plastic bottles or heating food in plastic containers (Vaamonde et al, 2012).
- If you are overweight, it is a good idea to lose excess weight, as a number of studies have demonstrated a link between excess body weight (especially obesity) and sub-fertility.
- Exercise is good for sperm, but keep it moderate rather than extreme.
- Physically active men show better semen results in studies than sedentary men (Cherry et al ,2001).
- Don't cycle when you are trying to conceive as the pressure cycling places on the perineum may increase the risk of cysts.
- Do pelvic-floor exercises: imagine you are urinating and try to stop the flow.
- Wear underwear made from natural fibres such as cotton, as it helps the area to keep cool and 'breathe'.
- Being exposed to heat is bad for sperm health so cyclists and chefs, for example are susceptible to abnormal changes in their sperm.
- Taking an antioxidant supplement has been shown in studies to improve sperm morphology , health and quality of the sperm. (Keferet al ,2009 & Afeiche, 2012).

NUTRITION FOR MEN:

- Avoid a high-protein diet, as this may contribute to producing acidic sperm

Zinc: Seeds pulses, meat, fish oats

Selenium: Brazil nuts, barley, oats, wheatgerm, chard, garlic, onions

Arginine: nuts, beans, lentils

Vitamin C: Berries, citrus fruits, broccoli, sprouts, watercress, cabbage

Vitamin E: Leafy greens, nuts and seeds, eggs, wheatgerm

Vitamin B12: Sardines, salmon, eggs, cheese

Folic Acid: Leafy green vegetables, avocado, beans, lentils, asparagus





Eating the right kind of fat:

A study by Harvard Medical School discovered that men with a diet high in saturated fats produced significantly less sperm (and weaker quality sperm) than men who ate a healthy balanced diet (Afeiche, 2012).

Male patients attending a fertility clinic were questioned about their diet and fat intake. The results showed that junk food not only carries health risks like heart disease, obesity and cholesterol, but it can also damage sperm count and sperm quality. Men who regularly ate junk food had a 43% lower sperm count and a 38% lower sperm concentration (the number of sperm per unit volume of semen) compared to men who ate healthily.

Researchers also discovered that a diet rich in omega-3 fatty acids is best for boosting sperm quality (Attaman et al, 2012). Foods rich in omega-3 fatty acids include oily fish (such as sardines, mackerel and salmon) and flax seeds.



Afeiche, Myriam. (2012) Paper presented at the American Society for Reproductive Medicine's (ASRM) annual conference in California
Attaman, J.A., Toth, T.L., Furtado, J., Campos, H., Hauser, R., Chavarro, J.E. (2012). Dietary fat and semen quality among men attending a fertility clinic. *Human Reproduction*, 2: 1474-86
Cherry, N. et al. (2001). Occupational exposure to solvents and male infertility. *Occupational and Environmental Medicine*, 58: 635-40
Kefer, J. C. et al. (2009). role of antioxidants in the treatment of male infertility. *Intro Journal of Urology*, 16 (5): 449-57
Tremelien, K. (2008). Oxidative stress and male infertility: a clinical perspective. *Human Reproduction Update*, 14: 243-58
Vaamonde, D., da Silva-Grigoletto, M.E., Garcia-Manso, J.M., Barreara, N., Vaamonde-Lemos, R. (2012). Physically active men show better semen parameters and hormone values than sedentary men. *European Journal of applied Physiology*, 112: 3267-73





Nutritional information

RECURRENT MISCARRIAGE PROGRAMME

Nutritional programmes for women and men are devised to focus on factors that are associated with an increase in the risk of miscarriage including weight, hormonal disorders, nutritional imbalances, immunological fertility issues and to support gut health. A detailed dietary and lifestyle assessment will be taken and recommendations made in consultation with Dr Shehata and Emma Cannon.

RISK FACTORS AND INTERVENTIONS

Weight:

Underweight and overweight
Weekly meal plans

Thyroid hormone and antibody levels:

Testing
Dietary advice for hypothyroidism

Supplement assessment:

Analysis of current supplement intake
Test for nutritional deficiencies
Individual assessments for supplements including:

- DHEA
- CoQ10
- Myo-inositol
- Antioxidants (sperm DNA fragmentation)

Coeliac Disease:

Vitamin and mineral deficiencies
Elevated levels of antiphospholipid antibodies
Incidence of thyroid disease
Adherence to a gluten-free diet

Gut health:

Restore gut health programme
Optimal absorption of vitamins and minerals
Supplement assessment

Lifestyle and diet:

Physical activity levels and intensity
Alcohol
Smoking
Drug use



PRECONCEPTION & DIET

Risk factors for first trimester miscarriage:

In this UK study (2007) women who took vitamin supplements during early pregnancy reduced their risk of first trimester miscarriage by around 50%, with the effect being most pronounced among those taking folic acid or iron and multivitamins, which contain these. Eating fresh fruit and vegetables daily or on most days was found to halve the odds of miscarriage.

Women with a low body mass index are 72% more likely to suffer a first trimester miscarriage. Obese women suffer about eight more fetal and infant deaths per 1,000 births than women who enter pregnancy at a recommended weight.

Maconochie, N., Doyle, P., Prior, S. and Simmons, R. (2007). Risk factors for first trimester miscarriage – results from a UK-population-based case-control study. Department of Epidemiology and Population Health, London School of Hygiene & Tropical Medicine.

THE FORESIGHT STUDY:

The Foresight Study in the UK (1995) changed the diets of 367 couples with a previous history of infertility, miscarriage and poor birth outcomes. The couples received nutritional counselling and were instructed to eat a diet that consisted mostly of organic, whole-foods. The couples also took a multi-vitamin supplement. After two years there was a decrease in the rates of miscarriage and genetic defects among the children conceived and there was an 80% success rate of conception.

Adherence to a Mediterranean style diet is also associated with higher folate and vitamin B6 levels in red blood cells and in follicular fluid.

Ward, N. and Eaton, K. (1995). Preconceptional care and pregnancy outcome. Journal of Nutritional and Environmental Medicine. 5: 205-208.

THYROID DISORDERS:

Having an autoimmune thyroid disorder significantly increases the risk of miscarriage. Thyroid antibodies are present in more than a third of women with recurrent miscarriage. Having antibodies against the thyroid increases the miscarriage risk significantly even when the thyroid is functioning well and thyroid hormone levels are normal. The thyroid antibodies may contribute to the miscarriage risk by reducing the ability of the thyroid to make extra hormones needed during pregnancy.

The miscarriage rate is 69% higher in women with a clearly underactive thyroid gland and hormone imbalances.

The presence of maternal thyroid autoantibodies is strongly associated with miscarriage and preterm delivery. There is evidence that treatment with levothyroxine can attenuate the risks. Studies have also shown that treating mild thyroid conditions can increase the number of good quality embryos in IVF.

DIET:

Medication timing

Levothyroxine should be taken on an empty stomach 30-60 minutes before food intake in the morning. This is to avoid erratic absorption of the hormone.

Improve gut health

- Dysbiosis in the gut might lead to the loss of tolerance to self-antigens including thyroglobulin and the autoimmunity that underlies Hashimoto's thyroiditis. Although the reverse may be true and Hashimoto's may precipitate gut dysbiosis.

Mori et al (2012) Does the gut microbiota trigger Hashimoto's thyroiditis? Discov Med. 14(78):321-6

- About 20% of T4 is converted to T3 in the GI tract
- This process requires an enzyme called intestinal sulfatase that comes from healthy gut bacteria. An imbalance between beneficial and harmful bacteria in the gut significantly reduces to conversion of T3S and T3AC to T3.
- Your gut also absorbs nutrients that your thyroid needs. In poor gut health, zinc is one of the first nutrients that the body has trouble absorbing
- Dysbiosis can increase glucuronidase activity resulting in poor oestrogen elimination.



GOITROGENIC SUBSTANCES

Cruciferous vegetables and soy contain goitrogenic substances that have the potential to affect hormone function and thyroid medication. Advice on consumption and iodine and selenium intake.

COELIAC DISEASE AND MISCARRIAGE

Miscarriages are common in women with untreated coeliac disease and following a gluten-free diet made lower miscarriage rates.

A significant proportion of coeliacs also have elevated levels of a specific type of antibody, antiphospholipid antibodies.

Coeliac disease interferes with absorption of folic acid and other vitamins. Low folate levels then contribute to high homocysteine levels both of which are strongly associated to higher miscarriage rates.

Women who have followed a gluten-free diet for many years still have lower levels of folate and vitamin B6 and high levels of homocysteine but this may be improved by supplements.

The need for coeliac testing may be indicated by stomach pain, irritable bowel syndrome, fatigue, psoriasis, anaemia or chronic joint pain. There may however be no symptoms and testing should be considered for women with a history of unexplained miscarriage. As coeliac disease has a significant genetic component, if anyone in the family has coeliac disease testing is recommended.

It is thought that 30-40% of people with coeliac disease will have a thyroid disorder and coeliac disease increases the chance of developing thyroid disease threefold. This indicates that if you have either thyroid disease or coeliac disease you should be tested for the other condition.



'The Health Service is in a state of uncertain flux with challenges of funding. In this environment it is vital not to forget the humanity of cure. Emma Cannon makes an important contribution towards this.'

Dr. Donal Gibb MD FRCOGI

'I am still eating the chicken and adzuki bean soup for which you gave me the recipe. I can't thank you enough for all the amazing things you did to help me get to where I am now - not just the acupuncture but all the moral support, encouragement and advice which made me emotionally so much stronger before and during my pregnancy.'

Mum of Sam aged 3 months.

'Emma's refreshing approach to a couple's fertility quest is most empowering in an often difficult and confusing time.'

*Miss Jeannie Yoon
Consultant Obstetrician and Gynaecologist*

'Her unique approach to health and fertility bridges the gap between Western and Eastern Medicine.'

Dr Tim Evans

'When I came to see Emma she asked about my lifestyle, medical background and any other concerns I might have. I was being analyzed as a whole. It was so refreshing to consider that my general imbalance might affect my health in other ways. Emma looked at my soul rather than seeing me as an equation that could be solved purely by tests. It felt like I was being looked after - an indescribable bond of trust was created at once.'

Eva Hervigova

'For those struggling with fertility issues, she's a rock. For those who get pregnant, she's a goddess.'

Brigid Moss Red magazine

'There is no fertility expert that I would personally or professionally recommend above Emma. From pre-conception to birth she is the ultimate resource of advice and expertise, with a magical sprinkling of positivity and miracle working thrown in. I largely attribute my two beautiful boys to Emma - she has a rare and wonderful talent that truly sets her aside.'

*Sophie Forte
Beauty Director Harpers Bazaar Magazine*



Testimonials

The London 2012 Olympic bid was won on a promise of a legacy that would be left behind long after the Games, and one that would be enjoyed by future generations for years to come. It's an important message: raising health and fitness levels, and spreading awareness about the importance of exercise.

A legacy of health is central to my practise: I regularly see patients whose health is a reflection of how they have lived their lives – both good and bad. When we are young we feel invincible and believe that bad health is something that will never happen to us. Smoking kills, but it kills the other guy, not us. Fertility takes a nosedive after 35, but somehow we will be different. These are the things we tell ourselves to feel better. Many people in the West live at 100 miles per hour with not much respect for their bodies and then reach a point when extreme action is required in order to return to good health. We have a great deal of what I call 'wrong thinking' about the building blocks of good health: exercise, food and emotions. I would like to introduce a different approach that is especially important for busy mothers and one you can teach your children, too.

EXERCISE

Let's start with the idea that exercise that strains and exhausts the body is actually not a good thing. You only have to look at the gynaecological history of most elite athletes to see the havoc that extreme training can cause the body. Many gymnasts lose their periods for many years and then struggle to conceive later in life. In the East, there is a strong tradition of health preservation; Chinese people are very careful not to waste their energy. It is common to see the elderly practising Qi Gong or Tai Qi in the parks; exercises like these encourage the gentle flow of energy around the body which in turn helps the body function better. Compare that then to our more aggressive Western approach where after a hard day's work we drag ourselves to the gym for a vigorous workout...

"I see so many women with a philosophy of 'no pain, no gain,' trashing their bodies day in and day out to get results," says Tim Weeks, specialist fitness trainer and former Olympic triathlete (www.timweeks.co.uk). "Why not look at exercise from a 'quality over quantity' perspective where you ensure you get the greatest return to your health for the time and effort

you put in? Be smart and develop an efficient body with balance." Traditional (rather than hot) forms of yoga are a well-balanced form of exercise as they normally have a good combination of resting and moving postures. Some forms of dance are also beneficial as they move the Qi (energy) around the body, but tend not to exhaust you. Exercise, when done from a place of joy, has more far-reaching health benefits. Even walking for many is sufficient to keep the body fit and healthy. Of course, some people are naturally more athletic than others and will be able to tolerate higher levels of activity. As a general rule, aim to do some form of activity every day, but do not work to the point of exhaustion.

FOOD

Food, for many, has become a matter of concern, and a source of anxiety. Many people feel guilt around food, and others obsess over it as a means of gaining control over their lives. One of my favourite sayings is, "Diet is important, but digestion is everything" – essentially, it isn't just what we eat but how and why we eat that are important. Most people do not make enough time in their life for food, it is sidelined to a few stolen moments at their desks, often eating while working or talking on the phone. This leads to terrible digestion and poor assimilation of food. Eating late at night is also common, as is eating when stressed, sad or excited.

Five simple rules for eating right:

- * Make time for food; do not work and eat at the same time.
- * Eat slowly and chew your food well.
- * Do not overeat.
- * Do not flood the digestion with water; instead try to make the food itself with liquid, such as soups or stews.
- * Do not eat when stressed or sad; think about the connection between your mood and your appetite.

EMOTIONS

Michael Dooley, gynaecologist for the London 2012 Olympics and consultant gynaecologist at The Poundbury Clinic and Lister Hospital (www.mdooley.co.uk), says, "From my involvement in the Olympics, I have learnt these important lessons: keep things simple and keep positive."

Some people become stuck in habitual ways of thinking that impact health in a negative way. In Chinese medicine,

baby&me HEALTH

moderating the emotions is crucial to good health. It is not considered healthy to be too angry, too sad, too excited, too fearful, or to have obsessive thoughts.

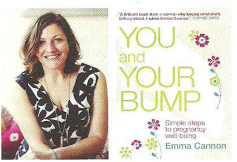
Anger reflects an imbalance in the Liver energy and often comes about when our goals in life are thwarted. The eyes are connected to the Liver energy, and when our vision in life is not clear we can become frustrated and angry. These are the people who like to plan everything, but actually they would do better letting go and learning to respond to what life deals them.

Anxiety reflects an imbalance in the Heart energy. Some people put their heart and soul into everything they do and are likely to burn out, resulting in anxiety and feelings of self-doubt. For them, meditation is key.

Obsessive worry and over-thinking reflect an imbalance in the Stomach energy. Many people feel overwhelmed with information and find it hard to have clear thoughts. It is important not to seek out too many opinions, and make life simpler by doing one task at a time and focusing on the present. Moderate exercise like walking is great, as is setting aside regular times for meals. This will help regulate the thought process.

Being stuck in the past shows an imbalance in the Lung. This makes it difficult to engage in life in a meaningful way and can result in depression. Anything that improves the Lung function will help, such as breathing exercises in yoga. Deep-rooted depression may require counselling.

Recognising that our emotions impact our health and finding ways to moderate our emotional tendencies can lead to real and permanent health improvements. Sometimes the biggest breakthroughs are made when a person realises they can do something to change themselves rather than looking to blame external forces.



** Emma Cannon is a women's health expert, acupuncturist and author of The Baby Making Bible and You and Your Bump.*



360° HEALTH

Having a baby? Don't rush your recovery, says women's integrated health expert Emma Cannon

DOING THE MONTH
Many of the traditional Chinese rules for 'doing the month' (a period of confinement and recovery in the month following childbirth) are grounded in common sense that we can adapt and relate to our own lives. Here are my favourites:

- 1 Do not go outside for the entire month.** I adapt this rule to encourage my patients to after childbirth, rather than rushing back to the outside world.
- 2 Do not eat any raw or any cold food!** It's important for new mothers to stay warm both on the outside and on the inside.
- 3 Eat chicken.** This meat is restoring and warming. We all crave chicken soup when we are ill because it is so nutritious and yet easy to make.
- 4 Do not be blown on by the wind!** This sounds a bit strange but relates to external causes of disease. The modern day equivalent to this is avoiding supermarkets (shame!) where very cold air is circulated to keep food fresh. It's not good for you or baby so recruit help or get the groceries delivered.
- 5 Do not go to other houses!** Friends will often be sensitive to this in terms of not wanting to pass any germs on to the baby, but in Chinese medicine terms it is for your benefit too.
- 6 Do not read or cry!** This relates to your emotional vulnerability during the month, as your heart chakra is open during this time so may make you sensitive to external emotions. Respect your sensitivity and avoid violent images.

EASTERN WISDOM
In Chinese medicine, the first three days after childbirth are considered a time of elimination. These three days are followed by 30 days of tonification, when a mother builds up her blood and qi – her energy and vitality – lost through pregnancy and birth. Pregnancy and childbirth leave a woman in a state of imbalance, simply because of the huge reserves of energy needed. This state of weakness relates to an excess of yin energy and so during the month a new mother needs yang energy with plenty of warmth to redress the balance.

REST AND RECOVER
In 2010 the National Childbirth Trust published a survey into how new mothers feel about the postnatal care given here in the UK. Only 41 per cent of women in the survey felt they received the emotional care they needed in the first 24 hours after giving birth. And a third felt they received little or no emotional care in the first month. Now I wouldn't go so far as to use the phrase 'take to your bed' but rest and recovery is vital after childbirth, and especially so if you have experienced heavy blood loss during labour. Even if you experienced the easiest of

BECOMING A MOTHER
This is a challenging yet incredible part of any woman's life. It is hard, no one can or should deny that, and I think you are put to the test, possibly for the first time in your life. It is a time of both joy and heartache, full of contradictions as the pendulum swings from one to the other. I hope that along the way you will find the right people to help support you through your pregnancy, be it through the midwives or through female friends and family who have had babies themselves. There are many good organisations out there to support you. It's a delicate balance as you need to be patient and take advice, but you will also want to find your own way. I believe there are things that mothers' know and things that mothers do that are beyond the scope of books and articles or an expert telling them how to do it. I hope that you connect to the mother in you; the one who knows what is best for your child; yes better than me or anyone else.

emma cannon
Emma Cannon is a women's integrated health expert and acupuncturist, and the author of *You and Your Bump* and *The Baby Making Bible* (Fodale). Visit emmamcannon.co.uk



HOW'S YOUR Qi?



Integrated health expert Emma Cannon explains how Chinese medicine can help you fight fatigue...

Everyone experiences fatigue and tiredness occasionally. It is our body's way of telling us we need to rest and to sleep. It's only when it becomes persistent or extreme that we need to take notice. Fatigue can manifest either on an emotional or a physical level, but normally includes elements of both. It can come about during times of stress or illness, or may be the result of emotional problems, lack of good nutrition or poor digestion.

Personal strengths

We are all born differently and each of us has our own unique capacities; some people can burn the candle at both ends and still jump out of bed in the morning fresh as a daisy, whereas others feel like they are running on empty most of the time.

In Chinese medicine we call energy qi (pronounced chi), and this is derived from various sources of nourishment. The air that we breathe, the food that we eat and the water that we drink are turned into qi and blood by the body, which together go to make up our overall energy.

Touch, art and inspiration can also nourish us, as do good relationships and feeling satisfied with the world. Likewise, these things can drain our energy if they are lacking in our life or if they are toxic in any way. Instead of good relationships we can have bad ones that drain us of qi. Poor quality food or poor digestion can have a negative effect on our qi instead of a positive one, and if the air we breathe and the water we drink is not pure, then this too can tax rather than nourish our system.

Qi-boosting ingredients

Add any of the following to your congee to nourish blood and qi:

- | | |
|-------------------------------|------------------------|
| Azuki beans (blood) | Swiss Chard (blood) |
| Carrot (qi) | Tempeh (blood, qi) |
| Chicken (blood, qi) | Tuna (blood, qi) |
| Kale (blood) | Turkey (qi) |
| Lamb's liver (blood) | Watercress (blood, qi) |
| Lentils (qi) | |
| Licorice (qi) | |
| Parsley (blood) | |
| Pheasant (qi) | |
| Pumpkin (qi) | |
| Reishi mushroom (blood, qi) | |
| Salmon (blood, qi) | |
| Shiitake mushroom (blood, qi) | |
| Squash (qi) | |



64 NATURAL HEALTH

This could be through meditation or some form of therapy or simply by pursuing things that bring us joy and happiness. If you find that you are emotionally and physically fatigued you would do well to spend a little time looking inward where you may well find the source of your tiredness.

3 Nutrition Not only is good food important but we also need a good digestion that can easily absorb the food we eat. I am not a fan of raw food diets. That is not to say we cannot have an element of raw food in our diet, but not more than 30 percent.

When the system is weak and depleted of energy it is actually better to eat food that is very easy to digest and that has a tonifying effect on the digestive system. Flooding the body with juices and raw food can actually make the problem worse, as raw foods are hard to digest and juices are overly sweet and lacking in roughage. I would like to introduce you to the world of congee which is my fail safe energy-boosting, vitality-restoring food, particularly following an illness or when you are lacking energy.

Food for the soul

When I describe congee to you as 'creamy rice soup' you might not immediately want to rush to the kitchen and make a pot. But give it a chance, because I promise it will pleasantly surprise you. When I told a friend about congee it reminded her of when she was little and her mother would make her rice pudding if she was ill – it was literally the only thing she could stomach.

Congee is simply slow-cooked rice in much larger quantities of water than we are often used to. The rice is cooked until it breaks down and turns the liquid thick and creamy. It has a mild, sweet flavour and is incredibly easy on the digestion, so is very nourishing and healing, perfect when you are rebuilding your energy in the weeks after giving birth or following an illness.

Grains in general are rich in qi, but our digestion can find it hard to absorb the good nutrition inside them if we don't prepare them properly. Hard grains can be too much for our digestion, especially if it is slightly weakened. With congee, the rice is softened and broken down, so that the stomach can easily digest it and stomach qi even increases as you eat. Often by eating a little congee you can actually build your appetite as you eat and feel energised by eating rather than finding it an effort.

Congee is mild and perfect for adding other flavours to, from warm stewed fruit in the morning to fresh ginger, chicken and sesame oil as a nourishing evening meal.



ASK THE DOCTOR

What causes fatigue?



I've asked my colleague Dr Amalia Annaradnam from Grace Medical about some of the illnesses that might cause fatigue...

"There are a number of factors which may contribute to people feeling fatigued and it is a very common presentation to GPs. A lot of the time, there is no clear medical reason for fatigue and it is a commonly a result of the stressors of modern day life.

However, some common medical causes of continued fatigue can be thyroid dysfunction (underactive thyroid), iron deficiency anaemia, diabetes, chronic fatigue syndrome and sleep apnoea. Other more complex medical issues such as heart failure or malignancy can also cause fatigue. More commonly in teenagers, glandular fever (a self-limiting viral infection) can lead to prolonged fatigue and it is often picked up after the acute symptoms of sore throat and swollen glands have resolved.

Another common cause of tiredness is depression, which is often overlooked if the right questions are not asked. Depression can cause low mood and poor sleep which both contribute to the feeling of fatigue."

Visit your health practitioner if you have any reason to believe your fatigue may have one of these medical causes.

gracebelgravia.com



NATURAL HEALTH 65

MAKE IT Congee

You'll need:

- One part plain, polished short, medium or long grain white rice (not basmati)
- 5-10 parts water to taste (five will give a sticky rice consistency, while 10 will be soupy)
- a heavy-bottomed saucepan



1 Decide on the proportion of rice to water depending on the consistency you prefer, and place the ingredients in the saucepan. The easiest way to measure the ratios is to use a cup to measure out first a cupful of rice, then the water.

2 Bring the rice to an easy boil and then reduce to a low simmer for 30-90 minutes. Stir occasionally to prevent the rice sticking to the bottom of the pan. The longer you can wait the better your congee will be.

3 If you make more than a meal's worth, simply reheat leftovers in a smaller pan. Congee will keep for 2-3 days at room temperature in a sealed container.

Not keen on rice? You can also use other grains in the same way. Oats are sweet, slightly warming and build blood and qi, so slow-cooked porridge for breakfast is the perfect start to the day (even better if you soften the oats in water overnight). Spelt grains are strengthening for the spleen as well as nourishing for the blood, and corn builds blood and qi while also helping to build appetite.

Make a meal of it...

Congee recipes to try, both savoury and sweet

CHICKEN CONGEE

Prepare the congee with chicken broth or stock. Stir fry chicken in sesame oil and add to the congee in individual bowls along with thin slices of fresh ginger and spring onions.

EGG CONGEE

Prepare your basic congee with water or chicken stock. Five minutes before serving, crack one egg per person on top of the congee and allow to set before serving. Season with sea salt and pepper. This will build blood and qi.

VEGETABLE CONGEE

Gently sweat onion and grated carrot in olive oil with a little salt and pepper. Add fresh herbs: basil, thyme, rosemary and marjoram (whatever you have) and serve over the congee.

SPICE CONGEE

Prepare your congee with a few slices of fresh ginger. A few minutes before the end of cooking add slices of fruit (or stewed fruit), a little honey and a dusting of cinnamon.

COCONUT CONGEE

To nourish and cool the blood: Prepare the congee with coconut milk added to the water. Serve with fresh pineapple and banana.



Books

Available from
www.amazon.co.uk

The Baby Making Bible

'An inspiring guide to pregnancy that understands your emotional needs and nurtures your physical body'
Brigid Moss, Red

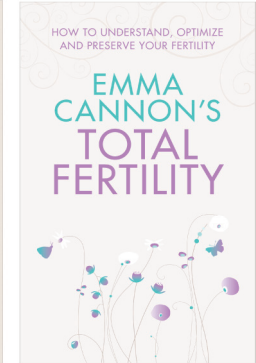
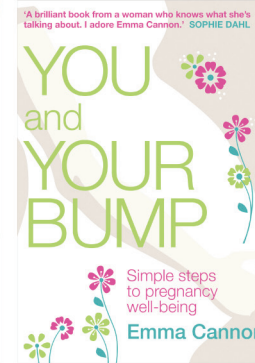
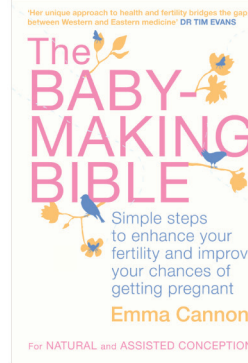
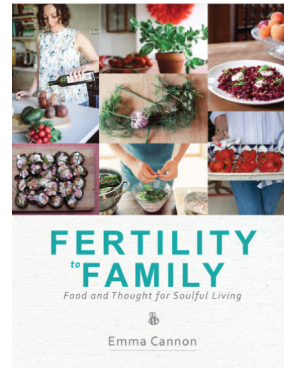
You and Your Bump

'Her unique approach to health and fertility bridges the gap between Western and Eastern Medicine.'
Dr Tim Evans

Total Fertility

'I wish someone had given me this book on my 21st birthday'
Kate spicer
Sunday Times Style Magazine

appointments line for patients:
07531 916121

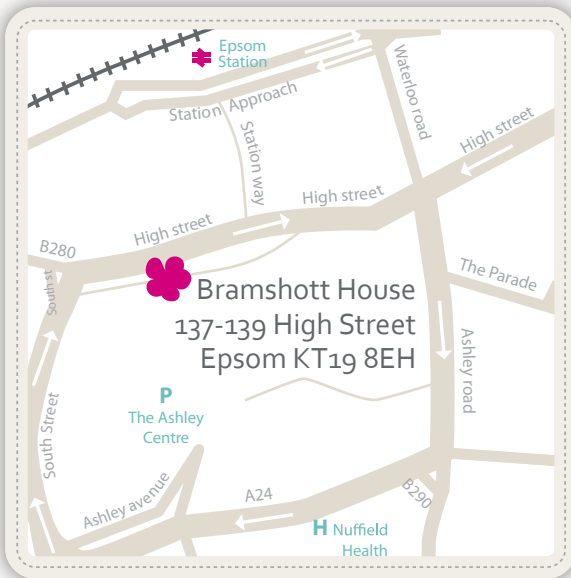


Fertility to Family Food and Thought for Soulful living

ebook available at:
www.emmacannon.co.uk (PDF version)
Amazon and ibooks

RRP £9.99

14 Maps



emma cannon
fertility to family



the fertility rooms

9 Radnor Walk
London SW3 4BP

T. 07531 916121

E: clinic@emmacannon.co.uk

www.emmacannon.co.uk

[@emma_cannon](https://twitter.com/emma_cannon)

[EMMACANNON](https://www.instagram.com/emmacannon)



9 Radnor Walk
London SW3 4BP

T. 07531 916121

bookings: clinic@emmacannon.co.uk
www.emmacannon.co.uk

 @emma_cannon  EMMALCANNON