

## Reduce Stress to Boost IVF Success

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STRESS MANAGEMENT HAS BEEN SHOWN TO HELP  
WOMEN TRYING TO CONCEIVE  
THROUGH IVF

A study conducted by Harvard University and The Domar Center at Boston IVF shows that stress management—the use of cognitive, relaxation, and lifestyle techniques—for women prior to, or during a second IVF cycle, can lead to greater pregnancy rates. In the study, 52 percent of the women who practiced stress management techniques became pregnant, compared to just 20 percent of the women who did not. And women who were exhibiting symptoms of depression experienced the greatest benefits from stress management programs.

Many places like Circle+Bloom and Pulling Down the Moon offer relaxation/stress management programs for women trying to conceive. At Chicago-based Pulling Down the Moon, the mind-body programs for fertility patients include yoga, acupuncture, massage, nutrition counseling, and meditation.

"The medical community has certainly been showing an increased interest in complementary and alternative therapies; however the lack of clinical research has caused some skepticism, says Tami Quinn, co-founder of Chicago's Pulling Down The Moon, which offers mind-body programs for fertility patients.

"While more and more research into the benefits of holistic therapies has been emerging, this study offers a profound level of credibility to our field and solidifies the success we experience with our fertility patients every day."