



#### ABOUT ALECIA

Alecia Abbott is a Board Certified Consulting Hypnotist through the National Guild of Hypnotists (NGH). She is a certified HypnoBirthing Fertility Therapist with the HypnoBirthing Institute. She also holds certification in Neuro Linguistic Programming (NLP) and is a Certified Coach Practitioner.

Originally from PEI, Alecia maintains a private practice in Toronto, Ontario where she has resided since 2004.

Alecia believes in empowering her clients so that they believe they can create positive change in their lives thus living up to their fullest potential.



#### BOOK YOUR SESSION NOW!

All sessions must be booked a minimum of three weeks in advance. A minimum of four sessions are required for optimum results.

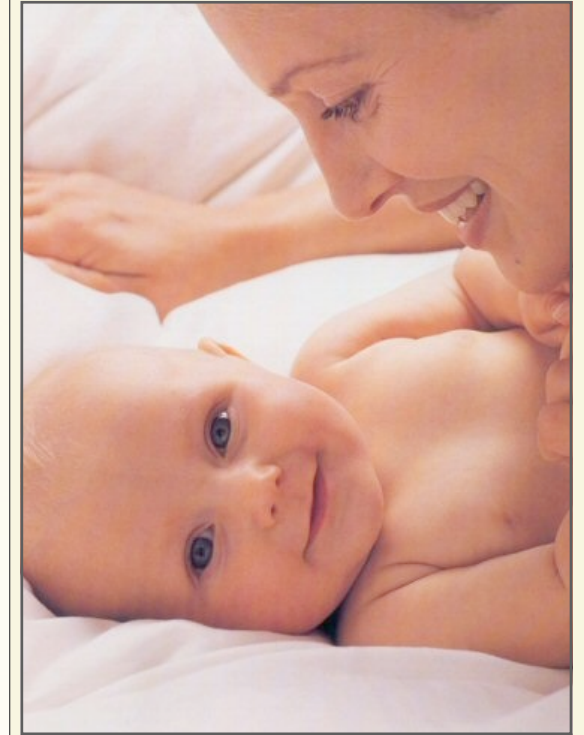
Please contact the Atlantic Hypnosis Centre for more information and to book your Hypno-Fertility sessions today.

---

126 RICHMOND STREET, SUITE 303  
CHARLOTTETOWN, PEI C1A 8C4  
902.367.4007

[INFO@ATLANTICHYPNOSISCENTRE.COM](mailto:INFO@ATLANTICHYPNOSISCENTRE.COM)

# HYPNOSIS FOR FERTILITY



 BROUGHT TO YOU BY  
THE ATLANTIC HYPNOSIS CENTRE



Hypnosis = Positive Change

Hypnosis transforms any negative emotions you may be feeling. We will provide you with the tools to help you achieve the necessary relaxation needed for a calm, peaceful and positive pregnancy.



# Hypnosis Works!

## STUDIES SHOW THAT YOU CAN INCREASE YOUR CONCEPTION RATE THROUGH HYPNOSIS

Studies have shown that “infertile” women employing mind/body techniques have a 44-55% conception rate as compared to 20% for those not using a mind/body protocol.

A 1992 study found that women who participated in mind/body therapy experienced a 34% conception rate compared to 20% with In-vitro Fertilization alone. Decreased levels of depression, anxiety and anger were also reported.

Another study showed the efficacy of hypnosis as compared to psychoanalysis and behaviour therapy. After 600 sessions of psychoanalysis, 38% of the patients reported recovery from their conditions; those receiving behaviour therapy improved in 72% of all cases after 22 sessions, while **hypnosis produced a 93% success rate after only six (6) sessions!**

A study by John Gruzelier, Professor of Psychology at Imperial College School of Medicine, revealed that self-hypnosis could strengthen the immune system by 48% in six weeks.

Two studies conducted by Alice Domar, PhD, showed the efficacy of mind/body techniques in removing unresolved issues about having a baby. In the first, published in 1999 (*Journal of the American Medical Women's Association*), 42% of 132 infertile women participating in a mind/body

program conceived within six months of completing it. In the second study, published in 2000 (*Fertility & Sterility*), 55% of the previously infertile women who met regularly conceived, compared with 20% of the control group who used no mind/body techniques.

A 2004 Israeli study conducted by Professor Eliahu Levitas showed that hypnosis can double the success rate of IVF; the study was presented in July 2004 to the European Society of Human Reproduction and Embryology Conference in Berlin.



*“If you wish to accomplish something in reality, first picture yourself achieving it in imagination.”*

*~ Galileo*