

# ***10 Ways Hypnosis Promotes Fertility***

## ***1. As an antidote to stress***

Stress triggers the “fight or flight” response. When the fight or flight response gets triggered, energy is diverted away from body systems not related to either fighting or running away. This includes the digestive system (ever wonder why stress leads to indigestion?) and the reproductive system. Hypnosis very powerfully helps a person relax, which triggers the body’s “rest and digest”, or “feed and breed” response. This starts a whole series of responses in the body that promote healing, digestion, and reproduction. Hypnosis is the antithesis of stress. It not only promotes in-the-moment relaxation, but also ***teaches a person how to relax***, thereby leading to a much lower stress response overall. Many women struggling with infertility have difficulty with relaxation or think they cannot relax. However, hypnosis effectively bypasses this issue reestablishing the natural rejuvenating processes of the body.

## ***2. By communicating with the part of the mind that directly affects the body***

If you were to consciously try to lower your heart rate or blood pressure, send heat to a particular body part, or release tears from your eyes, you most likely wouldn’t be able to do it. However, your subconscious mind triggers responses in your body all the time. Have you ever felt your heart rate and breathing increase while watching a scary movie? Or found yourself crying while watching a tv show or reading a book? These are all subconscious responses. Hypnosis communicates directly with the subconscious, thereby powerfully communicating with the body and releasing a cascade of responses. In hypnosis, we can communicate powerful messages of fertility, thus supporting and triggering fertile responses in the body.

## ***3. By releasing fears and phobias***

In the same way fertility can be promoted by communicating the right messages to the subconscious, the wrong messages can be blocking fertility. Many women have received powerful messages of fear surrounding pregnancy, birth, and even motherhood. Whether those messages came from mainstream media, their own doctors, or a friend or family member that had a painful or life-threatening experience, or whether the fear is related to a woman’s need to be in control, or do things perfectly, the result is the same. Subconscious fear can block a woman’s body from being fertile. Often a woman doesn’t realize these fears even exist, because they are subconscious. Hypnosis allows us to release subconscious fears, and communicate very different, empowering messages to a woman’s mind and body, increasing feelings of control, and allowing the woman to move beyond fear into fertility. Subconscious blocks are often a factor in “unexplained infertility.”

## ***4. By supporting integration and balance of medicines and hormones***

In much the same way that women receive messages of fear about pregnancy, birth and motherhood, we often receive messages of fear around taking medications. Just seeing commercials with warning after warning about side-effects of medications can lead to a general

resistance – even a subconscious one – to taking medications or hormones. Also, if we are predisposed to natural or holistic practices, we may have difficulty accepting something that is contrary to our beliefs yet may be our best option. While a woman may override that resistance consciously and still follow her doctor’s fertility instructions, the subconscious mind – and therefore the body – may still be resisting those medications. Even though the prescribed medication is being used, the body may not be integrating it properly. Hypnosis can help counteract those messages of fear and instead create the expectancy that any and all medications involved in the fertility process are healing and supporting, thereby improving the body’s receptivity and integration of treatment.

### **5. *By supporting and improving embryo implantation***

If a woman is using IVF, having healthy eggs that become healthy embryos only goes so far. If those embryos don’t implant in the uterus, she still won’t get pregnant. A study published in *Fertility and Sterility* (2006) showed significant improvement in implantation and clinical pregnancy rates in the group that used hypnotherapy to support embryo transfer as opposed to the control group which did not. The hypnosis group saw twice the conception rate compared to the non-hypnosis group.

### **6. *By releasing subconscious blocks***

Again, the wrong messages can block fertility. Women receive messages of infertility regularly, through mainstream media, friends and family, and from their doctors. Terms like *advanced maternal age* have a hypnotic effect and can become self-fulfilling prophecies. Women receive these messages before they even get tested to find out what’s going on in their own body. Just as we are aware of a placebo effect, numerous studies have shown that a nocebo effect – that is a negative physical response brought about by belief – also exists. Much of the work we do in hypnotherapy involves dehypnotizing a woman from the negative messages she’s received and replacing them with positive, supportive, empowering messages.

### **7. *By supporting healthy changes that promote fertility***

Things like weight loss, dietary changes, and quitting smoking can make a big difference when trying to get pregnant. Hypnosis makes these changes easier because it targets the subconscious, which is where these issues reside. If you have ever had to “white-knuckle” something, the reason is because it is subconscious, and you are trying to overcome it consciously. Hypnosis helps to remove old or undesired behaviors while efficiently establishing the new ones you desire. Hypnosis can also help women sleep better at night. Since more than 80 percent of women ovulate between midnight and 8 a.m., missing sleep can have a negative effect on fertility. Hypnosis can improve quantity and quality of sleep.

### **8. *By helping a woman access her intuition***

Getting pregnant and becoming a mother isn’t black and white. There’s not one sure-fire formula that works every time. If there were, IVF success rates would be much higher, and there would be no such thing as “unexplained infertility”. In bringing a baby into the world, there’s

something of the intangible. Many women who later became mothers, sometimes conceiving naturally after being told they never would, said they KNEW there was a baby there. They could sense it. On the fertility journey a woman needs to make many choices about what's right for her and which direction to go. She wants to do "what's right" but different experts have different recommendations and it can become so confusing. Hypnosis helps a woman tap into that deep inner voice, vision, or knowing. That sense that tells her the right path to take. By allowing a woman to reclaim her intuition, and learn to listen to it, she is able to sift through the mass of information to find the right path for her. The right path to bring her baby home. That "right" path is different for everyone. Intuition allows us to know what we know, even when we don't know why we know it. Hypnosis facilitates communication and connection with our own inner truths.

### **9. Hypnosis affects the hypothalamus, which regulates hormones**

Hypnosis affects the hypothalamus. The hypothalamus produces several hormones. Two of them, oxytocin and gonadotropin-releasing hormone, directly affect the reproductive system. Gonadotropin-releasing hormone stimulates release of hormones that act on the testes and ovaries to maintain reproductive function. Oxytocin effects sexual arousal. It also affects mother-infant bonding, as well as childbirth and lactation in women. In men it affects ejaculation and conversion of testosterone into dihydrotestosterone. When corticotropin-releasing hormone is out of balance, it can cause infertility and dysfunctional menstrual cycle. Imbalance of gonadotropin-releasing hormone can also cause infertility. Imbalance of oxytocin can cause trouble breastfeeding. Thyrotropin-releasing hormone, also released by the hypothalamus, can cause irregular menstrual cycles when out of balance. (Ref. <https://www.hormone.org/hormones-and-health/brainy-hormones>)

### **10. Hypnosis ties it all together**

There's an expression: *throw spaghetti at the wall and see what sticks* that perfectly describes the desperate struggle that trying to have a baby often becomes. So many choices, so many opinions, so many doubts, so many unknowns can easily cause an incapacitating cognitive dissonance that makes confident decision-making next to impossible. In trying so hard to "do it right" it is easy to find yourself on a sort of infertility hamster wheel with no perceived hope of getting off. The truth is that most of the modalities you are investigating can be very helpful. The issue is in not being able to discern which (or which combination) is right for you. Or what step to take next. Or what to discontinue. Or when to change direction. Hypnosis can help. It is complementary to any and all parts of the infertility experience, and often serves as a bridge between eastern and western medicine. The stress-dissolving properties of hypnosis help facilitate the rapid shift in mind state necessary to gauge your situation and to clarify which options are the right options for YOU.