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### Therapists offer natural alternatives to IVF

4:12pm Wednesday 6th August 2008

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By [Joanna Lean >>](#)

LAST month the world's first IVF baby turned 30.

The scientific process that brought about her existence has helped countless couples realise their dreams of being parents.

But in Warrington a natural fertility clinic believes it has the key to conceiving without IVF.

There natural therapies such as reflexology and acupuncture are helping hundreds of couples on their way to becoming parents.

The therapies run alongside or prior to IVF therapy.

From testing mineral levels of both would-be parents to giving hypnotherapy to relieve stress, the clinic claims it can help increase a couple's chances of conceiving naturally.

Andrea Sennett, from Lymm, aged 33, gave birth to her daughter after eight months of therapy with the clinic.

"I just had reflexology because I have polycystic ovaries and it was aimed at that mainly," she said.

Her daughter Naimh is now 15 months old.

"I do plan on having more children and if it didn't happen within a month I would definitely go back to the clinic," said Andrea.

"My husband and I had been trying for about three years and my doctor told me my only route would be to get IVF," she said.

"He wanted to refer me but I said I'd sooner try something else first.

"My sister had done this and been successful so I wanted to try.

"Although it cost me around £1,000 it was so much less invasive than IVF and an awful lot less stressful," she said.

Andrea continued using the clinic, in Stretton, during her pregnancy, as she developed pre-eclampsia.

"I was ecstatic when I found out I was pregnant. I found out on my seventh wedding anniversary," she said.

She puts her success at conceiving down to using the aid of natural therapy methods.

The circa £1,000 price tag on a course of natural therapy is not cheap, but when compared with the costs of private IVF it is minimal, said Tracey Turton, clinic director.

IVF treatment can be obtained through the NHS but waiting lists are long. Often GPs will give dietary advice to

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The Natural Fertility Clinic can be contacted on 730123.

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