

# What physicians are saying about Clear Passage® and the Wurn Technique®

This technique makes sense: to put ‘hands on’ the problem and nurture the body’s innate desire to heal from pelvic pain, hormonal imbalance, endometriosis, infertility, and related dysfunction.

– **Dr. Leslie Mendoza Temple, Asst. Professor,  
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Indianapolis, IN**

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– **Dr. Jacques Moritz, Ob/Gyn, Columbia  
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The Wurns are revolutionizing women’s health. Their therapy taps into the body’s inherent healing capacity: the proof is in their results.

– **Dr. Randine Lewis, L.Ac., Ph.D. in Alternative  
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– **Julia Indichova, Author: “Inconceivable”  
and “The Fertile Female”**

I have seen patients benefit from this treatment. This natural adjunct to traditional medicine and surgery makes sense.

– **Dr. Mark Kan, Ob/Gyn, Reproductive Medicine  
MD, Newport Beach, CA**

Remarkable Natural Fertility Stories -  
30 Years of Success, 80 True Patient Stories,  
1,000 Babies Born – To Date

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# Remarkable Natural Fertility Stories

*30 Years of Success, 80 True Patient  
Stories, 1,000 Babies Born – To Date*

Belinda Wurn, PT  
Larry Wurn, LMT  
with Richard King, MD

Forward by *NY Times*  
Bestselling Author  
Christine Northrup, MD

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# Foreword

Christiane Northrup, MD

America's "Best Loved Gynecologist" and *NY Times* bestselling author, Christiane Northrup, M.D. writes about the Wurn Technique® and the Clear Passage® Approach.

Like all conventionally trained physicians, I was taught to use drugs and surgery as the primary approaches to women's health problems such as infertility, pelvic pain, bleeding, menstrual cramps, and so on. And though these treatments have their place, all too often there are untoward side effects to common procedures such as episiotomy, hysterectomy, ovarian cyst removal, and Cesarean section that leave women with pelvic pain, infertility, digestive problems, and sexual dysfunction. Synthetic hormones such as birth control pills or even antidepressant medications are then prescribed to help women cope with these symptoms. But these too often have their own side effects. The end result is that countless women end up with chronic pain and dysfunction following common pelvic surgeries and procedures of all kinds.

Having spent many years on the frontlines of women's health, I have always known that there had to be better ways to treat women's bodies than simply drugs and surgery. This is why I have spent the majority of my career searching for non-toxic, safe, and natural ways to help women maintain or restore their pelvic and sexual health. Most of these methods, such as nutrition, meditation, and acupuncture, were considered heresy when I began my career back in the 1970's. Now holistic medicine has become much more mainstream, much to my surprise and delight.

One of the truly revolutionary and effective modalities that I discovered along the way is the manual therapy developed by Belinda and Larry Wurn known as “Clear Passage.” Clear Passage is the term they use for the refinements in manual therapy they developed as physical and massage therapists who have helped thousands of people resolve chronic pain, infertility, and sexual dysfunction. Most of these symptoms are caused by adhesions—scar tissue that results from infection or simply from the process of surgical healing. Clear Passage helps break up these adhesions to restore normal function to nerves and organs.

Of course hands-on healing is nothing new. From the ancient time of Hippocrates, manual therapy in the form of treatments such as massage has been a standard part of the healing arts. Massage therapy and other manual therapies such as classical osteopathy have very well-documented benefits such as decreased pain, enhanced relaxation, and better immunity. But the Clear Passage therapy developed by the Wurns is more than just massage. It is a very systematic approach that not only decreases pain, but has also been shown to open up scarred fallopian tubes, improve pregnancy rates in women undergoing assisted reproductive technologies, enhance sexual function, and even reverse small bowel obstructions. Not bad for a perfectly safe, non-invasive technique!

I am always interested in the origins of a particular therapy because the history of something says a great deal about the healing intent behind it. Clear Passage grew out of Belinda Wurn’s personal experience with the aftermath of cervical cancer surgery and radiation treatment—both of which left her with chronic pelvic pain and sexual dysfunction—conditions I’ve seen repeatedly in my own practice. After exhausting all the usual allopathic approaches, the Wurns turned to manual therapy, researching and working with various modalities and

practitioners from all over the world. Belinda's health was restored with this approach—and it wasn't long before this husband and wife team began bringing their newfound manual therapy skills to others in their practice—with the amazing and heartening results you will read about in these pages.

But the Wurns have also provided another invaluable service. They have documented and published their work in a series of peer-reviewed scientific articles, thus building a bridge between more conventional approaches and the ancient but updated manual therapies. Moreover, they have trained many others in the Clear Passage techniques so that more people can benefit from their pioneering approach.

I thank the Wurns from the bottom of my heart for the gift of healing that their work represents. It is my sincere hope that, through the information in this book, people all over the world will realize that manual therapy is a proven healing modality that can help on so many levels—with no side effects whatsoever. More importantly, I dream of a time when treatments such as Clear Passage will be the standard of care for restoring and maintaining health, long before drugs and surgery are ever required.

**Christiane Northrup, M.D. FACOG**

Author of: *Women's Bodies, Women's Wisdom*  
(Bantam 2006)

*Mother Daughter - Wisdom* (Bantam 2005)

# Introduction

Richard King, MD

In the early 1990s I was working as the Chief of Staff at North Florida Regional Hospital in Gainesville, Florida. During this time, Belinda Wurn, a local physical therapist, and her husband, Larry, a massage therapist, approached me with preliminary results of their success treating tubal infertility cases. They told me that they had opened totally occluded (blocked) fallopian tubes with a manual physical therapy they were developing, and that women were achieving pregnancy.

I was initially quite skeptical when they came to me with their results. As a gynecologist and surgeon with more than twenty-five years of experience at the time, I knew that surgery to open occluded tubes had low success rates; it was hard for me to imagine that a nonsurgical procedure could have any effect at all.

My first question to the Wurns was, “How are you accessing the tubes?” On average, fallopian tubes are less than a centimeter in diameter near the ovaries, as small as one millimeter in diameter as they enter the uterus, and only about 10 centimeters (four inches) in length. They lie deep within the pelvis, between the endometrial and peritoneal cavities. Surgery on the fallopian tubes requires delicate micro techniques under magnification.

The Wurns first expressed to me how all of their cases shared a common history of confirmed or suspected abdominopelvic adhesions. Then they described how they palpated bi-manually (internally and externally) the soft tissues (viscera and fascia) in the abdominopelvic regions for restricted mobility. When they located any area with adhered or restricted mobility, they would use their manual techniques to apply specific forces to the

adhered tissues until the cross-links (which are the building blocks of adhesions) dissipated. Instead of cutting or burning an adhesion as a surgeon might do, they peeled it apart like opening the run in a sweater.

They told me that they had originally discovered this could open blocked fallopian tubes by accident while working on a patient who developed severe abdominal and pelvic adhesions after a slip and fall. They had used the same techniques that they were creating to resolve Belinda's chronic pain and dysfunction after surgery and radiation therapy for cervical cancer. Yet, this patient later called to say that she was pregnant. She was very shocked because her physician had diagnosed her with blocked tubes seven years earlier and she had never been pregnant — that is, until she received the Wurns' therapy.

Before coming to me, the Wurns had paired with another local gynecologist/surgeon. They used their therapy to treat a difficult case of "frozen pelvis" and total bilateral occlusion (total blockage of both fallopian tubes) which the surgeon diagnosed by both laparoscopy and open surgery. The adhesions were so bad that the surgeon was unable to open either tube; HSG dye tests after surgery confirmed surgical findings that total occlusion remained in both tubes after surgery.

Then the Wurns treated her. After the patient received their therapy, the diagnostic physician's HSG showed "copious free spillage" of the dye from one tube, and further advancement of the dye in the other tube. The Wurns had opened one tube and improved the other. They had proven their point, and my curiosity piqued.

As they continued treating patients, I began reviewing patient charts and talking to the patients. Upon further study, I not only became a believer but an advocate. Frankly, I was amazed, but the data was there.

The Wurns confessed that, being neither gynecologists nor researchers, they felt a bit overwhelmed with the data they were witnessing.

They asked for my help as a physician and a researcher. I offered to guide the Wurns, offer medical feedback, and provide research oversight as they continued their journey to scientifically explore, test, and measure their results.

Together we have seen their manual physical therapy help women with pain, infertility, and sexual dysfunction in areas generally reserved to physicians. The unique approach they have developed has helped women in areas that were previously underserved (or unserved) by other areas of women's medical health. I have seen many full-term natural pregnancies in women who arrived at their clinic diagnosed infertile due to blocked fallopian tubes, endometriosis, or hormonal factors. We have also seen many natural successes with secondary infertility, and unexplained infertility in women who were treated with the Wurn Technique®.

In their study on treating women with blocked fallopian tubes, nearly two-thirds of the participants achieved patency in one or both tubes, and many of the women became pregnant naturally. This is a phenomenal statistic, better than surgical results. And the results appear to last — some of those women conceived and then went on to have subsequent natural pregnancies and births.

We have also seen therapy increase the chances of pregnancy via IVF. In women who underwent the Wurns' treatment before an IVF transfer, their pregnancy success rate increased from 41% in the control group (no therapy) to 67% in the group that received therapy.<sup>1</sup>

Side effects of therapy have generally been beneficial, including significant increases in sexual function

(e.g. desire, orgasm, and lubrication) and dramatic decreases in intercourse pain. Over the course of nearly 20 years, we have been able to document and measure these changes scientifically, and publish the results in several respected medical journals.

Patients have been very receptive and thankful that this dedicated couple developed a natural adjunct to gynecologic medicine that has been shown to be effective, and appears to have lasting results. This treatment is a wonderful opportunity for women to achieve their goals without the side effects of pharmaceuticals or the risks and costs of surgery. The techniques they have developed now offer women options that have never existed before.

For Belinda, Larry, and me, our discoveries evolved from Belinda's pain. Her cancer, surgeries, radiation therapy, and the adhesions that grew within her from those experiences created a background of pain and dysfunction that was intolerable to the Wurns. When they came to me, I was deeply moved by their story, their quest, and their determination to find relief for Belinda, and for others with chronic pain and dysfunction.

Our professional lives together have been an adventure that continues to unfold and benefit patients from across the country, and around the world. Through nearly four decades of medicine, I have seen and heard many stories of pain, dysfunction, and unrealized goals. During the past decade and a half, it has been my pleasure to work with the Wurns as an unpaid medical and research advisor, and to watch their fascinating story become public. I am pleased to offer medical insights and guidance, and to help them tell their story in a way that is scientific, accurate, and medically appropriate. My hopes are that some of the truths revealed herein will help others to find the pain-free, functional life that they seek.



# Introduction

Larry Wurn, LMT

I was not born into healthcare. I knew very little about it except that “the doctor is always right.” Early on, my parents imbued me with a deep respect for physicians.

My father, a hard-working but philanthropic businessman, taught me tenacity and compassion for all people. My mother, a remarkably strong woman and artist, was a romantic at heart. She taught me to embrace the fairy tale dream that says, “The Prince and the Princess meet, marry, and live happily ever after.”

My parents’ teachings became guiding principles in my life. They encouraged me to seek out the truth in all situations because truth gives us knowledge and insight. Whenever I persisted in my quest for answers, I found that the truth revealed itself — for better or worse.

Problems arose when my fairy tale perspective on life conflicted with my belief that “the doctor is always right.” A few years after marrying my childhood sweetheart and physical therapist Belinda, she was diagnosed with cervical cancer. It was in an advanced stage and spreading so quickly that she had emergency surgery and intensive radiation therapy. While the treatments saved her life, she was left in terrible pain, often doubling over from adhesions that formed as her body recovered from the cure.

A year after she completed cancer treatment, her doctors said, “Nothing can give you back the pain-free life you had a year ago; the pain will stay the same or worsen over life.” This presented some serious problems for her, and for me: Not only was I losing my love to increasingly debilitating pain. I also had difficulty with

the fact that the doctors' dire predictions contradicted my inner voice telling me, "The Prince and Princess marry and live happily ever after." I knew where our life should be going — but the doctors and the facts before us told an entirely different story.

Not knowing how I would do it, I was determined to resolve the quandary, so Belinda and I could get back to the life I knew was supposed to be ours. I felt the most reasonable thing to change was the part that predicted: "Nothing more can be done." Knowing that truth always won out, Belinda and I began a tenacious search to resolve her condition and return to our fairy tale ending — the "happily ever after" that we both felt was there for us, if only we could find it.

Our decision that day helped Belinda and set us on a path of discovery that continues to unfold and reap benefits for other people. In truth, the many stories in this book and the inquiries from our quest have opened more doors and will ultimately lead to more adventures of discovery in healthcare than Belinda and I could investigate in a lifetime.

Along the way, we discovered that tiny but powerful adhesions, the first step in the healing process, are responsible for many of the "mystery ailments" we hear about from our patients. The idea that adhesions can form in virtually all systems of the body is simply a fact. It is also a fact that Western medicine's ability to deal with adhesions and their building blocks, collagenous cross-links, is very limited. The main Western medicine response is surgery, but that process often adds to the problem since (in more cases than not) more adhesions form as the body heals from the surgical process. For example, surgery has been implicated as a major cause of female infertility and the main cause of life-threatening bowel obstructions.

Initially, we found that some techniques taught in continuing education classes seemed to improve mobility in muscles and joints, relieving pain and returning function for some people. As we developed our own work to treat Belinda, we were stunned to find that women with blocked fallopian tubes were becoming pregnant with techniques we developed to treat adhesions between organs in the visceral and reproductive tracts. It was both exciting and a little scary. No one had ever thought — or even suggested — that something like this could happen.

As we moved forward, our patients often called us to tell us about new areas we needed to explore. “I’m having orgasms like I’ve never had – and I am 45 years old!” Then, others started calling, saying, “I am technically in menopause, but my hormones have totally changed. Now I am pregnant – naturally.”

One of the greatest shocks was when people asked, “If you can open blocked fallopian tubes, can you reverse life-threatening bowel obstructions?” We set to work and have done so well in this area that we have published studies on doing just that, co-authored by doctors from Harvard, Stanford, and Washington (St. Louis) medical schools.

This book focuses on our first few years reversing female infertility. Written by dozens of patients in their own words, it gives a unique perspective of the formative years of our discoveries. You will read these stories exactly as we heard them while making these discoveries. Whether thrilling, sad, deeply emotional, or profound, each story seems to have some variety of the ‘happy ending’ they (and I) had always wished for.

We hope you enjoy it!

**Patient Stories:**  
Restoring Fertility Naturally

## **Unexplained Infertility After A Motor Vehicle Accident**

### **— Stacy's Story —**

Stacy, one of our former patients, came to us with just this problem. She sought our treatment to help resolve her unexplained infertility. Stacy had been treated for two years by the head of reproductive endocrinology at a large medical school. Her physician was a highly respected infertility specialist, but despite his skills, she remained childless. In fact, she never had a single pregnancy during that time.

When we conducted her on-site evaluation, we learned that Stacy had sustained injuries to her hips and pelvis in a motor vehicle accident several years before. The more we spoke, the more this trauma stood out to us as a possible source of her infertility problems.

When we treated her, we addressed all of her reproductive structures, but also paid special attention to her hips, which are the joints where her legs join her pelvis. Anatomically, we noted that the inside of this joint was very close to the ovaries, at the ends of her fallopian tubes. We thought it was reasonable that adhesions which formed here after her accident may have spread over time, and now involved her nearby tube and ovary.

As it happens, Stacy became pregnant naturally two months after therapy and delivered a baby boy. She has since reported another natural pregnancy and live birth, so her infertility is a thing of the past.

## **Endometriosis and Multiple Failed Surgeries, IUIs, and IVFs**

### **— Madison's Story —**

I was shocked when I could not become pregnant. My husband and I had always assumed we would be able to have children when we wanted. But after trying for a year, we finally sought the help of my gynecologist.

Because infertility tests are less intrusive for men, my husband was the first to be tested. When his tests came back normal, my personal struggle with infertility began.

### **HSG (Hysterosalpingogram)**

My physician immediately suggested I have a hysterosalpingogram (HSG) — a test to determine if there was any blockage in my fallopian tubes. I was relieved when the HSG revealed that my tubes appeared to be functioning properly.

I knew something else had to be wrong. Since the onset of puberty, I had experienced excruciating pain during my periods. My doctors had never been able to find the source of my pain. I thought that pain might be tied to my infertility.

I consulted another physician who suspected I had endometriosis — a condition in which endometrial tissue grows outside of the uterus, and can cause severe pain and infertility.

### **Laparoscopic surgery**

Unfortunately, the only way to diagnose endometriosis is through laparoscopic surgery. My physician found severe endometriosis encasing the majority of my reproductive system and bladder. During the surgery, he removed any endometrial tissue he could access. However, the surgery caused my bladder to shut down and a bladder specialist had to be called in.

I had to spend considerable time healing, due to these post-surgical complications.

### **Fertility drugs**

Even after the surgery, we found we were still unable to become pregnant. My doctor then prescribed Clomid®, to enhance my fertility. Because this drug affects the hormonal system, I experienced side effects, such as having little control over my emotions. I continued taking Clomid for six months. But after no success, our doctor decided to refer us to a specialist.

### **IUI (Intra-Uterine Insemination)**

The specialist we consulted thought an intrauterine insemination (IUI) was our best option. During the IUI, a thin catheter was inserted through my cervix and my husband's washed sperm was injected into my uterus. Because an IUI has to be performed within six hours of ovulation, I was given hormonal shots. I was prescribed Paxil®, anti-depressant, to help with emotional swings, but I still felt like I was going through menopause. I would wake up in the middle of the night and want to strip off all my clothes.

***Because my menstrual pain was back, my specialist recommended I have another laparoscopic surgery.***

My frustration increased when the IUI wasn't successful and two subsequent IUIs also did not work. I was hesitant to undergo the procedure again, so I sought a second opinion.

Our new specialist agreed that a laparoscopic surgery would be beneficial. I decided to go through with the surgery, but it turned out far worse than the first. This surgeon accidentally nicked my intestines while removing endometrial tissues — causing me to stay in the hospital for a week.

### **IVF (In Vitro Fertilization)**

After the disappointing results of both surgeries, my husband and I decided to try in vitro fertilization (IVF). For ten days, I gave myself injections that made me sick with an upset stomach. Then, while I was under sedation, the specialists used an ultrasound-guided needle to reach my ovaries, and retrieve my follicles. They were then incubated with my husband's sperm. After an egg was fertilized, the embryo was transferred to my uterus.

I had to wait two excruciating weeks before I could return to the clinic for a pregnancy test. When we were finally told the results, we were devastated to learn the IVF was unsuccessful. Three months later, my husband and I decided to try another IVF transfer. Once again, our transfer ended as a "failure." Grasping thin threads of hope, we schedule a third IVF transfer.

### **Manual physical therapy**

Before the procedure, our superintendent asked me and my husband if we had ever heard of Clear Passage Therapies (CPT), a clinic that offers manual physical therapy to help relieve pain and improve fertility. My husband and I researched CPT, and read their website and medical studies. Because it had proven success without the drugs and surgery that had caused me so many problems, we knew this was something that I should do. We felt it would not only increase my chances of pregnancy, but would also help my body heal from all I had undergone to that point.

When I arrived for my week of treatment, the therapists first explained that when the body heals from trauma ( surgery, abuse, etc.), scar tissue forms and can turn into adhesions that cause pain and prevent proper function within the body. During my twenty hours of treatment, the therapists worked to loosen adhesions and restore proper function to my body.



Afterwards, my body felt looser and healthier. When I returned home, my husband and I were elated to find that there was no longer any pain with sex. My husband joked that he would send me back for more treatment in a heartbeat. Another amazing outcome was that I no longer experienced pain from my endometriosis.

We completed our third IVF just one month later. When my pregnancy test came back positive, I was so excited! I knew it had to be the manual physical therapy that made the difference.

***Another amazing outcome was that I no longer experienced pain from my endometriosis.***

We were so happy when our beautiful baby girl was born. Five months after her birth, we discovered another surprise. I found out I was pregnant again! After struggling with infertility so long, my husband and I never considered using any form of birth control. It was then that I knew CPT had healed and restored proper function to my body.

Looking back, I wish I had gone to CPT sooner. After all the drugs, the painful, unnecessary surgeries and treatments, it was a natural, drug-free treatment that finally enabled me to become a mother.

**Our First Scientific Test Case:  
Two Blocked Fallopian Tubes, Despite  
Laparoscopy and Open Surgery**

**— Marsha's Story —**

Marsha was diagnosed with two totally blocked fallopian tubes by HSG, laparoscopy, and laparotomy (open surgery). Her pelvis was so adhered with scar tissue that she was diagnosed with “frozen pelvis.” That is, she had no normal mobility in the pelvis because her organs and tissues were tightly adhered together in a mass.

“It’s like glue was poured into her pelvis,” the physician said. “I am sorry to send you such a difficult case, but she certainly fits the criteria of your study.”

Marsha had both laparoscopy and open surgery (laparotomy) in hopes of correcting her tubal problems and decreasing her pelvic pain. Despite all medical attempts, post-surgical diagnostic tests confirmed that both of her tubes remained totally closed, and even after the pelvic surgeries, she still had significant pain. We resolved to do our best to help her.

***“It’s like glue was  
poured into her pelvis,”  
the physician said.***

When Marsha came in for therapy, her situation was nothing short of severe. Years of inflammation, infection, and multiple surgeries had left her pelvis feeling like a rock. The skin was deeply sucked-in at her surgical scars.

Guided by nothing but the determination and skills we had developed over years of treating Belinda and others with adhesion pain, we embarked into unknown territory, hoping to help a woman whose (Chief of Staff) physician had told us was an “impossible case.”

We began slowly and steadily to engage our hands into the tissues of Marsha's pelvis. In the beginning, it felt as if we were pushing against a small boulder, immobile and impassive. However, as the hours passed and the outer layers of adhesions began to detach, we noticed that the boulder began to move some upon palpation. Before long we were able to move Marsha's boulder a bit from side to side, then top to bottom, then diagonally.

Working both externally and internally, we slowly peeled away layer after layer of adhesions until the boulder began to divide into smaller structures which we called her "rocks and pebbles." Eventually, most of these dissolved as well and we were able to actually palpate specific organs within her pelvis. About this time, she reported that her back and intercourse pain, both of which had been severe, had dissipated significantly.

At the time, we had absolutely no idea how many hours of treatment we should render if we were to open either of her tubes. We were just going by touch, feel, and patient feedback. In the end, after 23 hours of the manual therapy, we felt Marsha was ready for a repeat dye test.

We held our breaths as we sent our test patient for an independent follow up dye test. To the utter surprise of everyone, the test results were nothing short of remarkable. The diagnostic physician reported that one of Marsha's tubes was now completely free, clear, and open with "free spillage" of the dye. In addition, the dye went measurably further through the other tube. We had done it! We had improved both tubes and totally opened one, when two different surgeries had failed to achieve any results at all!

## **Two Blocked Fallopian Tubes and Then Unsuccessful IVF**

— Roxanne's Story —

In 1999, after seven years of marriage, my husband Justin and I realized that we wanted a family. However, it soon became apparent that the effortless quest for a family that so many couples experienced was not to be ours.

I had an appendectomy when I was 10 years old growing up in Germany. The doctor warned that there was some internal

scarring that could interfere with pregnancy later in life. Whether a self-fulfilling prophecy or an unusually prescient prognosis, at 30 years old, I found that indeed I could not get pregnant.

***Not in my nature to give up or  
accept less than my dream, I  
resolved to heal my own body  
using holistic techniques.***

The sense of despair began after we sought assistance through the traditional medical system. I underwent several painful procedures to diagnose the problem and a laparoscopic procedure intended to hopefully clear two blocked fallopian tubes. That day was the low point of our struggle. The surgery was not successful, and that chapter ended with my doctor's very brusque statement to Justin that "she will never get pregnant through natural means."

After going through all of those procedures, we resolved to try a round of in vitro fertilization, courtesy of Justin's parents, who were eager to see a grandchild born.

Our fertility clinic had a good reputation, but the IVF resulted in no pregnancy.

Not in my nature to give up (or accept less than my dream), I resolved to heal my own body using holistic techniques. I was seeing an excellent naturopathic doctor and did quite a bit of research on my own.

About this time, a massage therapist friend from northern California sent us an article she found in a magazine about Clear Passage Therapies (CPT), in Florida. The therapy sounded so promising and reasonable, even to my skeptical husband. Coincidentally, when Justin's parents were vacationing in Florida that spring, we all made plans to send me to Gainesville a week ahead for the therapy; then I would join the rest of the family afterward. The treatment was wonderful and I loved everything about it! I felt empowered again.

I will never forget the moment I found out I was pregnant naturally, just three months after treatment. I was one week late with my period. I took a pregnancy test, feeling quite silly to think it could be true, and yes, it indicated a positive test.

The next day I had an ultrasound. Afraid to look at the picture, I saw my doctor's face with a smile and a nod — yes, I was pregnant!

What a day! I was so shaky with happiness that I hardly had a voice to tell my husband the results over the phone. He was just ecstatic. We cried when our daughter came into this world nine months later, one of the best moments of our lives.

We were very happy to have a small family, but later had another surprise. I became pregnant again naturally, six years later! I am amazed that the positive results of the therapy lasted all that time. It is wonderful to think that Justin and I went from two people in a scary and depressing search through the medical maze of infertility treatments to our present family of four — all naturally!

I would urge other women who face infertility to not give up! I would definitely recommend CPT, as I credit the therapists with breaking up the adhesions that were interfering with my fallopian tubes, and blocking my fertility.

## **Surgically “Unopenable” Fallopian Tubes**

### **— Autumn’s Story —**

Six years ago my partner and I made the decision to start trying to have a baby. She already had a son she had conceived through artificial insemination, and he was two years old at the time. I had always wanted children and thought it would be an easy process. Boy... if I’d only known then what I know now.

We made an appointment with a reproductive specialist to start the process. After undergoing a battery of blood tests, they said I had to have an HSG performed. The specialist told me, “It’s standard procedure and we don’t predict any problems.”

***I immediately felt my stomach drop and then the tears started flowing.***

But when the test was over, the specialist said, “There’s a problem,” and proceeded to tell me point-blank that my tubes were blocked. He told me to go home and when I was ready, to call his office and schedule a follow-up; he would go over the results with me in detail then.

He had a nurse help me get my clothes on and in between sobs I asked her if I would ever be able to have babies and she said, “I don’t know, but you need to know that, even with the predicament you are in, you have one of the best doctors in the state.”

I knew at that moment that my predicament was VERY bad. The next week and a half waiting for my appointment with him was torture. My family and friends kept telling me that it probably wasn’t as bad as it sounded, and to just wait for my follow-up and see what he said.

My partner and I went to the follow-up and I was sick to my stomach with fear. The specialist came in, looked at my papers, and started talking about the process of artificial insemination and what we needed to do to get started.

I was in shock, and in my mind I was thinking maybe it wasn't as bad as I thought. I asked the specialist, "I thought after the test you said my tubes were blocked?"

He looked at me questionably and then looked at my test results and said, "No, there may have been a little blockage, but nothing that should cause any problems."

I thought I was imagining things and my friends said, "See, we told you." But I just didn't understand.

The following month we started inseminations. I was excited, but scared because I felt like something was wrong. We tried for two months with no luck. It was then close to the holidays and we decided to take a break. During this time I thought a lot about the HSG and decided to find a different doctor for a second opinion.

My partner and I went to our appointment with the new doctor and told him everything that had happened. He said, "I would like to do a laparoscopy, so we can visualize the area directly, and test your fallopian tubes again."

My mom, who is a nurse, came the day of the surgery because my partner had to work. When I was in pre-op, the doctor came to see me and said, "I won't be able to talk to you after the surgery because you will still be under medication, but I will tell your mother what I find."



I remember waking up in great pain and asking the nurse what the doctor found. She told me she didn't know and that I couldn't see my mom until I got back to my room. I acted like I was in less pain so they would let me out of the recovery room.

When I got in my room they let my mom come back. I asked, "What did he say?"

She replied, "Just wait, he'll come in and talk to you."

"No, that's why he talked to you. He's not going to be coming to the room." My mom insisted she wait until my partner arrived. "Mom, just tell me," I begged her.

At that point I already knew it was bad news. She looked at me with a lot of sadness in her eyes and said, "He said your tubes are totally blocked and he could not open them surgically. There was no way you would have ever become pregnant through artificial insemination."

***It is such a lonely feeling, and although everyone hurts for you, you know no one really understands because they already have children.***

I was in total shock. I know it was very hard for my mom to have to be the one to tell me that. I cannot imagine being a mother and having to tell your daughter she can't have children.

Then my partner arrived. My mom had already called her and told her the news, so she was really upset too. I felt like my dream of having children was over, because I knew I could never afford IVF, which was the only way I could ever become pregnant, the doctor said.

I went through a couple of years of not knowing what to do. It is such a lonely feeling, and although everyone hurts for you. You know, no one really understands because they already have children.

I never imagined how much anger I would feel when I heard about someone I knew being pregnant and then how much guilt I would have for feeling that way. I never knew how empty I would feel after having my baby nephew for a weekend. He would go home and I would lie in bed at night crying, holding onto this baby tweety bird shoe I bought when I first decided to start trying. It was just incredibly heart-breaking and lonely.

I started looking around on the Internet and came across the Clear Passage Therapies (CPT) website. It sounded too good to be true and I didn't understand it, so I kept looking.

But my mind kept going back to CPT, so finally I called and requested information. When it arrived, I watched the DVD and was surprised that their patients sounded very much like my situation. But the CP treatment was very different from any I had heard of, so I was quite skeptical.

I was going to Florida for vacation that summer, so I made an appointment to stop by the office and speak with a therapist. I wanted to make sure that this place was real.

I remember standing, reading all the articles on the walls and feeling my hope grow. But I was still scared because all I had was \$4000 in a 401k account I could withdraw and use on either this or IVF. I knew it would be hard for me to come up with \$15,000 for the IVF, and even if I did, it would only be once and knowing the chances of IVF working the first time, I was scared.

I took a leap and decided to withdraw my money and start getting things together to come to Florida and have the therapy. Although in my gut I felt like it was the right thing, I was very scared because I felt like I was putting all of my eggs in one basket. If this didn't work, my dream of having children would be over. Still, something about following my gut instinct rang true for me.

When I told my mom what I was doing she was very skeptical — even more so because she is a nurse. She also knew how devastated I would be if it didn't work.

I attended the first ten hours in December of 2006 and the second ten hours in March of 2007. My mom came to Florida with me in December and she wanted to know exactly what they were doing. It was hard to explain the treatment to her, and the only thing I could tell her was that it felt like it was working.

When I got done with my therapy in March, I scheduled a consultation with my infertility doctor. I wanted to schedule an HSG to see if the therapy worked.

I hadn't told my doctor about attending CPT before because I was afraid he would try to change my mind. When I went to the appointment, I explained to him my treatment. He looked at me like I was totally crazy. He said to me "You have completely blocked fallopian tubes; they couldn't even be opened in surgery. There is no way that treatment could have worked." Even though I had gotten back almost 75% of the treatment cost from my insurance, the doctor still insisted, "Whatever they did, it was overpriced."

Naturally, he didn't think there was a need for an HSG, but he reluctantly agreed to do one, even though he felt very strongly that there would be no change. I left his office very upset and feeling like a fool. All I kept thinking was, "If it sounds too good to be true, it probably is."

The day of the test, I had never been so scared in all my life. After my consultation, I refused to tell my mother when I was having my HSG. "There is no sense in both of us worrying," I thought. But the morning of the test I called her because I was very upset and when she asked what was wrong, all I could say was, "It's today."

My partner and I went to my appointment and the doctor came in and said, "Well let's see if they did any good down in Florida." I could tell he thought it was a total waste of time.

As soon as he was done, I sat up and asked, "Well?"  
"I'm shocked," he stammered. "It's amazing."

"You mean my tubes are clear?" I asked.

"Yes! You can start trying to conceive next month."

My partner looked him in the eyes and said, "Go ahead, say it..."

He replied, "I was wrong, I admit it. I was wrong. It's a miracle."

I cannot tell you the joy I felt — and for the first time in my entire journey I was crying tears of joy. I went to get my clothes on and my partner pulled out the tweety bird shoe I always held on to when I was upset. It meant so much to me and we were both very happy.

I said, "IT WORKED!!!"

"WHAT?" she asked with excitement.

"IT WORKED, IT WORKED, IT WORKED!!! I screamed.

She then started crying and telling everyone at her work. It was the best day of my life!

I have not started trying to get pregnant yet because "life" keeps happening. The doctor immediately took blood work and discovered that I had thyroid problems. It took several months to get the medica-

tions leveled and then I hurt my back and was off work for four months.

I am now back to work and will hopefully be able to start trying in the next few months.

I had such a wonderful experience with CPT. I cannot even begin to thank them enough. They are truly changing people's lives and words cannot express what I feel for them. Their therapy gave me hope and that's something I have not had in a long time.

***For the first time in  
my entire journey I was  
crying tears of joy.***

## **Fallopian Tubes Blocked Near Uterus**

### **— Valerie's Story —**

For two successive years, Valerie and her husband, Bill, tried to have a baby. They were confounded at their inability to conceive because they were each just 25 years old.

Valerie consulted her gynecologist. Because of her history of ovarian cysts (one of which required hospitalization), severe endometriosis, and abdominal, pelvic, and low back pain, the doctor suspected she had pelvic adhesions and possibly blocked fallopian tubes.

Valerie was scheduled for an HSG dye test to determine if her tubes were open or blocked. When the procedure was over, the doctor informed her that both of her tubes were blocked near the uterus. She recommended Valerie have laparoscopic surgery to remove the pelvic adhesions and hopefully open her tubes.

***If they did not have the surgery, or if the surgery did not work, their only options would be adoption or in vitro fertilization.***

Over the next couple of months, Valerie and Bill discussed their options. If they did not have the surgery, or if the surgery did not work, their only options would be adoption or in vitro fertilization (IVF).

By mid-summer they had resolved to move forward with the doctor's suggestion. Valerie proceeded with laparoscopic surgery.

Once again, Valerie and Bill weighed their options. They considered IVF treatment, but it was going to be a huge financial burden for them. Valerie remembered that her mother had mentioned a non-surgical treatment designed to open blocked fallopian tubes.

Valerie called our clinic and scheduled an appointment. After completing the patient consultation, she decided to complete the one-week therapy program.

Two weeks after her treatment, Valerie returned to her doctor to have an HSG and see if the therapy had opened her tubes. She could barely believe it when the doctor told her one of her tubes was open.

Nine months later, Valerie became pregnant naturally, and nine months later she gave birth to her baby. After all they had been through, Bill and Valerie decided to name their baby Grace.

After Grace was born, it only took six months and Valerie was pregnant again with her second daughter, whom she named Reese. She considers them her two miracles.

## **Four Years Infertile with Blocked Tube**

### **— Michelle's Story —**

I had been trying to get pregnant for two years when I sought the help of several doctors to determine the cause of my apparent infertility. I was told that I should have a surgery to remove multiple uterine fibroids because that might be the cause of the problem.

In 2003 I underwent a myomectomy to remove fifteen fibroids. During my recovery, the doctor revealed to me that one of my fallopian tubes was also blocked, which was contributing to my problems getting pregnant.

Two months later, I began fertility injections and pills to be able to conceive through intrauterine inseminations (IUI). After three rounds of IUI accompanied by a lot of hormonal changes, mood swings, and discomfort, the results always came back negative.

At that point, I decided to give my body a break and take a different approach. Fertility requires peace and a sound mind — which was very difficult for me with

***After three rounds of IUI accompanied by a lot of hormonal changes, mood swings, and discomfort, the results always came back negative.***

all the infertility drugs. I decided to join a six month outreach program with my bible ministry which helped me focus on helping other people enrich their lives by developing a personal relationship with God. My life was blossoming with joy and peace. My belief was stronger than ever.

It was during that time that I started learning about natural treatments. While at a health food store one day, I found a magazine with a small paragraph entitled, "New Natural Technique Increases Fertility Rate." I found it very interesting, so I kept it and put



it away. Later on, I went online to search on natural remedies to unblock fallopian tubes and I came across "Clear Passage Therapies (CPT)." What I did not realize was that this was the same place to which the magazine referred. When I went on their website and read their information, I learned the detrimental effects of surgery and the possibility that I could be full of scars. I was convinced that God was leading me to them.

I contacted them a few months later and obtained some literature and a video which my husband and I read and watched very carefully. The treatment and procedure made perfect sense to me because as a Christian I am fully aware of how God designed the human body in a way that all the joints and ligaments are interconnected with each other.

We decided to spend a week in the Florida clinic. During the treatment, I felt as if the muscles in my

***This time around my tubes  
were both totally opened!***

lower abdomen were hard and stuck together. I also felt great release, stretching, and relaxation practically immediately. The personnel were very professional, kind, and genuinely concerned about my well being.

After my treatment, I went to an infertility specialist who suggested I have another HSG. This time around my tubes were both totally opened! The next step would be to perform another IUI, using only Clomid.

Finally after a total of four years of trying to conceive, the result was positive and I am currently enjoying motherhood with my (now one year old) healthy and strong baby. I thank God for CPT. I hope their treatment will be promoted by physicians so that many other women can be successful with childbearing while utilizing a non-invasive, natural treatment.

## **Hormonal Menopause, Only Remaining Tube Blocked with Hydrosalpinx**

### **— Jen's Story —**

I've always been a healthy, positive person with big dreams. I knew some day I would meet that special someone and start a family.

From an early age, I always knew I wanted children. I come from a long line of fertility. My grandmother gave birth to 15 children, my mother 4, and my brothers and sister have 7 more kids among them, who I love dearly and who are a big part of my life. My love of children even drew me to my occupation as an early learning Spanish teacher working with the cutest little students ages three to eight.

When I was 26, a misdiagnosed appendicitis left me hospitalized for a week with an infection. I recovered from the ruptured appendix, but 15 months later I was hospitalized again and had another major abdominal surgery. It almost took my life and left me trying to figure out if I would ever have children.

I lost my right ovary, fallopian tube, and parts of my intestine to surgery. My remaining left tube was damaged. The medical diagnosis was that it was blocked and filled with fluid, a hydrosalpinx.

The doctors said that I had so much infection and disease that my ovary and tube weren't even recognizable. It was mush. They said I was going to have a lot of scar tissue and adhesions, leaving my insides "like concrete."

I was confused and afraid and while I was thankful to be alive, I had to ask the doctors a simple question... "Will I ever be able to have kids?" His answer was, "Not naturally. It would have to be through VF. You're young and healthy and you have your left ovary."

Now flash forward, I've met the man of my dreams, we're in a financial position to afford IVF and excited to

***I lost my right ovary, fallopian tube, and parts of my intestine to surgery. My remaining tube was blocked and filled with fluid.***

start our family. Everyone advised me to get started with IVF early, since there can always be complications and it takes longer than you think. My biological clock was ticking as I approached age 35.

While IVF wasn't exactly what I had planned when I dreamed of getting pregnant, with all the shots, hormones, and invasive procedures, I was thankful for all the progress in the field because for me, it was the only way for me to get pregnant.

At our first consultation the doctor told me I would be a good candidate as long as I had high quality eggs. She also recommended that before we do IVF, we should remove my remaining unhealthy tube because it had a hydrosalpinx — it was blocked with fluid that could be toxic to the embryo. I thought sure, whatever it takes because this is my only chance and every single doctor I asked said the same thing — that there was no way to repair my damaged tube. So according to all medical sources I checked, IVF would be my only chance, and I had to remove my only tube, which was beyond repair.

First I had to do blood work, and then we could get on with it. Another devastating blow came when our nurse called and said my hormone levels of FSH (which helps the egg mature) was abnormal. The normal and acceptable range is between 2 to 10. Mine was 26.2, indicating that my body wasn't producing quality eggs. In fact, I was officially diagnosed as menopausal. I was newly married and ready to start a family and

our doctor was telling my husband and me that if we wanted to have children we would need a donor egg, or to adopt.

We were crushed. I took the news hard. This wasn't supposed to be happening to me. I was young and felt healthy other than the fact that I was "infertile." I felt so bad; it

***I was following through on my instinct to find some alternative to surgery. Basically, I was following my heart.***

was my fault we couldn't have kids. I was mad at the doctors who first misdiagnosed my appendicitis, and I was heartbroken as I watched many friends and family around me get pregnant so easily. "So now what?" I asked myself.

I was open to new possibilities and I wasn't ready to give up on my hope of conceiving naturally, so I did a lot of research and I found Clear Passage Therapies (CPT). While I had many doubts, it seemed like the best fit for me since they said they had shown success opening blocked fallopian tubes. The therapy didn't involve surgery; it seemed therapeutic and nurturing and that made sense to me. I was following through on my instinct to find some alternative to surgery. Basically, I was following my heart.

With the love and support of my husband, we made plans to drive six hours to their clinic in Florida. We felt we had nothing to lose and we looked forward to the trip as a chance to get away for the week where we could be together, and I could concentrate on healing my body.

I had so much to be thankful for — a loving husband, a supportive family, a great job, and wonderful friends. I wrote in my journal, "I feel empowered because I am doing everything possible to better my

chances. If it doesn't happen, I will know I tried. I'm a believer. I'm also feeling a little vulnerable because tomorrow starts the beginning of a new journey. Whether pregnancy is a result or not, I know Eddie and I will be able to deal with it."

Once I got there, any doubts I had disappeared. I felt good about the staff, their ability, and their professionalism and care. I knew I was being treated by experienced professionals who actually listened to me and what I had to say about my body. I received 20 hours of therapy. Eddie and I left there believing it worked, but the moment of truth would come a month later when I did the HSG dye test, to see if my tube had opened.

***We got pregnant naturally  
the next month with our  
first redheaded miracle.***

The day it was scheduled was an emotional day for me. I was nervous and anxious. Just a few years ago when I had the same test done, I fell apart in my mother's arms watching the dye collect in my tube, marking the beginning of infertility. Now I was holding my husband's hand watching the dye spill out of my tube — which was now open! We hugged and cried and immediately went home to try to get pregnant, the old-fashioned way!

We got pregnant naturally the next month with our first redheaded miracle, Maria Rose.

When Maria was seven months old we drove down to CPT again to thank everyone and have everyone meet Maria. I also received four more hours of therapy to address some pain issues from the vaginal delivery I had at Maria's birth. I have to say that once again, the positive changes from just those few hours were extraordinary!

Five months later I found out we were pregnant again naturally, this time with twins! I gave birth to two healthy babies, Edward and Katherine, in May, 2006. We now have three beautiful redheads completing this miraculous journey!

## **Hydrosalpinx with Ovaries and Fallopian Tubes Buried by Adhesions**

### **— Jacqueline's Story —**

"Is this going to impact my fertility?" I asked my doctor. I was just 22 and my doctor wanted to surgically remove complex cysts from both of my ovaries.

She told me, "We will do our best to save as much of your ovaries as possible."

I was still scared she would have to remove my ovaries and fallopian tubes, but I knew the surgery was necessary.

When I woke up, my doctor told me the news was good. "You lost 10% of one ovary and 60% of the other. I am very happy with the results. You can go home and become pregnant."

Although the news didn't sound good to me, I was happy she thought I could still conceive. A lot of my friends were starting to become pregnant and I wanted to share their joy.

My husband and I tried for a year, but we still couldn't become pregnant. I started to become withdrawn from my social circles because it was hard to be around my friends who became pregnant effortlessly and didn't understand my struggle with infertility.

About that time I began experiencing severe pain in my abdomen and went to the hospital. My doctors discovered I had a large peritoneal cyst, and I was rushed to emergency surgery.

After the surgery, my surgeon told me, "We were able to remove the cysts, but your ovaries and fallopian tubes were buried by adhesions." He suspected that the adhesions were a result of my previous surgery.

I knew I needed a natural treatment for the adhesions, and I began to see an acupuncturist. I continued searching for other treatment forms and finally found Clear Passage Therapies (CPT) on the Internet. Although my doctor was extremely discouraging and told me she didn't believe it would work, I felt their therapy for adhesions could help me and I immediately scheduled an intensive week of therapy.

My week at treatment went well. I found the atmosphere to be very calming. But 3/4ths through my treatment, I had a family emergency and had to return home. My therapists were understanding, but cautioned me I might need to return and finish my hours in the future for the treatment to be successful.

I hoped that the time I spent there would be enough and I continued trying to conceive on my own. Two years passed and I became frustrated and worried. I was in my early 30s and I knew my time was slipping by. To make matters worse, I worked with children and people would always tell me, "You're so good with children, you should have some of your own."

**My doctor  
recommended  
they remove  
my tubes...**

I decided to see another Ob/Gyn for help. He sent me for an ultrasound, which showed I was fine — no visible adhesions! He gave me a fertility monitor to help me track my ovulation, but it didn't help me become pregnant.

I then returned to the doctor for an HSG test. Afterwards, I was so nervous about the result that I didn't return for months. I finally called for the results and I was told that both of my fallopian tubes were blocked with hydrosalpinx. My doctor recommended they remove my tubes and do in vitro fertilization.



I thought surgery would be far too invasive and removing my fallopian tubes was a big risk — what if IVF didn't work? I was also uncomfortable with taking the hormones required for IVF.

I sent the results my HSG to CPT. They felt they could help me encouraged me to return and complete my treatment program. My time there was very relaxing. It was like going to a spa.

When I returned home, I wanted to do everything possible to increase my chances for fertility, and saw an acupuncturist. When I explained my condition

and that I underwent treatment at CPT, my acupuncturist told me, "I am familiar with CPT, and if they cannot help you, I don't think we can either."

***After his diagnosis,  
I was sure that my  
chances of conceiving  
were totally diminished.***

I then sought the help of another infertility specialist, who only offered IVF. Again, I chose not to undergo IVF because I felt it was too invasive.

That month I began experiencing pain in my abdomen. I missed my menstrual cycle and I was concerned I was going into early menopause. I went to see my doctor immediately and he thought I had a large fibroid. He told me, "We need to head to the OR." After his diagnosis, I was sure that my chances of conceiving were totally diminished.

I wanted one more opinion before I underwent another surgery. I went home and took a pregnancy test before I went to see another doctor. I couldn't believe it — it was positive! It was just my second cycle after my treatment at CPT and I was pregnant!

I went to see a midwife and she confirmed my pregnancy with a blood test. I had no complications with my pregnancy and I gave birth to a beautiful full-term baby.

I am so happy I decided to return to CPT. I could have gone through years of invasive treatment. Instead, I went to them and because of their hands, I got pregnant almost instantly.

## **Only Remaining Tube Blocked with Hydrosalpinx** **— Gabriel's Story —**

Joseph and I met at the hospital where I work. I am a surgical technologist and he is a sales representative for an orthopedic/sales company. After dating for a year, we were married in 2003. Since we were both in our mid thirties, we wanted to start our family. After being unsuccessful for a year, we became concerned and talked to my gynecologist. He then scheduled several tests: sperm count, and progesterone levels. We also had an HSG to see if there was blockage in my left tube. I had my right tube removed years before because of adhesions that formed after a nephrectomy (removal of kidney) at age two.

***I had my right tube removed years before because of adhesions... (Now) our doctor wanted to schedule surgery to remove my left tube.***

Our doctor studied our test results and advised us to try IVF. We were sent to a fertility clinic and were hopeful for a positive outcome. Months passed by with fertility shots, weekly blood tests, and ultrasounds to ensure no cysts had formed due to the daily injections.

Our last visit to the clinic was April 14, 2004. Our journey ended the ultrasound showed fluid in the tube. Our doctor advised us to stop treatment immediately and wanted to schedule surgery to remove my left tube. He was concerned that the fluid might fill the uterus after implantation via IVF had taken place and destroy the embryo.

That day I faced the thought and heart wrenching feeling that we may never become pregnant. The emotions during the ride home were unbearable. We shared tears, anger, and frustration. When we arrived

home with our family waiting, I broke. That night I told myself tomorrow would be a new day.

As Christians, our decision was to give it to God, His will be done. I needed help and understanding and Joseph needed guidance. Six months went by as we prayed every night and I trusted our faith. I asked for God to take away my desire for a child, if it was not His will. Throughout it all, my want never weakened and I began to feel at peace. I knew it was God's plan, I just didn't know how it was going to happen.

It had been eight months since our last clinic visit and one night I was on my laptop, reading medical websites. I came across statistics about Clear Passage Therapies. As I sat in amazement, I read story after familiar story of women just like me (some better, some worse). I had my husband read the history of Clear Passage and he was puzzled, but amazed. He just didn't understand how adhesions could be "free" without surgery. I didn't know either, but what I did know is that a little voice in my heart was letting me know I had my answer. The success stories were too amazing not to believe.

***The emotions during the ride home were unbearable. We shared tears, anger, and frustration. When we arrived home, I broke.***

I called the office and the staff was so nice and helpful. I received the information packet within days and filled out the medical history questionnaire. We made our trip to the clinic in February of 2005 for an intensive week of treatment.

Clear Passage was truly an experience of a lifetime. It was a vacation for the mind, body, and soul. Results came fast, within two days. Joseph and I began to see visible changes in my abdomen scar from surgery. My incision site began to flatten and I had

a belly button... wow! Our week went by so fast, and when Friday came I hated to leave.

With my clear mind and new body, we settled home and back into our normal routine. While Joseph was on a business trip

***He just looked at me with tear filled eyes and asked softly, "You are pregnant?" I said, "Yes." I have never heard anyone cry for joy the way we did.***

in March, I became really ill. I knew it had to be more serious than the flu, maybe food poisoning. I called my mother and she drove me to the ER. They wanted to run blood tests and I asked if they would also do a pregnancy test. He looked at me strange and told me he didn't think that was what was wrong. I insisted. To his surprise and ours, he informed me with a congratulations. I was pregnant!

My thoughts quickly turned to my husband. Because of a plane delay, he would not be home until the next afternoon. I swore my mother to secrecy and she took me home. After the longest twenty-four hours of my life — he was finally home! Before he took his bath, I handed him a present.

I had wrapped baby items as a way of telling him the news. Our anniversary was the next month, so I just said it was an early present. After opening the gift, his eyes were fixed on the baby things for what seemed like forever. He just looked at me with tear-filled eyes and asked softly, "You are pregnant?" I said, "Yes." I have never heard anyone cry for joy the way we did.

Our pregnancy was beautiful. I just loved being pregnant. The delivery was magical and more tears of joy flowed. A big, healthy baby boy was born to us in November 2005 — eight pounds, five ounces, and 22 inches long. He was perfect! He is still the joy of our lives and the miracle God gave us through Clear Passage.

## **Two Children after Ectopic and Adhesions**

### **— Savannah's Story —**

In early 2004, I became pregnant for the first time. But my husband and I were soon devastated when we learned it was an ectopic pregnancy. My doctor recommended laparoscopic surgery to find the cause. During the procedure, he noted adhesions around my ovaries and fallopian tubes.

I went online right away to learn more about adhesions. I wanted to do everything I could to reduce adhesions and avoid another ectopic pregnancy.

***Areas that were once so tight had become far more supple and mobile... areas that were tender were now and pain-free.***

While searching for treatment options, I found Clear Passage Therapies (CPT). Their therapy focused on reducing adhesions and I thought they had a good chance to help me.

After researching the treatment for a few weeks, I decided to schedule therapy. I completed the program in one week of intensive therapy. It was a very positive experience and it was immediately obvious to me that they could help me.

During my initial evaluation, the therapists examined my body and palpated my organs. Although my doctor's report had not arrived at the clinic yet, they explained the different areas where they felt tension, decreased mobility, and possible lack of function. My therapists gave me a whole new level of awareness about my body and how it works than I had ever experienced before.

Later that afternoon, the doctor's report arrived and everything they told me correlated with my doctor's findings!

As the week progressed, I could feel changes in my body. At first, they couldn't sink their hands very deeply into my body. They also found areas of stiffness when they checked for mobility in my body. By the end of treatment, their hands could sink much deeper into my body without tension. The areas that were once originally so tight had become far more supple and mobile. Furthermore, areas that were tender at the start of therapy were now mobile and pain-free.

I returned home on Friday and my husband and I tried to conceive on Saturday. Incredibly, that was all it took — we became pregnant right away! An ultrasound showed that everything was progressing normally. I gave birth to my beautiful son, Daniel, who is now three years old.

Last summer, we had another surprise — I became pregnant again! Now, Daniel has a baby brother to play with.

I believe anyone with pregnancy issues should consider this therapy prior to trying to conceive.

## **One Ectopic Pregnancy, One Miscarriage, and Multiple Unsuccessful IUIs**

### **— Isabella's Story —**

My journey to become a mom was not an easy one. My husband and I tried for a family soon after getting married in February of 2003. Our first setback came in June of 2003 when I suffered a ruptured ectopic pregnancy in my right fallopian tube. The physicians removed the tube, and as a result, I was left with only my left fallopian tube.

In September of 2004, I became pregnant again, only to have a miscarriage. As difficult and emotionally draining as these setbacks were, my husband and I tried to remain positive in that at least we could get pregnant.

***Four months of Clomid and IUIs... then (two) months off as my cycle became "out of whack." Next we tried three cycles of injectables and IUIs, but again had no success.***

This soon changed as months of trying turned into a year with no luck of becoming pregnant again.

At that point I was referred to a fertility specialist. We went through a battery of tests and the only thing that made any sense as to why this wasn't happening for us was that I was left with one tube and I likely had scarring or scar tissue from the ectopic pregnancy.

We tried four months of Clomid and IUIs with no luck. We then had to take a couple months off as my cycle became "out of whack." Next we tried three cycles of injectables and IUIs, but again had no success. Finally we decided to move on to IVF.



In the meantime, my mom had read an article about Clear Passage Therapies (CPT). I decided to see if I might be a good candidate. When they determined I would be a good candidate for therapy, I decided I would attend before my IVF transfer. Six weeks before I was scheduled to start IVF, I went to the CPT clinic, where I was treated for 20 hours over five days.

***My doctor was also amazed.***

My IVF cycle was a bumpy one. The injectables weren't taking and in the end, I only produced three mature follicles — not enough to go through IVF, they told me.

My doctor suggested we try an IUI so that the past six weeks of medication, doctor visits, etc., wouldn't all be for nothing. Two of the three mature follicles were on my right side, where I do not have a fallopian tube, so the odds were really against us this cycle.

I went through with the IUI on July 15th and to our shock and amazement (as well as the doctor's) I was pregnant! Whereas this was my seventh IUI, the only reason I can imagine why this time was successful was because I had undergone the manual physical therapy at CPT. It was just too much of a coincidence that I had just had therapy, and that this cycle worked.

My doctor was also amazed. She admitted after the fact that in all the patients they treat, they had only seen one or two patients have success with IUI after a canceled IVF cycle.

We welcomed our little bundle of joy, Jacob, on April 1st weighing in at 6 lbs. 5 oz., 20 inches long. He is a happy, healthy baby and when my husband and I look at him we turn to each other and say how blessed we are.

## **Ectopic Pregnancy and Laparoscopic Surgery**

### **— Norah's Story —**

There was nothing remarkable about the room. It was outfitted with the typical hotel décor — peach and teal floral-print bedspreads and plastic gold-framed prints adorning the walls. Yet somehow, this room, this trip, held more promise than I could handle. Though my journey through infertility began a year earlier with an inexplicable ectopic pregnancy, I knew my ten-hour drive to Clear Passage Therapies (CPT) was the beginning of the path that would lead me out of that dark loneliness.

Bags unpacked and calls of my safe arrival placed, I settled in with a book, though my mind wandered back to another time and place.

Warm and softly lit, an ultrasound machine consumed the intimate space. "I'm not sure..." whispered the ultrasound tech in response to the doctor's question. Hearing only fractured words from their conversation, my heart raced. "It isn't thickened," she said again, and then "Here... by the ovary." The technician and doctor continued to discuss the "abnormalities" they were seeing,

***The technician and doctor continued to discuss the "abnormalities" they were seeing, while I lay there clutching my husband's hand with a white-knuckled grasp.***

while I lay there clutching my husband's hand with a white-knuckled grasp. Nine weeks earlier, I'd felt a flood of excitement flow through me knowing that I was pregnant. Now, I felt that same rush of adrenaline. But this time it was cold, the tingling almost painful as it spread from the center, where my child

should have been, throughout my entire being. As if suddenly realizing our presence, the doctor asked us to meet him in the examination room to discuss our options.

I heard the medical terminology for what was ultimately an ectopic pregnancy. I was ashamed of myself, of my body. Confused and heart-broken, I rode home silently, allowing the gravity of the circumstances to wash over me, in hopes of some cleansing. Yet I found none. Instead, I was greeted by a grim reality. In order to protect my life, I had to be the willing recipient of a drug that would dissolve my child.

Sleepily, I set my book on the nightstand and clicked off the light. Curling up, I could feel the exhaustion from the day's drive, but anticipation about my CPT treatment kept me from fully relaxing. My physical trip began early that morning, but my emotional journey into motherhood started long before.

Never in all my daydreams about pregnancy and motherhood, did I envision such uncertainty, confusion and turmoil. Had it really been seven months since I sat in the hospital, waiting for surgery after my ectopic pregnancy?

As we walked through the sterile corridors of the hospital, I couldn't help but think of the morbid irony. I felt completely empty in every sense of the word as I waited in the hospital room for the nurse to wheel me downstairs for surgery.

"Do you think they'll take the blocked tube?" I asked my husband for the hundredth time, knowing full well that he would never say "Yes," even if he thought so. I knew he was nervous because he was even more reserved than usual this morning. For the first time, I thought about what this might feel for him. And that's when I realized the startling difference between

us, and why we needed each other more than ever. I couldn't have cared less about my own body, my own safety. I was angry and frustrated with my infertility. What did it matter if I was hurt or harmed? All I thought about was the child I so desperately longed to hold.

He, on the other hand, was thinking of me. Perhaps he had thoughts of an angel-faced baby and fantasies about playing catch with his boy in the backyard. But sitting there pretending to be

***I felt empty in every sense of the word as I waited for the nurse to wheel me downstairs for surgery.***

interested in the news report on the television, his anxiety reached me and strangely enough, calmed my fears. He responded, "Na, I told 'em I couldn't take having you around the house for six weeks, so I'm pretty sure it'll just be a scope today."

Grinning, I half-heartedly turned my attention to the magazine I'd grabbed from the waiting room. Sitting cross-legged in the hospital bed, I began flipping absent-mindedly through the pages. I found myself expecting the worst — the loss of a tube or ovary — and yet hoping for the best. As if on cue, my eyes came to rest on an article about infertility. Reading intently, I was encouraged to read about a unique physical therapy that had helped several women facing infertility.

"Miss? We just got word that they're ready for you." The nurse's voice brought me back to my surroundings.

"Great. I think I'm ready now too," I replied, closing the magazine and thinking once again about the perfection of God's timing. I was still nervous, but now saw a glimmer of possibility regardless of the day's outcome.

Perhaps it was the unfamiliar bed, the absence of my hubby, or the butterflies flying around in my belly that caused me to wake before the alarm the following morning. Whatever the reason, I was in blissful disbelief that the hours of pre-authorization, planning and preparation were finally going to pay off.

Unlike my surgery, my apprehension about treatment was more exciting and exhilarating. As I left the hotel on my way to the Clear Passage® treatment center, I found a sense of peace that confirmed I was where I was supposed to be and that I'd found the answer for which I'd been searching.

I arrived at the treatment center ahead of schedule and found the therapist who greeted me with a handshake and friendly smile.

***I was struck by her genuine interest in all aspects of my condition, and not just the medical records.***

She showed me around the small office and then to my treatment room. "Have a seat and I'll be right in, I'm just going to grab your file," she said cheerfully, indicating the armchairs by the shuttered bay window. Celtic music played softly in the background, as we discussed my diagnosis. I was struck by her genuine interest in all aspects of my condition, and not just what the medical records indicated.

It was finally time for therapy to begin. In my gym shorts and T-shirt, I completed several range of motion exercises and made myself comfortable on the hydraulic massage table. For four hours each day, we shared stories about family, work, hobbies and interests while she worked on my body. Each evening, I found comfort in my solitude by visiting nearby gardens, movie theaters, restaurants or coffee shops.

As my final session ended, I was ready to see my family, and couldn't wait for enough time to pass to test the success of the treatment. Comparing results of the same range of motion exercises from earlier in the week, I could tell that significant changes had taken place. I felt taller, lighter. I appreciated my body's strength, embraced its resilience, and for the first time in a long time accepted its imperfect beauty.

Just two months after treatment, I woke very early that humid July morning, unable to resist checking my temp. Still elevated. This is the longest it's stayed up, I thought to myself as I padded down the stairs in quiet excitement.

I dug out one of the several pregnancy tests housed under the bathroom sink. I kept it completely covered until the three minutes had

***Breath held, the deafening  
pounding of my heart  
the only sound I heard,  
I slowly removed the towel  
(to stare at the test).***

passed. Breath held, the deafening pounding of my heart the only sound I heard, I slowly removed the towel and stared at the two pink lines.

"Honey..." I whispered. "Babe! We did it. We're pregnant!" I reported happily. Even in his sleepiness I could feel his excitement as I snuggled in close.

A hoarse, "Really?" Escaped his lips as he gently kissed me on the forehead. "We're really pregnant?"

"Yup. I just had a positive test about five minutes ago."

The following months were filled with the usual appointments, and once we were past the three-month mark we shared the news with friends and family. The pregnancy continued without incident and in March — just ten short months after my CPT treatment, I delivered a healthy baby boy at 36 weeks.

As if the arrival of our son didn't radically change our lives, the second addition to our family — whom I am now expecting just 17 months after the first, will certainly throw us into the deep end of parenting.

## **Ectopic Pregnancy After Surgery To Open Blocked Fallopian Tubes**

— Melissa's Journey to Joy —

My husband and I are blessed this year to be celebrating our 10th wedding anniversary and the first birthday of our sweet baby twins, Peter and Lydia. This last year has been the most joyful of our marriage as we have eagerly embraced the year of "firsts:" first Christmas, Thanksgiving, Mother's Day, Father's Day, and birthdays. It just seems to get better and better with each passing month. However, the road to this place of glee and joy was not an easy one.

Our struggle with infertility easily spans a period of over seven years. We were quite slow about catching onto the possibility there might be a problem. It was easy to make excuses, mostly timing, since I traveled for work. My gynecologist was in no hurry for me to get results either. I kept visiting her year after year but she took a very conservative approach and was slow to recommend any testing or treatment.

It wasn't until after one of my girlfriends relayed her struggle with infertility that I realized it sounded somewhat like mine, except that she had done something about it and now had two precious babies. Once I heard my story in the form of someone else's, I realized I needed the help of a specialist.

The next day I scheduled an appointment with a reproductive endocrinologist. Within a month of our first visit to the RE, we learned I had blocked fallopian tubes. Optimistically I had tried to think of it as "good news" when the doctor told me my tubes were blocked (at least there was a reason we hadn't gotten pregnant all those years), and it was possible our problem had been mechanical all along.



I chose to undergo the recommended surgery to attempt to open my tubes. Afterwards, she recommended trying natural conception, which we did and within three months we were pregnant! We couldn't have been more thrilled!! Unfortunately, this part of the story does not have a happy ending. Six weeks later we learned the embryo had not made it to my uterus — it was stuck in my fallopian tube. I was forced to have surgery to remove the very pregnancy we had hoped and prayed over for so long.

To rub salt in the wound, just before the surgery, my doctor asked me, "Do you want us to try and save the fallopian tube?" It seemed

***Just before the surgery, my doctor asked me, "Do you want us to try and save the fallopian tube?"***

like a ridiculous question to me. Of course I wanted to preserve my fallopian tube, but she almost made me feel foolish for wanting to keep it. I wasn't ready to give up half of my chances to conceive on my own so quickly.

After the surgery, I was at a very low point. I had just turned 38 and was feeling the pressure of the clock ticking. And after two surgeries and an ectopic pregnancy, I was feeling quite discouraged and quickly losing hope.

While doing research on conceiving after an ectopic pregnancy, I stumbled upon some information regarding Clear Passage Therapies (CPT). I was encouraged by what I read: A treatment that produced successful results without drugs or surgery! How refreshing! My husband, a nutritionist and practitioner of holistic healing, was also intrigued. After having gone through two recent surgeries, it was quite possible adhesions had contributed to my tubal blockage and could be preventing pregnancy. CPT also could in-

crease my chances of a successful IVF transfer if I later decided I wanted to pursue that route. Based on all this, we felt we had nothing to lose and took steps to visit them.

We visited CPT seven months after my ectopic pregnancy. The staff was extremely friendly and genuine and went the extra mile to ensure we received the proper physical treatment. Emotionally it was a place of renewal and restoration, particularly of my hope.

***I turned 40 a month  
and a half before  
our twins were born.***

Soon after coming home from CPT I “celebrated” another birthday, 39. I was hopeful but had clearly lost the luxury of time. My husband and I then decided six months after visiting CPT that it was time to pursue IVF. This was a big step for us but we felt we had done everything possible to ensure a natural conception and this was the obvious next step for us in our journey of pursuing parenthood.

We got pregnant after the first try and to our amazement, with twins!! We simply could not believe after all these years of hoping and want-

***During the (years of)  
despair and disappointment,  
I would have never believed  
what was in store for me.***

ing, it was actually coming true. Nine months later I gave birth (naturally, I might add, with NO drugs) to the sweetest and most precious babies I have ever laid eyes on! I turned 40 a month and a half before our twins were born.

Years ago, during the despair and disappointment of our pursuits, I would have never believed what was in store for me at this age — a beautiful baby boy and a sweet, precious baby girl! What an incredible double blessing — my hopes and dreams had been fulfilled!

***Blocked Fallopian Tubes, Three IVFs,  
and Multiple Miscarriages***  
**— Nicole's Story —**

One year into their marriage, Nicole and her husband, Keith, still couldn't become pregnant. Nicole told us, "We dated for three years before becoming married. We never used protection. So when we had been married for a year, we realized I hadn't been able to become pregnant in four years."

Nicole expressed her concerns to her Ob/Gyn, who ran a series of tests. When everything came back normal, she suggested an intrauterine insemination (IUI). Nicole told us, "We tried that, but it failed. My doctor didn't know what else she could do to help us and referred us to a reproductive endocrinologist (RE)."

Their RE decided to perform more tests. "That's when I found out I had an undetected STD, Chlamydia," Nicole explained. "It had caused scar tissue to form around and block both of my fallopian tubes."

Nicole's RE gave her two options, "I suggest you see a doctor who specializes in surgically opening blocked fallopian tubes or consider IVF."

Nicole decided she wanted a second opinion and went to another Ob/Gyn who specialized in infertility. That physician suspected she had fibroids in her uterus that prevented an embryo from successfully implanting. He suggested she undergo a myomectomy to remove the fibroids, and he would also try to open her blocked fallopian tubes at the same time.

Nicole underwent the surgery and her doctor successfully removed numerous fibroids. But despite his best efforts, he could not open Nicole's blocked fallopian tubes.

Nicole then decided to move on to IVF. Her first IVF was successful, but she soon miscarried. They then tried another transfer using frozen eggs, but there was no pregnancy.

“We decided to do another fresh transfer and I became pregnant with twins,” Nicole explained. “But, I lost one baby almost right away, and then the second one at 15 weeks when my water broke unexpectedly.”

Disheartened by the miscarriages, Nicole and Keith stopped fertility treatments for one year. During this time, Nicole frequently visited infertility chat sites. On one of the sites, Nicole read about a woman who had become pregnant after treatment at Clear Passage Therapies (CPT).

Nicole immediately called CPT for more information. After reading the information she was sent, Nicole discussed the treatment with Keith and decided to pursue treatment.

She scheduled herself for an intensive 20 hours of treatment. Nicole told us, “I was scared at first when I came out to CPT, but everyone was friendly, and it turned out to be a good experience.”

When Nicole returned home, she spoke with her doctor about having another HSG. “It took some persuading,” Nicole explained. “Before I went to CPT, my doctor was very discouraging. When I told her I went for the treatment and wanted a follow-up HSG, she brushed me off. She told me she didn’t think I needed another one. But I finally convinced her to perform the test.”

Nicole went to see the HSG technician for the test. When the results came in, Nicole didn’t even know the test was over. “During my last HSG, it was extremely painful and I had a lot of cramps. During this HSG, I felt nothing — I just assumed they weren’t finished!” The results showed that both of Nicole’s tubes were now clear.

Nicole returned to her doctor to discuss her results, but her Ob/Gyn remained concerned that her fimbriae were far too scarred to catch an egg. She encouraged Nicole and her husband to undergo IVF, and after thorough discussion, they agreed.

"That's when I got pregnant with my daughter," Nicole told us. "At nine weeks I discovered I had twins, but one passed away early in the pregnancy." Nicole later gave birth to her baby girl, Joy.

Nicole told us that after giving birth, she was asked about going on birth control. "I looked at them like they were crazy. I didn't believe for a second that I would be able to conceive naturally."

***Despite his best efforts, he could not open Nicole's blocked fallopian tubes.***

Upon returning home with her daughter, Nicole discovered that her breast milk was drying up and she wasn't feeling well. She told us, "I had been bit by a mosquito and I was convinced that I had West Nile Virus. For weeks I fretted and finally my husband made me sit down and research the symptoms of the virus. After learning that the symptoms were very serious, I realized I was okay."

But Nicole continued to put on weight and couldn't understand why. "I was supposed to be a bridesmaid in my cousin's wedding, but I couldn't fit in the dress! I was frustrated because I thought I would have lost some of the baby weight by then. I begged my cousin to let me out of the wedding, but she insisted I participate. So, I had to buy a girdle to fit in the dress!"

Shortly after the wedding, Nicole discovered she was nine weeks pregnant. She couldn't believe it and told us, "We didn't try anything we got pregnant!"

When Nicole told us her news, we weren't. Sometimes it takes women's bodies six months to a year to adjust after our treatment. Many times, women feel pressured by the ticking of their "biological clock" and thus feel forced to pursue another treatment option. After they give birth, they forget about contraceptives and only then discover that their body is functioning naturally and properly.

***"I looked at them like they were crazy. I didn't believe for a second that I would be able to conceive naturally."***

This was exactly the case with Nicole. She gave birth to her second child, a healthy baby boy, at thirty-eight weeks. Now her daughter has a little brother.

## **Five Years Infertile with Two Blocked Tubes**

### **— Sarah's Story —**

Infertility is a lonely road to walk down. My husband and I tried for over five years to have a child. Every time we received a friend's birth announcement or invitation to a baby shower, we were painfully reminded of our own struggles and felt isolated from our friends' joy.

When my husband and I suspected we had fertility problems, we decided to speak with a doctor. We had to skip around from doctor to doctor at first because we moved from Minnesota to New Hampshire. As a result, we were never able to spend much time with one doctor and always felt pressured to quickly make decisions.

We finally settled with an endocrinologist in New Hampshire who suggested I have a hysterosalpingogram (HSG) to see if my fallopian tubes were blocked. I was very hesitant at first, but I finally decided to go through with the procedure. We didn't expect anything to be wrong. Yet, the results showed that both of my tubes were blocked.

The endocrinologist suggested we proceed with laparoscopic surgery to attempt to open my tubes. If the surgery did not work, we could consider IVF or adoption.

I wasn't comfortable with having surgery and IVF wasn't an option for us because of personal and financial reasons, but adoption had always been in the back of our minds. We had even been accepted as parents at an adoption agency.

However, I still didn't feel ready to make a decision. I was the live-in caregiver for my grandmother at the time and under a lot of stress. I needed more time to think about our options.

I wanted to tell my husband how I felt, but I was worried he would not understand. I finally decided to speak to him one night. I was surprised to find out he felt the same way I did and had been afraid to talk to me! After a lengthy discussion, we decided to put everything on hold for six months.

A few months later, my husband and I settled into the couch to watch the nightly news at 5 PM — a time we seldom watched. A report about Clear Passage Therapies (CPT), a clinic that had success

***Every time we received a friend's birth announcement or invitation to a baby shower, we were painfully reminded of our own struggles and felt isolated from our friends' joy.***

relieving pain and increasing chances of fertility, aired on the news. They reported that the treatment used manual physical therapy, without drugs or surgery.

My husband and I were both intrigued, so I asked him to watch the news again at 6 PM — the time we normally watched. When the news report did not come on at 6 PM, we knew it wasn't a coincidence that we had sat down early to watch the five o'clock news.

I asked my sister-in-law, who had worked as a massage therapist, if massage could actually help with pain or infertility. She assured me that massage had the potential to help with many problems and that CPT might be worth my time. I sent my information in and was excited when they approved me for treatment.

The first day of treatment I felt nervous and uneasy. However, my anxiety dissipated when I met my therapists. They were so warm, friendly, and natural with me that I felt comfortable and relaxed.

Over the course of the week, I had ten hours of therapy. By the end of the week, my entire body felt healthier and I headed home to try and become preg-



nant. After five months, we still had no success. The therapists had told me that most of their patients experienced success after 20 hours of treatment, so I decided to return for ten more hours.

I was excited for my second round of treatment. It was comforting to be back in the relaxing atmosphere with encouraging therapists.

Following the treatment, my husband and I tried for six months to become pregnant. When we had no results, I called CPT to see if I should return for additional treatment. They urged me to complete another HSG so they could know my progress.

My husband and I went to the hospital together for the procedure. Afterwards, the doctor brought in the results and showed me that the dye had gone through my tubes — both of my tubes were clear! Tears of joy ran down my face and I couldn't wait to tell CPT.

***After seven agonizing years of infertility, I was finally going to experience pregnancy and parenthood.***

However, we still did not become pregnant naturally. Because my tubes were open, the endocrinologist suggested we try Clomid® (a hormonal drug) with an intrauterine insemination (IUI). Although I was nervous about the entire process, my husband and I decided to try it.

A few weeks after my IUI, I woke in the middle of the night and decided to take an early pregnancy test. It showed I was pregnant! I woke up my husband, excited, "The test is positive! It's positive!" Because it was only three in the morning, he groggily asked, "What test? You took what? What is it?" I finally calmed down enough to explain I was pregnant.

The next day we had a blood test that confirmed my pregnancy. I was overwhelmed with joy. After seven agonizing years of infertility, I was finally going to experience pregnancy and parenthood.

Now, our beautiful baby girl is three years old. I am so grateful for CPT and the doctors who helped us overcome infertility.

## **Blocked Tubes after Myomectomy**

### **— Tina's Story —**

Three years ago my struggle with infertility began. My husband and I were trying to get pregnant at the time, but finally decided we needed to talk to a doctor. My doctor recommended I try Clomid, a fertility drug that assists ovulation. However, after three months, we still did not have success.

About the same time, I began noticing some pain in my pelvis. I was not sure if the pain was related to my infertility, but I finally went to the hospital when the pain became severe. The doctors discovered I had a large uterine fibroid, which they removed during surgery.

***I broke down into tears,  
I felt hopeless at first,  
but I couldn't give up.***

Six months after the surgery, I thought, "Why am I still not pregnant?" I returned to my doctor to have an HSG and he discovered my tubes were blocked. I couldn't believe it. They suspected that my surgery to remove my fibroid had caused scar tissue to form that was now blocking my fallopian tubes.

My doctor immediately referred me to a fertility specialist. The specialist examined my HSG results and told me, "I would not advise surgery to open your tubes. Sometimes this type of surgery is not useful, and in your case, I recommend you move straight to IVF."

In April, 2008, I began IVF medications and everything seemed to be going well. The transfer was completed and I was anxious to hear the results. "I'm sorry, Tina," my doctor said. "Your results came back negative."

I told myself that I needed to look for other options and see if there was something that could help me. I went on the Internet and typed in "blocked fallopian tubes." Thousands of results came back, but one caught my attention. It was a physical therapy treatment to

open blocked fallopian tubes. I read over their results and their patient stories and then decided to apply.

I attended therapy for an intensive week and my experience was very good. It was one of the less stressful treatments I had undergone in the past three years. My time there really encouraged me.

A month after treatment, I returned for an HSG. The HSG technician was very patronizing at first. "You were just here

***My doctor reviewed the results and told me, "If I hadn't seen this, I wouldn't have believed it."***

and your tubes were blocked. Why do you want to do this again?" I explained the treatment I had undergone and she reluctantly performed the procedure.

I watched her face as she looked at the results and her jaw dropped in shock. I turned to look at the screen and I saw free spill from my fallopian tube. It was beautiful. My right fallopian tube had opened completely and my left was now half open.

My doctor reviewed the results and told me, "Wow, if I hadn't seen this, I wouldn't have believed it."

She took a deep breath, smiled, and told me, "Tina, go make your baby."

It has been one month since she told me those glorious words and my husband and I plan to conceive in the next six months. I am so thankful I put my faith in God and that he saw me through. When I first discovered CPT, their treatment sounded too good to be true. But God enabled me to put my doubts aside and have faith in the treatment.

I hope that other women can find the peace I did because approaching fertility treatments with the right mindset is half the battle. It was faith that saw me through, and now I can finally become pregnant.

## **Fourteen Unsuccessful IUIs and Endometriosis**

### **— Andie's Story —**

Prior to finding Clear Passage Therapies (CPT), my husband and I had all but given up on conceiving. We had tried infertility treatments for three years with no success. I felt like my body had been through everything imaginable — months of Clomid®, laparoscopic surgery to remove endometriosis, Lupron shots, seven months of hormonal shots, and fourteen unsuccessful intrauterine inseminations (IUIs).

As you might imagine, I was on an emotional rollercoaster. The different medications and hormones made my body have extreme highs

and lows. It was always hard to see my friends or even complete strangers with children. I knew I had this loving family and home to bring a child into, but for some reason, it just wasn't happening for me.

I tried not to live my life by the clock, but I was. I had no choice: What shot do I need to take today? How many days until I ovulate? When does my husband need to take off work for our next insemination? It slowly began to take its toll on me, my husband, and our marriage.

Finally, I decided enough was enough. I couldn't live my life that way. Our doctors wanted us to pursue in vitro fertilization (IVF), but we weren't comfortable with that option and I didn't want any more medications, surgeries, or invasive treatments.

**What shot do I need to take today? How many days until I ovulate?  
... It slowly began to take its toll on me, my husband, and our marriage.**

My husband and I learned of CPT and were curious as to whether they could help me. We read that they had success treating endometriosis and we decided their therapy was worth a shot.

I was nervous on the first day, but my experience at CPT was wonderful. My husband and I drove up every week and the treatment was so relaxing that I would actually fall asleep on the car ride home.

***My first ovulation  
after treatment was  
pain-free... That  
month, I became  
pregnant naturally!***

My first ovulation after treatment was pain-free. I usually experienced one day of sharp pain because of endometriosis, but this time I didn't feel anything.

That month, I became pregnant naturally! After the years of emotionally and physically taxing treatments it was a natural, non-invasive treatment that enabled to become pregnant. If we had known about CPT prior to everything we did, we would have saved ourselves a lot of time, money, and emotionally taxing years.

As we look at our daughter today, we are thankful that we can leave our years of infertility behind and enjoy our precious gift.

## **Ten Years Infertile and Four Surgeries for Endometriosis**

### **— Amania's Story —**

I'll begin my story with a mantra that I have always held dear, "Clarify in your mind what it is that you want; hold it in your heart and never let go until you have it." I believe that faith is very important, but focused persistence is key to achieving what you want in life — in my case, fertility.

I am the second oldest of four girls. I grew up in a happy, close-knit family. I believed in the fairytale and was sure that I would fall in love, get married and have a family of my own someday.

At 18, I was having increasingly painful menstrual cramps. The diagnosis ended up being endometriosis and my doctor's suggestion to me was to "get pregnant as soon as possible because you may end up infertile." I was shocked at the suggestion to get pregnant when I had no boyfriend or husband, and had just started college.

So, I hoped he'd be wrong and went on with my life. During the next six years, my cramps grew more and more painful and the drugs I was given to handle the pain were stronger and stronger.

I met my husband in college and we got married when I was 24. We planned on starting our family right away, so I never took birth control. After two years of no pregnancy, we consulted a fertility specialist.

We tried six rounds of Clomid and double doses of Clomid with two artificial inseminations, with no success. We were discouraged and heartbroken. My husband never thought it would be that difficult to get pregnant. I felt so sad and humiliated, as if I were less of a woman because my body wouldn't "produce" as it should.

Every time someone got pregnant, I would be filled with conflicting emotions. My sister already had two sons and my friends and sisters-in-law had children too. I was happy for them and excited about the babies, but also suffered terribly with bouts of depression over my inadequacy and empty nest. At times I felt extremely angry at pregnant women and mothers with their children. Other times, I would tell people that I had no desire to be burdened by babies, which was a defense mechanism, I guess.

I then underwent laparoscopic surgery and other invasive procedures to clear the endometriosis.

Well-meaning people were always quick to give their advice to help me. This advice ranged from standing on my head, to acupuncture, herbal remedies, adopt-

***I wanted to have faith,  
but it was hard when  
“specialists” were telling  
me there was no reason  
to feel hopeful.***

ing a baby so that I'd miraculously become pregnant and the old favorite, “Just relax and don't think about it, and POOF — you'll be pregnant before you know it!” How could I NOT think about it when with each passing menstrual cycle, there was a constant reminder? I would think to myself, “How can I relax when I want it so much and am reminded of it everyday?”

After that, we moved to Arizona and I was referred to a well-known fertility specialist. After meeting with him and coming up with a plan of action, I was so renewed with hope!

I had an HSG and another laparoscopy, and underwent two failed IUIs with Clomid. My husband and I disliked how “unromantic” and clinical this process was. And stressful!

I changed specialists three more times, and had a laparotomy that cleared 80% of the endometriosis



but left scarring. We then did in vitro fertilization (IVF) with ICSI.

After that failed, we were told that I should consider donor eggs since my FSH level was beginning to get high and I was not a good candidate to retry IVF. A second specialist confirmed this diagnosis as well.

We were heartbroken. I became really depressed and underwent psychiatric therapy for six months. I was told to “have faith” by my family and I really WANTED to continue to have faith but it was hard when “specialists” were telling me there was no reason to feel hopeful.

During this time, I heard of Clear Passage Therapies (CPT) and discussed it as an option with my doctor. He discouraged me from pursuing it since his method was (according to him) the only proven successful option. (This may have been before they published any of their studies — or else he hadn’t read them.)

After about six months in therapy for my depression, I felt better again. During a check-up with my primary care physician, I told her that I was feeling mentally better again and wanted to continue looking for options to get pregnant. She gave me a magazine containing various fertility methods, and in it, I read an article on CPT. I felt like it was a sign, and that I should pursue it since it was the second time I came across it. So, I looked into it, called the office and felt really positive by what I was presented with, by the friendly, caring, and knowledgeable staff.

I went to their clinic for four hours of therapy per day for five days. I arrived on a Sunday and had my sister stay overnight with me. We went to Disneyland on Sunday to kick off this exciting week and had so much fun! Then, I’d take a walk on the beach and meditate every morning before attending therapy.

On the 2nd and 3rd day of my morning meditation on the beach, a baby seagull flew over to me and sat and watched me. I definitely felt like it was a sign that my baby was close to getting here!

My experience with CPT was extremely positive. Not only was my endometriosis addressed, but my therapist gave me more information and knowledge about my body and how it works than I could have ever hoped to know.

***I returned home in high spirits, feeling healthier, renewed and relaxed.***

I returned home in high spirits, feeling healthier, renewed and relaxed. I started taking my basal temperature every morning with my next cycle and we tried once again to conceive via “the natural method.”

Two weeks later, I was feeling “off.” I had purchased some pregnancy tests since we would be “trying” for the next six months. Lo and behold — the test was positive!! I just stood there looking at myself in my bathroom mirror, not believing and yet believing that it had finally happened to me! And within two weeks of my therapy!

I am crying again now, as I remember this awesome moment. I had a wonderful, healthy pregnancy and our daughter, Mia Bella, is now 22 months old and the light of our lives.

In the end, it took 10 years before I got pregnant — too bad I didn’t know about CPT sooner!

Whenever someone is wishing for a miracle, I always tell them my story, refer them to CPT and tell them to be persistent and patient, as it can pay off.

## **Two Failed IVFs and Endometriosis**

### **— Samantha's Story —**

Two years into our marriage, my husband and I started trying to conceive. After a while, we realized that something wasn't right and I decided to talk to my gynecologist. She told me, "It takes most couples an average of one year to naturally conceive. If you and your husband do not conceive in a year, you can return and we will discuss your options."

I was happy to hear there was nothing to be concerned about. But when a year passed, I returned to my doctor for help. We tried a couple of rounds of intra-uterine inseminations, but they didn't work.

My doctor then referred me to an infertility specialist who recommended we try IVF. We did a fresh cycle right away,

***I was discouraged but my disappointment didn't last long though — I found out I was pregnant on my own!***

but none of the embryos implanted. We then tried a cycle using embryos they had frozen from my first cycle. When that also didn't work, I knew it was time we tried the holistic route.

I began seeing an acupuncturist who also put me on some special juice drinks. After a year with no success, I began searching for other treatments and read about Clear Passage Therapies (CPT) in a magazine.

I set up an appointment and began seeing CPT over the course of a year. My treatments were always very relaxing and it felt like they were helping everything in my pelvis to become more mobile. One of my therapists said she suspected I might have endometriosis from the way my pelvis felt, and suggested I discuss it further with my doctor.

After treatment, my husband and I decided to sit back and not pursue any treatment for a while. We spoke with a new infertility specialist to discuss our options for the future, and he also suspected I had endometriosis. I underwent diagnostic surgery and the doctor confirmed what my CPT therapist had felt — endometriosis.

My doctor explained that IVF was in our best interest because endometriosis frequently returns and the surgery to diagnose and remove endometriosis can cause scar tissue to form that could impair my fertility.

We had a fresh IVF transfer right away and to our surprise, we became pregnant! My pregnancy went well and I later gave birth to our healthy, happy TWINS!

About two years after their birth, my husband and I decided to pursue IVF again. When it didn't work, I was discouraged. My disappointment didn't last long though — I later found out I was pregnant on my own! Our third child is now a year old and doing well.

It's hard to say which treatment “worked” for me. I think a large part of my success was learning to relax. My treatment at Clear Passage enabled me to become more familiar with my body and calm down. I know their treatment helped to restore balance in my body and mind, preparing me for my transfers and natural birth.

## **Six Years of Infertility and Stage IV Endometriosis**

### **— Liz's Story —**

When I was 24 years old, I was diagnosed with stage IV endometriosis. After I underwent surgery, my pain increased in severity and frequency.

Two years later, I married my long-time boyfriend, and we planned to have a perfect family. Because of my complications with endometriosis, I sought help from a fertility specialist and underwent another laparoscopic surgery. The surgeon drained a cyst, removed any endometriosis she found, and removed a stapled sac that was attached to the left ovary from my previous surgery.

***The surgeon (said) we  
had a 1% chance of  
conceiving naturally.***

Although the surgeon was optimistic that my endometriosis pain would be reduced, she told my husband and I we had a 1% chance of conceiving naturally. I was heartbroken; words cannot express the pain I endured in that moment.

I prayed for a miracle or sign of hope. Then, I received a phone call from my sister. On her local news, there was a feature about a manual physical therapy treatment that could help women with endometriosis and infertility.

My husband was skeptical at first, but I needed to try it out. I immediately called and received a packet of information about the therapy. What we read made sense to us, so my husband and I decided to sign me up for the treatment. We packed our bags and headed to Florida.

The rest is history. Ten days after the treatment and six years of battling with infertility, I was pregnant! My husband and I were so shocked that we had to administer the pregnancy test three times, to be sure.

I had a full-term pregnancy and gave birth to our beautiful baby boy. My son will be four at the end of this month and we also have another addition to the family. I was able to conceive another baby three years later. She is almost a year old now. When we look at our children's faces and into their eyes, we are still amazed by our little miracles.

***My husband and I were so shocked that we had to administer the pregnancy test three times, to be sure.***

## **Endometriosis and Two Blocked Tubes**

### **— Hannah's Story —**

"Your wife will never be able to conceive naturally," the doctor told my husband. I was still in recovery after a laparoscopic surgery to remove fibroid tumors from my uterus and endometriosis, but the doctor wanted to forewarn my husband.

When I finally woke, the doctor explained the results to me. "I was able to remove one fibroid tumor from your uterus, but there were two under the skin that I could not

**(Endometriosis) is strangling your fallopian tubes from the outside, and blocking them from the inside. Your case is the most severe I have seen in a long time.**

access without compromising your ability to carry a child. As we suspected, I also found severe endometriosis. Unfortunately, it is prevalent throughout your reproductive system. It is strangling your fallopian tubes from the outside, and blocking them from the inside. Your case is the most severe I have seen in a long time."

He showed me an image taken during the procedure and it looked as if my fallopian tubes were a wrung towel. The endometriosis covered everything, and my ovaries did not look normal at all.

He immediately suggested I go on Lupron to prevent further growth of endometriosis. However, my husband and I had been trying to conceive for nearly three and a half years and I wasn't ready to jump to a drug that would put me into a menopausal state. I wanted more time to educate myself about endometriosis and the different treatment options.

I had only recently heard of endometriosis when I went to see my doctor about pain I experienced during my periods and my inability to conceive. During that check-up, my doctor discovered I had fibroid tumors and scheduled me for laparoscopic surgery. He also suspected I had endometriosis and told me, "The good news is, I can diagnose and remove the endometriosis at the same time I remove your fibroid tumors."

However, my case was far worse than the doctor imagined and there was nothing he could do but offer pharmaceuticals. My husband wanted me to go on

**(My doctor) said "I cannot believe what I am seeing. You have the tubes of a 20-year-old that has never had any problems".**

the medication right away so that I would be out of pain. He had given up hope that I would ever conceive.

I, on the other hand, still had hope. I devoted every spare minute I had to research and learned of the emotional and psychological side effects of Lupron.

I convinced my husband that I needed to find a more natural approach and continued researching. I purchased some books and started a new diet to help regulate my hormones and the growth of the endometriosis.

During my research, I came across Clear Passage Therapies (CPT). I requested more information and received a packet, along with a DVD. I spoke with my husband about it and we decided to give it a shot. Even if I wasn't able to become pregnant, at least it would help with the pain.

Because I reside in California, I needed my doctor to sign a referral form to see a physical therapist. My doctor scoffed at the treatment and refused to



sign the paperwork. I didn't give up, and finally he reluctantly signed.

I drove south for a very intensive week of physical therapy. My therapist was absolutely amazing — her care and attentiveness were incredible. I will always remember her and how she was really there to help and listen to me.

After my treatment, I returned to my doctor and requested an HSG. He told me, "There would be no point. I performed one just five months ago during your surgery and your tubes were completely blocked." I insisted, and he finally allowed me to do the test.

Shortly thereafter, I went to see a technician for the procedure. After it was finished, I asked him, "How does it look?" I tried to lean my head forward to look at the screen.

He calmly replied, "It looks fine."

"What do you mean fine?"

"They're not blocked, it looks fine." I told him about my previous test and he looked at me like I was crazy. "No," he continued, "they both look fine."

I immediately called my husband and we tried not to get too excited before speaking with my doctor.

Finally, my appointment time came and my doctor walked in while looking at my chart. Without looking up at me, he said "I don't claim that medicine has all the answers, but I have to tell you, I cannot believe what I am seeing. You have the tubes of a 20-year-old that has never had any problems. There is no reason you cannot get pregnant." I will never forget that day.

Over the next few months, I began taking Chinese herbs to help regulate my hormones and improve my health.

In December of 2006, just seven months after my treatment at Clear Passage, the impossible happened — I was pregnant!

I delivered a beautiful and healthy baby boy, Riley, through C-section nine months later. As I held my little miracle baby in my arms, my husband had no words. We just looked at each other and smiled.

## **At Age 39, Four Years of Infertility Due to Endometriosis**

### **— Michaelleena's Story —**

My name is Michaelleena. I am 39 years old and gave birth to a beautiful, healthy, and very alert little boy named Alex. I have no doubt that Clear Passage Therapies (CPT) helped my husband and me to conceive Alex, and carry him to term, but let me explain.

We had been trying to have a baby for about four years when Alex was conceived. Because we were both older (my husband had just turned 48), we knew we didn't have a lot of time to either conceive, or seriously consider adopting.

About two years into our trying, my husband and I were both tested. Everything appeared normal for me, but it appeared that my husband had very low sperm motility and morphology. He was seeing a different acupuncturist than I was when he was diagnosed. My acupuncturist, a Chinese herbologist and acupuncturist who teaches at a renowned alternative health school, convinced me that both my husband and I should go to her if we really wanted to have a baby. Our Chinese doctor said she could fix the motility but was unsure of the morphology. After about a year, he was tested again, and his motility had increased astronomically, but his morphology had not significantly improved. Consequently, when we began IUI treatments right after that, we weren't very optimistic that it would work.

***After the fourth failed IUI, the doctors discovered that I had developed endometriosis. In fact, my doctor told me that my left ovary and fallopian tube were covered with endometriosis.***

Nevertheless, I started on IUI and Clomid treatments. After the fourth failed IUI treatment, the doctors discovered that I had developed endometriosis. In fact, my doctor told me that my left ovary and fallopian tube were covered with endometriosis; they were extremely inflexible, and blocked. During the hysterosalpingogram, the doctor said she was only able to get a few drops of the dye through my left fallopian tube, by persistent pushing and prodding. She also cauterized some endometriosis off of my uterus.

Her advice was to put me on medication to force early menopause, after which I would have a brief window in which to get pregnant. However, that was before she spoke with my fertility specialist. The specialist convinced her that I should start IVF right away because my FSH levels were pretty high and close to the unacceptable range.

My husband and I chose instead to wait a few more months and try naturally since we had often heard that right after surgery, pregnancy often occurs because the tubes have been moved around and loosened up. I did another IUI two months later — and had another failure.

A friend finally clued me into Clear Passage Therapies (CPT) in Florida. I began doing research on their treatment using manual physical therapy and was impressed and amazed by their success rate with helping infertile couples become pregnant. In addition, their methodology reflected my belief in using natural alternative methods to heal the body. After speaking to many massage therapists and physical therapists in other clinics, I decided to attend.

I attended the clinic for one week (20 hours of therapy). I really didn't feel any different after the treatment except that various tight spots on my body were looser (my left hip in particular was looser — it

had become extremely tight and painful before therapy and I was sure yoga was the only thing enabling me to still have the use of it). I was doubtful that the treatment did any good. Nevertheless, the next month I decided to take Clomid "just in case" it worked. To our great surprise and delight, I got pregnant the very first month after returning from CPT. Alex was born nine months later.

### **Three Prior IUIs, One Prior IVF, and Endometriosis**

#### **— Danielle's Story —**

When we first heard Danielle's upbeat, southern accent, it was hard to imagine she had struggled with debilitating pain, infertility, and heartache for so many years.

Since the age of twelve, she had suffered from very painful menstrual cramps. Sometimes, her cramps were so painful that they would cause her to faint. At 21, she fainted from the pain while she was driving, and ended up in a serious automobile accident.

***Her cramps were so painful that they would cause her to faint.***

Danielle finally decided to have laparoscopic surgery to determine the cause of her pain. The surgeon found that she had endometriosis. He tried to remove whatever endometrial tissue he could access, but Danielle felt little relief from her pain after the procedure.

"At that point, I even considered getting a hysterectomy," Danielle told us. However, she decided to live with the pain because she wanted to experience pregnancy and parenthood one day.

When Danielle married, she was excited to finally start trying to conceive the child she had always wanted. But after a year of trying, she still wasn't pregnant. Danielle and her husband decided to consult a specialist.

After her husband was tested and his sperm rated of sufficient quality and quantity, the specialist recommended that Danielle have a hysterosalpingogram (HSG) to determine if her fallopian tubes were open and functional. When the test results showed both tubes were functional, that specialist recommended she try a drug called Clomid.

When that proved unsuccessful, Danielle and her husband decided to try an intrauterine insemination (IUI). Three IUIs later, there was still no pregnancy. “That really stunned me,” Danielle said. “It was just so heartbreaking.” Although her doctor could not determine why these attempts were unsuccessful, we felt it was likely that the inflammation and adhesions created by endometriosis prevented the fertilized egg from implanting onto the uterine wall.

Finally, Danielle and her husband decided to undergo in vitro fertilization (IVF). After the retrieval of her eggs, the surgeon fertilized some for immediate transfer and froze others.

***She and her husband were told they would probably have to use donor eggs if they wanted to have a successful pregnancy.***

“I miscarried two weeks after the IVF transfer,” Danielle told us, “and I thought that was it.” She and her husband were told they would probably have to use donor eggs if they wanted to have a successful pregnancy.

“When you’re told that you cannot have your own children, you feel really isolated,” Danielle explained. “I felt like it was somehow my fault — like I was less of a woman. Even with my husband, who is so wonderful, I still felt like he didn’t understand, and that nobody understood.”

A few months later Danielle read a magazine article that discussed our success reducing endometriosis pain and increasing fertility for some women.

She scheduled ten hours of treatment within one week. We focused on reducing tightness in her pelvis and returning normal mobility to her organs.

One month later, Danielle returned for her second 10 hour session of treatment. Because we had freed the surrounding areas, we were now able to focus on reducing adhesions and tightness in and around her reproductive tract.

She noticed the effects immediately, "My pain decreased precipitously during my menstrual cycle. In fact, I didn't even know I had started my period until I saw it!" She also experienced a significant decrease in pain during ovulation and intercourse.

Encouraged by the results of her treatment, Danielle and her husband decided to try a second IVF transfer with the frozen embryos.

However, she was cautious about getting her hopes up. "After all the disappointment I had been through," Danielle explained, "I just didn't think it was going to work." To their surprise and delight, this time the procedure was successful.

***My pain decreased precipitously during my menstrual cycle. In fact, I didn't even know I had started my period until I saw it!***

She gave birth to a baby girl nine months later. The real surprise came three months after that... when she found she was pregnant again, naturally! "Clear Passage must have opened the floodgates!" Danielle exclaimed. She delivered a beautiful, healthy baby nine months later.



**Ten Years of Infertility, Four Miscarriages,  
One Ectopic Pregnancy, and Endometriosis**  
— Neveah's Story —

The doctors could not determine why my first pregnancy had miscarried, why my second was ectopic, or why I continued to experience infertility for two years after the ectopic pregnancy. The nine days of spotting I experienced before my period was also a mystery to them.

I underwent several tests, including an HSG, uterine biopsy, and blood work, and everything came back normal. After seeing a reproductive endocrinologist, we were advised that our best chance of conceiving was through IVF.

We had concerns about pursuing that course, so I went back to my Ob/Gyn. He performed a laparoscopic surgery to ensure that all tissue from my ectopic pregnancy was gone and that nothing new had formed. He found moderate endometriosis and an ovarian cyst, both of which he removed. A couple of months after my surgery, I noticed that my nine days of spotting had shortened to four days, but the pain during my periods had increased dramatically. I had always experienced some discomfort in the lower back, but I never had the type of cramping in the uterus that I was experiencing. It became debilitating and no over-the-counter medication was strong enough to mitigate the cramping. I was miserable.

After searching the web for answers, I came across Clear Passage Therapies (CPT). I ordered the free DVD and materials and eagerly awaited their arrival. When they came, I read through them. I immediately got excited, but wanted to discuss it with my husband for a reality check. I respect his opinion because of his character and objectivity, but also because he has worked in scientific research and engineering. He understands

the philosophies and theories that drive different treatment options.

I handed the information I had over to my husband and we watched the DVD together. The best way to describe our reaction to this therapy was to say, “It just makes sense.” It seemed to work at all levels... scientifically, ethically, and practically. We understood that going through this therapy was not in any way a guarantee that we would have a baby, but we both thought that it would be worth doing to relieve my terrible monthly cramps. We were also very pleased by CPT’s willingness and to help with our insurance issues and, it turned out, our insurance did indeed reimburse us for the majority of the cost.

***(The therapy) seemed to work at all levels... scientifically, ethically, and practically.***

While my husband and I already had determined that we were going to pursue CPT, I decided to run it by my doctor out of curiosity. While he did not try to deter me from this therapy, he did not feel that I would be helped by it. Like many physicians, I suppose his skepticism was based on his concerns that he was not familiar with the treatment and results; yet I knew I had to at least give it a try.

My treatment went well and my last day of therapy was the first day of my period. Immediately, I felt a difference. All of my abdominal pain was gone without a trace! The therapy was totally worth doing to relieve my pain. The only symptom I still had was mild lower back pain. I started acupuncture and Traditional Chinese Medicine (herbs), which helped relieve that pain. Learning about other forms of healing had been an unexpected benefit from working with CPT. During my week of therapy, I borrowed several books and learned more about alternative and complementary

treatments, diet, and how much of an impact they can have on reproductive health.

After my sessions at CPT, my pre-period spotting had been reduced to two days. Coupled with my acupuncture treatment, the spotting and mild lower back pain completely disappeared. Nowadays, during my period I feel a little bloated, but that is the extent of my problems.

Several months after my therapy, I wrote to CPT, "We thank you so much for the healing you have provided for me. Although we still very much hope to get pregnant we know that it is in God's hands and does not reflect poorly on CPT if I do not. I consider my therapy a 100% success! Thank you so much!"

***All of my abdominal  
pain was gone  
without a trace!***

I now have to amend that statement because I am four months pregnant with what we hope will be our first-born child. After 10 years that included four miscarriages, one ectopic pregnancy, and several consecutive years of not even conceiving, this is by far the longest I have carried a child. We are so grateful for the role CPT has played in my health and that they were willing to look outside the box to help heal women.

## **Stage II Endometriosis and Age 40**

### **— Victoria's Story —**

After several futile years of trying to find the cause of my worsening pain and discomfort, I was diagnosed with stage II endometriosis in 2001. I had a pelvic laparoscopy during which the doctor removed the endometriosis (that he could see), adhesions, an ovarian cyst, and a uterine polyp.

I was then advised to go on oral contraceptives to control the pain and growth of the endometriosis. I was relieved to know the reason for my pain

***I couldn't tolerate the oral contraceptives and was not willing to take medications that would put me into a pseudo-menopausal state.***

and was hopeful that I would soon feel good again and be able to live my life without fearing the return of the pain.

Unfortunately, I couldn't tolerate the oral contraceptives and was not willing to take medications that would put me into a pseudo-menopausal state. The doctors offered me no other solution or treatment, so I was left to deal with my pain on my own.

A few years later, at 39, my husband and I decided we wanted to try to have children and we'd better try now or it could be too late. We tried to conceive for six months. This was not easy with the pain I always experienced around the time of ovulation.

When we were we sought the advice of a reproductive endocrinologist. I was 40 years old by this time the doctors were very forward about the declining possibility to be pregnant or carry a baby to term at my age.

Finally, after a lot of testing, we decided on the fertility clinic we wanted to use and went through a four-week cycle of in vitro fertilization. We were excited when we came out with four embryos to transfer.

I was disappointed to find out, a couple weeks later that I was not pregnant and the IVF procedure had failed. I was feeling pretty hopeless about my body's ability to conceive and decided just to try to find a way to relieve the physical pain from the endometriosis.

***I entered the whole process at CPT with a lot of skepticism... I had no expectations whatsoever of the treatment having any effect on my ability to conceive.***

While researching endometriosis on the Internet, I found the Clear Passage Therapies (CPT) website and called them. They sent me a detailed form to fill out about my history and symptoms. After completing the preliminary review to determine if I was a good candidate for therapy, I scheduled a five day intensive treatment program.

I entered the whole process at CPT with a lot of skepticism about their ability to help me with my pain and a lot of anxiety about whether my insurance would cover any of it. I had no expectations whatsoever of the treatment having any effect on my ability to conceive, even though many of the therapists and staff there said that "it happens."

***I began the blood tests for IVF and found out I was pregnant, naturally!***

The treatment ended up being more intense (and painful at times) than I imagined it would be, but it also was extremely cathartic — something I expected.

After I went home I somewhat reluctantly decided to try one more cycle of in vitro fertilization. I began the blood tests for IVF and found out I was pregnant, naturally! This came as a complete surprise as I had no medical assistance and became pregnant “on my own.” The only thing I could attribute my “success” to was my treatment at CPT. Despite my reluctance to believe it, it was the only variable in the equation. It had happened just like the therapists at CPT told me it “could.”

Now, three years later, I have a lovely two year old daughter who has brought so much happiness to my husband and I and everyone in our family.

***Suspected Endometriosis, but Hesitant  
to Undergo Laparoscopy  
— Jasmine's Story —***

"I suspect you might have endometriosis," my doctor told me. For years I had experienced lower abdominal pain, cramping, and painful intercourse. I was relieved to know there was a cause for my pain, but also dismayed to learn that the only way to diagnose endometriosis was through laparoscopic surgery. My doctor informed me that endometriosis was a leading cause of infertility and that surgery could improve my chances for a successful pregnancy.

I researched online and learned that some patients were in more pain after surgery. Furthermore, my doctor wanted me to be on birth control after the surgery to prevent the re-growth of endometrial tissue. My husband and I were trying to get pregnant at the time, so I knew that option wouldn't work for us.

***I researched and learned  
that some patients were in  
more pain after surgery.***

While researching about endometriosis, I read about Clear Passage Therapies (CPT). I learned they could help reduce the pain associated with endometriosis and prepare my body for a successful pregnancy. I asked my doctor and he said I should go ahead and try it if I wasn't comfortable with surgery.

I scheduled an intensive week of treatment. My primary goal was to become pregnant and one week after treatment — I was! My pregnancy went very well and I was also blessed to no longer experience painful intercourse or lower abdominal pain.

I am so thankful for the people at CPT. The therapists were wonderful and I will always remember the last day of treatment. As my husband I drove off, she was sitting by the window and waving just like an angel. She was our angel who gave hope, and the opportunity to conceive a baby.

***My primary goal was to become pregnant and one week after treatment — I was!***

As I look at my beautiful baby now, I am happy I took the initiative to research and find a treatment that was healthier and safer for my body. CPT was a true blessing for us.



## **Menopausal Hormone Levels (FSH of 28)**

### **— Lisa's Story —**

After years of struggling with infertility, unsuccessful surgeries, and hormonal treatments, Lisa turned to her last option — in vitro fertilization.

She started the cycle of fertility drugs that would prompt her ovaries to release multiple eggs. However, her IVF cycle was canceled when she didn't produce any eggs. She was in shock and immediately returned to do the necessary blood work for a second IVF cycle.

The results showed that, at 19, her FSH level was much too high to undergo IVF. Her RE's cut-off point was 10, and Lisa was far beyond that number. Unwilling to accept "no" as an answer, Lisa waited a little while, then returned to test her FSH again. This time, the number had jumped to 28 — indicating she had become menopausal. Her reproductive endocrinologist told her she was "out of options" to carry her own biologic child; the only thing he could suggest was egg donation or adoption.

That was when Lisa hit rock bottom. IVF had always been her safety net — a choice she could turn to when nothing else worked. Lisa felt devastated and isolated from her friends, who were already celebrating the baptisms and birthdays of their children.

She told us that this constant sadness propelled her to search for other solutions. She kept looking at Internet bulletin boards and reading everything she could. She learned that acupuncture and herbs could help FSH. She started going to the acupuncturist once a week, and she drank a special herb tea twice a day.

She continued to research on the Internet and happened to stumble upon our website. Lisa became intrigued when she learned our treatment had

been successful in relieving endometriosis and intercourse pain, two conditions she suffered in addition to infertility.

Lisa decided to complete the 20-hour treatment program in one week. At the time we did not treat patients with strictly hormone related infertility, and thus we told Lisa that we likely could not help that aspect of her infertility. We felt we could help her with her pain, however. Thus, we treated her as an endometriosis pain patient.

***Constant sadness propelled her to search for other solutions.***

Lisa had been diagnosed with stage IV endometriosis during laparoscopic surgery, and when we palpated her pelvis, we felt she had developed adhesions throughout her reproductive tract. We felt with our hands for adhered areas and worked hour upon hour to free her organs from their adhesive straight-jackets.

By the end of treatment, Lisa was thrilled to find that intercourse no longer hurt. We had become used to seeing this positive result in patients who came to us with complaints of intercourse pain, but for Lisa, pain had been so severe that she was almost shocked to have pain-free sex after just a week of therapy.

These results made Lisa and her husband optimistic that the treatment might help her to become pregnant. A month after treatment, Lisa was disappointed when her period came. However, the next month, her hopes rose when her period was late. She rushed to the doctor's office for a blood test, which confirmed she was pregnant naturally. After all of her problems, the pain, the endometriosis and the failed medical treatments, Lisa and her husband were joyful but cautious. They called us to tell us the good news.

Lisa gave birth to her baby daughter in April 2003 and our hopes of helping other women like her were reinforced. Little did we know, our work would have lasting effects – Lisa had a subsequent natural pregnancy two years later and gave birth again, in 2005!

## **Two Prior Miscarriages and Hormonally Infertile**

### **— Paty's Story —**

When Paty came to us for treatment, she had struggled with hormonal infertility for four years. “At first, I didn’t realize I had these problems,” she told us. “I became pregnant with no problem four years ago.” But then she miscarried and her doctors could not find the cause.

When Paty and her husband tried again, she again became pregnant easily. “But then I miscarried again,” she said. Her doctor felt she should consult a reproductive endocrinologist, which she did. The specialist immediately tested her hormone levels.

***They told me I could never carry a baby to a full-term birth unless I underwent hormone therapy.***

“They found I had serious hormone problems,” Paty told us. “They told me I could never carry a baby to a full-term birth unless I underwent hormone therapy.”

Paty immediately changed her eating habits. She added more natural foods to her diet and began researching for other natural ways to improve her infertility. Her research led her to our website, where she learned about the physical therapy protocols we had developed to treat infertility.

“I was skeptical at first,” Paty told us. “But the more I learned about it, the more I felt that the treatment could help improve my hormones — and hopefully prevent another miscarriage.” She decided to attend an intensive week of treatment.

Because we knew Paty’s hormones were one of the key factors preventing pregnancy, we first examined the structures along her hypothalamus-pituitary-ovarian axis. This included her pelvis, spine, neck, and cra-

nial bones. Using our hands and feedback from Paty, we found several areas of tightness along that route. Then we gently broke down the adhesions that were restricting those areas. Before treatment, Paty had experienced low back and neck pain. After we treated those areas, she found that her pain was gone.

We then focused on the soft tissues of her reproductive organs to help restore proper mobility and motility (the inner inherent movement of all organs). We paid special attention to her uterus to address any micro-adhesions (tiny strands of collagen that can change the uterine surface, prevent successful implantation of an embryo, and restrict the mobility of uterine ligaments). We also addressed any restricted mobility in the ligamentous support structures of her uterus.

"Treatment was very nice," Paty reported. "As well as the physical changes, it also helped me calm my mind and emotions. The therapists ensured that both my body and mind were ready for pregnancy."

One week after her treatment, Paty became pregnant naturally. Although she was excited, Paty knew she had to be cautious with her hopes.

After the first trimester passed with no complications, Paty breathed a sigh of relief. "The rest of my pregnancy went really well. I delivered a baby girl – and she is the sweetest thing."

## **Unable to Ovulate**

### **— Sophia's Story —**

My husband and I started trying to conceive a child in January 2003. After several years of being on birth control, my cycles were not returning. I spoke with my doctor and after being tested, he told me there was nothing “wrong” with me or my husband that should have prevented conception.

We then tried Clomid for three months and that did not work. My doctor was unable to determine why I was not ovulating and wanted to put me on experimental medication. We were dissatisfied with this diagnosis and did not want to pursue this type of treatment.

***I definitely attribute the treatment to the return of my ovulation.***

Around that time, I learned of Clear Passage Therapies (CPT) through a friend who had heard of them on the Internet. Their treatment appealed to me because it was natural.

In fall 2003 I went for treatment at CPT. It was soothing and uplifting and I felt very good about the process.

After the first month of beginning treatment, I ovulated and conceived, but unfortunately suffered a very early miscarriage.

The next month, I returned to CPT to complete my treatment. Again, I felt very positive about the treatment. The therapists listened to me and provided very positive assurances. That month, I ovulated and conceived. I delivered my son in August 2004. I nursed my son for 13 months and did not have a period during that time. After stopping breastfeeding, I immediately got pregnant again. I lost that baby but got pregnant a couple of months later and had a little girl in October 2006.

History repeated itself when I nursed my daughter for 13 months and did not have a period during that time. After stopping breastfeeding, I immediately got pregnant (again). I miscarried but then got pregnant a couple of months later and am due in one month with my third child.

I definitely attribute the treatment at CPT to the return of my ovulation and putting me in a positive frame of mind which ultimately enabled conception. I highly recommend CPT to those experiencing any infertility issues. The atmosphere, hands-on therapy, and natural healing of CPT are a great benefit to many women trying to conceive. It certainly helped me!

## **High FSH and Secondary Infertility**

### **— Jocelyn's Story —**

"My FSH is 14.2," Jocelyn told us. "Do you think you can help?"

Four years earlier, Jocelyn had become pregnant and given birth without any problems. But when she and her husband wanted to conceive again, it didn't happen as quickly as before.

Jocelyn told us, "I wasn't fully aware it was a problem until a year went by. That was about the time I had my yearly visit with the Ob/Gyn, so I asked her what she thought." Her doctor performed a battery of tests and found Jocelyn had high FSH.

"She immediately referred me to a reproductive endocrinologist," Jocelyn explained. Her RE completed more tests and confirmed that she had high FSH. He recommended IVF or hormonal shots to try to lower her FSH.

"I'm a naturalist," Jocelyn told us. "I wasn't excited with his options. I didn't want to take any form of drugs for the purpose of getting pregnant."

She then researched on the Internet to find natural treatment forms. Jocelyn explained, "I knew I could very easily get stressed and emotional about my infertility, but I refused to let myself go there. I didn't let my infertility become me. I saw this as an opportunity to make myself better — to really get my mind and body in a healthy state."

During her research, Jocelyn found the Clear Passage Therapies (CPT) website. "I was totally blown away," she told us. "I couldn't believe the clinic was only an hour from my home."

Jocelyn asked her RE what he thought of CPT, and she was dismayed to hear him sternly recommend she not waste her time or money because there was "no



published evidence yet to support that the treatment could lower FSH.”

Jocelyn scheduled a consultation with our head therapist to discuss treatment further. Our therapist explained how treatment generally works and the philosophy of how we believed it may be helpful in improving hormone levels. Admittedly, we had no clinical studies addressing FSH yet, but we shared with her the numerous cases of patients who had come to our clinic and experienced success despite a diagnosis of high FSH.

***All of my aches and pains are gone. I feel much more flexible and better overall.***

“My husband and I decided it was the right treatment for us,” Jocelyn said.

When she came for treatment, her therapists noted different areas of stiffness in her body and evaluated areas where she felt pain. They worked to release the tension in those areas and restore mobility to her pituitary-hypothalamus-ovarian feedback loop.

After treatment, Jocelyn told us, “All of my aches and pains are gone. I feel much more flexible and better overall. People tell me I look younger, but it’s hard to tell if it will help my fertility.”

Jocelyn didn’t have to wait long. She became pregnant just one week after she returned home.

Jocelyn is now four months into her pregnancy. “It’s pretty exciting,” she tells us. “The ultrasound shows a big, healthy baby.”

## ***Denied IVF Due to Hormonal Factors***

### **— Chloe's Story —**

I met my husband at a sailing club in downtown Manhattan in July of 2000. I was 39 years old. We got engaged when I was 42 and since we both wanted to have a child, we didn't waste any time.

I had taken an HSG dye test at an earlier age and the test had indicated that both of my fallopian tubes were totally blocked. At that time, the doctor thought that it might be due to just mucus so I was eager to find out if the HSG would be successful this time around.

Despite the technician's attempt to force the dye through my tubes, they both remained completely occluded. My fertility specialist felt that surgery to unblock the tubes would be fruitless.

I did not get too discouraged, thinking that I could always do IVF. But I was wrong. My hormone levels were too high to be accepted into the program.

Eventually I stumbled across Clear Passage Therapies (CPT). At the time, they had no published data about their success with hormonal dysfunction, but they had shown success with opening blocked fallopian tubes. I showed their literature to my fertility specialist, who shook her head and said, "I don't think this will work, but if you are going to try it, do it soon so we can move onto other options."

The following month, I spent a week at CPT. Everything about the place seemed comforting. The therapists were highly trained in several physical therapy modalities. They were medically competent and emotionally intelligent. I felt as if they had a personal vested interest in helping me get pregnant.

I left CPT and flew immediately to San Francisco to meet with a doctor who specialized in Chinese medicine. I worked with her for a week in different modalities and began taking her prescribed herbs and supplements to help with my hormone levels.

When I returned to my doctor the next month, I learned that my hormone levels had skyrocketed. I discussed the supplements and herbs I was taking and my doctor was shocked at the amounts of Chinese supplements and herbs I was prescribed. He advised me to

***I know they helped improve my hormones... because after just a few days of their therapy, my period has returned!***

immediately stop taking them and sure enough, the next month my hormonal levels dropped to a normal level. I knew that my hormone levels had peaked and then dropped because of the Chinese supplements, but I wondered if CPT helped bring my levels to a normal level.

It didn't matter what did it if my hormonal levels were in range, all I needed was an open tube to become pregnant! I asked my doctor to take a look with a sonogram. I saw him shake his head. "You see that black spot on the screen? That is your left ovary stuck against your uterus. Your tubes are probably so damaged that the only hope for you is a donor egg." After my appointment I walked through Central Park to home — and cried all the way.

That week I missed my period. Five days after my visit with the fertility specialist I took a pregnancy test. I was pregnant! That black spot on the screen was my baby.

It was then I knew that CPT must have opened at least one of my tubes. Nine months later, I gave birth to my beautiful daughter, Natalie.

I was so happy with my time at CPT that I recently returned for a bit more treatment. I hoped they could help me relieve pain I experienced after the C-section with my daughter. Due to stress in my life, I had also stopped menstruating eight (or so) months earlier.

While I suspected that CPT helped my hormones before I conceived Natalie, I did not have hard evidence to say they helped that aspect. That changed with this visit. I know they helped improve my hormones this time because after just a few days of their therapy, my period has returned! In fact, my overall function is noticeably better.

### **Three Unsuccessful IVFs**

#### **— Faith's Story —**

After trying to conceive for over a year, I started down the path of infertility treatments. I was 35 years old and the doctors reminded me that I was getting "old." I started with IUI treatments (two), but when both failed the doctors told me I should start IVF treatments.

I had my first IVF in September 2005 and had three embryos transferred. Then in October, I started experiencing a lot of pain. I went to the hospital and the doctor discovered one of the embryos had implanted in my right tube causing an ectopic pregnancy. He immediately scheduled me for surgery to remove the tube. After the surgery, the doctor told me I had a lot of scar tissue at my right tube and that I probably had scar tissue surrounding my left tube, as well.

***After the last round, my doctor again reminded me that I was getting "old" and the only way to get pregnant was to go through another (fourth) round of IVF.***

Remarkably, the other two embryos were still alive inside my uterus. However, on a business trip to California in November, I started getting sick. When they diagnosed that pain, the physicians said that my gallbladder had to be removed. When they then checked on the embryos, we found that they didn't make it. Crushed, I had to have a D&C as well. When I returned home, my doctor tried to be positive and said that we should start right away on another round of IVF, but when they checked my uterus, they found that I had remaining scar tissue and I had to have another D&C before we could start.

***I could feel the changes occurring in my body...***

My second round of IVF began in May 2006 and they transferred two embryos, but with no success.

My third round of IVF treatments started in August 2006. Unfortunately, the doctors discovered that my uterus lining was not thick enough, so they had to freeze those embryos until my uterus was “ready.” The third transfer finally occurred in November 2006; it was also unsuccessful.

After the last round my doctor again reminded me that I was getting “old” and the only way to get pregnant was to go through another (fourth) round of IVF.

I felt that my body had been beat up and I was sick of all the shots. I wanted to try to heal my body and think

***Even though the IVF  
doctors told me it would not  
happen (and that I was too old)  
I have proved them wrong!***

about next steps, which is when I found Clear Passage Therapies (CPT). I found their clinic online and thought it might be the right path for me after what I had experienced. It made sense to me that my body needed to heal and that the therapy was something I needed.

I spent one week (20 hours of therapy) in the Florida location in February 2007. All of the therapists were wonderful and I could feel the changes occurring in my body. I left feeling that my body was in a much better state than when I arrived.

When I returned home, I thought about other natural treatments to help heal my body. I started to see a homeopath and began yoga to get my body in shape. I realized that I needed time to heal from all the treatments and surgeries and I wanted to feel stronger.

In January 2008, I added acupuncture to my other holistic therapies and found that I could feel changes after each session.

Then in March 2008, I found out that I was pregnant – naturally! I am still a little shocked because I feel great. I think the reason why this worked for me is a combination of everything, but it started at CPT. I know that I will have a healthy baby and even though the IVF doctors told me it would not happen (and that I was too “old”) I have proved them wrong!

## **Age 40 with High FSH**

### **— Janell's Story —**

Since you are reading this, you probably know that life doesn't always go according to plan. In my perfect world, I would have been married in my mid to late 20's and started my family before I was 30.

Instead, I didn't get married until my mid 30's or start trying to conceive until my late 30's. I had a miscarriage, then couldn't get pregnant again, despite religiously taking my temperature, banning alcohol from the house, and making my husband wear different underwear.

As time passed, we became more anxious. My biological clock was ticking so loud that my husband could hear it.

My husband and I began to struggle with some of the most emotionally difficult decisions of our marriage. "Do we try IVF? Do we choose adoption? What about the finances? Is it unwise to spend that much money on a 15% or less probability? Wouldn't the money be better spent on adopting a child in need? Could we be happy and fulfilled without children?"

We felt adoption was an excellent option. We still do. However, as we considered how we would feel at the end of our lives, we wanted to be able to look back and say, "Yes, we did everything in our power to conceive a child. No doubts. No regrets."

It was time to get serious and see if there was anything wrong physically that was preventing me from getting pregnant. As luck would have it, my HSG test was scheduled on the day of my 39th birthday. Not good. The technician blurted out, against medical protocol, that I had a blocked fallopian tube. This birthday turned out to be the worst birthday in the history of birthdays!



My doctor gave me the option of surgery but she didn't really push for it, probably due to my age and the fact that I would need to take medication to increase egg production for the ovary beside my only clear fallopian tube. I was also not keen on the idea of surgery because I knew that it could

***The odds of my conceiving with an FSH level of 17 is about 1%.***

***Couple that statistic with the fact that I had a blocked fallopian tube, and the odds drop further.***

cause more scar tissue. My husband and I then pursued intrauterine inseminations (IUI), but learned that my FSH levels were fluctuating on the borderline between normal and high. This made me ineligible for IUI during cycles when my FSH level was too high.

It was time to get even more serious! I started re-searching hormone levels and looking into IVF.

During this time, I discovered Clear Passage Therapies (CPT) in one of my Internet searches. My husband and I decided that I should do the therapy because it could help my two problems — the blocked fallopian tube and my FSH level. Since we'd decided that we were going to pursue IVF, we also wanted to do everything possible to make that a success. I did the 20 hours of therapy over several weeks because I live close to one of the clinics.

After CPT, I tried one more IUI. While the IUI failed, I learned that my FSH level had dropped from 11 to 6! I attribute this to CPT. The following cycle, I started the process for IVF, only to be told that my FSH was too high (17) for a possible pregnancy with IVF. That was a real emotional blow.

Later that same cycle, my husband and I did our thing and said our prayers. Incredibly, I got pregnant. God answered!

After I became pregnant, my husband learned that the odds of my conceiving with an FSH level of 17 is about 1%. Couple that statistic with the fact that I had a blocked fallopian tube, and the odds drop further. CPT could have opened my fallopian tube, but I did not have that tested before I became pregnant.

I was 7 months pregnant at my 40th birthday party. It turned out to be the best birthday in the history of birthdays!

I truly believe that God used CPT to provide us our miracle baby. He saw our circumstances and led us in our decisions, to bring us a child.

### **Three Prior IVFs and Two Surgeries for PCOS**

#### **— Tamás and Bianka's Story —**

My name is Tamás (Architect) and my wife's is Bianka (Pharmacist). We are from Hungary, a country where the level of medical science and service is as high as the USA — and is theoretically free.

My wife and I endured incredible highs and lows as our journey unfolded. We hope it may inspire you to persist, and not give up your dreams. We never gave up though it was not easy, and now we have beautiful twins — a boy, Gábor, and a girl, Nikolett. We are sure that we have Clear Passage to thank for them.

Bianka and I married in 1999 after a fairly short dating period and ever since, our love for each other has made our time together wonderful and peaceful. Bianka had been very sick as a child, and we knew we would have some problems conceiving because Bianka had irregular periods. In fact, her hormones were so "off" that she would sometimes go six months without a period at all. Despite this, we had faith; we decided to try to have a child from the very first day of our married life.

When doctors learned of her severe hormonal problems, most of them wanted her to take contraceptive (hormone) pills to help regulate her period. We felt that would just be a "patch;" it would not solve the root of the problem. Besides, you can't get pregnant taking contraceptives. Before we were married, they told Bianka, "Please come back when you think you are ready to have a child and we will look at the problem again."

Like many women, Bianka felt uncomfortable being so exposed at her gynecology visits. Besides, she often felt rushed through her appointments, more of a burden than a special client. Thus, we did not spend much time seeking second opinions from other doc-

tors at that time. Little did we know how much that aspect of our life was about to change!

We were both heartbroken when Bianka was officially diagnosed with Polycystic Ovarian Syndrome (PCOS). At last, we realized that we had to take whatever steps were necessary to solve the problem. In order to achieve our aim we agreed to see several doctors and to hear different opinions. Each physician seemed to have his or her own ideas of what she needed. Bianka began to feel like an experimental doll in the examination rooms.

In my society, we were already relatively old to have children; Bianka was 29 and I was 26. For us, it was not about the age — it was about being able to care for a child financially. We wanted to have a secure foundation under us

to be able to support our children until they were able to start their lives. We did not have that.

Even though healthcare is theoretically free for everybody in Hungary, it can be costly to get the kind of medical attention and physician time that special cases such as Bianka required. The continuous traveling, the prescribed medication and the extra costs added up to a lot of money in the end, and we still had no results — no baby!

Bianka had to take Clomid treatments to help regulate her hormones and also had to inject herself daily (under her skin) with medications for seven rounds of hormone treatment to help with the PCOS. Then she went to the doctor later each day for more hormone injections into her muscles. The adventure

***People who have never experienced the deep and powerful yearning for a child, followed by the recurring disappointments, will never understand what it feels like.***

to become parents that started out so positively was becoming exhausting, depressing and terribly difficult. The strong hormones Bianka had to take only made a deeply emotional experience even more difficult — really for both of us.

The PCOS also caused “tentacle-like” adhesions to form on and over her ovaries. They told us that surgery would help, but that would be a temporary measure. The PCOS adhesion surgeries might have to be repeated as often as every year. We visited even more physicians, some of the best in the world, from our investigation. Bianka underwent surgery for PCOS. So many of these doctors and their staffs were great, but the doctors said she would eventually need another surgery to conceive.

After her first surgery, she continued with Clomid and intrauterine inseminations (IUIs). By Hungarian law, we first had to undergo five intra-uterine inseminations before our insurance would pay for IVF. Bianka underwent five separate IUIs without success. Well, she did get pregnant once, and we were thrilled. That elation lasted just a short time, as we faced the trauma and further heartbreak of a miscarriage. It was like a funeral shroud landing on a ray of hope. It was just terrible.

***She spoke in a manner  
that was scientific,  
but she phrased her  
message into sentences  
that anybody could  
comprehend.***

After that first PCOS operation, 25 rounds of Clomid, 5 IUIs, and that miscarriage, we had spent most of our funds. Instead of months, we were starting to measure our quest for a baby in years. Frustrated but determined, we decided not to waste any more time and money on IUI procedures. After our fifth failed IUI, we finally made it to the IVF program, and decided to go straight into that.

By this time, we had consulted several physicians. We settled on a Hungarian institute founded by a Hungarian American doctor. The doctors and the atmosphere were great, and their success rates were among the highest in the world.

We had to go through all the examinations again and the doctors started a new experiment on her. I use the word “experiment” since the doctors add hormones and other elements so they can create the best environment in each patient to help create a pregnancy.

The doctors and the nurses were really great and they did their best. The first IVF resulted in a pregnancy, but after five weeks, we endured another miscarriage — another funeral.

Her doctors decided she needed another PCOS surgery, so we did that. Directly after this (her 2nd PCOS surgery), we had another IVF. This time, there was no pregnancy at all. Every time a procedure failed, it was an enormous heartbreak and it was worse each time. But in order to persevere, we found we needed to try it over and over again. And we did. The third IVF did not even bring a pregnancy.

By this time, we started losing faith. People who have never experienced the deep and powerful yearning for a child, followed by the recurring disappointments, will never understand what it feels like. As a man and husband, I knew that I had to support my wife more than ever in this situation. I think the pressure on a woman is much higher than on the man. Even though I suffered deeply, I had to act as if everything was all right.

Other circumstances in our life began to change. At the same time nothing seemed to work for our family plans, I lost my job; now, it was only my wife who made money. To pursue our dream of a family, we sold everything we could to have enough money for

the treatments. Finally, we got to the point where there was nothing else left for us. Something had to change.

I had no other choice but to come back to the States and get a job in 2005. Slowly, change began to come into our life. My friend Chris gave me a place to stay and helped me with everything. Every night I was hopelessly searching the Internet and sending every IVF institute a letter in which I asked for information or for help. Nothing happened from all of those efforts.

At this point the doctors said that she should have a third surgery for the PCOS. Thus, no closer to our goal, we found we would have to start the entire process all over again. Then, a small light emerged into our dark night.

One night I came across the website of Clear Passage Therapies (CPT). To be honest, I was not expecting anything special from this company either. But I read through its profile because I did not want to miss anything. What can I say? The numbers were gorgeous and we seemed to fit in the program. But there came the haunting question: Could this work for us?

***The therapy gave us new direction; we did whatever, whenever we wanted it. We felt more natural and free, so our sexual life became fun again.***

We really had no other options, so I forwarded the site to my wife in Hungary, and also to our doctor. Bianka was very excited, but the doctor was cautious. We made up our minds and I called them. They told me everything I needed to know and they sent me all their information in printed form.

I remember that summer very well. I lived in the New York area trying to make some extra money, and Bianka was still in Hungary. There were only two Clear Passage offices and none were within a few thousand

miles of me. Originally, Bianka was going to visit me early September and we were to go home together a few weeks later.

As it happened, the company was due to open a New York office in August. We had difficulties collecting the necessary doctors' forms and papers we needed, but finally Bianka managed to put everything together.

It took about a week after she applied before we got the word that she had been accepted in the program. The secretary was unbelievably helpful and understanding. She managed to set up an appointment in the New York office for us in September.

The timing and everything seemed to be just perfect for us. Bianka's first appointment was on Labor Day and I had the chance to go in with her for her first appointment. I spoke with the therapist and asked her all kinds of questions. She was nice and funny, but was very scholarly. She explained everything to us and answered all our questions while creating a very calm and friendly atmosphere. She spoke in a manner that was scientific, but she phrased her message into sentences that anybody could comprehend. Once she had answered all of our questions, she started the treatment right away.

This physical therapy consisted of two sessions every day for five days: one in the morning from 10 to 12 and one in the afternoon from 1 to 3. Even though some people liken this work to massage, it is really nothing like you can imagine. The therapist worked on every part of her body, and I mean everywhere! There were some situations where I thought I should leave and come back a little later because it was so intimate and I did not want to discomfort anybody.

But the therapist said I could stay. She wanted to make sure I understood everything she did, and she wanted to do whatever Bianka needed to give us our best chance at success.



After we explained Bianka's history of PCOS and the surgeries she had for that, the therapist paid special attention to Bianka's ovaries. Most women with PCOS experience a constant discomfort around the ovaries. This can be very painful, especially around the ovulation. Another problem with PCOS is that the woman can develop adhesive "tentacles" that glue it in place so the natural fluid movement of the ovary in the body does not happen. Physicians cut these "tentacles" during the surgery because it is very important that the ovaries can float freely. Unfortunately they don't stay free for long, for most women. With luck, after the surgery you can have better mobility about a year. After that, doctors are almost 100% sure that they will glue down again. Our doctors wanted Bianka to have a third PCOS surgery to clean up her adhesions, but we went to CPT instead.

To Bianka's and my big surprise, our therapist determined the exact location of her ovaries. She placed pressure on the right spot until Bianka felt something similar to when a fishing-line splits. The best part was that all the pain she was feeling around her ovaries disappeared right away. This was an unbelievable experience. Our therapist had enabled the "tentacles" to detach from the ovaries.

I was happy I could be there at least one day with her. After that, I had to go back to work and Bianka had to commute alone to New York for four more days. I was very proud of her and I still am because she never gave up, even when we almost thought that there was no hope left.

Once treatment was finished, our therapist told us that the treatment helps increase a woman's sexual function as well. Well, all I have to say about this is that she was right on that! The treatment helped change both our lifestyle and our relationship with infertility. We did not care about timing, temperature and things

like that any more. The therapy gave us new direction and we did whatever, whenever we wanted it. We just felt more natural and free afterwards, so our sexual life became fun again.

Even though we were done with the treatment after five days, it did not mean that the therapy was over.

For Bianka, the real work started from then on. With the help of therapy, all her body parts, muscles, joints etc., were loosened and she had to maintain this state. She was given a detailed de-

scription, illustrated with pictures of special stretching exercises which she had to practice twice a day. Thank God Bianka was very, very dedicated.

***It is amazing to both of us that after all the drugs, all the surgeries, all the failed medical attempts, these two beautiful children came to us without surgery or drugs.***

When we returned home to the infertility clinic in Hungary, we asked if we could do the regular insemination, instead of IVF. We were feeling really good; we just wanted to make sure that the sperm got where it needed to be. We didn't do anything else. No special medications, just the usual folic acid and our regular vitamins.

We had two inseminations. The first one had no result, but that was right after the therapy and the therapist said it might take a few weeks for Bianka's internal organs to return to normal, after therapy. We did the second post-therapy IUI a little later, so Bianka had time to practice her exercises

I remember the day so well. I could not believe my eyes when the nurse took me into the examining room that day to show me the pictures of Bianka's pregnancy on the monitor. The doctor explained the image to me. He was careful to mention that he only saw one embryo. But you know after a while all husbands become "experts" on this topic and so did I. So when we left the room I told Bianka that I was almost 100% sure that there were two embryos. Turns out, I was right. I guess the doctor was trying to protect us from another shock in case some thing happened to one of them

Even though the babies came on week 33, until that moment we had no complications. Everything went smooth and by the book. By then we were in a regular hospital with a doctor we chose, who was supposed to be very good. In fact, he made a big mistake and our story almost ended up in a catastrophe but thanks to God and the nurses, our two angels came out fine. For us they are the most perfect children in the world.

Overall I have to say we thank God and CPT for our children. It is amazing to both of us that after all the drugs, all the surgeries, all the failed medical attempts, these two beautiful children came to us without surgery or drugs. I wish others who are searching could know about this therapy. I hope our story may give someone a bit of inspiration and extra strength to go on, and never give up.

## **22 Negative Pregnancy Tests and PCOS**

### **— Alyssa's Story —**

I was diagnosed with PCOS when I was 21. My doctors informed me that when I was ready to get pregnant, I would need fertility drugs.

In 2001 when I was ready, I spoke with an infertility specialist immediately. I was placed on Clomid and another medication to help me menstruate.

After six months of Clomid, I was switched to Gonal-F. For the next year and a half, my doctor slowly increased my dosage to 4 ampules a day. I tried multiple intra-uterine inseminations as well, but I still could not become pregnant.

After 22 negative pregnancy tests, I didn't know where to turn for help and I was considering pursuing IVF. Around that time, my cousin called me and told me about a new fertility treatment she had heard about on the news. I didn't think much of it until she called me again and urged me to research it. I looked at the clinic online and learned about Clear Passage Therapies (CPT).

I decided I wanted to go, but my husband was completely against the idea. I was determined to come up with the money. I am a real estate agent, so I worked hard and put in the extra time to make the extra sale I needed to have the money.

In 2003 I attended an intensive week of treatment at CPT. As they made adjustments to my body and tissues, I could feel slight changes. The pain I regularly experienced in my pelvis and lower back also decreased.

Shortly after treatment, I became pregnant. I was still on the Gonal-F, but I had been on the same dosage for almost a year. I think my body was out of alignment before and the techniques at CPT fixed my body and enabled me to become pregnant.

I now have an incredible four year old. It took me almost three years to get to CPT, but I'm glad I went.

## **Extensive Adhesions and PCOS**

### **— Elyse's Story —**

In early 2004, my husband and I married. We were ready to start a family right away and I stopped taking oral contraceptives. I had been on the pill for twelve years in order to regulate my periods and never had any problems. But when I went off of it, my period did not return for five months.

I went to my doctor and he immediately referred me to an infertility specialist. My specialist examined my medical history and did some blood work. He discovered that I had poly-cystic ovarian syndrome (PCOS), a condition in which you do not ovulate regularly. My doctor explained, "You have a lot of immature follicles in your ovaries, which causes an imbalance in your hormones."

***One of the specialists even cried as she viewed the screen during my ultrasound.***

He placed me on Clomid, a drug designed to regulate ovulation, but nothing happened. He then recommended I start IVF. I was uncomfortable with this option as I had always wanted to pursue the least invasive option first, but he continued to push it hard.

As a result, I decided to meet with another specialist who would respect my wishes with regard to treatment. My new doctor, husband, and I decided I should try Clomid again, but after a few unsuccessful cycles, it was obvious the medication was not helping. He told me, "Elyse, your only option is IVF." He understood I was upset and explained that because my hormones were not regular, IVF was my best chance to produce mature follicles and carry a viable pregnancy.

Since both doctors had suggested IVF, I agreed and began IVF in December of 2004. It was a painful

process both mentally and physically. I had always been terrified of needles. However, in January, when I learned I was pregnant with twins I rationalized it was worth all the pain. My joy was short lived. At the 8 week ultrasound to hear/view the heartbeats we learned they were conjoined. Moreover, one of the fetuses was not developing at the expected rate and was already much smaller than the other. The doctor appeared disappointed and doubtful they would make it. However, he encouraged us to get a second opinion. We obtained opinions from three other specialists, who all reported poor prognoses. One of the specialists even cried as she viewed the screen during my ultrasound. My husband and I made the difficult decision to terminate the pregnancy. It was one of the most difficult decisions of my life.

***I felt absolutely miserable, but certainly was not ready to give up.***

On March 9, I had a D&C. I was hysterical while being put under anesthesia even though I knew it was for the best. I awoke with a terrible emptiness and cried endlessly for weeks.

I felt absolutely miserable, but certainly was not ready to give up. Our doctor explained our options. He had retrieved 28 of my eggs for the initial IVF procedure which resulted in “plenty” of frozen embryos for transfers. The doctor joked I could have a “football team” if I wanted. Our embryos, he explained, were all in great shape. We confirmed this through pre-genetic implantation diagnosis just to be sure. I began frozen transfers in May and continued through July — but none of them took.

During this process I tried all kinds of treatments, including Viagra® suppositories. A study had found that it increased blood flow to the uterus, thereby aiding implantation.

In August, my doctor decided to perform a hysteroscopy to see if there was scar tissue in my uterus that was preventing the embryos from implanting. His suspicion was correct, and he found extensive scar tissue that had formed as a result of the D&C. He removed everything he could and was optimistic that I would then be able to become pregnant.

***My doctor had given up on me.  
However, I didn't give up on me.***

He did another embryo transfer two weeks later, but it didn't take either. My doctor was concerned that more scar tissue had formed and used a hydrosonogram to check my uterus. He found that scar tissue had grown again in my uterus.

I was extremely upset, but we decided to try one last embryo transfer. When it didn't take, my doctor wanted to perform another surgery to decrease the scar tissue. "Absolutely not," I told him. It was obvious to me that my body was feeling like it was under attack and it was overproducing scar tissue to compensate. I felt like I was ruining my body with the surgeries and medications. My body was becoming a "toxic waste dump," and I was mentally exhausted. I wanted a break.

In November, I began seeing an acupuncturist, to see if she could help regulate my hormones naturally. While I saw the acupuncturist, I continued visits with my doctor. In February, he told me that I "didn't have the right uterus" and needed a surrogate. My doctor had given up on me. However, I didn't give up on me. I decided I needed to find a way to eliminate the scar tissue that had formed without using an invasive surgical procedure.

I decided to research online whether anything like this existed. Although I had always had a hard time using the computer, I was determined to find something.



Not knowing how to refine searches on the Internet, I typed in an extremely long phrase “non-surgical removal of scar tissue” and the Clear Passage Therapies (CPT) website was one of the first that showed-up. I printed all of their pages and when my husband came home that day, he couldn’t believe I had found a website that described the type of treatment we were looking for. We were both genuinely excited.

After reading their literature, we knew their focus on reducing adhesions and scar tissue would be helpful to me. I scheduled myself for an intensive week of treatment. Because I was going to their clinic in California, I had to receive an authorization form from my doctor. When I told him about the treatment, he was doubtful about whether it would work. He had never heard of anything like this. He cautioned me about spending too much time trying alternative treatments such as physical therapy, nutritional detoxification, acupuncture, and herbs. If I waited too long before trying another transfer, I would risk more growth of scar tissue. I silently reminded myself of the two week period it took for scar tissue to form and did my best to ignore his comments. The doctor reluctantly signed my forms, which allowed me to begin treatment with CPT.

***I decided I needed to find a way to eliminate the scar tissue that had formed without using an invasive surgical procedure.***

I attended therapy in March and I found it was very intensive. I could feel my therapists breaking apart scar tissue. After the first day of treatment I went to the bathroom and I actually saw scar tissue in the toilet. I couldn’t believe it. My therapists explained to me that scar tissue had probably formed within my uterus and that they helped it detach from the walls. I

was filled with hope that they would be able to remove the remaining scar tissue in my body.

After treatment, I knew I still needed to address my hormone imbalance, which was the original reason for seeking assistance with fertility. I saw a new fertility specialist, who respected my decision to start at the beginning once again. The doctor placed me

***As I look at my twins, I am glad I trusted my instincts and found treatments that coincided with what was the best for me.***

on Clomid for two cycles. The first time, I did produce one egg, but it wasn't fully developed. During the second cycle, the doctor did not find evidence of ovulation until well past the time Clomid would have produced an egg. He did an ultrasound and "big egg" wait to be released from my right ovary. He exclaimed, "How in the world did you do that?"

I knew that the acupuncture, herbs, and nutritional counseling had helped regulate my hormones and CPT had enabled my uterus to prepare for a successful implantation. I took all of the information I had to my previous doctor and my growing belly as proof!

To our delight, we soon learned that I was pregnant with twins! My twin girls were born March 8, 2007 — two years after my heartbreaking D&C and almost one year to the day of completing my treatment at CPT. As I look at them today, I am glad I trusted my instincts and found treatments that coincided with what was the best for me.

### **Three Prior IVFs, PCOS, No Natural Menstrual Cycle** **— Sydney's Story —**

"You have Poly-Cystic Ovarian Syndrome, also known as PCOS," my doctor told me. "PCOS prevents you from ovulating, which explains why you and your husband have not been able to conceive." My husband and I had wed just six months prior and we knew we wanted children right away. Before getting married, I was on oral contraceptives, so I had no idea there was anything wrong with my ovulation.

My doctor recommended I try medications to help me start ovulating and have a normal menstrual cycle, but none of it seemed to do anything.

After six months, my doctor referred me to a fertility clinic. That clinic agreed that I had PCOS. The specialist said "PCOS often causes adhesions to form around the ovaries, preventing an egg from being released. Although your HSG report shows your fallopian tubes are clear, it is still possible you have adhesions around your ovaries. We can perform laparoscopic surgery to visualize this area. If there are adhesions, we can drill holes through the adhesions to access your ovaries. That will create areas for your eggs to be released."

***We did two transfers,  
but nothing worked.  
My doctors wanted me  
to have another IVF, but  
we just needed a break.***

My husband and I were uncomfortable with surgery, so we proceeded with medication. The physicians put me on stronger medication, which sometimes included daily shots in my hip.

In my fifth month of taking these new medications, I hyperstimulated. Because I had produced a large quantity of eggs, my doctors felt I should go ahead with IVF. I had not expected to jump to IVF so soon, but I

was extremely hopeful it would work. They retrieved 28 eggs during the procedure.

They placed two fertilized embryos and froze the other eggs for future transfer. When the two embryos did not take, I was devastated. My nurse told me, "I knew you had too much hope."

That was such an insensitive thing to say; I became really upset, and wondered "Why am I here?"

But after a while, my husband and I decided to continue transferring the frozen embryos. We did two transfers, transferring three each time, but nothing worked. My doctors wanted me to have another IVF, but we just needed a break.

My husband and I started to research our options online. While looking for information on our infertility clinic's website, we saw a page for alternative medicine. There, we read about a manual physical therapy that had some scientific success in helping women become pregnant. After reading through the website, we decided to attend treatment at Clear Passage Therapies (CPT).

I spread my treatment out over two weeks and it was absolutely great. CPT changed my way of thinking about infertility. Instead of thinking, "This one part of my body isn't working — and I hate it," they helped show me that the whole body works together. While treating my entire body, they also resolved back pain I had for years. I had even seen several physical therapists before and one of them told me, "You will need surgery by the time you are 40." But after CPT, I had no pain. I also experienced a great reduction in intercourse pain. I had always thought the pain I experienced with intercourse was normal.

The most astounding result from my treatment was that my menstrual cycle returned! Although the exact cause of PCOS is unknown, one of the main

symptoms is an irregular or missed cycle – yet here I was, finally having a regular menstrual cycle!

My husband and I decided to find a new infertility doctor who was more alternative. When he heard I had PCOS, yet now had a regular menstrual cycle, he asked, “What have you been doing?” He was thrilled my treatment at CPT helped, but he still felt I should go back on fertility medication to further increase my chances of ovulating successfully.

***The most astounding  
result from my  
treatment was  
that my menstrual  
cycle returned!***

Because the doses were so high, I had to have ultrasounds daily. After six months, nothing seemed to be working, and he suggested laparoscopic surgery to drill holes into my ovaries.

I knew from my time at CPT that surgery might help, but could also have numerous detrimental affects on the body. Furthermore, I knew from my own personal research that the surgery would only provide a small window for success. After that, the holes would close again.

So instead of the surgery, we decided to return to CPT for an additional 20 hours of treatment. Once again, my treatment was outstanding. Prior to my treatment, I had a lot of infections and inflammation in my vagina and my doctors and I couldn’t understand why. After my treatment at CPT, I stopped having those problems, completely.

When we returned home from the clinic, we decided our lives would not be dictated by infertility, so we started the adoption process. A few months later, we were surprised to hear we received a grant for IVF. We had applied for the grant many months prior, and we had just assumed we didn’t receive it.

We went through with this, our fourth IVF cycle, and the first one after CPT. This time, things were different. In fact, everything went fine. They implanted two embryos and both took well. I had no problems through my pregnancy. I was able to work until the day of my C-section. I really felt it was because of the treatment I received at CPT – I just felt so good.

My boys were born in October, and today they are doing great. I am thankful I had treatment with CPT, I just wish someone would

***We went through with this, our fourth IVF cycle, and the first one after CPT. This time, things were different... in fact, everything went fine.***

have told me about them earlier. They educated me about my body so I could figure out what was right for me, and their therapy helped my body heal naturally. If I'd known about them earlier, it would have saved us a lot of time, money and heartache.

## ***Infertile for Eight Years and FSH of 18***

### **— Mary's Story —**

After being married for 11 years, we were ready to start a family. Within a month, I was pregnant and we began to dream about life with our child. Seven weeks later, I was having cramps and began to bleed, hoping the baby would live. On Easter morning, I went to the hospital because I was having a miscarriage. Later that week, I visited my doctor, and because my HCG levels continued to rise, and there were no signs of a uterine pregnancy, they diagnosed an ectopic pregnancy. I was given methotrexate to end the pregnancy and to help preserve the tube.

A few months later, we tried again and I became pregnant right away. The pregnancy was another

***The pregnancy was  
another ectopic.***

ectopic. An HSG was performed — a test where they use dye to show whether or not my fallopian tubes were open. It confirmed that my left fallopian tube was completely blocked. Nonetheless, my doctor was encouraging and assured me that I could still become pregnant with one working tube. I felt betrayed by my body and wondered why did I wait so long to start having children?

While I began graduate school, we decided to keep trying. Three more pregnancies later, and three more disappointing miscarriages, I felt like a battle worn soldier and began to see myself differently from my friends and family: childless. I hated to hear about my friends' pregnancies and couldn't bear to attend baby showers or even look at babies. I wanted to "move on" but couldn't.

After extensive research into fertility options, I came across Clear Passage Therapies (CPT) and contacted them for more information. They put me in

touch with a former patient who had also experienced several ectopics. I asked her, “Do you really think the treatment works?” She responded, “Absolutely, they opened my blocked fallopian tubes.” I was stunned. Was it really possible that they could open up her tubes without surgery?

That night I prayed about CPT. Every night I spent time with God and that night I asked for help in making a decision about what to do. What I heard was clear: to pursue CPT and let God heal me completely: body, mind and spirit.

The next day I looked at the Clear Passage website again and also looked at the option of IVF. My doctors and friends strongly suggested that I pursue IVF. I felt a range of emotions all coming from a place of fear. My mind kept repeating, “You’re getting older.” I was only 35 but felt like I was turning 50.

***My intuition  
kept telling me  
that something  
was very wrong.***

Ultimately my husband and I pursued IVF, with my leading. While the Lord was cautioning me on this path, I charged ahead and one month after graduation completed IVF. My FSH was on the high side, (12) but the procedure was successful and I became pregnant with identical twins! Within a few weeks, one of the twins died. Afterwards I continued to experience a lot of pain and kept returning to my doctor to see if something was wrong. My intuition kept telling me that something was very wrong. He dismissed my symptoms, even though the other “vanishing” twin was continuing to grow larger.

Throughout this time I continued my nightly prayers. Each night I prayed with my baby and God. I felt a strong connection among the three of us. At 19 weeks I was up one night having so much pain that



I was unable to sleep. As I began to pray, I no longer felt a connection to the baby, and knew something had gone wrong.

The next morning when I rose, my water broke. I was terrified that the baby had died. I rushed to the hospital and with my husband by my side, the ultrasound showed a baby with no heartbeat. Our screams and cries echoed. It was a crushing blow for us. The doctor who had been treating me said I would never know what the cause was, but hours later we did know the cause. The babies were connected to each other through a vein.

***The therapist  
recognized that I was in  
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The week was more  
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expected, physically,  
mentally and spiritually***

When one died, the other, healthy baby continued to pump blood into the body of the other twin. Eventually the healthy twin went into heart failure and died. That night I delivered my twin boys with much anguish and grief. I held our baby boy in my hands, marveling at his perfectly shaped mouth, and tiny hands and feet all in the palm of my hand. He was perfect. I felt as though I had let this child down, taken his very life away from him. When we left the hospital late that night I wished I could die too. I was broken and very angry.

The grief that followed me lasted for many dark months and left me feeling isolated from all normal life. So many things had gone wrong. I was angry at the doctor for not “noticing” the growth of the dead twin, I was angry at myself for not having pursued a specialist who could have saved the healthy twin’s life, and I was alienated by many of the comments of doctors and friends who said things meant to bring comfort but which only brought me pain. I thought about writing a

pamphlet entitled, "What not to say to those who have just had a miscarriage or stillbirth." Two weeks later we had a funeral under our large 100 year old oak tree outside our home, and shared our grief with our close friends and family.

Eventually I reached a point where I was ready to move forward. I was still hopeful that in some way our twins had forged the way for another life to take root. A few months later I tried IVF, but my body did not respond to the medication, even though they used the most aggressive protocol. My FSH was now 18, which in itself sent waves of fear over me, and my doctors said that I could not continue with IVF.

I thought about CPT again. I prayed and once again felt like it was the right thing to do. I scheduled myself for an intensive week of treatment. The therapist was a gentle compassionate person who recognized that I was in a fragile broken place. The week was more healing than I had expected, not only physically but mentally and spiritually. The therapist taught me to listen to my body, and I began to practice visualization. This allowed me to go deep into my emotions and thinking and see the patterns of thinking I had developed around pregnancy and my body. For the first time I began to imagine new possibilities for my body, my life, and what it would look like to be healed and whole again.

***Looking back, I  
know the road that I  
initially chose was one  
generated from fear.  
This fear pigeon-holed  
me and prevented me  
from following my instinct  
and divine guidance.***

One month after treatment I retested my hormone levels to see if I could attempt another IVF treatment, but my FSH was still too high. My therapist at CPT told

me that the human body sometimes needs six months to adjust after treatment and function properly.

After everything we had been through, my husband and I decided to go to Australia for some rejuvenation. We did a ten-day intensive no-frills health retreat where my husband and I spent time fasting, praying, taking long walks and getting plenty of rest. No phones. No TV. No town within 20 miles. During one of my long walks alone, I resumed a conversation with God and once again felt alive, really alive. It had been a long time away from truly living for me. I let go of my expectations, and let go of needing to have a child. Essentially I surrendered my desire — trusting and hoping that life was good with or without children in it. When it was time to go back home, one of the other participants asked us to stay and dog sit for a few months. The dog was a sprightly terrier living in the most beautiful beach house overlooking the ocean and the National Park of the Sunshine coast of Australia. This was another gift of healing. When we returned home, I became pregnant with Genevieve, who today is a bright, beautiful 2.5 year old, a daily reminder of the manifestation of hope and a source of eternal joy.

Almost 2 years after her birth, we looked forward to having another child. I became pregnant right away, but 7 weeks later miscarried. Afterwards, I experienced a lot of pain leading up to and during ovulation, and suspected something was wrong. After trying for nearly a year to get pregnant, I began to feel like I needed some outside help. I tried some medications, but nothing. Then I began thinking about IVF again. My FSH was again 18 and my doctor did not think IVF would work. When we began to pursue other options like adoption and donor eggs, the doors didn't open. But, unlike other times, I did not feel desperate or fearful. Yes, I still had doubts, but I was beginning to trust and I believed there was another baby waiting for our family and that God was making a way once again. I knew then that I

needed to go back to CPT. Always the planner, I made sure that when I returned home, my medications and fertility drugs would be waiting for me in the refrigerator, so I'd be ready to try another intensive protocol.

At CPT I did a week of intensive treatment, with five hours of treatment each day for four days. On the third day of treatment, I ovulated and immediately noticed that I didn't experience any pain. When I returned home, I learned I was pregnant. I fell to the floor crying and praising God with deep humility and wonder. I didn't have to take any medication. I didn't have to go through years of waiting on adoption lists; I didn't have to use a donor egg. I didn't have to do more drugs, and wait any longer. As of this writing I am 17 weeks pregnant.

***This journey has given me a boldness to hold onto faith and hope.***

Looking back on my past, I know the road that I initially chose was one generated from fear. This fear pigeonholed me and prevented me from following my instinct and divine guidance.

Although I felt led to try a natural treatment option, I chose IVF because I thought it would work — quick and easy! It was only after experiencing the devastating loss of our baby boy that I turned to natural treatment — and it worked. Just before I attended my second round of treatment with CPT, my infertility doctor said I had less than a 2% chance of conceiving. Here I am, marveling at what has taken place.

Infertility has been the greatest source of my spiritual growth over the past 8 years. It has given me awe for what God is doing through the hands and hearts of people who are willing to serve others. I am the recipient of this love, compassion and dedication. This journey has given me a boldness to hold onto faith and hope. Hope never gives up, and there is always hope.

**Age 43, Failed IVF, and  
Prior Ectopic Pregnancy**  
— Christine's Story —

I yearned for children when I turned thirty-one, but Mr. Right was nowhere to be found and I wasn't really paying any attention to the tick-tock of the biological clock. It never occurred to me that I might have difficulties conceiving when I was finally ready to start my family. As an educated woman, I was woefully unaware of the term "advanced maternal age" and the exponentially difficult odds of conceiving as the years progressed. Mistakenly I thought women were able to conceive at the same success rate until menopause. Not until I entered my 40s did I learn that I might have problems due to my age!

I immediately decided to undergo IVF. After reviewing a chart with rates of successful pregnancies rapidly diminishing in my age range, I knew my age was an enormous challenge and that I needed to do everything I could to maximize my chances of success.

When my first IVF transfer ended in a chemical pregnancy, I rapidly began to look for alternative and complementary therapies. A couple years earlier, I had read a magazine article about the Wurn Technique®. I remember thinking how interesting it was, though I couldn't imagine ever needing anything like that.

Now faced with my own infertility, I researched my options online and again came across this special Wurn Technique®. I pored through the Clear Passage Therapies (CPT) website and called their headquarters for more information. CPT cited remarkable pregnancy statistics and offered many powerful patient stories: story after story of successful pregnancy after long periods of infertility. Learning that my chances of success could be increased relatively easily convinced me that I had to try this new kind of therapy. I wanted to know

I had done everything I possibly could to help prepare my body (and mind) for a healthy, full-term pregnancy.

During my initial evaluation, I quickly discovered how knowledgeable my therapists were. Their level of attention to all of the parts of my body was extraordinary. They looked at how I stood, leaned, and sat, with my eyes open

and closed. Even though I was an extremely healthy person (I always worked out, did yoga, and had run marathons in the past) they noted abnormalities in places I didn't know anything was wrong.

As they moved from examining my posture to examining my organs, they explained everything they discovered and I felt. It was tremendously comforting; they had an intuitive sense of my body. I knew I had placed my body in the hands of highly skilled professionals.

When they began treating my fallopian tubes, they said that my left fallopian tube felt like it was folded sideways. It was a very profound moment, knowing a therapist could feel that deeply in my body and could manipulate and improve it. It became clear that this unique therapy was an entirely different level of treatment than I had ever experienced. As a previous marathon runner, I had seen plenty of physical therapists, but never with the level of attention and expertise that I was now receiving for my fertility.

By the end of my treatment, I just felt wonderful. I was walking better and more smoothly. I stood taller and overall felt better and happier. I felt a renewed sense of confidence. Before treatment, I had chronic pain in my back that would flare

***As an educated woman, I was woefully unaware of the term "advanced maternal age" and the exponentially difficult odds of conceiving as the years progressed.***

up after walking or shopping for an hour. I thought it was a normal part of aging. But after treatment, that pain vanished.

After I completed my therapy, I knew CPT was the best thing I could have done for myself, even if I didn't become pregnant. It helped put my body and mind in the right place; I was confident that it would increase my chances of pregnancy.

The week after treatment, I started medication for my second IVF cycle. It was indeed successful and I had a great pregnancy! I hadn't felt that good in a while. I was fortunate to maintain an increasing level of activity throughout my pregnancy. I followed the exercise instructions my therapists had given me and also did prenatal yoga and step aerobics. I kept my heart monitor on to make sure my heart rate didn't go above the recommended level and I was able to continue doing aerobics until the day before I delivered.

***I know my therapy at CPT made a difference between my first and second IVF transfers. In fact, two physicians told me how great my uterus looked after therapy.***

At the ripe age of 44, I delivered my beautiful, healthy baby. I know my therapy at CPT made a difference between my first and second IVF transfers. In fact, two physicians told me how great my uterus looked after therapy. I am sincerely grateful to have had the opportunity to experience this exceptional therapy.

## **Scar Tissue after Chlamydia**

### **— Wendy's Story —**

Wendy's struggle with infertility began in her early twenties. She contracted Chlamydia and went to her doctor immediately. The doctor told her that he could take care of it and she should be "fine."

Wendy didn't think anything of it again until she was thirty-five and wanted to become pregnant. She went to her doctor for tests and learned that her fallopian tubes were blocked. Her doctor informed her that Chlamydia was probably the culprit. Chlamydia is often known as a "silent" disease because it shows very few symptoms and carriers may not know when they contract it. In women, the bacteria travel through the cervix, uterus, and to the fallopian tubes, where it can cause inflammation and scar tissue to form, often causing the fallopian tubes to block.

***Chlamydia is often known as a "silent" disease because it shows very few symptoms and carriers may not know when they contract it.***

Wendy's doctor suggested she undergo surgery to open her blocked fallopian tubes, but after researching the success rates, Wendy decided she didn't want to undergo the procedure. Wendy told us, "I even considered IVF, but my health insurance didn't cover it."

She then researched different treatment options on the web. She found Clear Passage Therapies (CPT) and felt that it was a treatment option she was comfortable with.



Wendy made an appointment and flew down to our clinic for an intensive week of treatment. She told us, "Treatment was really great. I could feel all of the adhesions loosening. I felt much better afterwards."

Wendy and her husband tried to get pregnant naturally for a year after treatment and then decided to pursue in vitro fertilization. She told us, "My new insurance said they would cover it and we made the appointment right away."

The transfer was successful and Wendy became pregnant. She told us, "I felt very lucky that I got pregnant with my first try. While I was at the IVF clinic, there was another woman who was there and it was her sixth IVF. I really feel that my treatment at CPT helped me become pregnant with my first IVF."

Wendy later gave birth to a boy in perfect health.

## **Extensive Endometriosis**

### **— Megan's Story —**

My husband and I had tried for a little over two years to get pregnant. When I finally got pregnant, I was thrilled, but was quickly depressed to learn it was ectopic. I had emergency surgery and one of my fallopian tubes was removed. The surgery confirmed my doctor's suspicion of endometriosis and he said it was pretty extensive.

My sister, a physical therapist, told me about Clear Passage Therapies (CPT), a clinic that could help reduce endometriosis and improve infertility. But I dismissed it — I am a prosecutor and am very skeptical.

After Clomid and artificial insemination both failed, my sister again mentioned CPT so I began reading up and watching the DVD. My sister was convinced that the bladder surgery I had when I was younger also made me a good candidate.

I was very unsure what to do, since IVF was our last option and our insurance didn't cover it. I knew I only had one shot at IVF and we couldn't afford any other

***I knew I only had  
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any other tries.***

tries. I had never heard of in vitro working on the first try so I was discouraged. I had to decide whether to go straight to IVF or spend more money preparing for the cycle with CPT. All of my friends were pretty skeptical about their treatment, as was my husband.

Finally, I decided to try CPT because I didn't want to spend my whole life just wondering, "What if... When my flight was the last one into Florida because of a hurricane, I decided that was a good omen.

Once I began my treatment, my doubts were erased and I had a very good feeling. I could feel pulling sensations, so I thought something must be going on. I faithfully walked and drank water after each treatment, as instructed by the therapists.

I had treatment at CPT in July and then had my IVF transfer in August. I was thrilled to learn I was pregnant. My pregnancy went smoothly and I now have a beautiful, healthy baby girl. I look at her and cry because I feel so lucky to have her.

## **Using Intuition through Fertility Treatments**

### **— Hana's Story —**

The first time I got pregnant, my husband and I had only tried for four months. As a physician, my husband knew that most couples needed about six months to a year to conceive, so we were happy to be pregnant. But then I miscarried at seven weeks. That's when I really started to think about infertility and read more about it.

We didn't try again for another five months. When we did, we were dismayed

***As a physician, my husband knew that most couples needed six months to a year to conceive.***

to find that we could not achieve a pregnancy despite our attempts. It was strange because while we couldn't become pregnant again, I kept feeling like I was pregnant. I experienced all of the similar symptoms as before — my period would be a couple of days late, I experienced cramping, breast tenderness, sometimes I felt bloated, etc.

After five months of trying, we went to a fertility specialist and completed a full work-up. Everything came back looking just fine: my tubes, ovaries, hormones, and blood work all looked normal.

The specialists recommended we try an intrauterine insemination (IUI) in conjunction with Clomid, a fertility drug that improves ovulation. We tried three rounds, but again there was no pregnancy. However, each month I still felt like I was pregnant early on.

We then decided to do IVF. After they retrieved my eggs, my doctor said they all looked great and strong. The IVF team placed three embryos in my uterus, but all post-transfer tests came back negative for pregnancy.

At that point, I knew something else had to be happening. While researching different techniques and treatments, I came across Clear Passage Therapies (CPT). In the past, I had experienced interstitial cystitis (recurring pain and discomfort of the bladder). I thought that maybe whatever had caused this condition had also caused abnormalities in my reproductive tract that prevented a successful pregnancy.

I scheduled myself for treatment, but continued to search for other answers and possible causes for my infertility. After reading about genetic disorders, I asked my doctor to perform a karyotype test which could identify an abnormality in my chromosomes that would prevent me from becoming pregnant or cause me to experience frequent miscarriages. My doctor said it was expensive and not necessary, but I wanted to make sure there was nothing wrong.

***We transferred that single embryo, and were thrilled to find that I was pregnant.***

After completing the blood work, we found I had a balanced chromosomal translocation. This somewhat rare condition decreased my chances of a healthy full-term pregnancy to 20%. I was told that 80% of the time, I wouldn't be able to conceive or I would have a miscarriage by eight weeks gestation.

My husband and I discussed our options and we decided to pursue preimplantation genetic diagnosis (PGD), a test that could determine if our embryos had a balanced number of chromosomes before they were implanted in my uterus. PGD is completed in conjunction with IVF. The ovaries are stimulated with hormones so they produce a large quantity of eggs, which are retrieved and mixed with sperm to form embryos. Afterwards, the PGD is performed to test for ab-

normalities and the healthy embryos are placed in the uterus. Although the procedure was extremely expensive, we decided to do it rather than to possibly suffer more miscarriages.

I was still scheduled to attend an intensive week of therapy at CPT before my IVF and PGD, and I decided to attend. I wanted to make sure my uterus and entire reproductive system were ready for my upcoming procedure. I had spent a lot of money and I wanted to increase my chances of success.

I attended therapy for a week in August and then began my IVF medication in September. The medication was intended to stimulate my ovaries, but my estrogen levels rose too rapidly (a condition known as hyperstimulation). In essence, I reacted too well to the medicine. My doctors were still able to retrieve 10 eggs, which were mixed with my husband's sperm. But because I had hyperstimulated, the embryos needed to be frozen and my transfer was postponed for one month.

***It's important to listen to  
your intuition and your  
body, and investigate other  
options on your own***

When my body was ready for the transfer, the embryos were thawed. One embryo did not survive the thaw. The PGD was completed on the remaining embryos and only one was balanced/normal, meaning it did not contain the unbalanced translocation. We transferred that single embryo, and were thrilled to find that I was pregnant.

My pregnancy proceeded without complications and I delivered my healthy baby boy via C-section at full-term!

Looking back, I cannot scientifically say whether I would have gotten pregnant without treatment at CPT. Although my main issue was a translocation, I did only have one embryo to be transferred, so my chances for a pregnancy were only about 30-50%. I wonder if the embryo (now my son!) would have adhered to the wall properly if I hadn't received therapy at CPT. Looking back, I believe the treatment I received at CPT set the stage for a successful pregnancy by preparing my uterus to accept the embryo.

I can only speak from my own experience, but I would say doctors don't always have all the answers. It's important to listen to your intuition and your body investigate other on your own. For me, I believe it was the combination of PGD and CPT that enabled me to become pregnant.

## **13 Years Infertile with Endometriosis**

### **— Ava's Story —**

Where do I begin? I'm a 39-year-old mother of twins. I endured 13 years of disappointment without any medical explanation for my inability to conceive. The only obstacle I thought I really had to overcome was having only one fallopian tube. Years earlier, I had a tubal pregnancy and the doctors had to remove my tube during emergency surgery. Thus I understood that I would need more time to become pregnant than if I had both.

I felt I would be successful at some point within the first few years of trying to become pregnant, but that was not the case. I made a commitment to myself that I would not be consumed by conceiving. Being a person of strong faith, I knew there was a reason for everything and my first sign was the breakup of that marriage.

However, I was blessed to start my life over a few years later with my new (and adoring) husband Andrew. Prior to our vows, I made sure that Andrew knew my medical history and my years of infertility. He said, "I fell in love with you first and anything more in our time together would be a blessing." He has always put me above all else.

We tried the first couple of years to conceive on our own — still nothing. We decided to consult my gynecologist, who happened to be a fertility doctor, to get his opinion on where to go from there.

Unlike my first husband, Andrew was willing to undergo whatever tests were necessary to ensure he did not have a medical issue. All of his results came back fine. We were back to square one: exploring my reproductive health. Naturally, this was no surprise.



After about eight months and some unsuccessful tries by my gynecologist, he referred us to a specialist. Upon meeting the reproductive endocrinologist, we knew he wasn't going to waste any time answering our questions. His approach was no nonsense and very prompt. Our first meeting was in June, and by August I underwent surgery to confirm that I had stage three endometriosis, which is considered severe.

After he made this diagnosis, our specialist outlined our options and instructed us to make any decisions necessary by February. The urgency was due to the nature of my endometriosis and its rapid growth.

Over the next month we discussed our options, and how on earth we were going to come up with the funds needed for the procedures we were going to try.

Ironically, just as we were considering our options, a coworker of Andrew's shared an interesting column on infertility with him. Andrew researched it further before sharing the article with me; he did not want to get my hopes up with another treatment option.

What Andrew stumbled on was a new infertility therapy provided by manual physical therapists at Clear Passage Therapies (CPT). In our research on this therapy, it almost sounded too easy and too good to be true. The testimonials they shared on their website gave such hope to women like me.

It didn't take us long to decide it was something we needed. In my case, they were going to help me not only to become a mom, but also with some severe back pain that I learned later was associated with the endometriosis.

We made the arrangements and traveled to their clinic. The clinic ensured they had as much of my medical history as possible, prior to my arrival. Once at the clinic, they reviewed my information with me to create an individualized plan for me.

No drugs or surgery were a part of their technique. It was a combination of physical therapy and deep tissue massage and manipulation. That may have been why Andrew and I were a little skeptical at first. In today's age of modern medicine, we're generally programmed to expect anything effective to be intrusive and involve drugs.

I received therapy for five consecutive days for roughly four hours per day. I cannot say enough about the staff or the therapy. It was a

***The first thing that happened following my therapy is that the endometriosis pain I had lived with for over ten years completely disappeared.***

very unique process and one I'll never forget. They felt that the adhesions from the endometriosis and surgeries were acting like glue in my pelvis, binding my reproductive organs and causing me pain.

The first thing that happened following my therapy is that the endometriosis pain I had lived with for over ten years completely disappeared. My body felt looser and somehow more free when I walked and moved.

They did so much for Andrew and me that I believe it was due to their therapy and God's blessing that my IVF procedure, done four months later, was a complete success. I was also able to become pregnant a second time and now have two children. CPT cares so much for their patients.

## **Secondary Infertility, Endometriosis and Failed IVF**

### **— Erin's Story —**

My husband and I were married in 1995 and we started trying for a family right away. I thought it was going to be easy to become pregnant. I am a physical therapist and have studied physiology and the reproductive system in my course work, and I was confident we could get the timing right. Furthermore, I am one of six children and all of my sisters were able to get pregnant easily.

I went off my birth control and I thought I could tell when I was ovulating. After a year passed with no pregnancy, I went to see my doctor. I received the “try a bottle of wine” answer and finally consulted an Ob/Gyn for help.

***As a woman, I felt like it was part of my responsibility to be able to carry a baby, and I couldn't.***

He did some general testing, but everything came back normal. Shortly afterwards, I was pregnant, but dismayed to learn that it was a tubal pregnancy. I underwent emergency surgery.

Even though the surgeons were able to save my tube, I still wasn't able to become pregnant afterwards. It was a very lonely feeling — one that you cannot understand until you live with it. It was always painful when someone said, “I know how you feel,” when they really didn't. My husband was very supportive of me and our situation, but I don't think he could fully understand the disappointment I felt as a woman whose body was not performing as it should. As a woman, I felt like it was part of my responsibility to be able to carry a baby, and I couldn't.

I finally saw an infertility specialist who checked my thyroid levels and found them to be abnormal. She was disappointed that my initial doctor had not checked my thyroid and immediately placed on medication.

She also suspected I had endometriosis and scars from my previous surgery. I agreed to undergo laparoscopic surgery and the doctor discovered I had stage IV endometriosis and scar tissue. She removed everything she could and I was able to get pregnant directly after surgery. Unfortunately, I miscarried again.

**(As a physical therapist) I could connect with what Clear Passage said about the importance of having mobility in all tissues**

We then decided to do an IVF. I was fortunate enough to become pregnant and deliver my son.

When he turned eighteen months old, we decided to try again with IVF. My cycle was not successful, and my husband and I wanted to try a third time. But before we began, we wanted to make sure we had done everything in our power to ensure a successful transfer.

My husband is also a physical therapist, and we had both heard about Clear Passage Therapies (CPT). I could connect with what CPT said about scar tissue and the importance of having mobility in all tissues.

I decided to attend treatment and went for an intensive week of therapy directly before my third IVF transfer. I felt their treatment helped my body get back to a normal state.

I also underwent acupuncture treatments as a way to prepare my uterine lining and blood flow to the area.

My IVF transfer went well. My doctors decided to perform ICSI to ensure my eggs were fertilized and also did assisted hatching. When we learned we were pregnant with twins, we were so grateful our doctors had done everything they could to ensure our success and I had done everything I could to ensure my body was ready.

## **Emergency Ectopic Surgery and Two Failed IVFs**

### **— Amelia's Story —**

Three years into their marriage, Amelia and Jonathan were ready to start their family. "I was only 31," Amelia told us. "We never thought we might have difficulty conceiving. I had never had any gynecological problems at all."

But when months of trying turned into a year, Amelia looked for ways she could track and improve their chances for conception. She began charting her temperature and also casually mentioned her concerns to her doctor, who assured her no significant treatment was necessary at the time.

"We just kept trying and trying," Amelia explained. "We finally became pregnant three years later." She learned she was pregnant from a home pregnancy test.

***I continued to have a lot of pain. I kept calling my doctor's office but they told me it was normal."***

However, she began spotting within three days. She immediately called the doctor, who explained she was probably miscarrying. Three days later, Amelia had an ultrasound that confirmed she had miscarried.

"I continued to have a lot of pain," Amelia told us. "I kept calling my doctor's office but they told me it was normal." Two weeks passed and her pain became searing. "I didn't call the doctor again," Amelia explained. "I thought I would just be told the same thing."

That night, she woke up with the worst pain she had ever experienced and rushed to the hospital. The doctors discovered that Amelia's fallopian tube had burst. The pain she had experienced for the past two weeks was due to an ectopic pregnancy.

Amelia underwent emergency surgery and the doctors had no choice but to remove the tube. "It was a slow recovery," Amelia told us. "I had lost so much blood and was so weak. I also continued to experience pain."

When her pain did not subside after three months, Amelia changed doctors. Her new doctor suspected that her pain might be due to scar tissue and decided to perform an exploratory laparoscopic surgery.

**Amelia's fallopian tube had burst.**

During the procedure, the physician performed a dye test that showed her remaining fallopian tube was partially blocked. The doctor also found signs of endometriosis.

"They basically told me to stop trying to get pregnant," Amelia said. "They were concerned I might have another ectopic pregnancy because my only remaining tube was partially blocked, and I had endometriosis."

Amelia was referred to an infertility specialist, who immediately recommended IVF. "That was a scary day," Amelia recalled. "They talk about your eggs, your production, and all of that. By the end, it sounds like it will take a miracle to get pregnant."

Amelia and Jonathan decided to proceed with IVF. When it was unsuccessful, they decided to wait a cycle and try a second time. "I felt dejected when it didn't work the second time," Amelia told us. "We had long blown through the little bit of money our insurance gave us for infertility treatment. I was frustrated and scared. After all the disappointments, I didn't know if I wanted to continue with the infertility treatments."

They decided to take time off to make the right decision. "We weren't sure if we wanted to adopt or whether we should do another IVF cycle," Amelia said.

"Personally, I never wanted to do IVF again. With all of the shots, weight gain, and emotional ups and downs, I just didn't want to consider IVF again."

While trying to make this difficult decision, one of Amelia's friends shared an article about Clear Passage Therapies (CPT) with her. After researching the treatment, Amelia and Jonathan decided it was something she should try.

***It's hard to believe we went through so much to get where we are today. You have to listen to yourself, and consider all of the options."***

Over the course of three months, Amelia underwent 20 hours of treatment. "From week to week, I couldn't feel a significant difference in my body because at that time I did not have any pain. But the therapy did give me a better sense of my body, and I knew the changes might not be something I would feel right away."

After treatment, Amelia and Jonathan decided to wait three months before they made any further decisions. At the end of that time, they considered their options again. Amelia told us, "My husband really wanted to do another round of IVF. Even though I did not think it would work, I reluctantly agreed to undergo the procedure."

When they consulted with the fertility specialists, they learned that the clinic had recently changed their fertility protocol and medications. "Even with the changes," Amelia said, "I still didn't think it would work."

But to their surprise, that transfer was successful and Amelia became pregnant with twins. "My pregnancy was a bit rough for a while, but I managed to carry my boys for 37 weeks." Joshua and Matthew were born healthy.



Now, Amelia's twin boys are three years old. "They are certainly high energy!" she told us. "It's hard to believe we went through so much to get where we are today. I really learned to keep an open mind and be assertive. I used to think that if the doctor says you have the flu, you have the flu. But, after my experience with infertility, I know you really have to listen to yourself and consider all of the options."

## **Four Unsuccessful IVFs, then Natural Pregnancy**

### **— Rachael's Story —**

My husband, Ethan, and I tried to have a baby for over five years with no success.

My physician told me my chances of a natural pregnancy were less than 10% due to severe pelvic adhesions that blocked my fallopian tubes. He also warned that even if I was able to become pregnant, there was a great risk for an ectopic pregnancy (a pregnancy that remains in the fallopian tube). For these reasons, my physician felt my only options were in-vitro fertilization (IVF) or adoption. He also stressed that I needed to make a decision quickly because of my age.

***The fact that I could not experience pregnancy was horribly depressing and I felt like I had failed our marriage.***

Adoption sounded wonderful, but the fact that I could not experience pregnancy was horribly depressing and I felt like I had failed our marriage. Fortunately, my husband was very supportive and told me that he did not marry me just to have children.

We waited a little over a year to do our first IVF. It required many visits to the doctor and all kinds of different medication. Many of the hormones I was given resulted in symptoms such as moodiness and weight gain. After three IVF transfers, I still had no success.

Afterwards, my massage therapist friend asked me if I had ever heard of Clear Passage Therapies (CPT). At that moment, I was not interested in learning about a new intervention for getting pregnant. I had been experiencing emotional highs and lows for many years and wanted to give my body a break.

A few days later, another friend of mine who was also suffering from infertility problems called me and

said she was going to receive treatment at CPT. She asked me if I had ever considered going there.

I thought it was a strange coincidence that two good friends would suggest the same clinic in the same week. I interpreted it as a sign, and called to make an appointment.

I signed up for a consultation the next week and spoke to the physical therapists, who were very informative and compassionate about my drive to experience pregnancy and have a baby.

***A few months later, I missed my period, but couldn't even bear to buy another pregnancy test. I finally bought the test and to my utter disbelief, it was positive!***

Since I was gearing up for my fourth IVF, the therapists put together a program that centered on preparing my body for the transfer. Because of my history, they also focused quite a bit of therapy on my tubes and ovaries.

After my CPT treatment, I completed my fourth IVF. Unfortunately, it was not successful.

We were disappointed, but we thought that God must have another plan for us. At this point, we opened the doors to adopting a child.

A few months later, I missed my period, but couldn't even bear to buy another pregnancy test. I finally bought the pregnancy test and to my utter disbelief, it was positive!

Ethan and I were so happy, but feared an ectopic pregnancy. We prayed that God would protect the baby, and placed our full trust in Him. Nervous, we went to my infertility doctor a few days later to have an ultrasound, and to our amazing surprise, there was a healthy heartbeat.

Each step that we took in those five years, including our visits to CPT, got us closer to our ultimate goal of experiencing pregnancy and having a baby. I recommend CPT to women who are using medical interventions such as IVF or pursuing a natural course. They are performing many little miracles. Our little miracle is now five years old.

***Endometriosis, Three Failed IVFs, Two Miscarriages,  
Then a Natural Full-Term Pregnancy***

**— Claudia's Story —**

When I was 27 I was ready to conceive. I was young and happy to be starting my family. I never thought that I would struggle with conceiving.

After two years and no pregnancy, I went to see my doctor. I had all of the typical fertility work-ups done, but they couldn't find anything. My doctor then suggested I undergo diagnostic laparoscopic surgery to see if she could find a cause.

During the surgery, she found endometriosis and multiple uterine fibroids. A few months later, I had a full myomectomy to remove everything she found that shouldn't be there.

After the surgery, I was able to conceive naturally, but then I miscarried. My husband and I continued trying to conceive naturally, but finally I returned to the doctor for some help.

I was prescribed Clomid and was able to conceive after the first dose. I anxiously proceeded through my first trimester and was happy when I finally made it past 12 weeks. But at 14 weeks, I miscarried.

Despite this great misfortune, my husband and I kept trying to conceive with Clomid and intrauterine inseminations.

Now in my thirties and still no success with inseminations, we decided to try IVF. The cycle medication went well and they were able to get two fertilized eggs. Although this was a low number for IVF, I was excited with the prospect of maybe having twins. However, the transfer didn't work.

I then took the time to really examine my life. I was the Vice-President of a large company in Canada and

I knew I needed a break. I wanted to take a year off to resolve our fertility problems or finally let go of my desire to conceive.

We decided to move to the US, where I went to a fertility specialist and did two natural cycles of IVF — neither of which worked.

The costs of IVF were astronomical and I knew I couldn't continue trying forever. I finally found an IVF institute that would let me pay for three IVF treatments up front. If none of them worked, I would get a large percentage of my money back.

***I took that week to really reflect and meditate on healing my body. It was a very powerful experience... healing, physically and emotionally.***

I knew this was my last chance and I wanted to ensure my body was prepared. I had heard about Clear Passage Therapies (CPT) and I decided to undergo a week of intensive treatment there first.

I took that week at CPT to really reflect and meditate on healing my body. It was a very powerful experience. I felt their treatment was healing, both physically and emotionally.

One month later, I went to the IVF institute. They gave me high doses of medication and were able to get one egg. I timed my transfer with acupuncture and through all of that, I was able to have my daughter.

It was hard to say what role CPT played in my body, but I knew it had calmed my body, as well as my mind and emotions.

To my surprise, six months after my daughter was born, I had an ectopic pregnancy. No one could believe it. We had all assumed I wasn't able to conceive natu-

rally. Although the experience was a nightmare, I was happy to know my body could conceive without the assistance of medication.

The following year, my body took a beating as an underlying infection went undetected and I became septic. I had to have an ovary removed and nearly died. It was a very harrowing experience.

***I explored all of the opportunities because I didn't want to have any regrets.***

Two weeks later, I became pregnant naturally. No fertility drugs, no acupuncture, nothing. It's hard to say where my CPT treatment came into that, but I know it must have helped. I gave birth to my beautiful son after nine months.

Looking at my two children now, no one would realize everything that I went through. I did everything I could to conceive. I explored all of the opportunities because I didn't want to have any regrets. That was one of the reasons I went to CPT. Now I can say for certain that I have no regrets.

## **One Fallopian Tube Removed, Remaining Tube Blocked after C-Section**

— Ivy's Story —

The first time I became pregnant I was 31 years old and it caught me by surprise. We had been trying for six months and I just had a period. I went in for my yearly Pap and told my doctor that my period had started up again early. She said I could be pregnant and it could be an ectopic — she was right. It was in my left tube and I received a Methotrexate shot to “dissolve” the ectopic. After that I had an HSG to check my tubes. It was uncomfortable, but the dye spilled.

My Ob/Gyn said to wait two months and try again, after which we did indeed have a successful pregnancy. I ended up having a C-section. My doctor

***My doctor removed the  
dysfunctional remnant  
of my left fallopian  
tube laparoscopically***

said at the C-section that my left tube was pretty much disintegrated. I asked if that would be a problem in the future and he said no.

I breast fed our son for eight months and when my son turned one, we figured we would try again soon. In the meantime, I had only had one period since my son was born. I mentioned this to my new Ob/Gyn (as we had moved), so she started me on Clomid to return my periods and get the right progesterone level in preparation for a pregnancy. I took that about four times.

Interestingly, the month that I did not take Clomid, I got pregnant, but it was another ectopic in the little bit of my left tube that remained. I again had a Methotrexate shot. My doctor then removed the dysfunctional remnant of my left fallopian tube laparoscopically and we decided to do another HSG to check the status of my remaining fallopian tube. This time the HSG



was extremely painful. My doctor called me with the results and told me it showed that my right tube was blocked. She said this was out of her scope of practice, which I interpreted to mean “go see an infertility specialist and get started with in vitro” — an option I really did not want.

Feeling very disheartened, I used Google to look for a way to “open blocked fallopian tubes naturally” and came upon Clear Passage Therapies (CPT). Having a therapy background myself, I was convinced it would work and talked with my husband about it

***The treatment really, really works — my husband and I are now expecting again!***

In the meantime, I tried some acupuncture locally as well as just trying and waiting, to no avail. I finally decided to go for it, applied with CPT, and was accepted.

My therapist was awesome, extremely knowledgeable and understanding. I felt great after getting all “loosened up inside.” She even fixed an old running injury I had! When I returned home, I continued to practice the meditation and visualization techniques we worked on during the treatment as well. My last cycle was in July and the pregnancy was confirmed in August (not in the tube!).

The pregnancy went very well and our daughter was born in April 2007. I absolutely know it would not have happened without CPT! The treatment really, really works — my husband and I are now expecting again!

## **Adhesion Formation after C- Section**

### **— Megan's Story —**

Megan and her husband waited until their son was three years old before they tried for another child. However, when a year went by and they were still not pregnant, they started to wonder if something was wrong. Before long, Megan started having severe abdominal pain during bowel movements on the first day of her menstrual cycle. Her gradual increase in pain with no medical explanation signaled the possibility of adhesion formation.

***Her gradual increase in pain with no medical explanation signaled the possibility of adhesion formation.***

Her doctor suspected her pain might be related to her C-section with her first child. He decided to perform a laparoscopy, now her second surgery. Once inside, he found scar tissue (layered adhesions) joining her abdomen to her uterus. The scar tissue helped explain both her infertility and her pain, because the adhesion attachments would be putting her uterus into a less mobile state, decreasing function and increasing the chance of uterine spasm.

Her physician also found an area close to Megan's bowels that he thought might be endometriosis, another condition that is closely associated with inflammation and adhesion formation. The doctor tried to remove as much of the adhesions and endometriosis as possible, but as medical literature has shown, the unfortunate probability was that the surgery itself would cause more adhesions to form.

Five months after her surgery, Megan still had not become pregnant. She began taking Clomid, a hormonal drug designed to increase fertility. When this proved unsuccessful, she sought an infertility special-

ist who increased her Clomid dose and performed two intra-uterine insemination (IUI) procedures.

When these efforts were also unsuccessful, the specialist decided to perform laparoscopic surgery again. During two hours of surgery, he found more adhesions, numerous cysts, and stage IV endometriosis—the most severe form of that condition.

Two months after second laparoscopy and the third surgery), Megan continued hormonal injections and IUIs. When none of those proved successful, the specialist concluded that Megan's fimbriae (the fingerlike projections at the end of the fallopian tubes that grasp the ovary and help pull the egg into the tube) were not working. After all of her surgeries, it was likely they had become adhered.

***Five months after her surgery, Megan still had not become pregnant.***

Her physician then suggested she try in vitro fertilization (IVF). Megan and her husband had mixed emotions about IVF and decided to get a second opinion. Their new specialist wanted to start over, but after three surgeries Megan did not think her body could go through the entire process again.

She then began researching on the Internet for alternative methods to treat secondary infertility and she found our website. The testimonials of other women caught her attention and she was amazed at how similar some of their stories were to hers.

Megan underwent our five day fertility program; she received two hours of therapy each morning and two hours each afternoon over five days. Given her medical history, we focused on areas where we knew it was likely adhesions had formed. We focused much our work on her C-section scar, fallopian tubes, and fimbriae. We worked to return mobility to her uterus and her other pelvic organs.

When Megan started therapy, her abdominal area was noticeably tight and restricted. By the end of the week, it was very soft, pliable, and mobile. We were pleased with the results.

After treatment, Megan decided to let her body rest for two months before trying to become pregnant. When they started having intercourse in time with her ovulation the third month after therapy, Megan immediately became pregnant. Megan called us in shock and told us, "We tried ONE time and I'm pregnant!" Megan delivered a beautiful baby boy nine months later. One year later, Megan and her husband decided to try for one more child. They were so happy to find out they were pregnant two months after trying. Their third son was a welcomed addition to the family.

By addressing the adhesions that we felt had formed from her C-section, laparoscopies, and endometriosis, Megan's body was able to function much more as it did before being glued down by adhesions. In her case, she was fortunate enough to achieve the desired result.

## Seven Years of Secondary Infertility

### — Lyla's Story —

I met my husband, Rodger, in the spring of 1997. I was a 25 year-old single mother of a 2½ year old boy, Paul, from a previous marriage.

We married in the summer of 2000. We talked of expanding our family and decided to start trying that following year. Many months and many pregnancy tests later, it started to wear on me.

***I wondered why I would put my body through a surgery causing more scar tissue, when ultimately that was the cause of all my troubles to begin with.***

I wanted so desperately to have another child, but just couldn't figure out why it was not happening.

I was referred to a local Ob/ Gyn, whom I hoped could help me find the cause and address it. He performed routine blood tests and an ultrasound, and Rodger's sperm levels were checked. I made weekly visits to the doctor's office after sex to see how my body reacted to Rodger's sperm. There was charting, waiting, and then waiting some more, yet still no answers to why I wasn't getting pregnant. Time was ticking and so was my patience. I thought, "How long do I wait with no answers as to why I'm not getting pregnant?"

After eight grueling months of getting nowhere, I decided once again to switch doctors — what did I have to lose?

I met with the new Ob/Gyn and right away she ordered a hysterosalpingogram (HSG). The following week I went in for the HSG. They were able to tell me right away my fallopian tubes were blocked. They explained to me that any kind of surgery, infection, etc., could have caused my "infertile condition."

I met with my Ob/Gyn and she thoroughly explained my options. One was surgery, where they would cut and repair the tubes so the blockages were removed. This would give me a small time frame to work with to get pregnant. I questioned this. Being a massage therapist and into health and nutrition, I wondered why I would put my body through a surgery causing more scar tissue, when ultimately that was the cause of all my troubles to begin with. (I had an appendectomy in 1992, accompanied by infection.)

I quickly got on the Internet and began to investigate my choices. Search engine upon search engine, "Clear Passage Therapies (CPT)" would pop up. I called and got detailed information on the program. It was all natural, no surgery, and would require me to spend a week in Florida. Sign me up! My Ob/Gyn was very supportive of my decision and wrote a prescription for the treatment.

***The left side was completely clear and the right side had some clearing with dye spillage. The doctors couldn't explain it, but I could!***

In early 2003, Rodger, Paul, and I headed to Florida for my treatment. I knew that treatment would be intense, sometimes twice a day, but I felt that was exactly where I was supposed to be. Every staff member was so kind and loving. I had no discomfort, nothing but a wonderful experience.

After spending a week in Florida I was excited to come home and see the results of the treatment. My doctor scheduled another HSG. The test concluded the blockage had "moved" but was still in fact there. I was discouraged but hopeful. The therapists told me it could take a few months before I saw the full effects of therapy.

After more investigation on my part, I was led to a supplement that claimed to diminish scar tissue and improve women's reproductive health. I invested in a four month supply. If anything else I felt even more balanced, and knew even if I never had another child I was getting my body in the best health possible.

It was December 2003 and I had scheduled my final HSG. Once again but not expecting anything, I went in with a positive, loving attitude. This time, it was finally proven! The left

***I took another and it was also positive! How could it be? Trying for years and nothing, and then just one day...***

side was completely clear and the right side had some clearing with dye spillage. The doctors couldn't explain it, but I could! I ran home with my news. We had company in for the holidays: Rodger's brother, his wife, and two kids. Rodger was busy playing video games with his brother. I barged in to proclaim the news, having him not even look up. I was disappointed, but let it go.

The months went on and we continued to "try." Nothing. My obsession with becoming pregnant lessened as Rodger dove more into work and I let go and decided to get my individuality back. I was really at a point of "just being." After two years of wanting another child so badly, I was just thankful to have one. During this time I discovered my love for horses, horseback riding, country line dancing, yoga, working out and traveling. I really was at peace. I began to question why I should obsess over something I had no control over. I loved my life with or without baby number two. I expressed this to Rodger, who was not happy with my "new found freedom." The wedge between us grew over the next year and a half.

Neither of us were happy and we divorced in 2005. That same year I met a wonderful man, Myrl. We grew close very quickly. We shared a lot of the same interests and philosophies on life. I told him about my infertility. Not having any children of his own, it could have been a huge deal, but he was willing to accept not having kids to be with me.

It was late January 2008 when both my sister and I suspected that I was pregnant. Her period and mine were days apart. She started hers, mine never came. A week later I took the test, and it was POSITIVE! Two days later, I took another and it was also positive! How could it be? Trying for years and nothing, and then just one day...

After the initial shock wore off, we welcomed our own miracle and blessing. On October 6, 2008, our baby boy, Ryly was born at home with the assistance of a midwife. Weighing 9 pounds and 21 3/4" long our healthy baby is everything we could ever want and more!"



## **Two Miscarriages then Two Children**

### **— Dana's Story —**

As a newlywed couple, we made the decision on our one-year anniversary to try and have a baby. With me at home and my husband working, we thought surely there would be three of us in no time. I went off the pill immediately. I had only been on it a year and I had one normal cycle and then didn't have another. I was so happy, yet scared, thinking I'm already pregnant! So, I finally told my husband and my mother and went to her Ob/Gyn.

Boy, were we wrong. Not only was I not pregnant, I wasn't having a menstrual cycle — and the doctor couldn't find anything wrong. I decided to find a new doctor.

"Welcome to the world of infertility" may as well have been written on the front door of my doctor's office. After numerous tests, I was given hormonal medications and scheduled for diagnostic laparoscopic surgery. The surgery went well and my doctor found no reason why I couldn't become pregnant. He referred me to a specialist. "Well, here we go to the Big Boys," I thought.

My specialists determined I wasn't ovulating. I was given numerous medications to help me to menstruate and ovulate. Our nurse taught my husband how to give me daily shots of hormones and we coupled these medications with intrauterine inseminations.

We had many unsuccessful IUIs, but in March of 1997 our miracle happened. We were getting ready to eat with some friends and I decided since I had never had a cycle after our last insemination I would take a pregnancy test. It was positive. I went to the doctor the next week to find I was eight weeks along.

Our little son, Ethan, was born at 36 weeks by emergency C-section. I had holes in my placenta and

was leaking amniotic fluid. My doctor said we were touched by God that day — if I hadn't kept my regular appointment the baby would not have made it through the night inside of me. One week later the hospital released Ethan and we came home.

After Ethan's birth, I had a normal cycle. When Ethan turned two we decided to try for baby number two. In just a few months I found out I was pregnant without any medications. We conceived on our own. However, the day before my first doctor appointment, I started having severe

***Our little son, Ethan,  
was born at 36 weeks by  
emergency C-section.***

abdominal pain and started spotting. I called the doctor and kept my next day appointment, but I had a miscarriage. I was eight weeks along. The doctor tried to remain positive and told me, "At least we know you can get pregnant and now you can focus on that."

Being the stubborn and determined person that I am, I didn't want to wait. We went back to the Big Boys.

Wow, had infertility advanced since I was last there. I was placed back on hormonal injections. We went on to have another miscarriage at two weeks. They monitored me closely and I had laparoscopic surgery to remove a cyst off my right ovary. I then had a tubal pregnancy at thirteen weeks. My tube was okay and not blocked afterwards, but my husband decided he didn't want to go through anymore. Physically and emotionally we both couldn't handle any more. We were blessed with our son Ethan.

From the age of four on, Ethan prayed every night that God would give him a sister. After my second miscarriage, he made up an imaginary friend he called "little girl" and even tried to buy her some purple flip flops. I told him if she couldn't try them on, then we couldn't

buy them for her. He finally put them back on the shelf and said, "Okay mama." I cried all the way home.

A friend of mine from work saw a clip about Clear Passage Therapies (CPT) on the news one day and brought me the phone number. I called my husband and asked him if he cared if I went for a consultation. He said he didn't care, but he wasn't going to give me any more shots. If God wanted us to have another baby, He was just going to have to make it happen.

***(The test) was positive. I went in and sat in the closet for an hour and cried. My boss and my friend joined me in the closet and we prayed God would let this one be okay.***

After my consultation, I decided to schedule the treatment. I completed my treatment within six months. A few months later, I was sitting in my office feeling absolutely miserable and realized it had been two months since I had a cycle. I went to the store at lunch, came back, and took the test — it was positive. I went and sat in the closet for an hour and cried. My boss and my friend joined me in the closet and we prayed God would let this one be okay.

The next day I went to the doctor and he did an ultrasound. His nurse, who I had known since high school, was in the room and cried when we saw that little heartbeat.

***I have been married 16 years. Thirteen of those years we spent trying to grow a family.***

Ruthie was born at 36 weeks. Ethan, at age eight, finally got his little sister and bought her some purple flip flops.

I am 35 years old now and I have been married 16 years. Thirteen of those years we spent trying to grow a family. We are convinced totally that miracles can happen and that Clear Passage was the open door to help it along — especially now because I just gave birth to a second baby girl!

## Miscarriage After C-Section

### — Madeline's Story —

In my first pregnancy, I became pregnant relatively easily. I gave birth to my wonderful baby girl via C-section in 2003.

When my husband and I were ready to have another child, we once again became pregnant easily. To our surprise, we were naturally pregnant with triplets. My pregnancy was rough though, and two died through miscarriage. At 24 weeks, I went into early labor and my third baby died shortly after birth.

***I no longer experienced pain near my C-section scar (or the) tailbone pain that occurred after my second pregnancy.***

I was determined to get pregnant as soon as possible and I began trying just two months later. When we were unable to conceive after three to four months, I saw my Ob/Gyn. She then referred me to a fertility clinic.

In 2006, we did various infertility treatments that didn't work. At the end of November of 2006, we did IVF and that didn't work either.

I decided I needed to step away from western medicine. I saw an acupuncturist and did some research on the Internet for natural treatments. I found the Clear Passage Therapies (CPT) website and felt I would be a good candidate for their treatment because of my previous C-sections.

I began treatment in February of 2007. I noticed some immediate improvements during therapy. I no longer experienced pain near my C-section scar. I also no longer experienced tailbone pain that occurred after my second pregnancy. With these results, I was optimistic the treatment would help with my fertility.

A few months after treatment I started intra-uterine inseminations with medication. I did two rounds without a pregnancy. I was in such a hard place emotionally that I began taking anti-depressants. I knew all of the treatments I was receiving were good, but I needed to be in the right place emotionally and mentally.

When I went in for my third round, they found I had already ovulated and thus wouldn't be able to do the insemination. I was disappointed, but then surprised when my husband and I were able to get pregnant naturally that cycle.

***Losing my babies was tough,  
but the infertility was even  
harder in some ways...***

My pregnancy was perfect. I was a little bit anxious because of what had happened before, but I went to a high-risk pregnancy clinic that monitored my progress. After I made it past 24 weeks, I felt better. I made it all the way to 37.5 weeks.

From the beginning, we had to have C-section. But I went into labor a week early and gave birth naturally — without drugs! That was quite a shocker. I was too far along for an epidural, and after five hours, I gave birth to my beautiful daughter who was 6.5 pounds and 19 inches.

Afterwards, I was actually glad I didn't have to do the C-section because I didn't want to have more scar tissue.

Now, with my beautiful daughter, I am making up for all of the pain and frustration I went through. Losing my babies was tough, but the infertility was even harder in some ways. When you lose a baby, you go through the grieving process and you work towards finding peace with it. But with infertility, you never know when it is going to end.

Having this baby provided closure for me. I was finally able to close the door on two years of hell. I feel like I have more perspective on life now and I really appreciate what I have.

## **Five Years Infertile and 13 Unsuccessful IUIs**

### **— Terri's Story —**

In 2001, my husband and I decided we wanted to have a child. But after a year, we were still unable to conceive. I was 35 and did not want to waste any time, so we spoke with my doctor right away. We completed a series of tests and all of the results came back normal.

My husband and I continued trying to conceive, but we still had no success. Our diagnosis of “unexplained” infertility was extremely frustrating because at least

***Our diagnosis of “unexplained” infertility was extremely frustrating because at least when you know a cause, you can find an answer, or you have something to battle against.***

when you know a cause, you can find an answer, or you have something to battle against. I, on the other hand, didn't even know where to begin.

I looked into natural treatments for infertility and tried everything I could find. I saw an acupuncturist, tried different fertility diets, and tried massage to help relax my body. I strived to remain calm, but the more I thought about my inability to conceive, the more I stressed.

After Some time passed, my husband and I decided to see more infertility specialists and started intra-uterine inseminations. The insemination process was difficult because it depersonalized the act of making a baby — the wonderful part of making love with your husband. It soon became an effort, a job, a chore, and that was very sad. We did thirteen inseminations, but none of them worked.



I continued reading fertility books and read a great one entitled, *Taking Charge of your Fertility*. The book helped me learn more about my body and my treatments. I decided to find a new doctor. He examined our history and felt that IVF would be our best choice. However, that wasn't an option for us because our insurance did not cover it.

About that time, I read about Clear Passage Therapies (CPT) online. When I read about their treatment, it just clicked with me. I felt that it made sense and it could work for me. I waited until their clinic opened in New York and attended in 2005.

***The insemination process was difficult because it depersonalized the act of making a baby — the wonderful part of making love with your husband.***

My treatment went extremely well and my therapist helped me to think positively about becoming pregnant. I think a huge part of the success of any treatment or becoming pregnant is believing that it will work.

My treatment ended in early September and my period started September 10th. I was concerned that this meant the therapy didn't work. I knew I was getting older and my "time as running out." My husband and I decided to return to the doctor and discuss IVF. We decided to go through with the cycle and my doctor said he would start me on medications after my next period.

The entire month, I kept thinking, "Please just start your period so we can get going with IVF." I kept waiting and when my period was late, I decided to take a pregnancy test; that's when I learned that I was pregnant. I didn't have to do IVF. CPT worked!

Our beautiful baby was born in 2006. After her birth, my husband and I didn't think about contraceptives. We decided that if something happened, then something happened.

In 2008, at age 40, I became pregnant naturally again. We recently learned we will be having another girl.

I am grateful for the work I received at CPT and that I am able to share my story with other women. When other women shared their stories with me, it helped me explore different options. I know CPT is not a "cure all treatment," but it worked for me, and other women need to know it is an option.

## **Suspected Adhesions**

### **— LaRue's Story —**

As a physical therapist who worked with premature babies and pregnant women, I commonly heard, "You are so good with children, when are you going to have a baby?" It was always a difficult question for me but how could they know I was surrounded by exactly what I couldn't have?

At 25, my husband and I decided to start our family. He was an Ob/Gyn, so we were well aware of the time it takes most couples to become pregnant. But when we still weren't pregnant after a year, we knew something was wrong.

We both went through tests and the doctors told me everything was fine with me. They discovered that my husband had some antibodies in his sperm. We knew the chances were low, but we decided that we would just keep trying naturally.

Each month, my hopes heightened, and then when my period came, it was like another failure. We had both succeeded at everything else in life and I always thought, "Why can't I succeed at this?" To make matters worse, I was surrounded by pregnant women at work who could not understand my struggle.

This was an extremely trying period for us. In fact, my husband even cried during a delivery once. While the family thought it was out of happiness for them, he confessed to me that it was because the mom reminded him of me and the child that we were not able to have. It got to the point where I actually dreaded going to baby showers. I finally accepted I would never be a mother.

It was not until years later, after my husband tragically passed away, that I thought of having children. I remarried and my present husband traveled a lot, and although we tried when we could, I knew our chances of conceiving weren't high. We tried for a year or so, and I became concerned that nothing had happened.

Because I was in my thirties, I wanted to make sure my hormones were at the right level. I went to see my doctor for a series of tests, which all came back normal.

My doctor recommended we try an IUI to increase our chances for conception, but when it was unsuccessful, my husband didn't want to continue with infertility treatments. He already had children and did not understand my desire to have my own.

***Because I am in the medical field, I knew that adhesions beget adhesions.***

For a couple of years we pursued no treatments, but I finally decided I was not okay with this option. I wanted children of my own and I decided to see a specialist. The specialist suspected I had adhesions from three surgeries I underwent as a teenager. She suggested I have another surgery to remove the adhesions.

Because I am in the medical field, I knew that adhesions beget adhesions. As a physical therapist, I had already heard about Clear Passage Therapies (CPT) and asked my doctor if she felt their treatment might be beneficial. I even provided her with a brochure detailing the treatment that was available. She told me, with some skepticism in her voice, "I suppose it is worth a try if you feel strongly about it."

I decided to attend treatment for an intensive week of therapy. The first day of treatment, I knew right away this wasn't typical physical therapy. The therapists evaluated my entire body and they soon found a spot that, when stretched, elicited exactly the

kind of pain I experienced during my menstrual cycle. If I had not been a physical therapist, I would not have understood that this was a good sign. Even though this aspect of treatment was somewhat painful, I knew if they could find the area that caused my pain, they would then be able to resolve that pain.

After my first day of treatment, I must have gone to the bathroom at least ten times. It was like their treatment helped clear my bowels and bladder.

By the time treatment was over, the majority of my aches and pains were gone. In fact, I never had menstrual cramps again after that one week of therapy.

***It is nice to see a  
natural treatment  
help women achieve  
their dreams.***

I decided to give myself six months to become pregnant, and sure enough, that sixth month I became pregnant.

After our beautiful baby girl was born, I knew I didn't want her to be an only child. My husband thought that one child was enough. But one day, he saw her sitting and playing by herself and thought she looked so lonely.

We decided to have another child and were able to become pregnant again the next month! I couldn't believe that after all of my years of struggling with infertility, it was that easy. I gave birth to our son nine months later.

A year after his birth, I was able to become pregnant again. Although I lost that pregnancy as a miscarriage, I know that a single miscarriage is not uncommon for a woman to experience.

I still think it is incredible that I was able to have three successive pregnancies because of CPT. It is nice to see a natural treatment help women achieve their dreams.

## **Seven Years of Infertility and Chronic UTIs**

### **— Jennifer's Story —**

My husband and I attempted unsuccessfully to get pregnant from the very beginning. Upon attending Clear Passage Therapies (CPT), I had been married for six years.

I come from a large family with five siblings, including a twin sister. I love being from a large family, so I have always wanted many children. My husband has three siblings and feels the same way.

We married just a week shy of my 30th birthday, so we started working on a family right away. Early in our marriage, I suffered

***I felt intuitively that the intercourse discomfort and pain must be connected to my infertility.***

from discomfort and sometimes pain during intercourse. Months, and soon years, went by and I was not getting pregnant despite the fact that I had never used any form of birth control. I felt intuitively that the intercourse discomfort and pain must be connected to my infertility.

I decided it was time to visit my gynecologist to gain some understanding of the problem. My doctor said that after two years of unprotected sex and no pregnancy, I was officially “infertile.” Wow, I never thought that it would happen to me! But sure enough, that diagnosis became part of my life.

I then began the next step, trying a fertility drug called Clomid. I tried three months of Clomid with no success. My doctor then suggested that I undergo some diagnostic tests to see if there was a physical problem.

I went through the typical battery of tests. In fact, my HSG was done on the morning of September 11, 2001. It was a bad morning in many ways to say the

least! The doctors told me that I was not getting spill of the dye into one side and they suspected one of my fallopian tubes was blocked. However, because of where the blockage occurred, they could not be certain that it was totally blocked. They encouraged me not to worry because, "Sometimes this procedure opens things up, and women often get pregnant afterward."

I left with a bitter-sweet feeling. I had a blockage on one side, but it could be "opened up." Although I was hopeful initially, months went by, and I still was not pregnant. I then went back to my gynecologist, who sent me to the local infertility specialist.

***As a practicing Catholic...  
this was a spiritual lesson  
for me as well, and my  
responsibility was clear.***

During consultation, he suggested that I had two primary options; I could either do in vitro fertilization (IVF) or artificial insemination. He said with the statistics, IVF was the most likely method to produce results. As a practicing Catholic, I knew this was not a good choice for me.

I decided to speak with several Catholic priests about this. They all suggested that even though we do not always understand God's plan, or the church's "rules" on sanctity of life, we must still obey as Catholics. We cannot "pick and choose" which rules to obey and which not just because they do not fit into our lives. I knew this was a spiritual lesson for me as well, and my responsibility was clear.

I thought about adoption, and would be open to it, but my husband was not fully on board. He felt that God would give us a baby one day, and that we should wait longer. Easier said than done!

I decided to buy the sticks that would tell me when I was ovulating and keep trying naturally. I used those sticks nearly daily for four years! I also tried the

“basal temperature/ natural family planning” method, but I didn’t have success with it either.

In the meantime, I was having chronic urinary tract infections (UTIs). I went through a battery of tests regarding this, and even received antibiotic treatment for six months. All testing was inconclusive or negative, yet the UTIs continued.

Through all of this, I couldn’t help feeling that these issues were all somehow connected to my infertility. After all, they were in the same general part of the body. How could I have occasional discomfort during intercourse, chronic UTIs, and infertility all generally unexplained? I also knew I had chronic back pain from two accidents I was in. I asked my doctors if these were related, and most said no. But I still was not convinced.

My emotions during this process were difficult to bear. Any time a friend would tell me she was pregnant, I received an invitation to a baby shower, or a baby was born, I would feel happiness for the friend, but incredible sadness that it was not me.

My twin sister married several years after me. I warned her to try to get pregnant right away if she wanted a family. After all, I was having such a difficult time and we were twins. Wouldn’t you know, she conceived on her honeymoon! She miscarried a month later, and re-conceived again within two months. Two pregnancies within three months!

Finally, in 2004, my sister-in-law was working as a medical director in a medium-sized hospital. She was receiving medical journals online, and found an article regarding the efficacy of treatment by Clear Passage Therapies (CPT). She forwarded the article to me, and I felt that this may just be the answer that I was looking for. Many of their patients also had chronic UTIs and infertility, as well as pain during intercourse. This sounded familiar!



I thought this may be an answer to my prayers, and I contacted them immediately. They gave me a medical history form to complete in order to determine if I was an appropriate candidate for treatment. The closest treatment center at the time was in a city about 2.5 hours north of my home.

When I was accepted into the treatment program, I set up my first 10 hours during a holiday break. My family doctor specialized in physical medicine, and he readily gave me a script for “physical therapy” due to chronic pain, which ultimately helped to alleviate some of the cost of the program.

**Many of their patients also had chronic UTIs and infertility, as well as pain during intercourse. This sounded familiar!**

I began my treatment the week after Christmas in 2005. I am in the rehabilitation field myself, and have worked alongside physical therapists, so I had an inkling of an idea of what was to occur, but did not know fully, so I was slightly nervous.

The process consisted of both typical physical therapy maneuvers, but also “internal” maneuvers. This was uncomfortable at first, but it proved to be one of the most beneficial parts of the process. It was kind of like going to the Ob/Gyn for a check-up. The therapist was thoughtful and described what she was doing, why, and what she was finding in her assessment, and during treatment. She also explained why I may be feeling pain during intercourse on occasion.

I left feeling filled with hope. Because of my work schedule, I had to complete my remaining 10 hours six months later. In the meantime, the clinic that I went to closed! I was devastated. However, CPT contacted me, and helped pay for my transportation

to their Florida clinic since I had already paid for the treatment. I was relieved, and looking forward to completing the process.

Six months later in June of 2005, I went to Florida, and completed the final 10 hours. I had multiple therapists, all of whom were professional and caring.

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The halls of the center were filled with baby pictures, and a new mother was there showing the therapists her child. I started to cry. I felt hope and anxiety at the same time. Would this really work for me or was I just a hopeless case? Why would this work after six years of no success? Just because there are some success stories doesn't mean it will happen to me. I was 36 years old now.

As I completed my treatment, they gave me some suggestions and materials for preventing pain during intercourse. When I returned home, I was eager to see my husband. We had a wonderful night, pain-free and pleasurable! I had a new intimate life with my husband! This was an unexpected bonus!

By September of 2005 (three months later), I took a home pregnancy test at my sister's house because I suspected I could be pregnant. It was positive! I never cried so hard in my entire life! I felt so relieved and so filled with joy and excitement. I couldn't wait to tell everyone. I wanted the world to know — I didn't care about "waiting until the first trimester is over just in case." I just couldn't hold it in. I gave my husband a "Parents" magazine with a positive test inside to tell him our news. He was elated as well. We were finally going to be parents.

However, we were not out of the woods yet. During the pregnancy, I contracted “fifth’s disease” while working at a school with young children. I had never heard of it before, but apparently it is one of the diseases on the “don’t get this when you’re pregnant” list. So I had to have weekly ultrasounds. It was another blessing in disguise because I had a chronicled picture history of my daughter’s development in utero.

In June of 2006, we had a beautiful, healthy baby girl 8 pounds 6 ounces. She was the most beautiful thing I have ever seen. I was 37 years old at her birth, and I finally had the child I had always wanted my entire life. I can’t even look at her without crying tears of joy. I am so grateful to God and to the caring, skillful therapists at CPT. They not only helped me conceive my daughter, but also conceive again naturally — I’m 11 weeks pregnant! They truly changed my life!

## **Unexplained Infertility, Despite Multiple IUIs and 3 IVFs**

**— Nicole's Story —**

Being diagnosed with infertility is like being asked to walk a tight rope. It's all a balancing act – having faith you will conceive but not holding on to your dreams too tight. All around you, well-intentioned friends and family offer advice and it's hard to not be consumed by infertility charts, tests, and procedures. Ultimately, my efforts resulted in my beautiful daughter – but I had to learn to trust my own instincts and do what I felt was best for my body.

I was a year into my efforts to conceive when I realized there might be a problem. I consulted one of the top infertility specialists in the country. After all of the testing, he couldn't find anything wrong; I was given that lovely diagnosis of “unexplained infertility.”

***I had to learn to trust my own instincts and do what I felt was best for my body.***

He decided to put me on Clomid for a couple of cycles to see what would happen. However, the medication made me an insomniac. I normally am a great sleeper – and I need that sleep. After two months, I couldn't function with the side effects of sleep deprivation so my doctor suggested I move straight to IVF.

Instead, I really felt I needed to treat the cause of my infertility, so I decided to consult another specialist. My new specialist felt laparoscopic surgery would enable him to find the cause of my infertility. During surgery, he found that the tiny fimbriae at the ends of my fallopian tubes were adhered. He told me, “Your fallopian tubes are still clear on the inside, but your fimbriae and tubes are stiff and not moving. I tried to

remove as many adhesions as possible, but I did not want to damage your fimbriae.”

I tried to become pregnant naturally afterwards, but suffered a miscarriage. My doctor and I decided to con-

***My inner voice was telling me that there must have been a problem with implantation.***

tinue with different forms of hormones. I was able to become pregnant once again, but then I miscarried again. We even tried several IUIs to help the sperm reach my uterus, but I was only able to become pregnant once and then miscarried again.

Finally, two years into my struggle to conceive, I proceeded with IVF. At 38, I did my first cycle and was able to become pregnant, but again miscarried. I did two more IVF cycles at 39 and 40, but I didn't get pregnant at all.

By this time, the infertility specialist told me that the “grade of my eggs” was low

***My doctor felt (CPT) treatment made sense***

because of my age and encouraged me to pursue donor eggs. I didn't agree with his assessment because I always responded well to the drugs and produced high quality embryos – my inner voice was telling me that there must have been a problem with implantation.

It was then that a friend mentioned Clear Passage Therapies (CPT). I looked it up online and was intrigued. I was already familiar with massage and physical therapy because I have scoliosis. I had tremendous success with these treatments and I hoped manual physical therapy could help my infertility.

Before I attended treatment, another friend of mine suggested a doctor who specialized in finding causes of infertility. As I wanted to cover every possibility I went to see him. The doctor found I was positive

for mycoplasma, which he could easily treat with antibiotics. It is a bacteria/virus that is hard to find and in some can cause infertility. He also found that my natural killer cell count was a little high and may spike at the time of pregnancy. Natural killer cells are the “special forces” of the immune system and they see an embryo as a parasite and try to kill it. High levels of natural killer cells are usually found in people who have fought cancer – and that was definitely me. When I was 20, I was diagnosed with cervical cancer and had to have a portion of my cervix removed. My doctor explained that when I became pregnant he could test me for the natural killer cell levels and give me medications to prevent my immune system from killing the embryo.

**When they examined my cervix, they found it was very tight and hard.**

I spoke with my doctor about CPT and he felt their treatment made sense. I scheduled the therapy and explained my extensive history to the CPT therapists. When they examined my cervix, they found it was very tight and hard, leaving only a small opening. This was an important finding as it was yet another key to a cause of my infertility. My evaluating therapist said that they would add a special focus for treatment in this area during my sessions.

Since there was a CPT clinic where I lived, I scheduled my remaining sessions over the next few months. Each session, they worked to reduce the scar tissue around my cervix and fimbriae. At the same time, my therapists greatly reduced my upper back, neck, and shoulder pain.

I became pregnant naturally after 16 hours of therapy and before I was finished with the antibiotics course for the mycoplasma. I immediately went to my doctor who gave me the medicine I needed to suppress my immune system. He also noted that

the tightness in my cervix was greatly reduced. I got pregnant! My pregnancy was phenomenal and I delivered naturally – eight days after my baby was due! She has been amazingly healthy.

My success was a combination of my doctor's efforts and CPT. I am so grateful that I was able to become pregnant naturally. I think CPT created the possibility for my body and repro-

ductive organs to work properly, and then my doctor resolved the conditions with my immune system that were impeding a full-term pregnancy.

My struggle with infertility showed me that my body functions as a whole entity. Everything is connected. You cannot just treat your infertility; you have to treat your entire body. Exercising, living cleanly, and eating healthy food will help, but sometimes we need additional help clearing out the psychological and physical damage of the past. I think my CPT treatments helped me do that. They rejuvenated my body and prepared it for the greatest natural miracle.

***My struggle with infertility  
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treat your entire body.***

## ***Myomectomy and One Blocked Fallopian Tube***

### **— Nyamekye's Story —**

I thought I had planned the “perfect” life. I got married at 18 years old, and went to college on a full scholarship. I got my first teaching job right out of college. When things settled down for my husband and I financially, we decided to try foster care by a referral of a friend. My husband and I loved working with children and we thought we would welcome a few in our home. We enjoyed the fostering so much that we decided it was time to start our own family. We thought the fostering had given us great experience with the full-time nature of parenting.

I stopped taking birth control pills and started taking prenatal vitamins. I was ready! We tried for a couple of months, and got pregnant! I surprised my husband with the news by buying a bib that said, “I love my daddy!” When my husband saw it, he was just as happy as me.

The next day, I started bleeding. I read on the Internet that some women bleed in pregnancy so I decided to take it easy at work, but it did not stop. I immediately called the doctor and told her. She tested my blood and said it did not look like a viable pregnancy. She confirmed it during a vaginal ultrasound when she could not find anything in my womb. I was devastated. The doctor encouraged us to keep trying.

We tried for many months after that loss. Intercourse started to become monotonous, scheduled, and meaningless. After more than six months of trying with no success, we went back to the doctor. She told me that she could begin running some tests.

All of the blood tests came back normal, but the HSG showed my uterus was covered with fibroids and I had a blocked fallopian tube. She immediately referred me to a specialist. The specialist recommended



surgery to unblock the fallopian tube and to remove the fibroids from my uterus in order to become pregnant. My world simply shattered. For many months, our moods were very down and I thought my chances for pregnancy were nil! My husband could not help but blame me and vent to his relatives overseas.

In December of 2004, I consented to have a myomectomy, even though my husband was out of the country on a pre-scheduled trip. My sister-in-law came to stay with me and comfort me. This was my first major surgery!

The surgery was successful in removing the fibroids, but she was unable to open my tube. I was told to recover for six to

***The test showed a significant problem with the sperm and that we would need a miracle for it to produce a pregnancy.***

eight weeks and then come to her office to discuss the next steps. My husband returned and we decided to return to the specialist. She told us that we could try some less expensive alternatives, like insemination. Now that the embryo could stick to my uterine wall, we just needed to bypass the tubes. Okay, we decided to give this a try!

We got started with all of the testing of my ovulation, the drugs to stimulate ovulation, and the testing of the quality of my husband's sperm. The test showed a significant problem with the sperm and that we would need a miracle for it to produce a pregnancy. Again, our spirits took yet another dive. My husband really struggled with this news! He had been putting pressure and venting on me until this day. He broke down emotionally.

The specialist suggested we consider a sperm donor. I remember looking on the website for a donor. My husband was crushed and refused to participate.

He said there was no way he would ever let us consider that option. We talked about adoption, but we just could not wrap our brain around the fact that we were an infertile couple.

We went through two cycles of insemination with my husband's sperm, even though the doctor said it was highly unlikely to work with his sperm. I took Clomid and other drugs to boost my ovulation. Neither cycle worked! At that point, my infertility benefits were depleted. We were convinced the inseminations were not working, and we needed more options. The specialist said that our only remaining option was in vitro fertilization (IVF). She told us to visit with the financial counselor who may be able to help us find a way to pay for it.

I was not convinced and I did not want a home equity loan on our house. I got on the Internet and wanted to do more research. I had researched previously and saw a website about blocked fallopian tubes. I did a search again, and typed in "blocked fallopian tubes." Again, the same website, Clear Passage Therapies (CPT), came up first that had appeared when I was researching the surgery.

This time I decided to really analyze and look at the website again. I read all of the information on the website, ordered the brochure and video, and talked with my husband. I wanted to really see if there was a possibility in this technique or if it was too good to be true. On my next visit with the specialist, I asked her about the treatment. She said she had one patient who went to the clinic, but she was unaware of the outcome and she did not know about it personally.

We watched the video and read the results over and over. We were inspired by the story of Larry and Belinda discovering this miracle procedure that was helping women get pregnant. We were touched by the individual stories of success when there seemed to be no hope, so we started listing the pros and cons.

The cost was drastically cheaper than IVF, and it could also help to make IVF more successful if we had to go that route. The only cons were the time away from work for both of us (I was not going to go alone), and the travel expenses. We made the decision to go for it. The week before school started in August, my husband and I traveled in faith to Florida. We stayed with my husband's cousin, a medical doctor. We asked her to look over the CPT materials and see what she thought. She said to give it a try and just pray for a blessing.

***This time proved to be different; we were really pregnant on our own! When he turned four months old, we were pregnant again... on our own with no assistance. Our parents and supporters were shocked at the rapid turnaround.***

Each morning, we drove to the clinic. My husband came to all of the sessions with me and came in the room to give me support. The CPT staff was very welcoming and encouraging. Each night we would walk and pray for a miracle. The stretching in the sessions made me tired and sore, but I didn't mind!

We came home hoping to get pregnant really soon. Nothing happened in September. In the beginning of October, my breasts started to grow. I knew I was pregnant. I took a test.

We were pregnant! I knew not to get excited yet, because of what happened the first time. This time proved to be different! We were really pregnant on our own!

I had a very smooth and easy pregnancy. I delivered a son on July 13, 2005, weighing 8 lbs., 2 oz., and 21 inches long. We were parents!

We enjoyed our baby boy and when he turned four months old, we were pregnant again! We got pregnant on our own with no assistance. CPT had definitely cleared my tubes! I delivered baby girl, August 31, 2006, 6 lbs. 0 oz., and 20 inches long. Our parents and supporters were shocked at the rapid turnaround.

My husband's cousin, the doctor in Florida, is now referring her own infertility patients to CPT after seeing our results. We are forever appreciative to CPT for their part in making our family!

## **Infertile after IUD**

### **— Mia's Story —**

"My infertility is unexplained," Mia told us. "My doctors have never been able to find a cause."

Like thousands of women, Mia was frustrated with her diagnosis and wanted to find answers. Her infertility struggle had begun years earlier, and as she explained, her experience was different from many infertile women, "I am in a same-sex relationship, so for us, natural conception means home inseminations and intrauterine inseminations (IUI)."

At 29, Mia tried for a year to become pregnant with a friend. Then they tried with the help of IUIs, but after three unsuccessful attempts she decided to take a break.

**We suspected that Mia had adhesion formation in her cervix and uterus that was interfering with implantation.**

A few years later, Mia and her partner decided to resume their efforts, but this time they pursued in vitro fertilization (IVF). "I was devastated when it didn't work," she told us. But after a while, she realized that she needed to move on and began researching other options. That search eventually led her to Clear Passage Therapies (CPT). Hoping to improve her body's ability to conceive and carry a child to term, Mia scheduled a one-week course of therapy.

When Mia arrived, we reviewed her history to look for possible areas of adhesion formation, which we have found to be a frequent cause of unexplained infertility. Among other things, we noted that she had used an intrauterine device (IUD) years earlier — a contraceptive device that is inserted through the cervix into the uterus, where it prevents pregnancy by creating inflammation. We suspected that Mia had

adhesion formation in her cervix and uterus that was interfering with implantation. Our therapists worked to dissipate those adhered tissues, and restore normal mobility and receptivity to the area.

As we worked with Mia in this process, we explained each step. Mia said she appreciated our informative approach and later told us this helped her learn to “experience and understand her body on a whole new level.”

Three months after treatment, she tried another IUI with Clomid. When it didn’t work, she tried again two months later, with frozen donor sperm. While many physicians and researchers have found that frozen sperm yields lower success rates than fresh sperm, in Mia’s case, it worked! Mia told us, “I believe the work I received at CPT was very beneficial.”

Thirty-three weeks later she gave birth to a son. “Luc was born premature,” Mia told us, “but he was fine. He’s almost two years old now, and doing great!”

## **Age 42, Five Prior IVFs, and Three Miscarriages**

### **— Ashley's Story —**

My husband, Aaron, and I met and married in our mid30s. We knew that we wanted children, so after roughly six months of marriage, we began trying to conceive. Little did we know the long, difficult journey on which we were embarking. In the beginning, we were very excited about trying, and each new month brought with it the renewed anticipation of achieving a pregnancy. We couldn't wait to become parents!

After several months of trying without success, we began getting a little worried. I made an appointment with my Ob/Gyn in order to have things checked out. She ran a series of tests on me and on Aaron. My test results indicated no hormonal problems and no blockage in my tubes. Some problems were found in Aaron's semen analysis, but none of the problems would ultimately prevent conception, only make it more difficult to achieve. Because of my age, she referred me to a reproductive endocrinologist. Now, we were officially on the roller coaster ride of our lives.

The RE ran some additional tests. I passed the Clomid Challenge Test (a test in which Clomid is used to measure if the woman has decreased ovarian reserve), so we were ready to pursue IVF. We began completing the required checklist of items in preparation for IVF, including training on giving shots. As we worked toward the completion of the checklist of requirements, we couldn't wait for the day to arrive to begin the procedure. Once again, we were full of hope, and I found it refreshing that the doctor and nurses were now in charge. I could stop charting my temperature and monitoring each day of my cycle. I didn't realize until much later how much stress my body was being put under, simply due to this constant reminder of our fertility struggles at the start of each day.

The day finally arrived to begin our IVF cycle. The next few weeks were comprised of giving myself shots, taking pills, having blood drawn, and ultrasounds. The day of retrieval finally arrived and it was a success. Several eggs were retrieved, and the next day we were informed that ten had successfully fertilized. Things were looking good, and on day three, the doctor transferred four embryos of good quality.

***I had to reach the point of hopelessness before I could hear the guidance for which I had been praying.***

Aaron and I felt good about how things had gone. We were experiencing feelings of hope and excitement, but I couldn't help also feeling fear and anxiety in anticipation of taking the pregnancy test.

On the scheduled date, I showed up at the doctor's office to have blood drawn for my pregnancy test. Afterwards, I drove to work and played the waiting game again. Every time the phone rang I fearfully answered and thought to myself, "Is it the doctor's office calling with the results?" When it finally was a nurse, I heard the words, "You're pregnant." We did it! I was finally pregnant! I called Aaron with the news.

I can't even begin to describe the way that we felt, but unfortunately, the joy wouldn't last. At about seven weeks I miscarried, and the emotional roller coaster continued. We went from the highest of highs to the lowest of lows, and I began asking God, "Why?"

We met with the doctor to discuss our options, and we decided to try IVF again. Once again, the retrieval was a success. Two blastocysts of high quality were transferred to my uterus and six remaining blastocysts were of high enough quality to freeze. The cycle was going very well, and Aaron and I were very excited. Once again, a pregnancy occurred with one embryo, and we were back on an emotional high.



We were thoroughly enjoying watching our baby grow in the ultrasounds until about week ten. It was at this ultrasound that our nightmare began again. The doctor could no longer find a heartbeat. I had miscarried for a second time. He scheduled me for a follow-up ultrasound a few days later to confirm the miscarriage before going forward with another D & C.

Aaron and I turned to one another as we searched within each of us to deal with the grief of losing another baby. We later found out that the baby was a boy, and he miscarried due to a chromosomal abnormality. While it didn't lessen the pain, it was good to have an answer, and fortunately, the problem was not highly anticipated to recur.

After some time, we met with our doctor and discussed our options yet again. We decided to do a frozen embryo transfer. The decision was made to transfer three embryos, and fortunately, the first three thawed well, leaving us with three still frozen. Again, I beat the odds for someone my age, and I became pregnant with one baby. Now, each ultrasound brought with it fear and anxiety, as we waited each time to hear and see the heartbeat. Only after finding the heartbeat each time could we relax and enjoy seeing our baby grow. Near the end of the first trimester, my RE released me to my OB's care.

Finally back under my OB's care, we breathed a huge sigh of relief when I made it to the second trimester. The pregnancy continued progressing well, and we found out that we were having a boy at the 20 week ultrasound. Aaron and I were feeling really good about everything as we headed into the holiday season. We traveled a few hours to my parents' house for the weekend to celebrate Christmas. It was there that our nightmare began yet again.

After we arrived, I couldn't shake the feeling that something was wrong, and I had noticed a decline in the baby's movement. The morning we were leaving, I

told Aaron that I thought we should call the doctor. The nurse tried to reassure us that everything was probably fine, but if we would like, we could go straight to the hospital when we got back into town to have the baby checked. When we arrived, the doctor could not find a heartbeat. I had never before felt such a deep pain and sense of loss in my life. I can still see the image of tears running down Aaron's face. The pain never completely goes away. Even now, four and a half years later, recalling these memories has brought tears to my eyes.

***Even now, four and a half years later, recalling these memories has brought tears to my eyes.***

The next day, my doctor began inducing labor, and our son was stillborn on December 23, 2003. He was beautiful, our little angel, and we were given the opportunity to hold him and to say goodbye. The doctor and nurses allowed us to keep him with us for the night. I am eternally grateful for this time with him.

Aaron and I had a very quiet Christmas, and we found ourselves questioning our faith once again. I can remember feeling completely empty inside, and as we prepared for our son's funeral, I found myself longing to be with him. I knew that I couldn't begin the healing process until the funeral was behind us. Grieving is a process of steps, and the next few months were spent reading books about coping with the loss of a child and about trying to understand God's purpose. In time, I began getting my faith back on solid ground and praying to God for guidance.

After some months had passed and with no explanation found for the death of our son, we went back to our RE to discuss our next step, while I also continued praying for guidance. We decided to go through another fresh IVF cycle, and so the routine (shots, lab work,

ultrasounds, etc.) began again. By now, I had grown to hate the process, but I was also feeling very desperate. My 40th birthday was approaching, and the doctors, unfortunately, do us no favors mentally, emotionally and physically with the way they paint very negative pictures for women in this age group. The stimulation went well and they retrieved 13 eggs. It was at this point that the cycle turned bad. Only one egg had fertilized overnight, so the embryologist performed ICSI on six more eggs. The doctors could find no explanation as to why this was happening because the eggs and sperm had looked fine. Ultimately, only three actually fertilized, and on day three, two were still of a good quality when the transfer was done. This time, my pregnancy test was negative. Aaron and I were crushed and truly no longer knew where to turn. We were afraid to simply try again, and all of the treatments were beginning to take their toll on my body. I was actually beginning to experience menopause symptoms.

It was at this point that I began being open and receptive to more natural methods of enhancing fertility. In past research, I had come across the benefits of acupuncture and types of foods in relation to fertility, but at the time, I was not yet receptive to such unconventional measures. I had to reach the point of hopelessness before I could hear the guidance for which I had been praying. I began researching these topics more, and read a book by a doctor specializing in acupuncture, diet and herbs (Traditional Chinese Medicine) to enhance fertility. It was fascinating, and I found renewed hope.

***I didn't realize until much later how much stress my body was being put under.***

Aaron and I began seeing a fertility specialist, originally from China, who was a Doctor of Traditional Chinese Medicine. We saw her and her husband for nearly a year, driving eight hours round trip for each

appointment. Using the knowledge I had gained from the TCM book that I had read, we also became very focused on the type of foods we included in our diet. While we noticed favorable changes in our health, including the disappearance of my menopause symptoms, we unfortunately did not achieve a natural pregnancy, and so once again, we geared up for another fresh IVF cycle.

We went into this (our fifth IVF cycle) with very high hopes because of the TCM and our very healthy diet. Much to the surprise of the RE, because of my age of 40, I stimulated very well and a good number of eggs were retrieved. I attribute this to the natural measures we had taken. Unfortunately, no pregnancy occurred. Our TCM doctor was just as surprised as we were. Aaron and I somehow held onto our faith, and I continued praying for guidance.

I had decided to jump right back into the acupuncture and herbs, but God had another plan for us. Conflicts on weekends kept occurring, preventing us from traveling to see the TCM doctor. By the time a month had passed, I had gotten the courage to pursue another natural way that I had uncovered in past research.

Through the Internet, I had discovered a couple who, after much research, had finally succeeded in conceiving naturally twice by changing their diet and adding certain vitamins, supplements, exercise and meditation to their daily regimen. The objective was to address the health of the whole person (mind, body and spirit). It seems the mind can have a very powerful effect on the body and how it performs, and anyone struggling with fertility issues and the all-consuming desire to have a baby, has most likely had a lot of negative influences (test results, medical statistics, poor prognoses, etc.). So our new journey began. We had already improved our diets and were exercising regularly. I came up with a vitamin and supplement regimen for us to follow, and I began working on my mind with meditation, visualization and positive affirmations.

Several months went by, and while we knew we were healthier and felt better, no pregnancy had yet occurred. I was now 41 years old. I continued praying for guidance, and some new information always seemed to come my way when I needed it most. I read a book by another woman who had been diagnosed with high FSH and who conceived naturally after addressing the health of her whole being. As a result, I made a few minor modifications to my regimen. I also began yoga and Qi Gong geared toward enhancing fertility, and getting monthly 1 hour massages in effort to reduce stress and improve blood flow to my reproductive organs. Prior to ovulation, I would massage my lower abdomen to improve blood flow to my ovaries with the goal of improving the quality of my eggs.

Months came and went. If a biological baby were to be in our future, I needed a booster shot of hope, and I got it. Not long after praying for more guidance, I came across a link on the Internet to the Clear Passage Therapies (CPT) website. I found the information fascinating, and I wanted to learn more so I requested additional information. I was so excited when the information came in the mail. I read the information, and it seemed to address a problem that could be affecting me, scarring from the multiple D&Cs that I had after my miscarriages and stillbirth and from an appendectomy in my youth. I was excited about the possibilities, but at the same time, I was hesitant to spend even more money chasing our dream. I put it aside for a while, but the therapy was always in the back of my mind.

My 42nd birthday was fast approaching, and I still wasn't pregnant. I brought the topic of the therapy up again with Aaron, and we decided to go for it. We thought if nothing else, I would be doing something good for my body, and we would get a vacation out of it. I scheduled the therapy and off to Florida we went in the Spring of 2006.

The treatment was wonderful, and the therapists were friendly, professional, and knowledgeable. They put me at ease right away, provided a lot of interesting information, and made the sessions very relaxing. They found a lot of tightness in my reproductive area, and I learned that organs must be free to move in order to function at their best. They worked on me from my head to my toes.

***It seemed to address a problem that could be affecting me, scarring from D&Cs after my miscarriages and stillbirth and from an appendectomy in my youth.***

By the time I left, sex no longer hurt in one position, my appendectomy scar felt completely different, and my tailbone was more properly aligned. No matter what happened after we returned home, I knew that I was feeling better both mentally and physically, and we had spent a wonderful vacation together.

Heading into fall of that year, I put my BBT thermometer away after Aaron told me to stop taking my temperature and leave it in the hands of God. It was so out of character for him to speak so frankly and pointedly to me that I couldn't get it out of my mind. I truly felt as if God was speaking through Aaron and telling me to trust in Him. It wasn't until I stopped taking my temperature that I discovered just how much stress that morning routine was putting on my body. It was truly liberating to retire my thermometer.

I was now 42 years old, and I felt like we needed to come up with a plan once again. Finally, I discussed my feelings with God, then with Aaron. I told him that if I were not pregnant by the end of the year, I thought we should try our remaining frozen embryos. If that didn't work, I thought we should pursue adoption. I was done

with fresh IVF cycles, and I was ready to move on in our lives. He agreed. The remaining weight was now gone from my shoulders.

That was the month I became pregnant naturally, roughly seven months after my therapy at CPT, at 42, I gave birth to a beautiful baby girl.

I truly believe that the therapy provided by CPT was the help that my body needed to be receptive to a pregnancy. My advice to others facing fertility issues would be to keep an open mind

and don't think of it in terms of "infertility." That alone has a very negative connotation to it.

***I became pregnant naturally, roughly seven months after my therapy at CPT. At 42, I gave birth to a beautiful baby girl.***

Medical science and what doctors have been able to achieve is wonderful, and many couples have had their dreams of having children fulfilled with the high tech procedures. ART did help us to achieve three pregnancies.

Just remember that doctors are not God, and if you are open to other ideas, you might just still achieve your dream. There are no guarantees, but there can be hope outside the realm of medically assisted techniques such as IVF.

## **Multiple Miscarriages, and 12 Years Infertile**

### **— Makayla's Story —**

As a young married couple, the thought of not bearing children never entered our minds. As a matter of fact, on our third date we named our children and over the course of our union, we prayed for them by name on a regular basis. Whenever we spoke of our family's future, we always referred to our children by the names we gave them, some 20 years ago.

After our first two years of marriage, we miscarried our first child early in the first trimester. Laparoscopic surgery was performed on me, but the doctor insisted that there wasn't any reason for alarm. He told us that miscarriages happen without concrete medical reasons in most cases and one to three miscarriages were not unusual before delivering your first child.

***The thought of not bearing children never entered our minds.***

After a brief mourning period, life continued. With the growing pains of marriage and career changes, life progressed. After seeing a holistic doctor for basic reasons, the iridologist (after looking into my eyes for less than five minutes), had told me that I had a miscarriage and that my left tube was blocked. Both my husband and I went on a detox regimen and took specific herbs to increase our chances to conceive. Over the next ten years, I had several early miscarriages, yet our faith sustained our belief that our children would be born.

By our 12th year of marriage, we were faced with the reality of not having any children. Amongst our peers and family, we were the only couple in our age group that had not produced any children. Needless to say, there was constant questioning and in some



instances taunting that challenged my husband's manhood. After a near restaurant brawl with one of our closest friends (whose wife was six months pregnant at 42), the incident provoked us to seek medical advice.

Through our HMO, we took the necessary fertility classes and tests. To the relief of my husband, there was no conclusive evidence of why we couldn't conceive (in other words, his sperm count was GOOD!) All hormone levels were normal! I did remember to tell our fertility doctor about the holistic examination done several years prior, but he was not a believer in those methods. Yet after several months of more testing, it was "medically" determined that I had a blockage in my left fallopian tube. Doctors performed a second laparoscopic surgery, and once again we were cleared for conception.

***By our 12th year of marriage, we were faced with the reality of not having any children.***

A year after the surgery, my husband and I were still determined to conceive. We tried various tips: eating oysters, rotating days, ovulation tests, and even the upside down method (don't laugh — it seemed logical). Nothing, nothing, nothing. Over this process, I was really in tune with my body and could feel certain pains emanating from the left ovary. By this time I was 39, and I attributed most of my pains to the aging process.

Around this time, the external pressure started to tamper with our parental psyche. We were bombarded with the same old question, "When are you going to have children?" There was constant prayer at our church; every time there was a healing line for couples wanting children, people would drag us to the front of the line. Finally it became so overwhelming to me that I made the decree that by the age of 40 I would deliver my first child, it would be a girl (who we had already

named years ago), and I even got specific with other physical attributes. No one ever asked me again; they just prayed!

One day I was watching the local news and I saw an exposé on Clear Passage Therapies (CPT). I called a girlfriend, who was struggling with conception as well, and told her about the news story. She immediately called and requested more information.

***My body was back in alignment, and the constant pain in my left ovary was gone.***

Once I received my information package (which was quite impressive), I was convinced that the treatment offered at CPT would benefit my plight. Over the next several months, I gathered all the required information necessary for the treatment. After obtaining my surgical notes from the previous year, I noticed that the doctor had discovered a “nabothian cyst” two inches in diameter. Not only had he just left it there, he failed to even mention it to me. I sought medical attention from my gynecologist, who said the cyst should have no bearing on my ability to conceive.

***Within months of my treatment, I conceived (naturally) and by my 40th birthday I was entering my second trimester!***

By this time, my CPT treatment was days away. Upon my arrival in Gainesville, the staff at CPT was great. I had missed my original flight and arrived a few hours late. They restructured my schedule and began treatment. I was so overwhelmed with their personal attention, their knowledge, and just their overall kindness. The facility was pristine and the atmosphere was peaceful. By day three, I was calling all of my close friends to recommend the treatment for body re-

alignment, peace of mind, and just an overall treat for self-improvement.

My sole purpose for the treatment was to increase my chances of getting pregnant, but by the time I left, the colors in the spectrum were more vibrant, my body was back in alignment, and the constant pain in my left ovary was gone. I felt more in tune with myself than ever... it was liberating.

Within months of my treatment, I conceived and by my 40th birthday I was entering my second trimester! Today, at 43, by the grace of God, I have a beautiful and extremely active three-year-old little girl!

Without question, I attribute the miracle of having a child to my Heavenly Father, but I am certain that He blessed the minds and hands of those at CPT to provide a balanced, more feasible approach to conception for those of us with the desire to bear children.

## **Seven Years of Infertility**

### **— Barbara's Story —**

My husband and I married in 1985. I was 29 and my husband was 33. We knew from the beginning that we wanted to have a family and decided to not use any birth control.

Becoming pregnant wasn't our main focus at the time and we weren't concerned when two years passed by without any pregnancy.

After the third year, we began wondering, "Why aren't we pregnant?" We considered going to a doctor, but we had just moved to Florida and didn't know any.

By our fourth year, we found a doctor and went through basic testing. We were counseled on the normal things: Don't wear boxer shorts, don't be in a hot Jacuzzi, etc. He really made us feel that we had nothing to be alarmed about.

We kept trying, and also decided to focus on healing my body. In 1986, 10 months into our marriage, I had a severe car accident. For years I had sought help from physical therapy, orthopedic doctors, and chiropractors in Colorado. Now, in Florida, I had continued this process. I was still experiencing pain and severe headaches on a daily basis when my chiropractor recommended I see Belinda Wurn, head of a new physical therapy clinic that had recently opened. At first, I was skeptical, but I was told that she had a new physical therapy technique and, as a massage therapist, I knew her manual treatment could only help.

I started attending treatment with Belinda and my body improved greatly. Over time, my one lingering complaint was severe headaches. Belinda explained that the dura runs from the base of the skull all the way to the tailbone. She felt that my car accident caused my dura to be pulled, leading to constriction and headaches at the base of the skull. She wanted to loosen

the scar tissue around my sacrum and tailbone to see if it would help reduce my headaches.

After her explanation, I agreed and she performed the techniques to reduce scar tissue. Because I was a massage therapist, she also showed me how to perform some of the techniques myself.

Within eight to ten hours of therapy, my headaches disappeared. But the most astounding side effect was one I never expected — I was pregnant! After seven years of infertility, I was finally pregnant! When I

told Belinda, she cautiously asked me, “Did you want to be?” When I explained my story she breathed a sigh of relief and told me, “Oh, I’m glad. I was afraid you might be upset. I’ve been using these techniques and women who were infertile are getting pregnant! People are very shocked!”

***Within eight to ten hours of therapy, my (chronic) headaches disappeared. But the most astounding side effect was one I never expected — I was pregnant!***

Intrigued by my pregnancy, Belinda asked me a series of questions about my history. Because the technique reduced scar tissue within the reproductive tract, she was looking for probable causes of adhesion formation in my past. I told her that my doctors once thought I had pelvic inflammatory disease (PID), but they never did anything to treat it. They also told me that I had some endometriosis, which also wasn’t treated. I had also been sexually abused as a child.

Belinda explained that these events could have caused adhesions to form that prevented me from getting pregnant. When I told her that the painful intercourse I experienced before treatment had also gone away, she felt that the adhesions were the likely culprit of that pain as well.

My beautiful son was born in 1993, when I was 36. After his birth, my husband and I wanted to have more children. We tried many times, but we never had success. Finally, I suggested to my husband that we try the scar tissue reduction techniques that Belinda had shown me, and we got pregnant immediately afterwards! We miscarried that little one, but using the technique, three months later, we conceived again. At age 40, my second son was born.

***Three months later, we conceived again. At age 40, my second son was born.***

I have since been able to get pregnant two more times. We are not sure what caused those pregnancies to end in miscarriage, but I still think it is incredible I was able to become pregnant five times. Furthermore, it was only after I used the techniques Belinda showed me that I was able to become pregnant.

As I look at my two sons now, I remember what Belinda told me during therapy: “Embrace the car accident. It happened to you, but look at all it is affording you.” Because of the car accident, I was able to receive the funds for counseling and physical therapy. Through counseling, I discovered I was sexually abused as a child, which my parents later confirmed. I was also able to become pregnant through Belinda’s physical therapy. God orchestrated something bad into something completely wonderful.

When I look at Belinda’s own history, I can also see God’s divine nature. She went through the tragic experience of cancer and was unable to have children afterwards. Yet, because of her cancer, she discovered a treatment that is directly responsible for my two children and dozens of others. I was done with fresh IVF cycles, and I was ready to move on in our lives. He agreed. The remaining weight was now gone from my shoulders.

That was the month I became pregnant naturally, roughly seven months after my therapy at CPT. At 42, I gave birth to a beautiful baby girl.

I truly believe that the therapy provided by CPT was the help that my body needed to be receptive to a pregnancy.

My advice to others facing fertility issues would be to keep an open mind and don't think of it in terms of "infertility." That alone has a very negative connotation to it. Medical science and what doctors have been able to achieve

***I became pregnant naturally, roughly seven months after my therapy at CPT. At 42, I gave birth to a beautiful baby girl.***

is wonderful, and many couples have had their dreams of having children fulfilled with the high tech procedures. ART did help us to achieve three pregnancies. Just remember that doctors are not God, and if you are open to other ideas, you might just still achieve your dream. There are no guarantees, but there can be hope outside the realm of medically assisted techniques such as IVF.

## **Releasing Emotional Pain**

### **— Molly's Story —**

Let me first say I always wanted children and I always wanted to have a family. I never thought I wouldn't. My struggle to have children began with personal issues from my childhood. I had to change my thinking before my body and emotions would allow me to get pregnant and have a baby.

When I married at age 22, I was ready to start a family. However, my husband and I wanted to be in the right emotional and financial

***Every month we kept seeing my period. I was completely devastated.***

state. It was until New Years Eve of 2000, when I was 35, that we finally decided to start our family. My husband had a new job, I had a master's degree, and our new home was finally completed.

My husband and I flushed my birth control pills together down the toilet. We then went to an open field and lit fireworks together to celebrate our decision to have a baby. We moved into our new home and couldn't believe how wonderful everything with our life was.

However, my body now wanted to stop my heart from joy... we could not get pregnant. Every month, we kept seeing my period. I was completely devastated.

Christmas Eve of 2001 marked one year since we tried to get pregnant. We didn't have the money to see a fertility specialist, but my parents offered to pay for it.

In January of 2002, I turned 37 and all tests came back saying there was no reason I couldn't get pregnant: my tubes were clear, my FSH was 6, I did not have fibroids, my periods were normal, etc.



The doctor advised we begin Clomid... nothing happened. We also tried IUIs and injectables, but no baby. Our doctor said it was time we try IVF, but the lab was closed for the next six months.

In the meantime, my mother came across an article on Clear Passage Therapies (CPT). She told me, "You know while you're waiting for your IVF this will keep you feeling proactive and help your uterus be nice and cozy for the new baby." I am crying as I write this for my mother and her support and love and finding this article.

My husband and I went to CPT from August 27-29th for 10 hours of treatment. We were so impressed with everyone there. My husband was even in the room during some of the treatments where they tried to show how he could do the technique to me at home.

***For the first time I  
loved my body, and  
released the emotional  
pain from my heart.***

I then went by myself for an additional 10 hours from September 3-6th. I had a lot of time to reflect, and one of my therapists explained how we hold past emotional trauma within ourselves and how we need to release it somehow. It got me thinking that maybe I was holding on to my past and even though everything seemed to be okay now, deep down I was still hurting.

That night, I went back to my hotel room. I started thinking about the messages from my past and how they could be holding me back. I vowed to start loving my body and see what other things I could do to get ready for IVF in January. I felt rejuvenated – all the way to my uterus and cervix. For the first time I loved my body and released the emotional pain from my heart that I did not realize was there.

When I got home, I decided to start acupuncture and eliminated bad carbohydrates from my diet.

In November, I returned to the IVF clinic for a consultation and the doctor was amazed by how clear and smooth my uterus looked. I told him about CPT and he scoffed at the idea but I knew CPT helped! CPT allowed me to start taking notice of my body and emotions as a whole. I learned that I needed to take care of my body and emotions in order to achieve a pregnancy.

In January I returned to the IVF clinic for my transfer. I was shocked when they told me my FSH was 16! My IVF cycle was

***My IVF cycle was canceled and the doctor told me my only option was donor eggs.***

canceled and the doctor told me my only option was donor eggs. The doctor said I had a 1% chance of ever conceiving with my own eggs. I fell to pieces. I left the clinic so angry and mad – I could not believe I had another obstacle. It was the worst day of my life.

I was soon able to rationalize the experience with myself though. Even though he was a doctor, I knew he was not GOD and did not know everything. I knew my body was healthy.

I remembered that CPT told me to let go of internal anger. I got on the internet and started searching and came across a book by Julia Indichova called Inconceivable. I ordered it with a two day RUSH!

I remember so clearly the day it came in the mail. There were two packages – one with egg donor information from the fertility clinic and one with Inconceivable. I opened the egg donor info and was angry that all these girls had their eggs and were so young and healthy. When I was their age, I wasted my time and now I was too late.

I called my mom and she told me not to worry about it. She suggested we go on a cruise together to take our mind off everything. Her idea made me feel

better so I dried my tears and got out the book. I read it straight through.

Afterward, I took a long hot bath and thought about my past. From my soul I cried just like the CPT therapist talked about. I could feel such love wash over me. I realized that I was meant to have a baby. Inconceivable talked about these same things and how women can ALLOW themselves

to have a baby. I visualized that I could either walk down the road infertile with no baby or that I could walk toward my husband

***I visualized I could either walk down the road infertile with no baby, or I could walk toward my husband and the baby he had in his arms.***

and the baby he had in his arms. I also visualized my mother, father, husband, and everyone whom I loved all around me smiling and wishing me to have a healthy pregnancy. Even my sister who died at birth was there. It felt so good to see these images in my mind.

My husband and I made love that night, we did not try to get pregnant we just loved each other.

Later that week, my mother and I left for our cruise. I turned 38 while on ship. The day I got off, I took a pregnancy test and it was POSITIVE!!!!!! My husband, my parents, and I were all there together in shock! We all cried and laughed and celebrated!!!! Then my husband and I drove back to our home a few states away with a little baby in my tummy.

Just 17 days earlier my doctor had told me that I had a less than 1% chance of ever getting pregnant with my own eggs. He never would have guessed that just nine months later, I held my beautiful little boy in my arms – born out of pure hope and love.

## **Nine Years Infertile Myomectomy and Failed IVF**

### **— Addison's Story —**

For nine years, I tried to get pregnant — five years with a previous marriage and four years with my current husband. During the first five years, I did not pursue any invasive treatment. However, with my current husband, we were willing to try anything to have children.

I had several surgeries to remove fibroids and tumors on my ovaries and in my uterus. Afterwards, we tried Clomid and other hormone treatments, but nothing worked.

***We tried Clomid and other hormone treatments, but nothing worked.***

We made the decision to try IVF, however, my body did not accept the medications and it ended up costing double what we had anticipated. We chose not to try IVF again, and believed that God's plan for us must be to adopt, so we registered with a local agency.

Several months passed while we waited to hear from the agency. One day, as I was listening to the radio, I heard an ad that Clear Passage Therapies (CPT) would be featured on the news that evening. That night, I was fascinated with what I saw.

I told my husband about CPT, and he figured it was just a scam. After all that we had been through, he was not willing to lose any more money.

A few weeks later, my husband saw CPT featured on the news and became interested. We asked for more information and received a packet.

A month later, we saw another interview with CPT on the news. We started to feel that there must be a reason we kept hearing about it, and decided to pursue treatment immediately. After all of the heart-break we had been through, we decided to go in with

a mindset of decreasing my intercourse pain, rather than getting pregnant.

Our experience at CPT was wonderful. I received 20 hours of treatment over a 10 week period. The two hour drive up and back gave my husband and I quality time together. We usually took an entire day off for the trip — eating in the area and walking after treatments. We felt like the whole staff became family during our journey.

Upon completion of our treatment, we determined that it was well worth the money and time since my pain had been tremendously reduced. In addition, my therapist found and relieved problems that none of my previous specialists could.

***A representative from the  
(adoption) agency told us,  
"I have some bad news."***

***My heart sank — I  
knew immediately  
what that meant.***

Shortly after we completed our treatments, we received a call from the adoption agency. They told us that a couple had chosen us to be parents for their unborn child. We were ecstatic and hurried to meet the birth parents. Our meeting went well and the agency, the birth parents, my husband and I thought it was a perfect placement.

We decorated the nursery in lilac with butterflies. Everyone was so excited and happy for us that we had three baby showers! We were completely prepared and all we had to do was wait for the call.

We finally received the call in October. We rushed to the hospital, and were then taken into the nursery to meet our new baby girl. She was precious, and the nurse allowed me to stay with her in a special room for adopting parents.

The nurse told us she would be released the next day, so we hurried home to gather everything we would need to bring our daughter home. When we returned to the hospital, a representative from the agency came in and told us, "I have some bad news." My heart sank — I knew immediately what that meant. She proceeded to say, "The birth mom is having second thoughts."

I could not move, and the nurses came in to remove the baby from us. I fell to the floor in tears. My husband was devastated and so angry, but was trying to stay strong for me. For weeks, I refused to speak to anyone.

I was not about to give up, however. I proceeded to search the Internet for information on International Adoption. In a matter of days, I had completed most of the paperwork and set appointments with doctors for all of the medical requirements.

The day before our doctor's appointment, I was feeling really strange. I felt nauseated while driving back home. I couldn't recall the last time I had my period because I had been so busy working on the adoption process. I stopped at the store on my way home and picked up a pregnancy test, thinking that one more let-down wouldn't hurt.

I hurried to get home and take the test before my husband came home. I did the test, and it immediately changed to positive. I thought I had a faulty test because I had never seen one change to positive.

When my husband came home, I told him what happened, but told him not to get excited because I had bought a cheap test. I went out that night and bought two more tests. I did one that night and another in the morning — still, they were all positive.

I said, "Well, we have a doctor's appointment today anyway, I'll have them do a pregnancy test before they administer the medical tests for the adoption."

We explained the situation to our doctor and she went ahead and did the pregnancy test. She came in a few minutes later and confirmed that I was in fact pregnant.

We were so shocked, we didn't tell anyone for several months due to all of the heartache that we and both of our families had already endured.

***I thought I had a faulty test because I had never seen one change to positive.***

However, everything turned out just great. I had a very easy pregnancy and Abraham was delivered six weeks early in June 2004. He was very healthy at birth despite the early arrival, and is doing very well today. We are so grateful to everyone at CPT for making our dreams come true!

## **Two Prior IUIs and a Failed IVF**

### **— Paulina's Story —**

I never expected to have any problems getting pregnant. My mother had four children, and each of my two sisters have one son. So as I faced my mid-thirties, I kept wondering what was wrong with me, what was wrong with my body, why was this happening to me? I am healthy. I take care of myself. I try to eat right and exercise. Why is getting pregnant so hard?

"Trying" to have a baby, definitely took the fun out of having sex with my husband. After two years of "trying" on our own, we decided to get some professional help. We started with tests and then more tests without much explanation other than the fact that I had one blocked fallopian tube (the other was still functional).

I am a believer in natural body remedies, so I started acupuncture and Chinese herbal medicine and continued with this treatment for the next year.

My Ob/Gyn recommended Clomid to help with my ovulation. Unfortunately, I was on this drug for about six months with many unpleasant side effects, but no luck.

My Ob/Gyn then referred me to a fertility specialist, one of the top doctors in NYC (and one of the most expensive). After more tests for my husband and me, we discovered we were both healthy, no real issues — only a closed fallopian tube.

Of course, the fertility specialist immediately recommended the most aggressive treatment — IVF. He still had no real answers why we could not get pregnant. I never really felt comfortable with that doctor, as he would always address my husband, not me, when we consulted with him. I really felt like this was way too much and way too fast, without any explanation.



Before agreeing to IVF, I wanted other options. We tried intrauterine insemination (IUI) twice, but it failed both times. After a few months of frustration and feeling the pressure of getting older, I agreed to IVF treatment, which became the most difficult process I had encountered. I had a lot of ups and downs on the meds and never felt quite confident it was going to work. I always felt this was not the way I was supposed to have a baby. Yet, I stuck it out and went through it all.

***The fertility specialist immediately recommended the most aggressive treatment — IVF. He still had no real answers why we could not get pregnant.***

We spent our savings on IVF and fertility treatments, and it was devastating for both my husband and I when it did not work. After this treatment failed, we certainly didn't receive any sympathy from our doctor. His advice was we needed to do IVF again and we shouldn't wait too long.

At that point, I just decided I needed a break from treatments. I started researching and reading many books about infertility and diet and ways I could make changes in my life to help my body prepare for a baby. During this time I discovered Clear Passage Therapy's (CPT) website and read the personal stories from their clients. I thought it was amazing, but was too good to be true. However, there was something about how the women told their stories, the sincerity and honesty. The stories really created an emotional response in me. Unless you have experienced how devastating it feels not to be able to get pregnant, then you just don't understand how desperate you are and how you are willing to try anything.

I wrote to CPT and was fortunate to discover they were opening an office in NYC. So I decided to get their

information, apply, and up appointments when they opened. I was very pleased to have such a wonderful therapist. I knew there was no guarantee with this treatment, but I was willing to try it and especially glad that I would not have to take any more meds.

Treatment with CPT was painful at times but my therapist always took the time to explain the treatment and what we were going to do. She was always aware and sensitive to my pain tolerance. The treatment definitely took a lot out of me. Emotionally and physically I was exhausted after each treatment and I started writing about my feelings. This helped me deal with my feelings of failure because I could not get pregnant.

***Emotionally and physically  
I was exhausted***

After treatment ended, I felt better, with less pain in my uterus overall. I also noticed my cycles were stronger and healthier.

After the treatment, I wanted to talk to another fertility specialist to get a second opinion. My specialist was really insightful and explained why my previous IVF treatment failed. I told her about CPT and my acupuncture treatments. She was very open to alternative treatments and basically supported anything that I believed would help me. She really wanted to help me find the cause of my infertility.

She suggested, given my medical history and closed fallopian tube, I may have endometriosis. She did not recommend any drugs or any treatments until she knew more. I agreed to exploratory laparoscopic surgery to clear up scar tissue or any problems in my uterus. I was scheduled for surgery in December and performed the routine blood tests required before surgery.

A week before I was scheduled to undergo the surgery, I received a call from my doctor, informing me that I was not a candidate for surgery because my blood tests confirmed I was pregnant! I was in complete shock and could not believe it. I asked them if they were sure because it was not possible — I had a regular menstruation cycle last month. “Yes, we are positive because of your blood work,” they told me. “It confirms you are pregnant.” I needed to get in there for a sonogram immediately, she said.

***I received a call from my doctor, informing me that I was not a candidate for surgery because I was pregnant!***

Well... the rest is just a happy ending. After years of infertility, I gave birth to my daughter, Teresa, who is my greatest gift and blessing in life. She is our miracle and has given us such complete joy and happiness that we have never known before.

I am very grateful to my therapist and CPT for all of their work that not only helped me, but continues to help many women with their fertility issues. No treatment can guarantee success, but at least women have an option without drugs or surgery. This manual physical therapy does much more than just massage therapy... it gives us hope, and in my case, a beautiful daughter despite years of infertility.

## **Seven Failed IVFs, 15 Failed IUI's, Then Two Children**

### **— Kate's Story —**

Seven failed IVFs, 15 failed IUIs, then two children after Clear Passage®. It would have just saved us so much because it saved my world. It changed my world. I wish I'd known that early on it; you know, it would have made so much of a difference for us.

We got married about 14 years ago. About a year after we got married, we decided to start trying for a baby.

**We did the first IVF treatment  
... it was a long process.  
A lot of shots and a lot  
of misery and still no success.**

We started trying normally at first, and after a year, we just weren't having any luck, so when to see a doctor.

They started us off with some hormone treatment and stuff, and that didn't get us anywhere, so then we started insemination. We did insemination about 15 times along the way and had no success. Nothing. I mean, we had nothing.

So then we started to go with IVF. We did the first IVF treatment here in the US. You know it was a long process, and there's a lot of shots and a lot of misery and still no success. So then we did IVF again in the US and failed again.

Then we decided to go overseas and try it; you know, we heard about a great doctor in Egypt, and we thought, you know, "this is going to do it." We went to Egypt and tried it there and again with no success.

So we tried IVF all together, I want to say, seven times. There wasn't a pregnancy at all. It wasn't like we were getting pregnant and losing or anything like that. We started doing some research, and we came across the name Clear Passage®. Of course, we were

just desperate and wanted to know all the options we had. My biggest problem was endometriosis; I have severe endometriosis. We were reading through their website, read some of the testimonials, and just did our research, and we decided, "Let's try this." So we came to Clear Passage® and did the treatment.

I did the full one-week course with 20 hours of treatment. Through the treatment, I could feel my body changing. I could feel a lot more. With the adhesions and the endometriosis pain, it wasn't just the IVF through the years; it was constant, just pure misery quite honestly because it seemed like I was always in pain.

I always felt like a big ball with organs stuck to each other, you know. It was like I had no flexibility, no movement before the therapy. I always felt like I was so restricted in my own body, and when we were doing the treatment here, it just felt like things were freeing; things were moving. I felt like my body was just like flowing, so we knew that it had to be the biggest difference I've ever done.

***We bought four  
pregnancy tests.  
We did all of them...  
I was pregnant!***

The first time we did Clear Passage®, and then we did the IVF, and we were waiting to hear back from the doctor if we were pregnant. I remember we were calling them like by the hour to get the results, like, "Did you get the results yet?" Finally, they did. They told us I was pregnant! A part of me didn't believe it because I was just like, "there's no way; it can't be that easy".

The only thing I changed was this Clear Passage® thing, and it can't be that easy." So then we went out, me and my husband. Of course, we didn't trust the doctor because "God forbid the doctor's right." We ran out and bought four pregnancy tests. We did all of them, and boom, boom, boom; I was pregnant!

Pregnant, pregnant! I just remember thinking, "Oh my God, it's happened; for the first time, it happened!" So we just called everybody within the hour... overseas, underseas, all across the world. We called everybody; whether they were sleeping or awake, they found out we were pregnant!

Then two years ago, we thought, "we want to have a second child," so we came straight back to Clear Passage®. We did the program again. Then we went and did IVF and got pregnant with my daughter, so it was a double success story! I just feel like every time we come to these therapists, it makes all the difference; it changed my life over and over.

## **Passing Out from Endometriosis Pain**

### **— Sara's Story —**

We met our first patient with endometriosis, Sara, when she was just 23. She complained of debilitating pelvic pain during her periods. In fact, her pain was so excruciating that she would regularly pass out from the pain. She marked two days off of her calendar each month when she knew she could not possibly go to school or work. She just hoped she would not have to go to the emergency room for pain treatment — which she did quite often.

After hearing Sara talk about her debilitating pain, her poor quality of life two days a month, and the limited treatment options available to her (drugs or surgery), we were determined to help if we could.

***She hoped she would not have to go to the ER for pain treatment — which she did quite often.***

Nearly 30 years ago, we had never treated a patient with endometriosis, but we felt our work treating adhesions might help. As we palpated, we could feel adhered tissues deep within Sara's pelvis, beneath our hands. As we did, we could tell that some tissues were moving freely, while others were stuck and virtually immobile. It felt like strong glue had been poured inside of her body.

Slowly and cautiously, we began to unpeel the glue-like adhesions that were tying Sara's organs together. Within the first few hours of treatment, we were able to decrease her pain significantly.

## **Excruciating Endometriosis Pain**

### **— Mary's Story —**

A few months later, Mary, a PhD researcher, came to see us. She also had days when she could not go to work and was forced to stay home in bed because of pelvic pain due to endometriosis. She told us that on those days she could not even stand upright and had to walk backwards when she wanted to go down stairs. Sex was excruciating no matter what stage of her menstrual cycle, so she and her husband had stopped that activity altogether. Her quality of life was slowly being robbed from her, she told us.

It was hard to hear Mary's stories of terrible pain, but we were encouraged by our experiences with Sara. We treated Mary in our 20 hour treatment program, the amount we were finding to be most effective for our pelvic pain and infertility patients. Once again, we palpated and found, like Sara, that the soft tissues of Mary's pelvis were stuck and adhered, the organs glued down and unable to glide with normal mobility.

***Sex was excruciating  
no matter what  
stage of her  
menstrual cycle.***

We engaged the tissues with our hands, sinking deep into areas that had become hardened by adhesive glue. Slowly and steadily, pulling out the run in her three-dimensional fascial sweater, we felt the glue-like bonds of the adhesive cross-links began to break, as mobility began to return to her structures.

Mary's next period came without incident, and actually surprised her because she did not have her usual pain and spasm.



She found she was able to return to an active sex life at all times. In fact, intercourse pain decreased to "near zero." She also reported significant increases in desire and lubrication.

***Mary's next period came without incident, and actually surprised her because she did not have her usual pain and spasm.***

## **Three Prior Laparoscopic Surgeries for Endometriosis**

### **— Kimberly's Story —**

I have struggled with painful periods since the age of twelve. I would have terrible cramps and have to miss school. At the age of 16, I got on a birth control pill to help with the severe cramps. But I still suffered with painful periods all through college. Over the years the pain increased and became more and more debilitating.

I married at age 23 and knew that my pain was getting worse. I went to my family doctor, my gynecologist, and a nurse practitioner about experiencing painful sex and

my worsening period pain. Each medical professional would examine me and then act like I was just crazy and that nothing was wrong. I suggested I might have endometriosis, but they did an abdominal ultrasound and couldn't find anything wrong.

When I turned 28, my cramps became more severe and felt like intense stabbing pain. I would be standing and at once all at once, I would have this stabbing pain like someone was jabbing a knife into my pelvis and I would fall down. I turned to my family doctor for help. He sent me for an ultrasound and found that I had ovarian cysts.

From there it seemed to go downhill. I continued to get worse and worse. Instead of having pain one week a month, I was experiencing it all the time. I decided I would go to a male Ob/Gyn a friend recommended. I told him my experiences and he gave me some pain and sent me on my way.

I continued to see him almost weekly with debilitating pain. By Christmas I was getting where I couldn't

***All at once, I would have this stabbing pain like someone was jabbing a knife into my pelvis, and I would fall down.***

function. I went to his office and he said, "I don't know if you have endometriosis, but I can do a laparoscopy and find out." The day after Christmas he did the laparoscopy and found that I had severe endometriosis. In the recovery room, he apologized for the pain I had been living with and said other women he had treated had nothing as severe as I had. He put me on birth control to decrease the pain and told me I could later go off the medication for a while to try and become pregnant.

Later, when my husband and I tried to get pregnant, we were unsuccessful and sought the help of a specialist. With the endocrinologist,

we tried fertility medications and intrauterine inseminations, but the medication aggravated my endometriosis and pretty soon the pain was just too much to continue with that.

I continued to see my endocrinologist and had surgery for endometriosis again in 2004. Afterwards she told me she couldn't get it all because it was just too invasive.

My pain only worsened after surgery. I went on Lupron and had worsening pain still. I told the physician it felt like hot poker were being stabbed into my ovaries and that I felt like my ovaries were on the outside of my body. She finally switched me to Danazol, but I bled during treatment. My specialist said she didn't know why Lupron and Danazol had not provided relief. She said she only knew of one person it had not worked for in the past. I went back on the old standby — birth control.

***I (got) worse and worse  
Instead of having pain  
one week a month,  
I was experiencing  
it all the time.***

During this time my doctor recommended acupuncture. I went to an acupuncturist and got some pain relief. I also tried herbs like Red Clover and Evening Primrose, but nothing helped.

I spent the next three years in pain without any further recommendations from doctors that provided me relief. My husband and I felt at a loss of what to do. We still wanted to become pregnant and my specialist said our best option was to proceed with IVF.

She referred us to her counterpart. Nine months later, we completed an IVF cycle. During the cycle the pain was horrible and I almost couldn't stand it. Unfortunately, the IVF was also unsuccessful.

***I continued to experience terrible pain; none of my doctors knew what to do.***

I continued to experience terrible pain, but none of my doctors knew what to do. They knew a hysterectomy might help, but I still wanted to have a child.

I became isolated because friends didn't understand the pain I was experiencing. I went on medical leave from my job because I couldn't work. I went from having a social life to doing nothing besides sleeping on my heating pad and sitting in our hot tub or the bathtub to help the pain.

I finally convinced my doctor to perform a third laparoscopy. My doctor said my endometriosis was severe and everything was glued together — my ovaries, uterus, and bladder. I had two endometriomas (endometriosis tumors) on one ovary. He had to take 50% of one ovary and 40% the other to get all of the endometriosis. I had a balloon catheter placed in my uterus so the sides wouldn't grow together from all the scraping out of the endometriosis.

Following surgery I went on several medications, but nothing seemed to help my pain. I continued to call the doctor and finally I had a meltdown on the phone with him. I told him I was tired of covering the pain and I wanted to find the source.

When he offered no solutions, I went to a pelvic pain clinic. They helped me identify some of my problems and helped decrease some of my pain, but then I became worse. I was seeing a physical therapist through the clinic, and she recommended I try Clear Passage Therapies (CPT). Ironically, my sister-in-law had read about CPT and told me about it before.

***I told (my doctor)  
I was tired of  
covering the pain;  
I wanted to find  
the source.***

I read about CPT on their website and called them to send me some info. After getting the info and reading the medical info they wanted, I knew they understood my pain from the questions they asked on the forms. My husband and I booked our appointment and headed to Florida for treatment with hope that this would work.

After getting there I got the most thorough medical evaluation I have ever experienced. They could tell that I was guarding and compensating from the way I walked and stood, due to years of pain. They listened to me about my body, my pain, and what wasn't working properly. I felt like I had finally found the people that could help me and it didn't involve trying some kind of medicine! They knew so much about endometriosis, adhesions, and the pain I was experiencing. They could feel tightness in areas that I felt it. It's amazing, all the techniques they have learned and developed to help heal the body.

After treatment my body was more mobile than it had been before because the therapists were able to break up the cross-links of the adhesions. It didn't hurt anymore to go to the bathroom after therapy and sex was less painful. They were able to break up adhesions in my navel area that prevented me from tasks as simple as cutting a piece of meat. The therapy I experienced was finally starting to free up my frozen pelvis!

I can't say enough about CPT. If I had not found them I would not have found the right treatment. Without them I would not have found pain relief or be able to move around. I would recommend this treatment to anyone with endometriosis, experiencing pain, or adhesions.

## **Patient Stories:**

**Pain Relieved – Sexual Function Restored**

## **Unbearable Pain During Sex**

### **— Emily's Story —**

When I was 27, I married my husband, Trevor. As a Christian, I had never had sex before I was married. I thought sex might be a bit painful the first couple of times, but on my wedding night and thereafter, it was awful! I felt like my husband was hitting a wall inside of me. I kept thinking, "We can work this out. If we can just push past the pain, it will be okay." However, he was just too nice to do that and he didn't want to hurt me.

Soon, the constant attempts and subsequent pain created a cycle. I would tense in anticipation of the pain to the point that it became both a physical and mental issue. I was so tight that at times he could not enter me at all.

***It was awful!  
I felt like my husband  
was hitting a wall  
inside of me.***

After a couple of years, I went to see my doctor. She gave me some small rubber dilators, but they did not help. At the time, I did not know other treatment options existed and I felt very discouraged.

About four years into our marriage, my husband and I decided we wanted to have children. However, he could not enter me fully and the pain was now almost unbearable. We tried to have sex more often, and the stress of trying to push past the pain was making my menstrual cycles irregular.

My doctor suggested I try Clomid, a prescription drug that aids ovulation. I knew that was just her way of trying to help me, even though the real problem was the painful intercourse.



After three months of Clomid and no pregnancy, she suggested I see a reproductive endocrinologist. I didn't think my doctor had evaluated me or truly listened to the heart of my problem to merit spending the money on a fertility specialist.

About that time, a friend at my church had returned from treatment at Clear Passage Therapies (CPT). Although they were treating her for endometriosis pain and infertility, she told me that the clinic also used manual physical therapy to relieve intercourse pain.

I was glad there was a place I could go to find help, but I didn't know what to expect. I decided to apply for a one-week intensive therapy regimen. My husband came with me for support.

***The pain was 90% gone!  
It's been over six months  
since treatment now,  
and my libido and desire  
are still increasing.***

I felt very comfortable at PT, and in control of the treatment. At times, it was uncomfortable because they were treating a very pain-sensitive area, but I could tell the difference as the pain decreased with each session, morning and afternoon.

My husband and I had intercourse a few times that week, and I noticed that the pain was less. Once I returned home and the temporary soreness from treatment dissipated, my husband and I had sex again. He had no problems entering me and the pain was 90% gone! Before treatment he had never been able to enter me fully, and finally he was able to! No one knows but me, my husband, and God. What a miracle this is!

It's been over six months since treatment now, and my libido and desire are still increasing. My husband and I have been having sex more often and I am still amazed at the difference.

My menstrual cycles also became regular after therapy. Before treatment, sometimes I would go 40 days between cycles. After treatment, they went back to 26-28 days each month... but that didn't last long. I thought I was five days late, so I took a pregnancy test and it showed I was pregnant! I took four more that weekend before returning to the doctor to confirm that I am indeed pregnant!

Although I could not get my doctors to listen to me, I always knew my "infertility" was due to the painful intercourse I experienced. I am glad I found a clinic that actually listened to me and offered a non-surgical solution.

## **Sexual Function Restored**

### **— Cher's Story —**

When the therapists at Clear Passage Therapies (CPT) told me that a common side effect of treatment was increased sexual function, I didn't know whether to believe them or laugh. I went to CPT in hopes of opening my blocked fallopian tubes and I never imagined they would be able to help me with my sex life.

Four years earlier, I learned I had 25 fibroids in my uterus, my left fallopian tube was blocked, and my right fallopian tube was filled with liquid (a hydrosalpinx). I underwent surgery to remove the fibroids and then IVF, but my husband and I were still unable to become pregnant.

I then learned of CPT from a dear friend in my bible study. She and her husband tried to get pregnant for five years and then went to CPT. Afterward, she became pregnant. She came to my house and shared her entire experience with me. I was overwhelmed with hope and immediately called the clinic and scheduled an intensive week of treatment.

When I arrived at CPT, I couldn't believe the attention and thorough evaluation my therapists gave me. They asked me so many questions and thoroughly listened to my responses. They were interested in every ache, pain, or sensation. My husband, Poppy, also attended my treatment. The therapists really made him feel a part of the team. They explained every technique they used and how it might benefit me.

After examining my tailbone, the therapists found that it was pulled forward. I shared with them that I had been molested as a child, which may have led to that injury. The therapists explained that a tailbone in a forward position could cause pain with deep pene-

tration during sexual intercourse. I knew exactly what they were talking about. Whenever my husband tried to push deeper during sex, it felt like he was hitting something. I was never able to enjoy sex. After being told my entire life to wait until I was married, it was such a disappointment to not enjoy intercourse with my husband. I still tried to participate, but it always felt dry, tight, and painful.

The therapists gently worked to tilt my tailbone back into place and restore its natural mobility. I noticed that pressure in my back was relieved as the therapists moved my tailbone. When my husband and I had sex later that night, I couldn't believe the difference. My husband was able to enter me entirely without the same feeling of tightness, pain, and obstruction. I couldn't believe how good it felt. I started to cry and Poppy, my husband, asked me what was wrong. I told him I was crying because of what was finally right! My orgasm was incredible – toe-curling! It was the best I had ever had. I finally felt like a real woman, a woman in love with her husband who could enjoy the full experience of marriage.

***My orgasm was  
incredible – toe-curling!  
Before, I seldom wanted  
sex. But now, I think, “Yes,  
baby, I’m in the mood, too!”  
I feel like I am 25 again!***

I have noticed that my libido continues to increase. Before, I seldom wanted sex. But now, I think, “Yes, baby, I’m in the mood, too!” I actually have arousal and desire. I feel like I am 25 again!

In addition to the incredible changes in our sex life, my husband and I are now filled with hope. We left CPT knowing I was healed and ready for our new journey together as parents. The day my therapist worked on my fallopian tubes, I noticed a clear discharge – which I believe was the fluid clearing from my tube! I have

my follow-up test in one month to see if my tubes are open and my husband and I are very optimistic.

I have also noticed a change in my menstrual cycle. I used to experience pain two days before my cycle and then severe pain the first day of menstruation. During my last period, I had no pain at all! Just a dull pressure – I didn't even need pain medication! This change fills me with hope that my body is ready for a pregnancy.

Before I went to CPT, I just wanted a baby. I had no idea that treatment at CPT would enable me to be healed in so many ways. I was finally able to put my past behind – both physically and emotionally. The changes in my sexual function alone made the treatment worth every penny! And my husband certainly agrees!

## **Prior Sexual Abuse**

### **— Kelly's Story —**

I went to Clear Passage Therapies (CPT) for help with problems caused by sexual abuse which had occurred almost twenty years ago. I had a feeling that the therapy would help me resolve the pain and inflexibility in my vaginal area which had resulted in sexual dysfunction.

My manual physical therapist did a terrific job, the therapy worked beautifully, and I have had no pain since the treatment.

What I did not realize was that there were many other problems that would also be resolved — tight hips, chronic constipation, and pain and stiffness in my hands, shoulders,

***Tight hips, chronic constipation, and pain and stiffness in my hands, shoulders, and neck. Somehow, all of the problems were interrelated.***

and neck. Somehow, all of the problems were interrelated. In the months following therapy, I discovered I had an entirely new body, which was flexible, strong, and ready to get back to work! I now run regularly, enjoy going to the gym, and I've lost about ten pounds through my healthier lifestyle.

Finally, and most mysteriously, I notice I'm less stressed out these days. In the past, even when everything was OK in my life, I was always a little nervous. I had trouble sitting quietly, just doing nothing. The tension disappeared immediately after treatment and hasn't returned. Perhaps it was my body trying to tell me something was wrong. In any case, I've become a calmer and happier person.

## **Pain after Childhood Injury**

### **— Ellen's Story —**

Ellen had fallen off a horse at the age of 14 and landed on her left hip and buttocks. When we palpated the site of the trauma, we felt very thick adhesions running down both sides of her sacrum and down into her tailbone. Above the injury, adhesions were running up the left side of her low back, thickening the quadratus lumborum or “hip-hiker” muscle between her ribs and low back. When we questioned her further, we discovered that she had landed in a position in which her right leg was pulled back, over-stretching her psoas muscle and the hip flexors, at the front of her right thigh. The psoas muscle neighbors the fallopian tube, ovary and kidneys, so any inflammation of the psoas could affect those structures. In fact, upon palpation, her digestive system apparently received and absorbed some of the force of the trauma, as did her right kidney.

The adhesive healing process spread into the nearby bowels, causing inflammation there. The force of the fall also pushed her tailbone forward, creating a physical barrier to her descending colon, causing constipation. Thus, the original injury caused inflammation to spread to various areas of the abdomen, pelvis, hip, and low back. Intercourse pain with deep penetration was a direct result of her partner hitting her tailbone, which had been pushed forward by the fall. Thus the tailbone created a physical block whenever she attempted to have intercourse with her husband and contributed to constipation, as it created a physical barrier at her descending colon. She also complained of neck and TMJ (jaw) pain, which we felt was exacerbated by an unstable pelvis.

Having thus surmised the history and progression of the injuries and symptoms our patient experienced, we were able to see, treat, and deal with the wide range of symptoms as a whole-body approach.

Our next challenge was to ask ourselves, “Where do we begin and where do we take this next?”

Like taking apart a nylon rope one strand at a time, we began to palpate, detach, and free the major adhered tissues and structures from each other, one by one. To us it feels like we are pulling out the run in a three-dimensional sweater. As we free restricted areas, we move on throughout the body, following the “run” wherever it goes.

***Like taking apart  
nylon rope one strand  
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from each other.***

As the strong collagenous bonds began to slowly release, symptoms dissipated and normal range of motion returned. As entrapped nerves were freed, Ellen’s pain decreased. As the pelvis and low back were freed, we were able to return symmetry to the spine so her neck and TMJ symptoms could resolve at last. Direct treatment at her tailbone and nearby structures resolved her constipation and intercourse pain.



## **Severe Fall, Subsequent Pain and Headaches**

### **— Michael's Story —**

As a 24-year-old construction worker, Michael suffered a severe fall on the worksite, landing on the right side of his buttocks and tailbone. Over the course of four years, Michael had been to over a dozen physicians and had attended virtually every physical therapy and rehabilitation clinic in our medically oriented town. By the time he arrived in our clinic, he was still in a debilitated state.

During our initial evaluation, Michael's left shoulder was severely elevated in constant spasm, rising up toward his neck. He did not have the strength to grasp objects with either hand. In addition, he was dragging his right foot behind him so badly

**Michael had been to over a dozen physicians and had attended virtually every physical therapy and rehabilitation clinic in our medically oriented town.**

that the front inside of his shoe had worn out. He had significant neurological symptoms: his left hand shook constantly, and his legs shook frequently. He reported severe daily headaches that started a few days after his fall, and had gradually become worse over time.

We hardly knew where to start with this young man, but we knew that we were probably his last chance to regain some semblance of a life. Emotionally, he was remarkably stable for all he had been through; he was in constant pain in so many places, and he just wanted to get his life back.

We described adhesions, fascia, and the inner structure of his body to him so he could act as an informed member of the team that was trying to help

him regain his life. Trying to envision the adhesive pattern that had formed in him since his fall, and noting that he had severe impingement on nerves in many areas, we asked him to tell us what techniques felt better and which ones did not help, or made him feel worse.

As we palpated different tissues, we described the inner structure of his body to him. We asked him to tell us where he was feeling sensations when we touched various areas. Often, Michael would identify relationships that physicians would tell us do not exist in modern medicine — such as a pull from his shoulder into his opposite leg. Yet when we treated that shoulder, he would feel relief in his opposite leg. And after a session of treating that shoulder, we noted that his gait improved markedly. The complex adhesive pattern that was created within him after his fall was starting to unravel.

***One day, we had  
an experience with  
Michael that knocked  
our blinders off.***

Over the course of his therapy sessions, both of his shoulders became level. Eventually, he was able to walk normally, swing his arms, and lift objects again. He returned to work on light, then moderate duty.

Toward the end of treatment, he still experienced daily headaches that were often severe and debilitating. Since the rest of his body was doing so well, this remained a great mystery for us.

Then one day, we had an experience with Michael that knocked our blinders off. In fact, it would have significant ramifications for our headache, pelvic pain, and infertility patients for years to come.

While Larry was treating Michael's neck, he had severe tightness at the base of his skull. Clinically, we had noticed that this is often an area associated with head-

aches, and the area felt totally jammed. In fact, as he tractioned his head, it felt as if the tissues of his neck and the base of his skull were anchored much further down his spine.

Larry mentioned this “anchoring sensation” to Belinda that evening. She asked, “Do you suppose that when Michael fell at the worksite, he may have pushed his coccyx (tailbone) forward and it got stuck in that position as it healed?”

As we talked, we decided that this was not only possible but likely. We also knew that one of the primary fascial attachments at the sacrum and coccyx is the dura — which is the thick, fascial covering of the brain and spinal cord. The dura starts at the tailbone, attaches to the sacrum, climbs the spinal cord, and has strong attachments at the base of the skull. Then it continues up into the cranium to surround and infuse with the tissues of the brain, divide the brain into left and right sections, and create the floor of the brain.

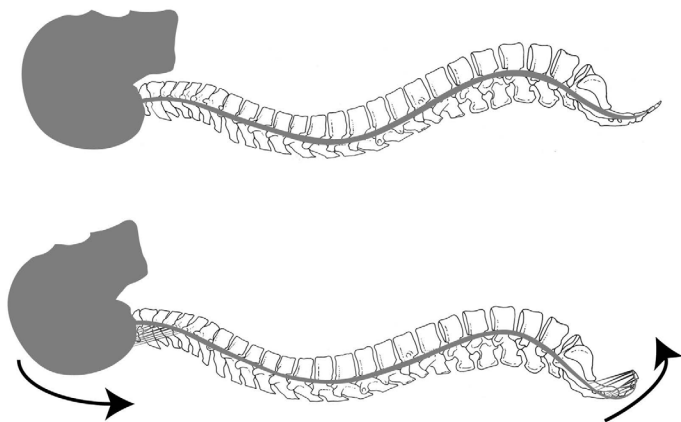
“Do you think that when that happened, it pulled down on his dura, and that the anchor I was feeling at his head was the pull coming from the coccyx?” Larry asked.

“Sounds reasonable to me,” Belinda said. “Anatomically, it makes sense, but in that case, what are we going to do about it?”

“What about this,” Larry suggested. “What if one of us decompresses (pulls back) the joint at his coccyx (internally) while the other tractions his head? Do you think that might work?”

“Mechanically, that sounds reasonable. I really can’t think of a better way to do that,” she said.

We told Michael what we were thinking. “There are no guarantees, of course, and we would never push anyone into something they do not want to do,” we said. “Frankly, it may be pretty uncomfortable



*A tailbone pushed forward in a fall, or pulled by pelvic surgery scars can pull the spinal cord down, exerting pressure in to the skull.*

for a few minutes. But we have tried so many things; mechanically, this makes sense to both of us. We think it could be the key that unlocks the door to your chronic headaches.”

“Well,” he said, “you have done more in the course of therapy than anyone else has been able to do in several years. If you think it’ll help, let’s just go on and do it.”

We treated Michael the way we described and hoped he would find relief. Michael had an appointment set with his physician three days later.

“They did what?” The doctor exclaimed when Michael told him about our treatment.

“Yeah doc, they sure did. They said they released the pull of my dura. I don’t understand it much, but the headaches I have had daily for over three years are completely gone now! I haven’t had one since they did that!”

It was a matter of simple biomechanics, and our treatment with Michael was a clear and dramatic demonstration of how listening deeply to patients and thinking of the body's mechanics from a "whole body" perspective could lead to profound results.

The physician called us amazed and promptly began sending his most complicated tailbone and headache patients to us.

## **Unexplained Abdominal Pain**

### **— Rae's Story —**

My two weeks in Gainesville, Florida were a turning point for me. I don't think I will ever be able to put into words what they did for me, my health, my approach to good health, and my outlook on life.

I have been no stranger to the acronym "ICI" (Invisible Chronic Illnesses), and had a plethora of TLAs (three letter acronyms) as diagnoses for my various levels of ill health, pain, and inability to "have a life." What brought me

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to Clear Passage Therapies (CPT) was the four years of fighting stomach pain, a pain that made all other pain issues pale in comparison.

I developed stomach "clutches" that literally doubled me over and brought me to my knees. Having pain issues from FMS (Fibromyalgia Syndrome) and MPS (Myofascial Pain Syndrome) did not prepare me for this sharp and focused wave of pain. It hurt so badly, the pain would make me throw up whatever was in my stomach, and then for the next "n" number of hours (sometimes days) heave pure bile. That was my cue to go to the emergency room (ER).

After my third visit there, one physician decided that gallstones were the issue. He admitted me, and I waited three days until the surgeon was available. I was afraid of surgery, my health not the best to begin with, but the knowledge that this would end the cycle of excruciating pain was what kept me strong.

Recuperating from the surgery was no picnic, but I was free of the stomach issue, or so I was told. All it took was one roughage full meal to have me dialing 911, and awaiting the ambulance. It was so disheartening,

but I hadn't put two and two together yet; even worse, neither had the doctors. They all believed this was all part of the "recovery process" from the surgery, and my system trying to handle the digestion process without the gallbladder to do its job breaking food down with enzymes and directing it into my intestines.

Much later, it became apparent to all of us that my stomach issue was not resolved by surgery. In fact, the surgery had exacerbated my problem (origin still unknown).

I then went to multiple GI specialists, "la crème de la crème," who all were adamant that I had an issue, but no one could diagnose

***I had to learn to trust my own instincts and do what I felt was best for my body.***

it. I soon found myself chasing pain clinics, and having tests of pure discomfort. I had MRIs and CT scans with and without dye; I swallowed markers to track my digestive system by x-ray, and swallowed other nasty stuff to clean my system the night before. I underwent all of these tests and procedures to show the medical folk how my digestive tract worked, how fast it moved, what path it took, and other arcane data. I had endoscopies and colonoscopies. And still, I had to go to the ER again and again with the pain. The ER doctors took so many x-rays of my entire torso that I am surprised I don't glow in the dark!

So between tests, specialists, and pain clinics, I kept having to find relief in the ER. They would insert an N/G (nasal gastric) tube into my stomach, give me enemas, experiment with intravenous medicines, inject Atropine... After a while, they'd create any concoction or cocktail they could think of. They too were frustrated, and also "suspicious," since the relief inevitably came when they finally gave me the injection of a narcotic, along with anti-nausea medicine.

Sometimes they used an IV, and they'd maybe add something to hydrate me, but inevitably, excruciating pain in my stomach recurred. Depending on what they saw, they would either calm my pain with drugs, or admit me due to a bowel obstruction, or "ileus."

My ER visits eventually became even more frequent. My primary care physician kept explor-

atory surgery as the only way to figure out what was wrong. He put me on narcotics to try to keep me home and help me to minimize going to the ER over and over again for pain relief. There were weeks when broth and Jell-o were my only fare — I remember being so excited when I could add some food to my Jell-o. There are not nearly enough Jell-o flavors available!

***I went to multiple specialists... who all were adamant that I had an issue, But no one could diagnose it.***

As my pain, bloating, and digestion problems continued, along with trips to the ER, including admission to the hospital, my doctor became more insistent on the need for exploratory surgery. He assured me that if there were the expected adhesions from my prior (unnecessary) surgery, the way to eliminate them was more surgery.

I started to attack the Internet for information. I found CPT.

After reading horror stories about adhesions being compounded by multiple surgeries that attempted to release previous adhesions (which sounded both scary and logical to me) I approached my MD about going to CPT. His feeling was that it would not harm me, and at most it would only cost me some time and money. He felt it was worth a shot — he was supportive of my efforts.



I can't tell you how warm and welcoming everyone at CPT was. I filled my form out very, very completely, and I have a long and complicated health history, as I alluded to earlier. I held nothing back. I spoke to a therapist on the phone, and she soon became my new best friend and confidante. Despite my weight, CPT was willing to work with me, as long as my expectations were realigned to recognize that it might impact the level of my success.

***My ER visits  
eventually became  
even more frequent.***

My therapist did not hold back, or “weasel-word” what I was in for and what to expect. She was a professional always, but with such heart. I went to Florida, where their team of therapists worked together to create a plan for me. Every step of the way I found caring, smiling, people who listened to me and encouraged me while the therapists worked; rather WE worked together — I had to be actively involved, mind and body. The rest of the staff always smiled, answered questions, suggested places to visit, and accommodated my schedule needs.

By the end of two weeks, I had made new friends, really more like sisters: a family of my choice. I was so sad to leave them, but it was time to “graduate” and say goodbye. They gave me resources, paperwork, cheat-sheets of exercises, and more to continue the process at home.

After I returned home, it was eleven long, lovely MONTHS before I ever hit the ER with a stomach issue again. Now almost 7 months later, I've not gone to the ER since. Compared to my schedule of multiple ER trips every year, this feels like magic (albeit based on their science, intuition, training, and heart). I never imagined this could be my reality!

I am now on the brink of getting off of the narcotics which, at one time, were the only things that kept me from being in the hospital 24/7. I admit I'm anxious about this step, but excited too. This could never have been possible without my time at CPT.

Another benefit from my CPT experience is that my pursuit of health has broadened the scope of professionals I seek. In retrospect, I see that in my case(es), "western" physicians often spent their en-

***Western physicians often spent their energy and my dime, treating my pain symptoms and seeking a label for my illness(es) and pain — rather than really treating me.***

ergy and my dime, treating my pain symptoms and seeking a label for my illness(es) and pain — rather than really treating me. They tossed western pharmaceuticals at me, but those always seemed to have side effects. In fact, some side effects required a different medicine to balance them out, ad nauseum (pun intended here). Ultimately, they gave me a "waste-basket diagnosis" (a label) when they couldn't find the cause. Some even dismissed me as some "hysterical woman" whose pain and symptoms were "all in my head," a more modern version of "the vapors."

I've since turned to more "alternative health" options that see "me" in my entirety, and try to treat the whole person, not find a label to pigeonhole me. My path towards the quest for health has changed, and I try to keep open-minded regarding my well-being, combining both alternative eastern and western modalities.

CPT opened a new world to explore, one with options and hope. I'm not there yet, but what an opportunity they offered me! As CPT knows, I am willing to

speak about my experience, and answer any questions about my personal experience.

Certainly everyone gets their own unique help and lessons from CPT. As they say, YMMV (your mileage may vary). But know this, I cannot thank Clear Passage enough for their work with me, and their taking a chance, inviting such a “complicated” case into their care, and helping turn my life around.

## **Severe Pelvic Pain after C-section**

### **—Marcella's Story —**

Before I attended Clear Passage Therapies (CPT), I had been to 11 different doctors and health practitioners, trying to figure out why I was having so much pain in my pelvic area. Sex was also close to impossible. I had a C-section in 2007 and when I tried to have sex afterward, I knew something was wrong.

However, I continued to be passed off from one specialist to another, none of them giving me a clear diagnosis, much less a treatment option.

When my doctor told me I would have to have a hysterectomy, because he didn't know what else to do, I knew I had to keep searching on my own. I knew that I wasn't crazy, and that I needed someone to step back and look at the whole picture.

***I continued to be passed off from one specialist to another, none of them giving me a clear diagnosis, much less a treatment option.***

The day I stumbled upon the CPT website, I was completely filled with hope and with relief. For the first time, I saw something that made perfectly logical sense, described everything that I felt was wrong with me, and gave me the hope that one day I really could be out of pain. I scheduled myself as soon as possible.

During the time I spent there, it felt like all of the puzzle pieces finally fit together. Everything finally made sense! Not only the actual treatment, but through their care, acceptance and warmth, I made more progress in healing my body in five days than I had done in the past 12 years! It was as if I had finally found the answer to what my body had been begging for.

I am now 100% out of pain. When I was ready to have sex again, I was so nervous! But, everything worked beautifully and I had zero pain or discomfort. I can honestly say that the results I have experienced from my treatment had only been a dream before.

***All of the puzzle pieces finally fit together. Everything finally made sense!***

Fourteen months have passed since treatment, and I am still completely pain-free and have been able to use what I learned about my body and how I got into the chronic pain situation to make adjustments in my life to take care of myself and my body. Not only am I pain-free, I have lost weight and feel great about myself again

## **Chronic Pain after Multiple Traumas**

### **— Trudy's Story —**

I arrived at the clinic with a great deal of hope. Not only was I feeling desperate to become a mother, but I had searched for years for someone to release my body from intense physical pain. After the first morning's treatment, an image became clear in my mind, and a vision of what this therapy was going to do.

I saw a very old, run down ship, almost like a pirate ship from the early 18th century. It was falling apart and could no longer sail as it was built to do. It was permanently anchored. It had obviously been abused and had never been given the loving attention it needed to return it to its original glory. The picture was in sepia tones, devoid of life and vibrancy. As I lay with this image I knew this was a metaphor for my body. It had been abused over the years through multiple traumas including four car accidents, and many falls onto back, tailbone and hip during sports or other intense activities. After years of searching for relief, I had resigned myself that no treatment would be able to return my body to its original state of glory – pain-free and functional.

***I had searched for years for someone to release my body from intense physical pain.***

During the week of therapy, I was delighted to find that the image began to change. Color returned to the picture and the ship started to take on its original magnificence. It looked anew again as if it had gone back in time and returned to a fully functional ship, able to through even the toughest of storms. Then I realized that this was what was happening to my body. The treatment was like going back in time for my body, back

to a state when my entire body functioned healthily. I was becoming the vessel that could carry my future children into this world. I felt an enormous burden being lifted and a rising hope coming from within.

This metaphor was a vision that carried me through the amazing experience that I had during my week at Clear Passage. Now, for the first time in 16 years since my first motor vehicle accident, a therapist acknowledged and treated the underlying causes of my immense physical pain. I felt a renewed hope and excitement for the future.

***The treatment was like going back in time for my body, back to a state when my entire body functioned healthily.***

Being a physical therapist myself, I have been trained to think scientifically regarding treatment types and efficacy. Simply stated, the Wurn Technique makes sense, both anatomically and physiologically. The treatment is not rocket science to understand. It is simply a multitude of different manual techniques combined in such a way as to “unglue” the areas that became adhered over a lifetime of healing. Once all individual parts of the body have freedom of movement, they begin to function better individually. Hence, each organ, system, and part can begin to synchronize and work in harmony. During the course of therapy, I felt my entire body begin to regain mobility and function – in various areas.

***Being a physical therapist, I have been trained to think scientifically regarding treatment types and efficacy.***

I have been home for only two weeks, but I am already feeling so different it is almost hard to de-

scribe. The constant pain in my mid and lower back, that I had previously learned to live with, has improved immensely, and certain areas feel completely pain-free (an amazing statement for me). I used to awaken every morning and the first to what I felt was pain. Now I awaken and can start my day in a positive and emotional state, without the heavy burden of chronic pain. My entire abdomen is softer and more mobile, and I can breathe more deeply than I ever knew was possible. My balance is remarkably better, and my range of motion is greatly increased in almost every joint of my body. In addition, my digestion has greatly improved, and my overall functional level has increased immensely.

***My overall  
functional level  
has increased  
immensely.***

I no longer think of my body as my enemy. Now it is the vessel that is allowing me to travel more easily, and experience a high quality of life again.

The gratefulness I have for the therapists at Clear Passage is truly boundless. The therapists are amazing, warm hearted individuals who work from a heart space of love and compassion. Their innovative, time intensive treatments give results in areas way beyond the scope of reproductive health. They have helped bring my body back in time to an overall healthier state where bodily systems work better, and with better communication.

I also feel that my body is now healthy and strong enough to be the vessel for our children. I finally have been able to accept the help I so desperately needed – and I did it for me, so that I can live a healthy, active life. Becoming a mother will be a much welcomed result, but even before that, the treatment I received at CPT was the best investment I have ever made, a true investment in me.



## **Eight Prior Surgeries**

### **— Ginny's Story —**

After eight surgeries and two serious falls, my body had become severely adhered and I was in nearly constant pain. The adhesions were so strong that they began to affect my posture; they caused my back and neck to ache and the pain made life very difficult. Adhesions in my abdominal cavity were closing my bowels, preventing waste from moving. After eating, I would be curled up in a ball in severe pain. It was humiliating and extremely painful.

I had already undergone a resection surgery to remove bowel obstructions (essentially adhesions) by cutting, then rejoining my intestines. I soon

***I (was) in a vicious cycle of pain and hospitalizations. I needed surgery to reduce the adhesions and relieve my pain, but the surgeries would cause more adhesions to form.***

found myself in a vicious cycle of pain and hospitalizations. I needed surgery to reduce the adhesions and relieve my pain, but the surgeries would cause more adhesions to form, necessitating more surgeries. So I had to find a more non-invasive way to solve this problem.

I began desperately to search for other treatment options. I worked at an acupuncture clinic at the time, and one of our patients told me that she was receiving treatment to reduce adhesions at a physical therapy clinic called Clear Pas-sage Therapies (CPT). I spoke with my gastroenterologist about the therapy and he told me, "It can't hurt to try it." I scheduled an appointment immediately.

By the time I found CPT, my health was plummeting. At my initial evaluation, my therapist told me there was very little mobility in my abdominal organs. She was also concerned that I was becoming adhered in the muscles and support structures on the front of my body.

I attended treatment for an hour at a time twice a week and found that my pain reduced markedly. Before long, I stopped experiencing pain in my bowels, neck, and back. Things in life that most people take for granted, but that had been denied to me for so long, slowly began to return. I can still remember the first day I was finally able to have a bowel movement without pain or laxatives, and the first time I was finally able to eat without pain. It as amazing.

***(Functions) that most people take for granted, but that had been denied to me for so long, slowly began to return.***

At one point my insurance decided it would no longer cover the cost of my treatment, and I was forced to stop attending. I worked relentlessly with my insurance company until they finally agreed to continue covering my treatment, but it was too late. Adhesions had formed again and blocked my intestines. I was back in the hospital with an obstructed bowel for 13 days. I knew I had to return to CPT if I didn't want another surgery. They helped my body recover and broke down other adhesions that had formed.

Over the time I have attended therapy at CPT, I have met many patients. After therapy, most people tell me that their pain is relieved, their adhesions are reduced, and they never have to return again.

My body, on the other hand, is different from most. For one reason or another, my body continually forms adhesions. My doctor says my body is an "adhesion factory."

Because my body continually produces adhesions, I choose to return to CPT for treatment. The therapists not only help reduce any pain I experience, they also prevent other adhesions from forming by increasing the mobility and flexibility of my organs and tissues. I know that if I didn't have CPT, I would end up back in the hospital.

I cannot say enough about CPT. I would recommend them 250%. I even had my husband attend after a serious car accident. He was in so much pain that it hurt for him to even be touched. But today, he's out working in the garden.

If they were able to help someone described as an "adhesion factory," I know they will be able to help others who experience pain or adhesion formation as a normal response to healing.

## **Twenty Years of Surgeries after Partial Hysterectomy** **— Katrina's Story —**

Some women have experienced so many surgeries in their lifetimes that their bodies continue to form adhesions, even years after the surgeries end. Ginny shared her personal journey through years of surgeries and the subsequent pain and dysfunction she experienced. Because her body was so traumatized by her surgeries, her doctor said that her body continues to form adhesions.

Katrina, one of our former patients, is much like Ginny. In fact, when Katrina called our clinic to see if treatment would be appropriate for her, we discussed former patients like Ginny, who had experienced similar problems.

After speaking with a CPT therapist, Katrina knew she wanted to come for treatment. Although she felt she was coming on blind faith, Katrina had high hopes that this alternative option for the break-down of her adhesions would work, and she was very optimistic.

***It just gets to the point  
where it never goes  
away and the pain  
overrides your thoughts.***

Her pain and dysfunction had started almost 20 years earlier. After a partial hysterectomy, Katrina began experiencing pain and had to undergo a subsequent surgery to remove her ovaries and a partial bowel obstruction.

Just two years later, she had to have another surgery to remove adhesions that formed beneath her previous incision, causing her bowel to become partially obstructed again.

Over the next 14 years, Katrina endured eight more surgeries and procedures to treat adhesions, bowel ob-

structions, and numerous other dysfunctions that had resulted from her devastating cycle of surgeries.

Katrina told us, “I was in a lot of pain during those years, but I had to keep working. You just take as little pain medication as you can and deal with the pain until it becomes too much, and you need surgery.”

After surgery to remove adhesions in May of 2004, Katrina knew she needed to find another option. As each week progressed, she experienced more and more pain. “It’s hard to explain the pain

unless you have had it,” Katrina told us. “You get a lot of abdominal swelling and localized pain in certain spots. The swelling gets really bad and your clothes don’t fit. At night, your body throbs. It just gets to the point where it never goes away and the pain overrides your thoughts. You can’t even walk properly because you are in so much pain and you feel your body drawing up.”

It was out of her pain and desperation that Katrina searched for other options on the Internet and found our clinic.

Katrina noticed changes almost immediately after treatment with us and told us, “The therapists worked on my rectum one time and the next day I had a normal bowel movement! By the end of the week, intercourse pain was completely gone — it was amazing. Some of the scars felt thinner or had disappeared.”

Once her treatment was finished, we explained to Katrina that her body would make adjustments over the following months as her organs and systems

**Over the next 14 years, Katrina endured eight more surgeries and procedures to treat adhesions, bowel obstructions, and numerous other dysfunctions.**

learned to function without the adhesions. Katrina was happy to find that her body kept improving over time and told us, "I had more energy and people told me I looked healthier."

As time passed though, Katrina began to notice some pain gradually increasing in her body. Although our treatment successfully reduced many of the adhesions that existed in her body, we could not prevent her body's natural process of building more adhesions.

The majority of the people we treat never have to return to us for treatment. However, there are some, like Katrina and Ginny, whose bodies continue to form adhesions. Although patients who need ongoing care with us are rare, we can at least provide them with an alternative to cyclical surgery.

When Katrina's body started to produce more adhesions again, she was faced with a choice: either more surgery or returning to us for treatment. She was happy to return to us for a natural treatment. We were once again able to reduce the new adhesions that formed and reduce the pain and symptoms she was experiencing.

Although we genuinely hope that Katrina will not have to return again, we cannot control how her body produces adhesions. If she needs us again, we will be here as a safe and natural alternative to surgery.

**Patient Stories:**  
Ongoing Research – Bowel Obstruction

## **Emergency Bowel Surgery in India**

### **— Belinda's Ongoing Story — (As Told by Larry)**

Although we had been married twenty years, we never had the time to take the honeymoon I had promised my bride two decades earlier. Belinda wanted to visit India and Nepal, countries I had visited in my 20's courtesy of a photo and book assignment I had done for an art museum.

Nepal was presently inaccessible to Westerners due to a heavy-handed Chinese invasion and resulting instability in the capital city, Kathmandu. Instead, we visited nearby Bhutan (a country dubbed "Shangri-La" due to its mountainous vistas and it's King's avowed focus on "Gross National Happiness" over "Gross National Product.")

After a week in Bhutan, we moved down into India. It had always been Belinda's dream to see the Taj Mahal, so after a short visit to Delhi, we drove down to Agra, the site of that magnificent edifice. The four hours of traffic surrounded us with every method of transport imaginable: ancient, hand carved ox-carts, camels, elephants, cows and monkeys wandered among the cars, tractor-trailer trucks, and three wheeled vehicles of every description; it was both slow-moving and remarkable. Belinda and I have always enjoyed expanding our minds by immersing ourselves in either nature, or in totally different cultures from our own, from time to time. We find the experience both challenging and enriching to our bodies, minds and souls. Along the way, we passed numerous medical clinics.

Unfortunately, that night brought problems. Belinda found herself unable to eat or pass foods — both classic signs of another total bowel obstruction. A physician who came to our hotel room inserted an NG tube into her stomach through her nose, then hooked her





*Medical clinics along the road felt a bit primitive*

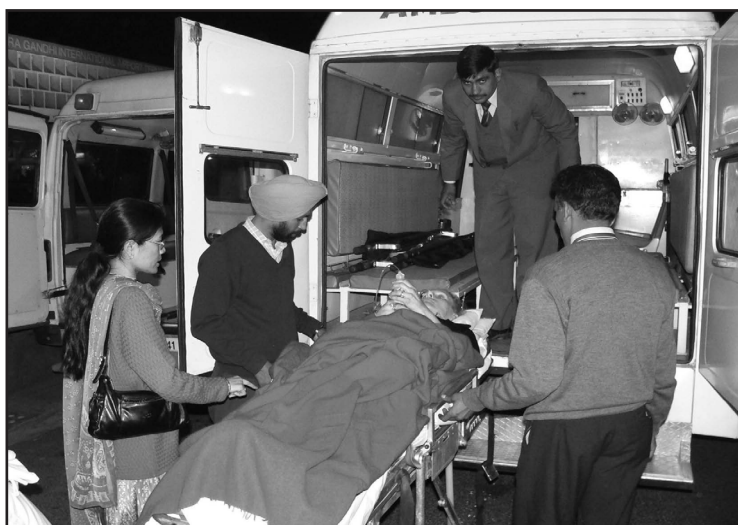
up to intravenous feeding, fluids and pain medication. Belinda rolled back and forth trying to get food to pass through. I treated her, but this time things went very different. During treatment both of my hands were being pulled toward a single point in her intestines that felt hard, and hot; it felt like an infection.

This presented a major problem. While we felt our work might help open a bowel obstruction, our therapy is contraindicated in cases of active infection. Since we are treating fascia that includes the interstitial spaces (between muscles and organs), we avoid treating infected areas, lest we create an opportunity for the infection to spread.

Belinda lay there for three days, hoping that the occlusion might just be a spasm that would release, allowing food to pass. With each day, she was becoming weaker. Finally, we made the decision to move her to a hospital.

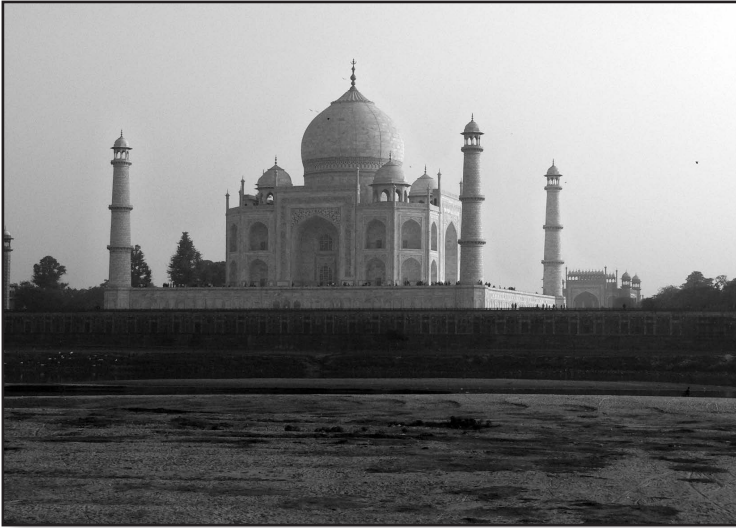
We made the decision to life-flight Belinda to Delhi, where we hoped to find a modern hospital. Agra did not have a facility to handle her complex situation.

On the way to the airport, the ambulance driver was kind enough to divert his route to a promontory across the river from the Taj Mahal so Belinda could fulfill part of her childhood dream to see this lovely edifice – a testament to another husband's deep love for his wife centuries ago. I began to softly cry thinking of our life journey and the love that has persisted through all of the trials and traumas of our lifetime adventure. With all of the traumas Belinda has undergone, we both still feel very blessed by the gift of our lives, the therapists, patients, physicians, and scientists we worked with – so many of whom have become friends, or touched our lives deeply, as we have touched theirs.



*Our honeymoon was not going exactly as planned*

The flight helped us avoid the elephants, camels, ox-carts, and large potholes in the road between Agra and Delhi. Still, the physician who accompanied us had the pilot maintain a low altitude “so your wife doesn’t explode from the low pressure at high altitudes,” she said. That was when we realized that this particular situation would resolve in India – not at home with our own physicians and modern hospitals.



*The ambulance stopped across the river so we could see the Taj Mahal, one man's testament to his love of his wife*

After the emergency flight to Delhi, we were transported to a disgusting and filthy facility that was reported to have excellent physicians. I moved Belinda to the Apollo Hospital, which was much cleaner and more modern. The Boston-trained physician was aware of our work, and was patient as I continued to try to clear the blockage. Still, we continued to feel a single site with increased temperature. Remembering Belinda's difficulty with the previous post-surgical infection, it made sense that the culprit was likely a persistent infection from that surgery. In the end, Belinda elected to undergo her second bowel resection surgery.

They took Belinda to the operating room at 5:30 in the morning. I was not allowed to join her, but at 8:30, an orderly came in to fetch me. He spoke only Hindi, even though English is the common language that unites India, but he was very animated, gesturing for me to follow him. His only explanation (and apparently his only English) was “come sir.”

The trip downstairs was other-worldly and sometimes nightmarish. As we arrived at the ground floor, we kept following two arrow signs, always going in the same direction. One read “Surgery;” the other read “Morgue.”

As we finally reached a very long corridor, they were wheeling a dead body from the area, covered by a sheet. Part of me wanted to lift the sheet to see if it was Belinda; another part of me didn’t want to know...

Like being in an “Alice in Wonderland” dream, we passed a small wing of the hospital whose entrance sign read: “Test Tube Baby Unit.” I am sure they have good doctors there, but the wording of the sign and the feelings it evoked in me seemed strange to my western mind.

At last, we arrived at the end of the hall where we faced the (now familiar) two signs, now giving very different directions. The “Surgery” sign pointed to the left and the “Morgue” sign to the right.

My guide picked this moment to stop, breathe, and catch his breath from our long trek. It was the longest moment of my life...

At last, he stepped to the right, turned and put out his hand indicating that I should go left, into the surgical suite. I began to breathe again.

He had me scrub in, put on a surgical cap, gown, and booties, and enter the main surgery room. The room was wide open, about 30 feet square with eight people being operated on simultaneously.

Looking around at this scene in awe, I saw someone gesturing to me from the third table on the right. It was Belinda's surgeon.

Slowly I approached the table. There was my love, totally anesthetized on her back, with a mound of bright red intestines piled up on her rib cage. The doctor started moving her bowels around with his hands to show me what he found. "See," he said, "No adhesions. You did your job well. But this, here is the culprit."

He lifted a section of the intestines for me to see. There, like a wedding band or the gold label on a cigar, a tight infected band encircled her intestines in a vice-like grasp, decreasing the 1½ inch diameter of her intestines to a tightly banded closure about a half-inch in diameter. The yellow-green color of the band indicated a state of severe infection.

"Good we operated now," the surgeon told me. "Otherwise this would have burst, causing infection to spread throughout the abdomen and pelvis." He proceeded to cut out the infected area and rejoin the cut sections.

As it happened, Belinda's physician was an excellent surgeon. She healed without infection this time, despite the proximity of seven other open surgeries of various types that surrounded us.

When Belinda and I met with the surgeon afterwards, he offered some words of wisdom. "There is nothing you could have done to treat the infection, but you really did a remarkable job clearing adhesions in Belinda's abdomen and pelvis. The fact that you could clear all of the adhesions that must have been there considering her history, leads me to believe that you can delay or prevent surgery in people with partial bowel obstructions. I encourage you to explore that area; you may be able to relieve much suffering and hardship."

**Post-script to the story:**

After spending a couple of weeks recovering in the hospital, and having totally missed most of our delayed honeymoon, Belinda and I asked permission to move to a different hospital. "We'd like to be near a historic site, or a beach," we said. "Do you have a sister hospital to which we could move for our final days in India before our flight home?"



*We escaped the Tsunami and moved to a nice hotel in Mumbai, a few years before terrorists attacked western tourists there.*

"Oh yes," the Administrator said. "We have an affiliate hospital on the Southeast coast, in Chennai. I could move you there Monday." It was Friday night, Christmas eve. Christmas was coming Saturday, and there was no flight Sunday so we arranged for the first flight out to Chennai, on Monday morning.

Sunday (the day before our flight), the Tsunami hit India, making its greatest landfall at Chennai. I would have been on the beach when it hit at 9:30 that morning, since I always rise early and go to the beach when we are near one. Belinda would have become a very

low priority patient among the survivors of the 53,000 people who died there, that day.

Blessed as we were to avoid that massive tragedy, a catastrophe of global proportions, we moved on to the city of our departure, Mumbai. After having Belinda in the hospital for over three weeks, I splurged and got us a room at the Taj Mahal Hotel in Mumbai. This hotel was a magnificent edifice — one that was recently attacked and burned as a target of terrorists using automatic weapons and hand grenades. Over 200 people died in the Mumbai attacks, which targeted western tourists.

I guess you just have to live your life each day knowing that “this is it.” The moments that we spend in life are all that we have, each of us. Each of us needs to make the best of the time we have here on earth. Life is not a dress rehearsal.

## **Breast Surgery, Inguinal Surgery and Six Abdominal Surgeries**

### **— Reese's Story —**

I am sure it was destiny that I would speak to Belinda; I just “knew” that wherever this woman was, it was where I was headed. We instantly connected and I felt as if I had known her all my life.

Besides that, I had never met anyone who could really understand what I was going through, the pain and agony I had

***I left his office more broken than I had ever felt in my life.***

felt, and the despair that I was facing. I was at my wit's end and had given up on finding some way to defeat these ever persistent abdominal adhesions that had taken hold of my poor weakening body.

Eight days before heading to Clear Passages Therapies (CPT), I had learned from my surgeon that abdominal adhesions had grown back for the 7th time. He wanted to put a tube into my stomach to help release some pressure and evaluate my situation. I chose not to be hospitalized and left his office more broken than I had ever felt in my life.

I could not understand why my body was doing this! I just had surgery to save my life not 12 weeks before and at that time, the adhesions were strangulating my stomach in half and I had eight to ten adhered kinks in my small intestine. The adhesions also devastated my female organs, which had to be removed.

Thank God, I had found Sanoviv Medical Institute in Rosario, Mexico. For the last year they treated me integratively, cleansing mycoplasma from my body. This saved me from having parts of my organs removed during my surgery in July of 2008. Although Sanoviv was awesome and helped me greatly, they could not stop the adhesions from taking me over after surgery.



Needless to say, I was devastated and sat in my car and cried my eyes out. How could I tell my husband? What would become of the quality of my life?

Talking with Belinda that day changed my life forever. But, I am ahead of myself so, let's start with some facts.

I was a typical tomboy and have all the scars to prove it. I have had many falls, accidents and illnesses. Just to name a few; I was bit by a brown recluse spider twice, developed SLE (Lupus) because of it, suffered several miscarriages, I was rear-ended with severe whiplash and chest bruising, swallowed a fish bone and had throat surgery to remove it, had malignant breast surgery – and then all hell broke loose with my abdominal adhesions. I had to close my business and stop my professional singing career.

***How could I tell  
my husband?  
What would become of  
the quality of my life?***

Within two weeks of the breast surgery in June 2006, my abdomen swelled up like I was eight months pregnant. I was hospitalized and no tests of any kind showed anything was wrong. After six days of suffering in the hospital, I had exploratory surgery. The surgeons found adhesions, cysts, and tumors growing out of control.

I had no idea that my life had been at risk until I awoke in the hospital with tubes coming out of me, and I could not move. It was a wonder I did not pop from all the pressure. But, I really did pop as tissues tore in my abdominal wall and both inguinal walls (in my groin) from all the pressure inside of me.

To shorten a long torturous story, I had six full abdominal surgeries, appendicitis, a 6x8 patch holding my intestines in, one left breast surgery, and a double inguinal hernia repair with two 4x4 patches holding my

lower abdomen wall together, all in the course of two and a half years.

Now, once more, I was facing yet another surgery; the scariest part was these abdominal adhesions were growing back faster and faster... I just had surgery 12 weeks ago! How could this be?

I heard it from more doctors I can list that there is no cure... abdominal adhesions were killing me slowly and there was nothing I could do about it. I tried

***Abdominal adhesions  
were killing me slowly  
and there was nothing  
I could do about it.***

all the great hospitals and clinics that I could find in those two plus years to help me...they all said the same thing. "Your surgeon knows you best and our protocol are the same as his. Just go back home and have him surgically remove them again."

I was horrified to think I would have to live this way. My surgeon saved my life more than once and I am so grateful for him, but I did NOT want to live this way, having surgery after surgery just to stay alive.

I was backed into a corner with no time to lose; the adhesions were clogging up my system, affecting my breathing, and strangulating my intestines so I could not eat any food and could barely drink liquids without throwing up. I knew my time was running out before I would need surgery to release the armored grip on my internal organs strangulating the life out of me.

My life was great outside of this disease. Awesome husband, a thriving antique/photography business, and a great singing career. I wasn't going to give it all up now! I was hellbent on beating this disease but, I was so tired and weak and felt so defeated.

Then I got a return call from Belinda at Clear Passage Therapies (CPT). After that conversation, I knew what I had to do; I began to pack my bags and plan my recovery.

Before I knew it, I was on a plane heading to Gainesville, FL. I could barely get through the airport with my luggage in tow, cringing in pain and breathing heavily with each step I took. I was so determined and focused.

I will never forget limping into the clinic that first day, holding and rubbing my abdomen in so much pain. But, from that moment on, as the day progressed, I knew I would be taken care of.

Unlike most of the doctors I had been to, this place actually WANTED to hear of all my pains and aches and problems! They were gentle and loving and very considerate each step of the way. They explained every technique they performed and why it would help me. This place was like an oasis of hope in a desert of despair for me. Was this treatment for real? Why do I say that? Because two miracles happened to my body that first day of treatment.

Focusing on the most urgent of needs for me, they immediately went to work on my abdominal obstructions. The therapists, with their talented hands manually performing the Wurn Technique® movements released the strangulating, burning, and stabbing pain right below my diaphragm that I had suffered from since all this began – over two years ago! I could barely wrap my mind around what had happened. I could feel it happening deep inside my body, but could I dare to believe that this would work? I was fearful of jinxing it! But, as I took my walks and went through the day, I could barely believe how much better I felt. I was no longer near tears in pain with each breath and step I took! I had a total of five bowel movements that night and the next morning. I was beside myself! I literally felt my body give in and let go!

The second miracle happened when Larry worked the outside calf of my right leg. I had chronic stabbing pain that never went away and had been there since 1992 when I got the bit by the brown recluse spiders and had caused me to limp all those years. No doctors could ever tell me why I had it. They called it a “mystery pain” that I would just have to live with. Larry worked hard and released that burning, debilitating, deep painful pulling sensation that had bound me! I could feel him free the adhesions as he worked layer by layer. I was in total disbelief because I was not limping when I left that first day and have not limped since! That burning pain in my abdomen has not returned either.

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holding and rubbing  
my abdomen in  
so much pain.***

Oh, I must mention this... I am a rock and roll singer and since having so many tubes down my throat, scar tissue had formed, causing my throat to close when I sang, and it felt horrible. Larry worked his magic all down the front and sides of my neck, voice box, and upper chest. I now can sing stronger and with more ease than I have in years. Larry gave me back my singing voice!

Session after session, day after day...my body was slowly and methodically worked on. As each hour passed, my body was loosening up and moving with less effort, and with less and less pain. I slowly began to eat soft foods and soups...no problem! My system was working just fine! On my fourth day of treatment, my 50th birthday, I enjoyed baked salmon and mashed potatoes! It was the best meal of my life!

I have shocked my surgeon! He wanted to know what was done and how it was done. He had tears in his eyes and was so happy for me. He truly did not want to cut into me again. My husband is just so happy

to see me out of pain and to have his wife back. I am bouncing off the walls with energy and gratefulness. I truly feel like I had a full body renovation from the tip of my toes to the top of my head. Long gone are those migraines and waking up feeling 80 years old.

The only side effect was some tenderness in areas worked on and way too many positive effects to list. Imagine that? 95% less pain, ease of movement, better mobility, able to eat and drink with proper digestive health, loads of energy, no more migraines, a bounce in my walk, a smile on my face and hope and song in my heart. What more can a girl ask for? CPT manual physical therapy makes sense – and it works. It is as simple as that.

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## **Complications and Bowel Obstruction after Abdominal Surgery**

### **— Mae's Story —**

As a woman in my fifties, I love to feel good, embrace life and live it to its maximum. My great-grandfather rode his bicycle every day until he died in his nineties, and I'd like to do the same.

I have been extremely healthy and athletic throughout most of my life; in fact, I was a gymnast and ballerina during school, and a physical fitness devotee afterwards. I had some fleeting abdominal problems in my forties, which were diagnosed as probably Candida or ulcer related, but I was still going strong.

While visiting Italy three years ago, I began to experience serious complications with my health: I suddenly began to lose my breath, and then I lost consciousness. Later I discovered that my husband had first tried to wake me by pouring water over me. When that didn't work, he desperately slapped me and shook me until I finally came back to my senses.

***I suddenly  
began to lose  
my breath,  
then I lost  
consciousness.***

When I fainted again four hours later, someone called an ambulance. Meanwhile, my husband frantically performed CPR and almost fractured a rib to revive me. That time, I was unconscious for almost four minutes.

I was hospitalized for tests for seven days, but all the tests came back negative or inconclusive. Suspecting a small bowel obstruction, the physicians would not allow me to eat solid food. My weight dropped to 98 pounds (I'm 5'2" and normally weigh about 110 or 112).

When I was finally released, I wondered if the cause of this unexplainable event was air pollution since, during this time, I had heard that several people had suddenly lost consciousness throughout Italy. Still, I had an early history of bowel problems, and I remembered the hospital physician restricting my food intake, due to his concerns about my bowels.

Three years later, in September of 2008, I began experiencing something that felt similar to a bowel obstruction, with pressure on my rectum. As the month neared its end, I started to feel unusually weak. Then once again, I fainted, and again my husband forcefully revived me (this time with my son). My memory took me back to my terrifying experience in Italy; then fear set in. Because of the recurrence, I knew it had to be something serious.

***My abdomen would distend and I would have to change into pants without a belt so that I could breathe better.***

I went to my doctor immediately, and requested a prescription for oxygen. In the past, oxygen enabled me to feel better when I knew I was close to fainting.

I could always tell when I was going to faint: I would get a terrible pain on my right side, by my colon, in the morning or evening. My legs and feet would become ice cold, I would feel extremely weak and have to lie down. Then my intestines would rumble and they would feel very weird, almost as if worms were slowly slithering through them. My abdomen would then distend and I would have to change into pants with a belt so that I breathe better. Gradually, my breath would slowly slip away from me and my tongue would turn white. It wouldn't feel as if I were being strangled; it would feel as if my breath were going away, never to return. It was the worst feeling imaginable. It felt like imminent death.

During these times, I was often unable to eliminate. I sought help by having a few colonics, visiting more doctors and completing more medical tests.

After I fainted another time, I decided to go to a different hospital where I hoped they might provide us with some answers.

After four days, a colonoscopy, a barium swallow test to see if my small intestines were working properly, and many other of tests, I was informed that I was perfectly healthy. The doctor never told me that adhesions cannot actually be seen by diagnostic tests – only by surgery.

***It was the worst  
feeling imaginable.  
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imminent death.***

Having no further reason to hold me in the hospital, The doctors became some what verbally disrespectful and treated me as if I were a hypochondriac. For example, when I awoke in the middle of the night feeling the onset of the symptoms that generally preceded my unconsciousness, I asked the nurses for oxygen. After numerous pleas, they very reluctantly gave it to me, at last. The next morning, the doctor was furious with me for “hassling” his nursing staff. I was “being ridiculous and needed to leave,” he said to me. I think he truly believed I was just trying to fool them, for some reason. However, he allowed me to remain because it was the weekend, and I had the “right” to meet with the gastroenterologist to discuss my test on Monday.

In the meantime, my husband continued to research about small bowel obstructions online, and found valuable information. He learned there was a Catch-22 with bowel obstructions and surgery. Surgery could remove the obstruction, but it would often cause another one to form.



We shared this information with the gastroenterologist, and he agreed. He suggested I change to a liquid diet and start taking a mild laxative daily. I asked him if I could return to the healthy state my body was in before the obstruction, and I was dismayed to hear him say that would be impossible.

After all of these experiences, I was terrified to ingest anything but liquids, so I slowly became very weak. As my weight continued to decrease, I lived in fear of another fainting episode. I dreaded the night, scared to close my eyes. I didn't want to sleep. I wanted to stay awake and be vigilant of all of my symptoms. I felt absolutely helpless and couldn't imagine continuing my life this way.

Through lengthy research, my husband found Clear Passage Therapies (CPT) and, within a week, I flew to Florida. I had no strength, and I was scared, but it didn't matter. I had hope and faith that I was going to be well.

***I don't want to live thinking about death, or to deal with physicians who become abusive when they can't provide answers.***

When the therapists examined me, they noticed that my initial bowel symptoms started after I had several bladder infections following an early appendectomy and (more recent) C-section surgeries. When they felt my pelvis and abdomen, they immediately found extensive adhesions in these areas. They told me that some of the adhesions at my surgical sites felt three inches thick.

They slowly began peeling these adhesions apart, layer by layer. Though it felt uncomfortable and painful at times, I was happy to notice positive results, almost immediately. In the end, my adhesions were so extensive that I stayed at CPT for two weeks. At four

hours a day, that was a very intense schedule, but I could feel the changes in my body. I felt that they were saving my life.

Over the course of therapy, I started to regain my strength. My belly went from feeling like an inflated ball of steel to feeling like soft skin again. A few days into therapy, I was finally able to have a bowel movement again – this time, without any pressure in my rectum. My body began to function better; my energy began to return.

I started eating solid foods again. In the weeks following therapy, I gained 12 pounds. It was incredible to eat something crunchy and fearlessly enjoy it.

When I left CPT, I told them they saved my life, for I really believe they did. I remember the feeling of helplessness before I went to CPT, and I never want to relive that again. I don't want to live thinking about death, or to deal with physicians who become abusive when they can't provide answers. I was given a healthy body to use and feel great. That body was slowly taken from me because of adhesions, but I now have it back.

## **Multiple Surgeries for Bowel Obstructions**

### **— Teena's Story —**

When I woke after surgery and looked down at my stomach, I could see staples cinching my abdomen. Although I was only 19, I knew the staples meant my doctors had decided to perform a hysterectomy.

From the time I was 15, I had recurring ovarian cysts and severe pain. The pain became so awful that my doctors suspected I had endometriosis — a condition in which the lining of the uterus grows in places outside of the uterus. They told me that they would have to perform surgery to diagnose and remove the endometriosis. They also warned me that they would have to perform a hysterectomy if the endometriosis was severe.

**During the surgery, they discovered my bowels were almost completely blocked from adhesions.**

So, at age 19, I underwent the surgery. As I stared at my stomach in disbelief, the doctor came in to inform me that the staples in my stomach were not from a hysterectomy. I breathed a sigh of relief. They told me that during the surgery, they discovered my bowels were almost completely blocked from adhesions. They removed the adhered area and were optimistic that my pain would decrease.

However, not even a year later, I began vomiting regularly with severe pain. For nine months, I could barely keep food down. My doctors finally discovered I had appendicitis and I underwent surgery. The physicians suspected the chronic appendicitis had also created adhesions near my bowels, and they hoped that removing my appendix would prevent further adhesions.

I remained relatively pain and symptom-free for a couple of years. I was even fortunate enough to become pregnant and deliver a beautiful son.

After his birth, I began experiencing pain in my uterus. Over the next few years, my pain increased and I started to have problems with constipation. Given my history, my doctors suspected I had another blockage and performed surgery. Sure enough, they found adhesions blocking my bowels.

Although the surgery relieved my constipation symptoms, a few months after surgery, my health decreased again and I found myself vomiting after meals. I had to undergo another surgery and they found that, yet again, adhesions had blocked my intestines. The doctors were puzzled; they couldn't understand why adhesions continued to form in my body.

**Over the next four years, adhesions continued to form. I had to undergo two more surgeries for intestinal blockages.**

I became pregnant later that year, and gave birth to a second son. Because I had experienced some pain after the birth of my first son, I knew to expect some pain after my second delivery. However, the pain was far more than I had imagined. My uterus was so swollen that it felt like it was going to fall out.

My doctors decided to perform a hysterectomy. During the surgery, they found that my uterus was covered in adhesions. They decided to only remove my uterus and leave my ovaries — in hopes of sparing me early menopause. But nine months later, they had to remove my ovaries as well, because they too were being strangled by adhesions.

Over the next four years, adhesions continued to form and I had to undergo two more surgeries for intestinal blockages. I was so familiar with the symptoms

of intestinal blockage that I could even tell where the blockage was. If the blockage was lower, I had problems with constipation and feeling full all of the time. If the blockage was higher, I would uncontrollably vomit after I ate.

After all of these surgeries, my stomach looked like a war zone. Scars stretched across my stomach and I literally had skin hanging down. Because they had to cut through my abdominal muscles so many times, my stomach also seemed to just hang. The damage from the surgery was so extensive that my insurance agreed to cover the cost of surgery to repair the area.

I remained relatively free of symptoms for a number of years after that surgical repair, but then I began experiencing the tell-tale signs of intestinal blockage again. I spent eight to nine months trying to find any other treatment besides surgery. I was desperate to find a natural treatment that wouldn't cause more adhesions to form. However, nothing seemed to work.

My husband couldn't understand why I didn't just have the surgery and kept urging me to have it. On the other hand, I faced perplexed and confused doctors who did not want to touch me because of my extensive history. Furthermore, because adhesions do not show up on tests, they could not see the blockages before surgery. One doctor suggested I had irritable bowel syndrome, even though extensive testing had shown I did not have that condition. One doctor even surmised I was addicted to surgery!

I felt like I was being torn apart by the various opinions. My husband wanted me to have the surgery so he could have his wife back, but my doctors were hesitant to pursue another surgery. In the meantime, I continued to experience severe side effects. I had to reduce my eating to extremely small portions. All day long I would feel full and usually vomit in the middle of the night.

I finally underwent surgery and sure enough, I had adhesions blocking my bowels.

As usual, my body remained symptom-free for a few months after surgery. I began seeing a nutritionist, and after reviewing my history, she casually mentioned a manual physical therapy clinic, Clear Passage Therapies (CPT), that treats adhesions. I was dumbfounded. After all the time I spent searching for a treatment option, she just casually mentioned the clinic like it was no big deal. I knew it was something to consider if my symptoms returned. Luckily though, I was able to stay on top of my health for a few years.

***The physical, emotional, and psychological damage ran my body completely down.***

Then two years after my surgery, I was brutally raped. The physical, emotional, and psychological damage ran my body completely down. One of my doctors before had suggested that stress could cause adhesion formation. Although it has never been proven scientifically, I thought back about my life and realized that some of my adhesions had formed right after extremely stressful times.

Whether it was mere coincidence or a direct cause, about a year later, I started experiencing symptoms that I knew were indicative of adhesion formation. I first experienced spasms in my intestine, and then after a few months, I began vomiting again after meals.

I remembered the therapy my nutritionist had told me about and contacted CPT. I was cautious to get my hopes up and I certainly had my doubts, but I knew I had to try the therapy before another surgery.

I went for one week of intensive therapy. Each day, I was treated for four hours. Halfway through the week, I ate breakfast and I didn't get sick afterwards. I had lunch later and I didn't get sick either.

I can't tell you how unusual that was — I virtually always got sick after eating when I had a blockage. I couldn't believe they had broken down the adhesions that had caused my blockage, but there it was — I could feel the results in my body!

By the end of treatment, it just felt like everything was the way it should be. Before CPT, the tightness in my abdomen pulled so much that sometimes I felt like I was being pulled over. After therapy, I could stand straight and everything felt looser.

It has been six months since my treatment at CPT and I am still symptom free. I don't know if adhesions will form again, but if they do, I know I will not have to pursue surgery again. I wish I had known a treatment like this existed long before I had so many surgeries.

