

# DETOX... WITH SIMPLY HEALING

Mita and Pardeep began working with the detox experts at **Simply Healing** back in May, agreeing to delay their planned IVF so that they could embark on an intensive health programme at the West Sussex retreat.

After two weekend visits, the couple underwent their planned IVF cycle, which is where Caz, of Simply Healing, takes up the story.

## Caz writes...

Hearing good news from any of our fertility clients is always a special moment, but seeing those words on an email was doubly special.

Yes, we are thrilled to announce on behalf of Mita and Pardeep the fantastic news – not only are they pregnant, but expecting twins!

I am sure you can imagine the joy and excitement that the whole team at Simply Healing felt at hearing such fantastic news.

We've been dying to share the news, but we're great believers that there is a place for the old traditions alongside the cutting edge medical treatment, and therefore wanted to wait for Mita's 12-week scan to ensure that both babies are comfortable and settling in. In her last update she said both are doing well and growing fast, both being normal sized, so she's got quite a bump already!

From the moment we read about the couple's journey up to the point they applied to be a part of the Fertility Road feature, we were sure we could help them in their quest for a baby.

They had previously gone through the disappointment of failed assisted conceptions which were unexplained, so we were very sure that with our tried and tested deep cleanse programme we would be able to help. The knowledge and expertise of all the team members involved in our Fertility Enhancement Plan goes back a long, long way and we are proud of what we have been able to create here at Simply Healing Detox Retreats to help couples on their chosen method of conception.

Mita placed a lot of trust in us, immediately agreeing to delay the start of her IVF treatment for a month so that we could work with her.

It helped us greatly that she and Pardeep embraced all of our advice, really giving the programme their all. Obviously our main aim was to cleanse Mita's body, but the programme is also about relaxing, distressing and refocusing the couple on their goal. And yes, 'the couple' - we feel it's very important that both partners are involved in the detox process.

Going through assisted methods of conception can be a daunting and often lonely trek that is often aimed solely at the female partner, therefore taking time out just to be together, without the constant distractions of the outside world, in a nurturing, relaxed, environment helps couples reconnect and feel part of the process. Therefore we encourage couples to come together, at least for the initial detox, so much so we have now created a bespoke Couples Fertility Plan.

Before Mita even came for her initial detox, we agreed an ongoing plan of maintenance; we were prepared to keep helping for as long as it took. This is something we explain to all our fertility clients. Ideally, the Fertility Enhancement Detox Plan is just the start of a process; for optimal results when working with couples going through IVF, we recommend three visits if possible.

**Step one - The initial cleanse just before the IVF treatment starts**

**Step two – A maintenance weekend, just before the eggs are harvested**

**Step three – A day just before implantation**

In all three steps Abdominal Sacral Massage, Link Reflexology and Indian Head Massage are the key treatments.

However, there is no single part of the process that is more important than any other. It really is the combination of the juices, the deep cleansing and fertility-focused treatments... and of course a little bit of Vivien's Pachamama magic.

In her initial one-to-one consultation back in May, Mita chose to have a healing session with Vivien, who has many, many years of experience in aiding couples achieve their dream of parenthood. Vivien's therapy involves hands-on body balancing and visualisation which creates a deep sense of being in the right space on all levels - mental, emotional and physical. It was during this initial session that Vivien helped Mita identify her 'voice' and therefore visualise her secret desire for twins. So as you can imagine, she was amazed and ecstatic to let us know the wonderful news a week or so after her implantation in mid-August that she was indeed pregnant with twins.

Vivien can't wait to see her latest special babies - she realised not long ago that the first set of twins she helped a couple conceive are now nearing the age of 20! But, for now, the scan photos will have to do.

In Mita's own words "Vivien gave us hope that had faded".

