



EP 041: How your mindset can optimise your fertility at 40+

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset Podcast. I hope you are well and having a good week so far. Mine has been super busy, in fact it's the past 2 weeks that have been busy with my free challenge happening and then welcoming new members into the paid membership level of the Sanctuary when it was open for just a few days. So if you have just found this podcast through either of those ways, welcome! It's really lovely to have you with us and I hope you find the episodes every week interesting, supportive and I hope encouraging too.

Now today I have a different kind of episode to share with you. It's a recording of a talk from a few years ago that I gave at an online event I held which focused on fertility at 40+. This talk that I'm going to share with you is titled *The Three Ways Your Mindset Can Optimise Your Fertility at 40+*. And I think you'll find this way of working with your mind useful no matter what your age is. So I hope you enjoy listening and get some ideas here on how to really support your mind, and your emotional wellbeing while you're trying for your baby.

I'm going to be talking about *The 3 Ways Your Mindset Can Optimize Your Fertility At 40+*.

Now the mindset and even emotional health and wellbeing to be honest is often ignored or side-lined on a fertility journey in favour of focusing on the more physical, the more obvious, aspects of fertility. This is understandable because the focus within your fertility clinic and with your doctor is on your physical health, isn't it? It's on your hormone balance, your hormone profile, the healthy reproductive system, looking at your womb, your ovaries, and so on. They may well look at your menstrual cycle and it's all very much looking at the physical aspects of your fertility.

How often, if ever, have you been asked about your emotional wellbeing within your fertility assessments? It might be something that hasn't really been addressed beyond, perhaps they've looked at stress management or something like that.

I truly believe that the emotional aspects of your fertility are vital. I feel that we do need to work in conjunction with the emotional aspects and the physical aspects - to give you the best chance of successful conception and a healthy pregnancy. Hopefully, I'm going to make it clearer during this presentation as to why I believe that to be true and the reasons why it is true.

There are many many ways that you can work with your emotions. Each one of you listening and each one of you thousands listening in today are on your own unique journey, your own unique situation. There will be no two that are the same; therefore, the emotional issues that you're dealing with, and your priorities are unique as well.

However, I feel that there are some key areas which I believe most will benefit from addressing and these are the ones that I'm going to share with you today. We're looking at 3 ways your mindset can optimise your fertility.

The first one we're going to be looking at is recognising and addressing any beliefs that you have which could be impacting on your fertility. We'll talk about how they could be impacting as well.

The second one will be finding a way to explore your fertility options and possible paths to parenthood with ease and clarity.

The third we'll be looking at how extreme stress management could be the best thing you do for your fertility.

Then we'll also be sharing how to address these issues and the one tool for change I recommend.

Let's start with beliefs. Recognising, addressing any beliefs which you have which could be impacting on your fertility. Thinking about beliefs, beliefs are really collected throughout our lives. Often, they are collected very early on in life. Often, they say before the age of 8 is when we're most impressionable, when we really take on beliefs to be truth in our lives even if they're not necessarily true.

Some of these beliefs that we've collected are very useful, but many of them are not and we've collected them from other people and situations that were appropriate at the time. We've taken those beliefs on, to be our own. It's worth looking at any beliefs you're holding on to that you don't feel are useful – beliefs like 'I don't believe I'll ever get pregnant' or 'I don't think I'm going to be a good mother'. If you have some beliefs that you feel are limiting or negative, listen to how they sound when you say them to yourself. Whose voice are they in? Are they in your own voice or are you hearing somebody else speaking those beliefs to you? Perhaps it's the voice of your doctor or your parents or somebody else that instilled that belief in you.

Is it a useful belief?

Is it serving a relevant purpose now?

I was reading a blog just yesterday by Anya Sizer, the wonderful fertility coach at London Women's Clinic, and it was so timely. I was preparing for this. She blogged about beliefs and fertility, and you can read the blog at www.LondonWomensClinic.com. Now Anya went through lots of steps there about clearing beliefs and why it's important to do so.

One part that really stood out for me, she called 'The 3-Question Challenge'. It's three questions to ask about these beliefs to start challenging them and seeing whether they are actually useful to you or needed or in fact true.

The first question is: Is this belief true?

The second one is: Is it helpful to me?

The third is: Is it helpful to anyone else?

With those questions we can start to challenge beliefs and find out whether they are really needed or not. If a belief isn't needed, then I would recommend it's cleared. We'll be talking soon about how we can easily do that and effectively do that, most importantly.

Why do we collect these beliefs that may not be useful to us? Well, they're often collected at a point of trauma in our life for a significant event. It's at the point of our experiencing that trauma, even if it seems like a relatively small trauma, that we make a promise or a vow to ourselves and we take that belief on. And it might be something like: I will never do that. I will never believe that. I will never put myself in that vulnerable position again.

For example, when we're talking about beliefs about whether we will get pregnant there might be an appointment that you had with a doctor where they gave you some very bad news or painted a very bleak picture and at that point that belief was instilled of: Well, I just don't believe this can ever happen. And that has stayed with you very strongly because you were in a very vulnerable place when that information was delivered to you.

So what's it's worth looking at beliefs alongside the questions that Anya suggested there, is to discover for yourself if this belief is based on fact or is it based on fear. What is the root of that belief that you have? As we said before, key one's for you at the moment may be how you are feeling about your fertility. What are your beliefs you're holding on to about your fertility?

When you're trying to conceive each month or you're trying to conceive through fertility treatment, what are you saying to yourself and talking to yourself about the chances of success and whether this will work out? How do you feel about your chances of getting pregnant and staying pregnant?

You may have found, as I said before, that these have come in from your doctor, your friends giving well-meaning but much unwanted advice about your fertility or even from the media. We know how influential the media can be when it's around us every day online, on television, in print, and we're hearing messages on fertility at 40+ all the time.

Perhaps even subconsciously you've taken on those beliefs and didn't realise how strongly you were being influenced by everything around you and you haven't actually based those things on facts.

A belief, for example, might be: I'm over 40 so therefore I don't believe I can get pregnant, because I'm hearing that message so often. Everybody is saying it; therefore, it must be true. Then you'll be finding that you'll be living your life and making your decisions and moving forward trying to conceive your baby all powered by that belief which is you don't believe you can get pregnant.

Now I feel it is really important to clear beliefs. The reason I think this is so important and why it's the first one I wanted to mention here to you is that it stops you really being able to assess the facts of the situation. Like we said, you might have taken on this subconscious belief due to the influence of the media and doctors and friends and statistics tables and so on, that because I'm over 40 I don't believe I can get pregnant, or some variation of that, but you haven't actually been looking at the facts for you individually.

You may not, for example, have been noticing that your menstrual cycle is still very healthy and that you're ovulating regularly. You may not have really looked and assessed your

hormone tests in detail and realised that actually the levels that you're showing are completely within range or even better than would be expected for your age, and you might not also be recognising the other things that you are doing to boost fertility or that you're planning to do to boost your fertility beyond the average 40+ year old.

For example, you might eat an exceptionally healthy diet. You might be completely organic. There may be many other things that you're doing to support and boost your fertility that don't put you in the general bracket that the media is talking about.

Also, not only do we need to look at the facts, instead of just these instilled beliefs, but we also, I feel at this point in time need to be really open to all the possibilities and all the opportunities that are out there. While we're stuck in a state of negative thinking limiting beliefs – that belief of: I just don't believe I can get pregnant - then we can stay really stuck and not even recognise these possibilities and opportunities that could well be in front of us.

Also it's worth thinking about your journey ahead. What goes on next, after you get pregnant? Thinking about what kind of parent you'll be, and stepping back a bit, thinking about what kind of pregnancy you might have. You may well also have taken on a belief that because you're over 40 you're going to have a very high-risk pregnancy and you feel very sure that your child will have certain health conditions or perhaps you'll have a difficult pregnancy or childbirth will be more difficult for you and so on.

Recognise that if you are holding onto beliefs like that, because they may well not be based in fact for you, they may be instilled through general messaging that you've heard and general messages that have come to you. The truth is if you've never given birth, for example, you don't actually know what kind of pregnancy or birth you are going to have.

I worked recently with a woman, I believe was 42 and 43 when she gave birth to her baby who conceived naturally. She had real fears about childbirth and really worried that it was going to be a traumatic experience and that her body wouldn't be able to cope and so on.

We managed to clear those fears that she could get back to a place of just open to every possibility. She didn't have the kind of opposite belief that absolutely everything was going to be fine and there would be no problem. She was just in a neutral place of 'Well, I'm preparing myself for pregnancy and childbirth. I'm open to every possibility, and I trust my body to be able to go through the process of childbirth and keep me safe and the baby safe' and so on.

She did go on to have a very relaxing and short childbirth and a very pain free and pain minimised childbirth which she didn't expect at all at the start. We know that clearing beliefs and clearing negative thinking really does open us to every opportunity rather than keep us stuck in that one train of thinking.

Beliefs are founded on fear. If you have a belief that has been instilled with you because of fear – the fear that I can't get pregnant, a fear I've left it too late and so on – then they in themselves can create more fear. Recognise that cycle happening.

If a belief was founded on fear and can then instil even more fear, so stepping in to break that cycle, to switch that belief and become more open is definitely a very supportive thing to do on your fertility journey.

Once we've cleared beliefs it's really interesting to see how our perspective changes. Be curious. Question what your beliefs are and what you've noticed being said, key points in your cycle while you're trying to conceive. Make some notes and see what you can do to turn that around which is something that we are going to talk about towards the end of this call.

So number two. We're looking at exploring options and help reduce overwhelm and increase clarity. Now you may be at the stage on your fertility journey of thinking about your options, thinking about what your options are for treatment, what you may perhaps consider alongside trying to conceive naturally. It may be that you're looking at actual fertility support and it may be that you're looking to try Chinese herbs or nutrition or acupuncture or something like that to support your fertility naturally. That is something I see as an extremely popular option in the 40+ category and it's something that seems to have a very high success rate as well, more often so than IVF treatment.

I'm seeing more often now women going towards that natural fertility support especially within the team that I'm working with Andrew Loosely at www.NaturalFertilityExpert.com. That's one option you may be considering.

You may also be looking at potentially having IVF with your own eggs or you may be looking at IVF with donor eggs or any other treatment option or combination of them.

You might also be questioning at this point: How much longer am I going to try to conceive? How many more months or years will I stay on this path? When I feel like I've gotten to the end of this particular path are there other routes to parenthood that I would consider? Would I consider surrogacy? Would I consider adoption or fostering? Would I feel comfortable looking toward a childfree life?

That's a lot to think about. Even as I just go through those options briefly you might have all sorts of thoughts swirling around in your head or you might even be trying to avoid thinking about those because it just feels too overwhelming and too much. Add into that that you might well feel under pressure due to time and feeling rushed into making decisions.

All of that, all of those decisions, all of those options, all of those feelings of being pressured and being rushed can lead to a complete state of overwhelm. It can lead to confusion, and you might be at a point where actually no decision or no option feels truly right to you. You don't know what to explore and what to look at because nothing feels right.

What I would say is not to make any decisions about your options, about your path to parenthood from this place. If you're in that panicked overwhelmed confused state and nothing feels right, try to avoid making a decision from that point. Even if you feel like you're under pressure, you know, your clinic is saying: Well, you need to decide about IVF within the next couple of months. We're concerned about your egg reserve level or whatever else, I would really avoid being pushed into making a decision if it doesn't feel right for you.

That doesn't mean you have to delay the decision making, too long. If you know that time is actually a really relevant issue for you, which of course it may well be, that doesn't mean you have to wait many months or even years to get to a decision. Absolutely not.

What you need to do is to find an effective way to deal with this overwhelm, to help you increase your clarity and be able to assess those options and make decisions from a different place, from a place of clarity, from a place of connecting with your truths and your own inner guidance and intuition so that you know you're making the right decision to the best of your knowledge at the point you are in your journey.

If you don't do that, if you end up making decisions out of fear and being rushed and being overwhelmed, I speak from experience of seeing people go through this. You may well later down the line regret that decision that you made knowing that it wasn't actually right for you. It was just something you felt pushed into.

I think it is worth taking time to explore the options, addressing the fears and concerns you may have and really get to a point of gaining clarity, as much clarity as you can. You will know. It is so individual to you. You will know when you're at that place, that more

comfortable place where you feel back in control of your decision making. It's not like it's happening to you. It's something that you are in control of.

I've seen that transformation in so many women and couples now. It's a wonderful thing to see. They may well start off feeling extremely overwhelmed. I've got 2 particular women that are popping into my mind as I'm saying this where they were on similar paths where they both were considering egg donor treatment. For both of them it had been suggested by a doctor that they really needed to look at this and decide if this is what you're doing.

It had shocked them. It wasn't something they had considered. They'd thought they'd be able to continue having IVF using their own eggs, but here suddenly they were presented with the only option that was available to them from the medical perspective. As you can imagine, especially if any of you have been there, all sorts of thoughts and worries and issues and moral and legal issues, all sorts of things, financial as well, can come up when you think about donor egg IVF.

Their instant reaction was to say no or to just rush ahead and not think about it – one extreme or the other. Just make the decision quickly and get on with this. However, just taking a little bit of time (we're not talking about weeks or months but just a little bit of time to work through those thoughts and fears) helped them both in their own unique ways get to a position of clarity and reduced fear and feeling comfortable for each of them to go down the donor route. It was interesting.

Those two women and all of the women I've worked with in similar issues here – the concerns, the fears, the worries about donor egg treatment are individual so they each had their own journeys, but we could apply the same techniques and the same approach and help them get back to their own truth whether or not this was comfortable for them. For both of them on this occasion it was, and they were very happy then to go ahead and begin donor treatment.

They quickly went through the system and chose the donors. Both of them conceived the first time with their chosen donor feeling very comfortable with the pregnancy and very pleased that they'd made that decision. It just felt right to them. Whereas another woman may do that work and find out that it didn't feel right. That's individual and that's unique and she would feel just as comfortable having made that decision.

So if you're in the place of kind of confusion and not sure which way you should go and what your next option should be, I would recommend rather than making that decision out of a place of fear to take the time, use the techniques which we'll talk about shortly, and get to a place of clarity, putting you back in control over your decisions, and helping you feel comfortable on this journey.

To be honest, that is my first priority. Whenever I work with women and couples, yes, I'm looking to help them conceive their babies. We're looking to help them get pregnant and support them on that journey, but the first priority is them, is that person sitting in front of me on Skype or the end of a phone or however I'm working with them. To look after them and support them first is a priority. It's about your experience as you go through this and then we can also support you to help you conceive your baby, but do remember to put yourself first and your comfort and experience on this journey.

Once you're in that place of feeling a bit more comfortable about possible options that are out there, whether that's donor treatment, IVF, natural support, adoption, whatever it might be, they may well be on the backburner for a while. It might not be something you're going to go to straightaway.

If that's the case and you're still pursuing your current path, 'actually we're going to stay on this route to see if we can create our family this way before we look at those options' then it

does help you be able to focus more clearly and more directly on that path and really give it your all rather than worrying and fearing about what the next step is going to be. You've got that clear and you feel comfortable about your next options; therefore, you can devote your attention back to exactly where you are in the moment, giving your best to this particular path you're on right now.

That's exploring options and why I think it's important to address the mindset aspects there. On to our third and final point which is extreme stress management.

Stress management is the main reason that most people contact me for one-to-one support. It's the main reason they send me that email and say 'Look, I've gotten to a point where I realise, I really do need some support.'

They may be feeling very high stress levels that are impacting on many areas of their life and they want it to change. They tell me it must change. They can't even imagine staying on this fertility journey while they're so stressed.

But why is this important for fertility? Look after yourself. That's important, but how can it have a knock-on impact on your fertility? We know the impact of stress on our health, don't we? That's widely reported and recognised now. You probably notice it yourself in tangible ways. When you're stressed your health suffers also.

Of course, if we're looking at the impact of stress on our general health, of course it's going to impact on our reproductive health as well which is just one system within our body. Of course, our reproduction is managed by many systems in our body as well - our endocrine system, our reproductive system, our digestive system. Everything has a part there.

If we're looking at our hormonal balance, we know also that there's a negative effect of cortisol. Increased cortisol in the bloodstream can delay ovulation. It's fully recognised that if you miss a period and you're not pregnant we look to see, has there been a major stress or a major trauma going on in this woman's life? So, we know already that the impact of stress can be very negative on our overall health and wellbeing and therefore our reproductive health and our fertility and hormonal balance.

What I'm talking about here is extreme stress management. Now what does that mean? It's not as scary as it sounds. It's not some kind of boot camp for stress management or anything like that. What I mean here is addressing every stress trigger in your life, or as many as you possibly can, and especially the smaller ones or the ones you might usually ignore.

Some people come to me for one-to-one support and they're saying it's stress management they want to look at. They'll often think: What I'm going to be dealing with is the stress of not being able to conceive or the stress of my IVF cycle or whatever else that is directly involved in their fertility journey and their trying to conceive.

That's right. We may well address those if they're key areas to look at and that's what we decide to do; however, I do always think it's worth looking at the smaller stress triggers. I'll explain why.

What are the daily niggles? What are the kind of always there stress triggers that might be work stress, financial stress, conflict with members of your family, it could be anything at all that's kind of underlying stress that seems to always be there at one level or another, those kinds of niggles that perhaps don't seem that serious but are bothering you and stressing you and making you anxious and worried or whatever else.

Why I think it's a good reason to address those as well as the bigger stuff that's going on is because it really pays to reduce your general stress load, the kind of things you're taking on

a daily basis in your life that are altogether increasing your stress levels. If you manage to sort out those small kind of niggly things that, if you work at all the different things at work for example, if you address all of those you become less stressed during your working day which many of us work takes up a big part of our lives so if you can stress less at work that's going to create a significant impact in your overall stress level.

If your general stress load is reduced, you'll find that you're more able then to manage when bigger challenges come in. It might be your navigating this fertility journey and we know there are lots of twists and turns along the way. You don't always know exactly what's going to come next. Say you hit a bit of roadblock and you receive, for example, some tests results that aren't what you hoped and they've really changed your options and made you look at your fertility differently, or perhaps you're navigating your IVF cycle and you're coming towards the 2-week wait and you're noticing symptoms like your period is coming and you're feeling very overwhelmed and stressed at that stage.

Now if you're already in a place feeling overwhelmed by stress and all the little niggly things that are bothering you, you won't have much capacity left to be able to deal with the challenges when they come in. You really won't. You'll get to a point of feeling very overwhelmed and at breaking point often; whereas, if you've managed to do really good extreme stress management, you know, really good looking after yourself - self-care – throughout the weeks and months leading up to an IVF cycle, for example, when that cycle comes and you're facing, you know, the challenges and the things that happen along the way, you'll be able to cope much more easily because you'll have those resources available to you and have a little bit of energy left to be able to deal with challenges as they arise.

Of course this comes back to clarity again as we were just talking about. The less overwhelmed and stressed your mind is the less thoughts you have buzzing around there, the calmer it feels and greater clarity you'll be able to achieve as well which I think is such a useful thing to have on a fertility journey.

Of course by reducing stress and looking after yourself in that way you'll in turn not only be supporting yourself but supporting the relationship you're in as well and supporting both of you as you go towards pregnancy and becoming a parent and preparing that adventure of parenthood.

I do think that stress management which you've probably already thought: Yes, that's important to me. Make it one of your priorities for all of those reasons and more. I really would recommend daily self-care, finding a tool that really works for you, and incorporating it into your daily fertility regime. Now I'm expecting that you're probably taking supplements every day. You may well be doing a bit of fertility massage every day, going to acupuncture appointments, whatever else you're doing. I would highly recommend incorporating some emotional self-care into your daily routine as well. We're going to talk about in a second how to do that.

What can we do with these three ways that we've gone through?

First of all I would say to take from it what you want from these three areas. It might not be that it's all for you, but some things might really be triggering you and resonating and make some notes and decide what you want to take from that.

Then once you have some ideas about where you're going to work with our mindset to support your fertility the next stage is to find a tool that will really support you and help you transform those aspects. You want something that's going to work effectively but also work quite quickly. For many of us time is an issue, and you don't want to be many months and years in therapy so something that's effective but also quick working, and ideally, a way that you can support yourself as well as working alongside a therapist.

I think there is a benefit in both when you're looking at emotional wellbeing and emotional support. It's absolutely a good idea to have professional support. There's no doubt about it and there are times when nothing else will do other than to be able to share and have the other person who is not directly connected to your journey and can give that unbiased, non-judgmental support when you most need it and also encourage you to go forward into that healing journey where sometimes when you're by yourself we sometimes hold ourselves back and don't always go the full way into the areas that need the most support.

Professional support I would highly recommend, but equally I do think it's a good idea to have the tools literally at your fingertips for self-help. You never know when you're going to need that emotional support and stress management reduction whatever it is. If you can also learn tools to use by yourself then that is really valuable. You feel more empowered. So much on this journey feels out of your control and handed over to others, doesn't it, when you're working with clinics and so on?

If you can do something that takes back control, puts you back in charge of your emotional wellbeing then that is a really powerful and wonderful place to be. That's why I'd love for each and every one of you. I have a free gift for you shortly which I hope will give that gift to all of you.

The tool that I recommend is EFT. This is a simple but very helpful technique. It can really be the catalyst to positive change in your fertility journey. As I said, shortly I'm going to give you an opportunity to learn EFT and to be able to start using it by yourself all completely free of charge.

We don't have time within the shorter presentation to learn that but I'm going to give you an opportunity to hook into and start using EFT.

What is EFT? Well, it stands for Emotional Freedom Techniques. Some people just hear EFT as called tapping or meridian tapping because EFT is based on the same energy system as acupuncture. If you have had acupuncture, a very popular therapy for fertility, and if you've had acupuncture, you may well have heard of the meridian energy system which are literally lines of energy that run throughout the body and help our body and our mind to stay healthy and energy to flow to each part of our body.

Now because this is a little bit of an abstract concept for many of us here in the West – obviously in China they've been working with the Chinese Meridian System for 5,000 years plus but here in the West we can't always understand that this energy system is there. It doesn't seem so real and tangible to us, so I like to think of the Meridian System a bit like our body's electrical wiring system.

Where in your house you have all of your wires through the walls and through the ceiling, under the floors or wherever to help electricity run to every part of your house and keep your lights on and your appliances working and so on, we have our own internal wiring system which is the Meridian Energy System to help energy flow to each and every part of our body and keep us healthy.

If we have any kind of negative emotion going on something that isn't good for us and doesn't serve us, doesn't benefit us, that negative emotion is caused by a disruption in the energy system. That's the founding belief behind EFT and why EFT works so well.

What I mean by a disruption is imagine that house that would be a bit like a power surge or a short circuit in the electric system. For us that's like a power surge-short circuit in our body's energy system, something that is stopping the energy from flowing as well as it should.

You may feel that as a negative emotion. You may also feel it as something quite tangible in your body like a tightness in your chest or a knot in your stomach or tension in your

shoulders. Once we feel that and we recognise that negative feeling or emotional physical feeling in our body that is when we can apply EFT which simply consists of tapping the endpoints of each of the main Meridian lines.

These are all points on the face or upper body and the hands. By tapping the ends of these points with our own fingertips you're sending an impulse down each of the lines to rebalance that energy as we're in the moment of experiencing that challenge.

If we can get back to our most healthy and energetic state that also leads to us being our most healthy emotional state. That's what EFT looks to do really. We're not bringing in any kind of false feeling.

Positive affirmations are very difficult to take on when we're feeling negative. We're actually just working with the negative feelings and thoughts and emotions, rebalancing our body's response to it so that we can instil our own natural healthy emotional response. That often is to look at things in a very rational way. Look at the facts for what they are so when we talked at the start about the beliefs that we hold on to that are often beliefs from other people and other places, EFT can help really dissolve those beliefs and really get rid of the ones that are totally irrelevant and you don't need any more and bring you back to what your own truth is and your own rational way of looking at things so you can focus on the facts but you can also connect with a really strong resilience and inner strength, the kind of thing that keeps us going when times are tough and keeps us motivated and quietly positive and optimistic and hopeful as well.

What I see EFT do every single day – it may sound too good to be true, I realise that a simple tapping technique can really bring this type of change, but what we do is encourage you to try it for yourself. The change that happens for most people is amazing. It does work quickly, often within the very first session of using it you will know whether EFT works for you or not so it's not as if you have to dedicate hours and hours of your time to discover if this works for you. You'll be able to find out very quickly.

If it does work for you – which it does in research studies work for 85-95% of people they're finding out with the latest research, so if you find out you're in that large proportion of people it does work, then it's a matter of you using it the right way on the right issues and also using it persistently enough to get the results that you want. Literally then you can apply it to absolutely anything. That's why I said I feel this is really an empowering technique – something that puts you back in control of your emotions when so much else is feeling out of control.

It's the one thing I know I wouldn't want to be without. You could pay me a million pounds and I would not give up EFT. It really is a valuable tool that I want by my side all the time and all the women and couples that I've taught this to many of them take it on to really be their support by their side as well to use through their fertility journey but also beyond as well into their journey through parenthood and the rest of their life in any other challenges that come up.

I hope you enjoyed listening to that talk, and after the description at the end of what EFT is and how it can support the mind and emotions, I'd love to give you a way to both learn how to do EFT, and also receive some support in using it for fertility. And that is through a membership of the Fertile Mindset Sanctuary. The paid level of membership has just closed this week to new members; however you can still join on the free level which is called BUD and gives you everything you need to start using EFT and using it well.

The free BUD membership of the Sanctuary acts as a waiting list too for when we next open the paid level called BLOSSOM, so if you become a free member now, you'll be the first to know when to open up the next level again. And in the meanwhile you can still dive into

using EFT and start supporting the whole emotional part of our fertility. You can join the Sanctuary at www.fertilemindset.com/sanctuary.

Thank you for joining me today, and I look forward to speaking with you again next week on the Fertile Mindset Podcast.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.