

Acupuncture at Bridge

"I underwent a course of acupuncture prior to and during my second cycle of IVF. Having had one failed IVF cycle I was keen to do all I could second time round to make it a success, and it certainly was - I now have twin boys! As well as the excellent results, I found the second cycle a much more positive experience, something which I can attribute greatly to my acupuncture sessions with Nick. In the run up to egg collection and embryo transfer I found my weekly sessions to be deeply relaxing and a positive way of preparing for the next stage of treatment. Nick was excellent at analysing and treating both physical and emotional complaints, in order to ensure a healthy body and mind, something which is critical in the often gruelling IVF process. The session I had with Nick prior to embryo transfer was particularly instrumental, I believe, to the success of my treatment. Nick helpfully carried out this session at the clinic where embryo transfer was to take place, and he transformed me from nervous wreck upon my arrival there to complete serenity immediately prior to embryo transfer, enabling the transfer to take place smoothly and effectively. He carried out a final session in the clinic after embryo transfer and I left feeling confident about the future, which confidence, happily, turned out to be justified."



Claire

"Expect quite a unique experience! The sensation is one that you will never have felt before and therefore it comes as a bit of a shock! I felt really relaxed and together which I felt prepared me for the transfer. Doing the treatment directly afterwards meant I relaxed for an hour after the transfer which I'm sure does so much good☺"

Lisa

"I saw Nick Dalton-Brewer in August 2008 for acupuncture prior to egg transfer. I was very emotional as Jason (my husband) and I had been on an incredibly long journey to get to this point. Nick was very professional and calmed me down. He told me exactly what he was going to do. The needles would go in certain areas of my body and would be 'vibrated' 5 times throughout the procedure.

I have experienced acupuncture on many occasions and this experience was quite different. Nick would hold an appendage i.e. leg, and insert the needle. I found this comforting and it made me feel very safe.##

I was quite scared at the prospect of having the needles stimulated, but once again, Nick put my mind at rest. We had a great chat which lightened the mood and of course helped take my mind off the procedure.

After this first treatment, Nick had to wait a number of hours before he could work on me again. This second procedure was for after implantation. Again he was extremely lovely, but professional and the procedure went very well. I honestly believe that with Nick's help the embryo transfer worked perfectly and I am now 10 weeks pregnant with twins. Thank you Nick."

Nikki

"Nick was absolutely charming, friendly and approachable. His treatments helped me enormously to relax before and after embryo transfer. Even if my IVF treatment does not have a positive result I would absolutely recommend acupuncture at the time of embryo transfer. Hugely beneficial in coping with the stress and anxiety of embryo transfer."

Heather

"Following a course of acupuncture with Nick my endometrial lining increased in thickness. I'm sure that this helped me to achieve a successful pregnancy with twins. I would also say that the acupuncture sessions I had with Nick have given me a sense of calm and well-being."

Vanessa

"I was very sceptical about the benefits that acupuncture would bring to increase my fertility. I was desperate to fall pregnant though, and if someone told me that standing on my head whilst whistling "When the Saints go Marching In" would improve my prospects, believe me I would have. I was so vulnerable and fragile during our conception attempts; I hated being so out of control, and yet acupuncture, aside from being quite relaxing and allegedly improving my fertility, felt good to be doing something positive, as if somehow I regained a little control. So three months before my first IVF attempt (after numerous failed other treatments), I embarked on weekly acupuncture sessions at my local TCM practitioner. The sessions were quite relaxing, but the service did feel quite cold and impersonal. Still sceptical, I had nothing to lose so I kept going. It was during these treatments that I became aware of research that was being undertaken in this field, and proven increased success rates if acupuncture is performed on the same day as IVF, both before and after the transfer, and best results yielded if done at the same place as the transfer to avoid any rushing around/unnecessary travelling. I became more convinced by the hard facts, Science rather than myth. So I began my next quest, to find an acupuncturist who would treat me at the IVF clinic. Queue: Nick Dalton-Brewer's details were given to me on recommendation. Nick offers an encouraging personal service and is really tuned into the whole IVF process and truly respects the enormity of what is at stake during IVF treatment. I found his approach to be very personal and professional, and I'm certain the acupuncture made a huge contribution to my physical and emotional state of mind on the day. I could rest in the knowledge that I had done everything possible to increase the odds of success. The treatment was successful! Finally I achieved my dream, I fell pregnant with my darling daughter. I have since undergone IVF a second time, again treated by Nick on the day of transfer (I didn't bother with the weekly TCM sessions this time though), and I'm delighted to be nearly four months pregnant with twins as I write this."

Liz