

Reiki For Fertility

Reiki And Infertility

Because Reiki healing works to improve your overall health, it can in turn improve your chances of getting pregnant by promoting overall reproductive health by minimizing conditions and illnesses that can contribute to infertility. Reiki healing can help to maintain good reproductive health that is beneficial for both men and women. Also, because stress is often linked to fertility problems, Reiki healing can be beneficial in cases in which stress is contributing to problems getting pregnant.

Usui Reiki is a natural hands-on healing and self-development system that works holistically to treat the body on a physical, mental, emotional and spiritual level. Reiki is a unique and very powerful form of healing that works on illness, injury and dis-ease directly to accelerate the repair. On a physical level Reiki can be used on disease, bones, ligaments and fertility issues, and on a mental and emotional level to deal with bereavement, tension, stress and depression.

PCOS (Polycystic Ovary Syndrome) is a condition that not only physically affects the ovaries, but also has an effect on the mind, body and the spirit which, for me, makes Reiki the perfect healing system to address the symptoms of PCOS.

Read a case study about Reiki and PCOS here:

[Reiki and PCOS case study](#)

The Importance Of Diet

Having a professional look over your diet to ensure you are getting the correct nutrition for conceiving cannot be underestimated. Limiting the number of free radicals in our bodies, reducing abdominal inflammation, managing the way the body responds to stress and ensuring our immune systems are as strong as possible can all have a positive impact on conceiving.

Homeopathic Remedies

Homeopathy is a form of holistic medicine used by over 200 million people worldwide to treat both acute and chronic conditions. It is based on the principle of 'like cures like' – in other words, a substance taken in small amounts will cure the same symptoms it causes if it was taken in large amounts.

Homeopathic medicines are manufactured using a process combining serial dilution and succussion (vigorous shaking). Homeopathic medicines are perfectly safe to use for babies, children and pregnant or breastfeeding women, who are under the supervision of a medically-qualified practitioner.

Read case studies about how Homeopathy can help with infertility here:

[Fertility and Homeopathy case studies](#)

Contact Details

For further information or to discuss treatment, please visit [my website](#), email me by clicking [here](#) or give me a call on 07969 697527.

Kat xx

How Reiki I Training Can Help

Reiki I is a two-day course based around the Reiki Attunement, which opens you to Reiki energy, allowing you to channel Reiki for the rest of your life.

Upon completion of the course you will be able to use Reiki for your own self-healing, and your own personal and spiritual development. You can give Reiki to friends, family, pets, babies and to the womb of unborn babies.

Reiki is a wonderful tool for manifesting your goals and increasing your confidence. An attunement to Reiki at this level allows you to use it to connect more deeply with your inner strength, vitally important for those trying to conceive.

Reiki is the most wonderful healing tool for dealing with stress, anxiety and to create deep healing on all levels.

Further Reading

Renowned fertility specialist Zita West has a host of information on tackling infertility. Visit the website [here](#)

Books you may be interested in by Zita West include:

["Eat Yourself Pregnant"](#)

["Fertility And Conception"](#)

["Plan To Get Pregnant"](#)

["Guide To Getting Pregnant"](#)

Meditations To Support Treatment

The relaxation and healing powers of meditation can improve your overall well-being and aid conception. Here are some suggested ones:

[Zita West - Relaxation and Positive Visualisation](#)

[Catching Rainbows Fertility Meditations](#)

[Anji Online - Meditations for a Fertile Soul](#)

[The Fertile Body - IVF Companion](#)

Crystal Healing

Crystal therapy is an ancient healing system concerned with treating patients holistically through the precise placement of crystals on the body and the surrounding room.

This means that, unlike Western healthcare (which tends to focus on treating one symptom/ailment at a time) crystal therapy addresses the patient as a whole - paying as much attention to his or her spiritual and emotional well-being as to their physical health.

Crystals have been used, revered and enjoyed for many thousands of years - both for their aesthetic beauty and for the peace, relaxation and harmony they seem to invoke.

Crystal therapy is a non-invasive, relaxing, natural and enjoyable process, which combines perfectly with Reiki, and offers you the chance to lie back, relax and get in touch with your body's energies so you can leave feeling refreshed, restored and de-stressed - a perfect platform for improved physical health.

Useful Crystals

Rubellite aids treatment of any reproductive system disorder.

Green Calcite clears old energies and cleanses toxins from the body in order to attain and sustain health and well-being for a healthy conception.

Carnelian opens and aligns the Sacral chakra and improves the conditions for fertility to occur.

Chrysoprase stimulates fertility and is a stone of hope and compassion.

Rose Quartz stimulates fertility and fills the body with loving energy.

Moonstone enhances fertility conditions.

Rhodonite encourages fertility and infuses the body with love and well-being.