



Mind Body Institute for Infertility

Los Angeles Clinic:

UCLA Plaza  
Westwood, CA  
213-688-3118

Orange County Clinic:

5000 Birch Street  
Suite 3000  
Newport Beach  
949-412-2466

[www.mindbodyinfertility.com](http://www.mindbodyinfertility.com)

The Mind Body Institute's success reports dramatically reducing anxiety, depression, and physical symptoms of stress including headache, fatigue, abdominal pain in 97% of our patients.

55% of our patients become pregnant within one year of completion of the mind body program.

Since our inception in 1999, Mind Body Institute has experienced the same success rate as the Harvard Medical School's Mind Body Medicine and Dr. Alice Domar's Infertility programs.

This 10 week program meets for 2 1/2 hours once a week, blending lecture, hands-on experience, and group support. Participants have direct support from the group as well as a clinician throughout the program

## Mind Body Medicine

Mind body medicine is evidenced that psychological factors play a significant role in cancer, cardiac wellness, menopause, chronic pain, metabolic issues and infertility. Over 35 million US adults use mind body approaches for better health (Eva Selburn, MD)

Whatever path to motherhood she chooses, our typical infertility patient finds herself calmer, more in control, and better able to cope with the future after experiencing the Mind Body Institute's program (Eva Selhub, MD Harvard M/BI Medical Director).



You can not control the external factors of your life but you can control your reaction to them.

ENHANCE YOUR CHANGE

[www.mindbodyinfertility.com](http://www.mindbodyinfertility.com)



Mind Body Institute for Infertility

## ENHANCE YOUR CHANGE

The Mind Body Institute is the leader in the study, advancement and clinical practice of Mind Body Medicine.

The Mind Body Institute is an educational and wellness center dedicated to preparing patients and alleviating their stress associated with infertility and surgery.

Modeled after Harvard Medical School Mind Body Medicine and incorporating the latest scientific research by Dr. Herbert Benson and infertility pioneer Dr. Alice Domar Ph.D.

Clinical Research indicates 55% women attending a mind body program conceive (Alice Domar, Ph.D, & Herbert Benson, MD 2005).

Over 75% of our patients are referred by their primary physician or specialist.

Clinical research indicates that Mind Body interventions enhance medical treatments.



Helping families build their dreams while taking control of their health.

## GOALS OF THE PROGRAM

- ▼ Decrease isolation surrounding infertility
- ▼ Reduce physical symptoms of stress - headache, fatigue, insomnia & abdominal pain
- ▼ Determine the safety and efficacy of complementary medicine approaches
- ▼ Learn the art of self nurture, effective communication & coping with negative emotions

GAIN  
CONTROL  
OVER YOUR  
HEALTH

Understanding 2  
Stress Physiology

10 Week 3  
Program Details

Medical Research 3

Mind Body 4  
Medicine for  
illness

Contact 4  
Information

## Understanding Stress Physiology

Mind Body can be defined as biology regulated by information flows, a network of interconnections by which the nervous system monitors and regulates organ functions and the countless hormones and neurotransmitters released to targets in the body causing health or illness (Fricchione, P., 2000).

The brain and the immune system continuously signal each other, often along the same pathways, which explains how state of mind influences health (Sternberg & Gold, 2002).

Research in behavioral medicine discusses the interconnectedness and how the mind and body interaction influences health. More doctors are incorporating complementary medicine as it is completely compatible with existing healthcare approaches providing a more comprehensive approach to managing the stress of infertility (Samuels, 2005).

Our patient services are based on the relaxation response, a physical state of deep rest that changes the neurotransmitters in the brain and the body's response to stress.

## Medical Doctors endorse our program...

The Impact of Group Psychological interventions significantly increase health:

- 55% Increased Pregnancy rates
- 91% of insomnia patients decrease symptoms and eliminate sleep medication
- 80% of hypertension patients lower blood pressure, increase immune function.

R. Jeffrey Changer, MD president of the American Society of Reproductive Medicine says: "Infertile couples are known to experience heightened levels of stress and anxiety while undergoing often expensive and time consuming treatments for their infertility".



Mindfulness is the science to better health.

**55% increased pregnancy rates among infertility patients**



## The 10 Week Mind Body Infertility Program

### Los Angeles Clinic:

The Mind Body Institute  
UCLA Medical Plaza  
Westwood, CA  
213-688-6119

### Orange County Clinic:

The Mind Body Institute  
5000 Birch Street, Suite 3000  
Newport Beach, CA  
949-412-2466

[www.mindbodyinfertility.com](http://www.mindbodyinfertility.com)

Cost: \$1595 - 10 week sessions include:

- 10 Group Sessions for women
- Patient Manual & Journal
- Phone access to group leader during the 10 weeks
- Healing Mind Healthy Women book by Alice Domar, Ph.D.
- Guided Relaxation Exercise CD

Participants acquire skills and strategies using cognitive restructuring and relaxation techniques. Changing negative thoughts into possibilities while learning relaxation and coping skills.

## Medical Research

### **Health Psychology—Vol 19, No. 6, November 2000**

The purpose of this study was to determine whether group psychological interventions could prevent a surge of physical distress. Result: The cognitive behavioral and support participants experienced significant improvement and greatest positive change.

### **Fertility & Sterility—Vol. 74, No. 6 December 2000**

Impact on Psychological Interventions on Pregnancy Rates in Infertile Women  
Group psychological interventions appear to lead to increased pregnancy rates in infertile women.

### **Fertility & Sterility—Vol. 58, No. 1 July 1992**

Improvement in infertile women after behavioral treatment reports that psychological and behavioral treatment is associated with significant decreases in negative psychological symptoms.

### **Research on relationship between Emotional factors and Infertility:**

In a study with women undergoing donor egg/sperm, those with higher levels of anxiety prior to treatment took significantly longer to conceive and were more likely to miscarry than those with lower levels of anxiety (Demyttenaere, Nijis, Steeno, Koninckx).



Medical research gives hope to women through support in psychological group treatment using Mind Body techniques.