

# Finding *Balance* During the Infertility Process

By Patricia Mooneyham



Approximately 10% of all women ages 15-44 have a problem carrying a child in the US. While infertility is a very real medical condition, obviously the side effects of treatments can range based on the cause. If there's disease or blockages that can be cleared, there can be surgery involved. Before embarking on treatments, it's important for a woman and/or couple to understand what's involved in the entire process and not lose sight of why they wanted to become pregnant.

The inability to conceive can be very stressful, and a woman under the age of 35 isn't diagnosed as being infertile until she hasn't

been able to conceive and carry a child for a period of at least 1 year. At that point, many women are already putting stress on themselves and may be experiencing feelings of depression which do not help in the process of conception.

All of this is happening even before you may decide to move forward with treatments that involve thermometers, injections, medications and even, in some cases, surgery. In addition to all of these new routines, there are side effects to the medications and procedures which can increase the stress put on your entire body as you strive toward overcoming infertility. One of the most important things that

you can do during this time is to focus on your overall health and well-being and not just your infertility. The stronger and more in balance you are overall; the better your experience, and the less likely you are to experience severe side effects.

I recently spoke with Teddy Piotrowski, Holistic Nurse, RN, HNB-BC, BA, Dipl. ABT, CYT, RYT500. Although she's trained in traditional Western practices as an RN, she has also taken some of the best of Eastern practices to create complementary therapy protocols for women going through things such as infertility treatments. According to Piotrowski, "achieving and maintaining balance" in your body as a whole and managing the stress that the body's subjected to during this time is very important for women going through the infertility process.

Too often women are so focused on the treatments for infertility that they forget to take special care of the rest of their health to help offset or balance out the treatment. She suggests complementary therapies such as acupressure, reiki and yoga -- just to name a few. These are especially effective in offsetting the effects of stress on the body. She made a great analogy of approaching it like the safety instructions on an airplane. The flight attendants always tell you to put your mask on first. In other words, take care of you, so you're able to do the things you need to do.

Another great piece of advice from experts is to not lose focus on your personal relationships. They can be a great source of positive emotions which can be a benefit to your overall well-being. The process can be very stressful, so the more positives you include in your life, the smoother the journey will be.

For more information about complementary therapies and Teddy Piotrowski, Holistic Nurse, visit <http://www.greaterharmony.net>.\*

*A native-born Jersey girl, Patricia Mooneyham aka the Passion Professor is a sexual health and wellness expert who specializes in combining sexual health education, personal development and relationship evaluation, and enhancement products in a safe and entertaining environment, specifically researched and designed for women. Visit her website [www.patriciamooneyham.com](http://www.patriciamooneyham.com)*