

Pulling Down the Moon helps women cope with infertility issues

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In 2002, in order to help other women going through what she did, Tami Quinn, who struggled for more than a year with infertility, co-founded Pulling Down the Moon with her business partner Beth Heller.

The center, which offers services that complement medical treatment for women struggling with infertility like acupuncture, support groups, nutritional counseling and special fertility yoga, has locations in Arlington Heights, Chicago and Naperville. It has an informal partnership with Fertility Centers of Illinois.

"...I knew from personal experience that there was not a single place in Chicago (or anywhere for that matter) where women could go to find the support and spirit they felt they had lost through the process of infertility," Quinn said in an e-mail. "Our goal as a business has always been to help women realize they can be happy, healthy and holy with or without the baby.

"I knew from my own experiences with yoga that holistic techniques could help heal these patients on many levels."

When 41-year-old Kristin Balmes of Elk Grove was trying to conceive and had trouble, she thought about it all the time. She thought "What if? What if I can't?"

She realized that stressing out about the future would not help her conceive, so she tried to relax and stay positive. To optimize her perceived chances at pregnancy, she reduced her hours at her stressful job, cut alcohol out of her diet and got more sleep.

She also took up the acupuncture, yoga and massage services offered at Pulling Down the Moon. It made her feel good to feel that she was taking action and it gave her a little more sense of control, Valmes said.

Alice Domar, the executive director of the Domar Center for Mind/Body Health in Waltham, Mass., which serves clients struggling with infertility and other illnesses, suggests joining a support group.

"You're with other people who get it," Domar said. "You're suddenly in the majority. You can walk in and say your sister got pregnant and everyone else will say 'Oh, my God, we hate her too.' And you're with people who understand how you're feeling. That's very powerful."

-- Joanna Broder