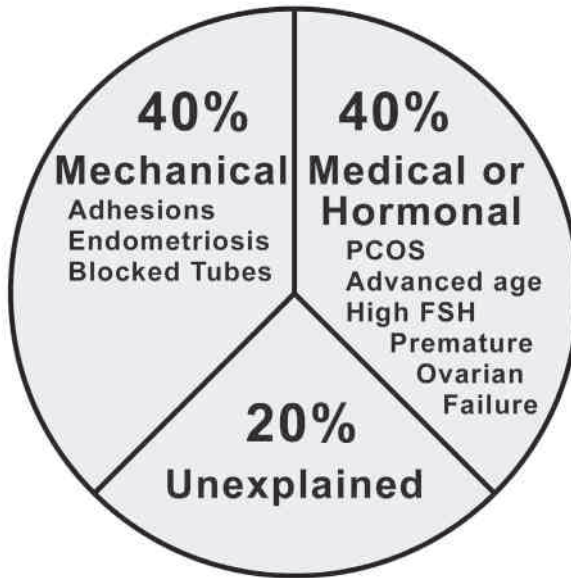


# Chapter Eleven

## Unexplained Infertility

In the United States, infertility is defined as the inability to conceive after 12 months of unprotected sexual intercourse. Internationally, the time frame is generally longer: 24 months. Of the 6.1 million infertile women in the United States<sup>55</sup>, it is estimated that 40% have medical or hormonal infertility, 40% have mechanical infertility, and 20% have idiopathic (unexplained) infertility.<sup>21</sup>



**INCIDENCE OF FEMALE INFERTILITY  
IN THE UNITED STATES**

Source Stephen EH: Projections of impaired fecundity among women in the United States 1995 to 2020 Fertility & Sterility. 1985,86, no 2205

## The Confusing Diagnosis of Unexplained Infertility

Sometimes, despite all the best efforts of modern medicine and the array of diagnostic tests and procedures to find a cause, physicians arrive at a diagnosis of idiopathic (unexplained) infertility.

The mystery of unexplained infertility is truly no mystery. There is always a cause of infertility; discovering the cause and finding the treatment (or treatment combination) that works best is often a challenge.

## A Hidden Cause of Unexplained Infertility

Physicians are equipped with a vast array of tests for hormonal and medical infertility. When none of these show a cause and there is no tubal blockage, we find that it is likely these women have unexplained infertility due to tiny cross-links or adhesions.

Adhesions are constructed of the same collagen that surrounds and separates literally every structure in our body, from the largest muscle and organ to the most delicate cilia on the walls within the fallopian tube. Like these cilia, adhesions and cross-links may be microscopic in size. Adhesions can be extremely difficult to diagnose when

- they are within the body of the organ, binding that structure's cells where they can't be seen, impairing function, or
- they reside undetected on the surface of organs where they bind or cover organ surfaces like a blanket, decreasing function and sometimes causing pain.

Wherever they form, cross-links act like glue within the structure, binding down tissues that should be mobile in order to function the way they did in our youth.

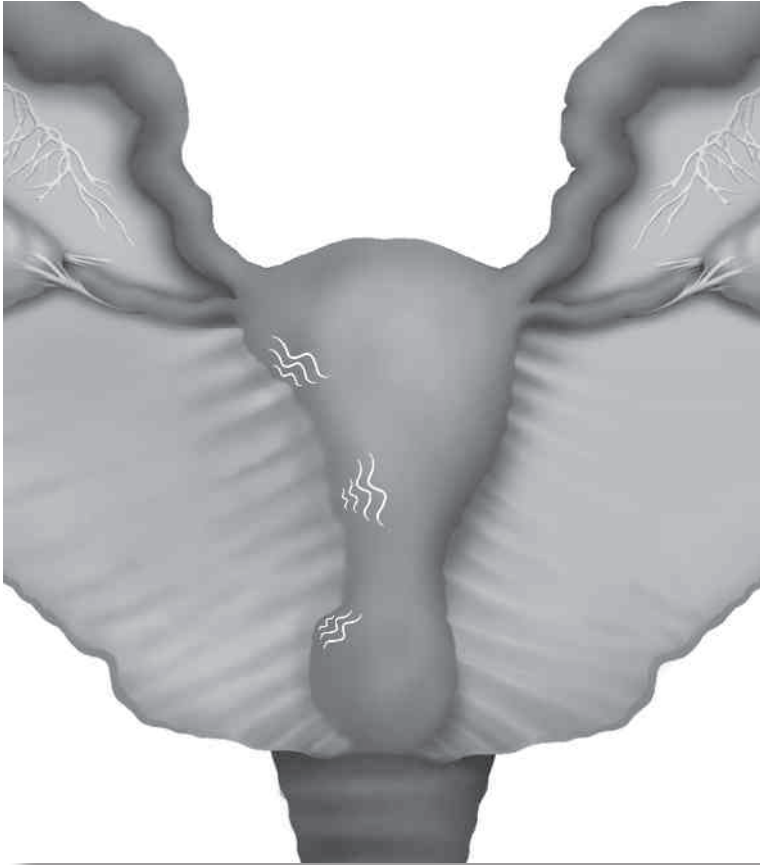
We have found that adhesions often go undetected or overlooked by reproductive endocrinologists and other fertility specialists. Adhesions do not show up on x-rays. The smallest of them are not even visible by a physician under surgery, nor are the ones that reside within organs or muscles.

Adhesions can impair infertility by forming in any of several important locations. We will examine each of these in the following pages.

**Adhesions that form in the following areas can impair fertility:**

- On internal and external uterine wall ligaments
- At distal ends of the fallopian tubes
- On the surface of the ovaries
- At proximal ends of the fallopian tubes
- On or outside of the fallopian tubes
- On and within structures of the cervix
- On the pituitary gland, or nearby structures

**On internal and external uterine walls and ligaments creating inflammation and spasm.** Adhesions can form on the inner walls, especially in women who have had an IUD, abortion, D&C, or uterine surgery. In these cases, irritation within the uterus can increase the possibility of uterine spasm or inflammation, creating implantation problems or leading to recurrent miscarriage.

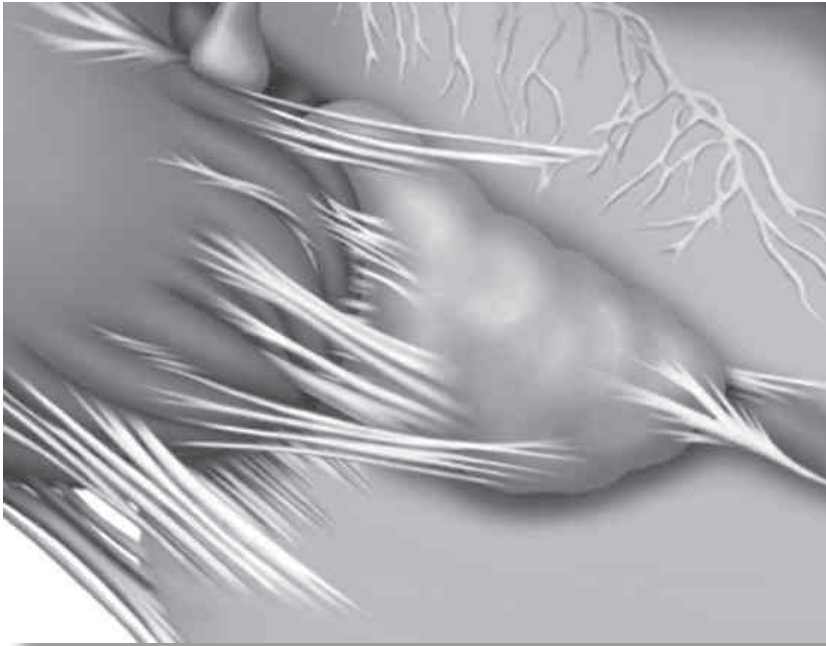


*Adhesions that form on the inside or outside of the uterus can cause spasm and decrease the opportunity for lasting implantation.*

We have found that adhesions which directly or indirectly attach reproductive organs to nearby support ligaments of the uterus or muscles (such as the psoas of the low back, or the adductors on the inside of the leg) can create strong recurrent pulls on the uterus. Thus, the uterus is literally pulled with every step a woman takes, creating a state of spasm, inflammation, or tension in an organ that should be relaxed in order to support a pregnancy.

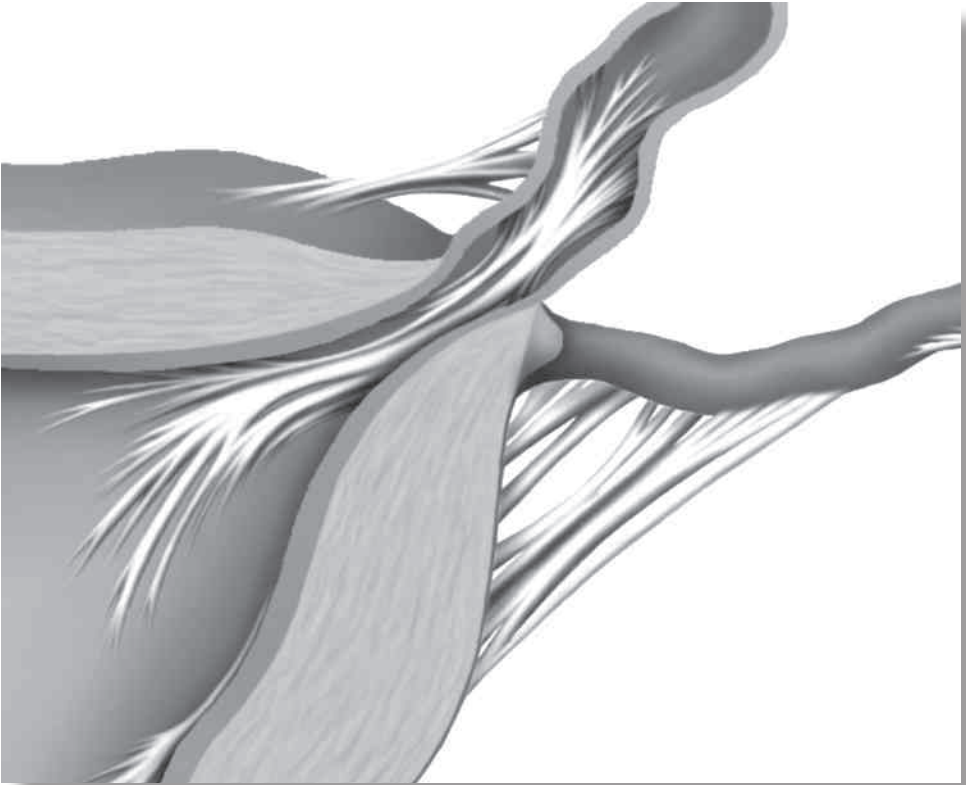
**At the distal end of the fallopian tube (by the ovary).** Adhesions at this location can restrict the tentacle-like grasping of the egg by the delicate fimbriae, hence increasing the risk of the egg being wasted in the abdominal cavity.

**On the surface of the ovaries.** When adhesions cover the surface of an ovary, they can prevent exposure of the ovum, making transfer to the fallopian tube difficult or impossible. We find this condition to be especially prevalent in women with PCOS and those who have had ovarian surgery, such as a cyst removal.



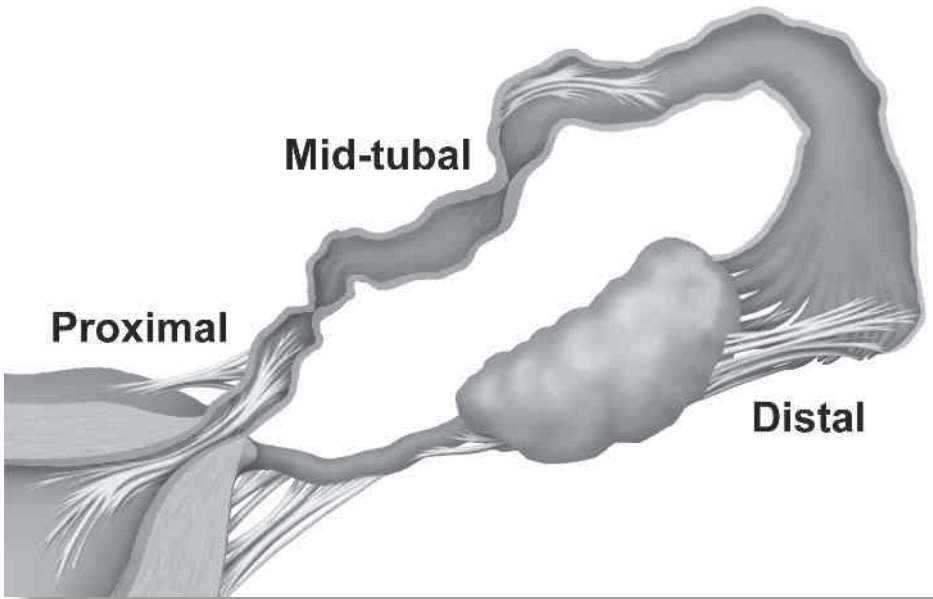
*The ovary and distal fallopian tubes are delicate tissues that do not respond well to glue-like adhesions.*

**At the proximal aspect of the fallopian tube (near the uterus).** When adhesions form near the uterus, they can prevent sperm and egg from meeting. Adhesions at this location are especially prevalent in women who have had fibroid surgery, pelvic inflammatory disease (PID), or any sexually-transmitted disease.



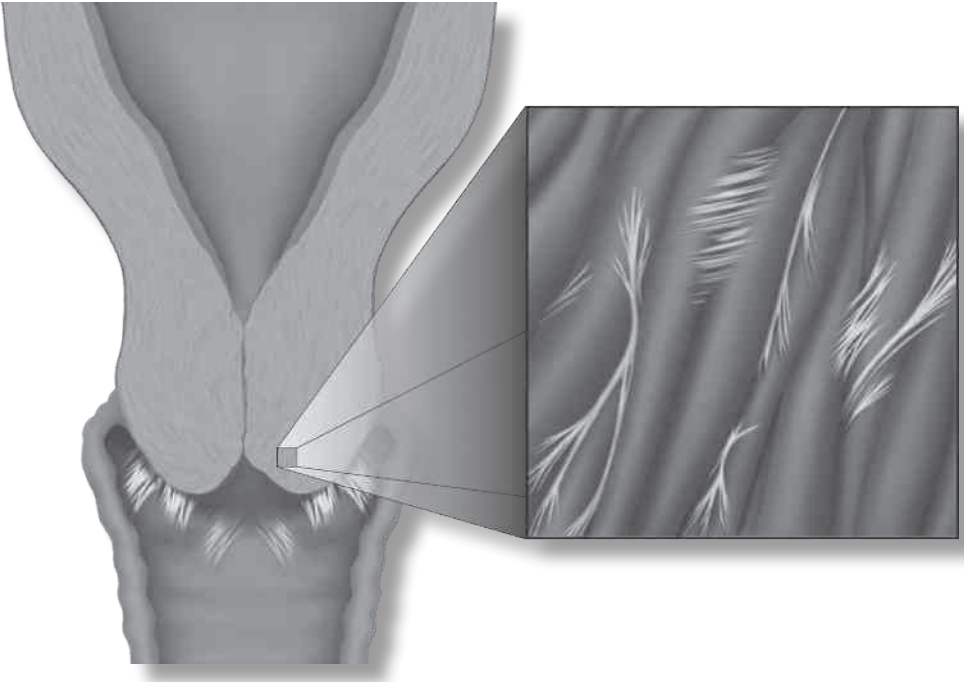
*Proximal tubal adhesions often form after an inflammation, infection, or sexually transmitted disease (STD).*

**On the inside or outside of the fallopian tube.** Adhesions at this location can cause spasm in the tube or decrease the ability of egg and sperm to easily travel the length of the fallopian tube unhindered. Tubal adhesions also decrease the opportunity for conception and increase the chance of an ectopic pregnancy.<sup>[9-11]</sup>



*The entire fallopian tube is vulnerable to adhesions and spasm.  
Above are three main locations of adhesions.*

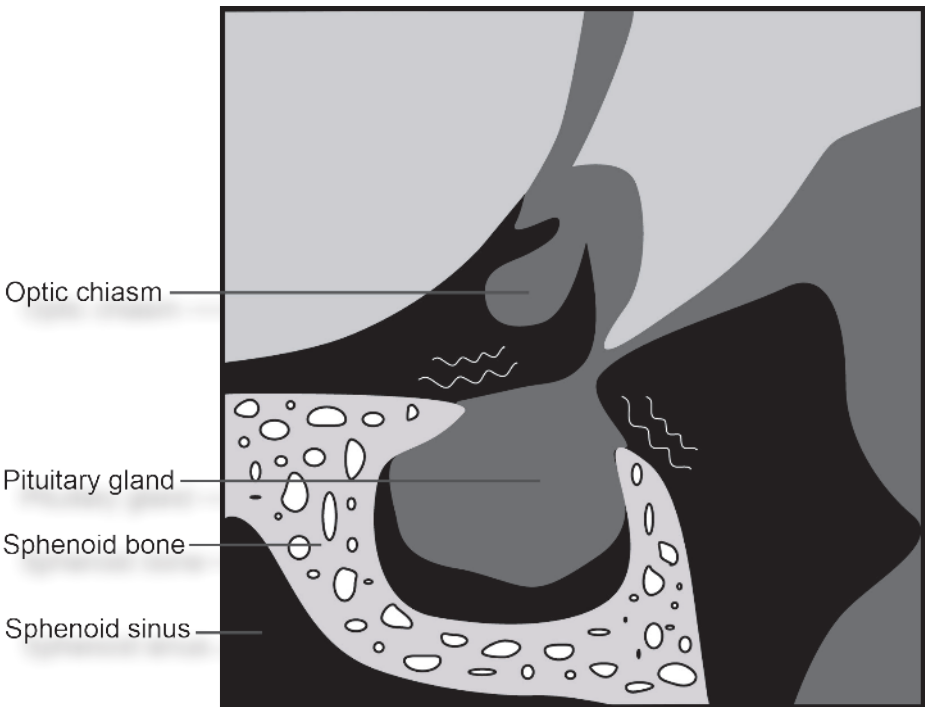
**On and within the tissues of the cervix.** Adhesions on or within the cervix can create stenosis (closing) or fibrosis (stiffening) of the cervix, affecting its mobility and normally relaxed midline position, contributing to uterine spasms or complicating sperm transfer to the uterus. We find this condition frequently in women who have pain with deep penetration during intercourse.



*Adhesive cross-links can form outside the cervix,  
or deep within it, narrowing the opening for sperm*



**On the pituitary gland, or nearby structures.** Adhesions can pull on osseous structures (bones) of the cranium, putting unusual pressures on the pituitary-hypothalamus complex that is encased within the sphenoid bone. When this happens, adhesive cross-links within the cranium or the support structures of the upper cervical spine appear to create unusual tensions on those structures, causing disruption in the normal communication loop between pituitary, hypothalamus, and ovary.



*A poorly aligned sphenoid may pull on the pituitary gland, restricting its mobility and decreasing its function*

## Treating the Cause of Unexplained Infertility

Many of the women that had natural full-term pregnancies in our first published infertility study were diagnosed with unexplained infertility. They came to us frustrated, confused, and exhausted from years of searching for answers and for a solution to their infertility. For a large number, the manual physical therapy we were using to treat adhesions appeared to be just what they needed to find success.

In evaluating a woman with unexplained infertility, we look first to her history for adhesion formation. What hints can we gather there? Was there an early trauma to the pelvis or hip? Was her leg overstretched to the side doing a split during athletics when she was younger? Did she undergo any event or trauma to the pelvis that might cause adhesions to form at the pubic bone and perhaps into the uterus or vagina? Was she a gymnast, or horseback rider? Did she fall on her bottom or receive a trauma to the coccyx, where tissues attach to some of the reproductive structures? Did she receive a trauma to her head or neck, such as a whiplash injury that may have affected the alignment of her cranial bones, thus torsioning her sphenoid bone and pituitary (see Chapter Eight)?

Asymmetries of the pelvic bones and tightness of the ligaments associated with reproduction are not generally assessed and are certainly not treated by most reproductive specialists. Yet we have seen the importance of symmetry, balance, mobility, and motility to all of the structures in the pelvis and their function, including fertility.

Simply put, if structures are being pulled out of their normal positions in the body, spasm and inflammation will often result. While spasm, inflammation, and adhesions do not generally show up on most diagnostic tests, we have found them to be a major cause of unexplained infertility. Addressing these structures with a site-specific manipulative therapy has proven to be very effective for many of the women who came to us with unexplained infertility.

## ***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 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 intrauterine

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

***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.***

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.

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.

***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 ended in early September and my period started September 10<sup>th</sup>. I was concerned that this meant the therapy didn't work. I knew I was getting older and my "time was 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.

Terri’s story is not unusual. It seems relevant to us that after so many years of infertility and failed treatments, she became pregnant naturally after therapy and carried that child to a full-term delivery, and then had another full-term natural pregnancy at 40. We suspect that the therapy broke down tiny cross-links that were binding structures, thus allowing her to become pregnant and achieve her goal of motherhood — twice!

## ***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.

For a couple of years we pursued no treatments, but I finally decided I was

***Because I am in the medical field, I knew that adhesions beget adhesions.***

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.

I decided to give myself six months to become pregnant, and sure enough, that sixth month I became pregnant.

***It is nice to see a natural treatment help women achieve their dreams.***

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 from discomfort and sometimes pain during intercourse. Months, and soon years, went by and I was not

***I felt intuitively that the intercourse discomfort and pain must be connected to my infertility.***

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 bittersweet 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.

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

***As a practicing Catholic...  
this was a spiritual lesson  
for me as well, and my  
responsibility was clear.***

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.

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.

***Many of their patients also had chronic UTIs and infertility, as well as pain during intercourse. This sounded familiar!***

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. 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

***We had a wonderful night,  
pain-free and pleasurable!  
I had a new intimate life  
with my husband! This was  
an unexpected bonus!***

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."

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.

***I had to learn to trust my own instincts and do what I felt was best for my body.***

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 continue 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 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.

***My inner voice was telling me that there must have been a problem with implantation.***

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.

***My doctor felt (CPT) treatment made sense.***

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

***When they examined my cervix, they found it was very tight and hard.***

medication I needed to suppress my immune system. He also noted that the tightness in my cervix was greatly reduced. My pregnancy

was phenomenal and I delivered naturally – eight days after she 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 reproductive 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 ... You cannot just treat your infertility; you have to treat your entire body.***

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.

## ***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 eight weeks and then come to her office to discuss the next steps. My husband returned and we decided to return

***This test showed significant problem with the sperm and that we would need a miracle for it to produce a pregnancy.***

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 qual-

ity 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.

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!

***This time proved to be different; We were 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.***

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 a 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!



## From IUD to Infertile

An intrauterine device (IUD) is a “T-shaped” or spiral birth control device. It is inserted into the uterus using a minimally-invasive technique. The IUD is designed to kill or immobilize sperm, to thicken the consistency of cervical mucus, and/or to create inflammation on the walls of the uterus, thus increasing the temperature and creating an inhospitable surface for implantation.

Sometimes, the IUD does its job as an irritant all too well. Belinda and her physicians noted that her cervical cancer started at the exact point in her uterus where her IUD had slipped out of place and became imbedded in her uterine wall.

IUDs create inflammation, which in turn creates adhesions. These adhesions can create a blanket-like effect on the wall of the uterus, often interfering with implantation of a fertilized egg, in our experience.

The copper used in some IUDs is toxic to sperm. While IUDs are considered safe by many physicians, our retrospective experience with these devices makes us concerned by the placement of a toxic irritant within some of the most delicate tissues of the female body. In our clinical experience, we have begun to observe a correlation between IUDs and subsequent infertility, even after the device has been removed.

## ***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.

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.”

***We suspected that Mia had adhesion formation in her cervix and uterus that was interfering with implantation.***

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!”

## Causes of Recurrent Miscarriage

Miscarriages are known to occur normally and are not necessarily a cause for alarm, or for assuming that there may be a problem. However, when miscarriages occur repeatedly, doctors suspect there must be an underlying cause. There are a number of reasons for recurrent miscarriage. Many of these, such as genetic chromosomal defects, autoimmune disorders, and male factors are beyond the scope of this book and our practice.

Physicians do note that age, hormonal factors, adhesions, and uterine factors are implicated among the causes of recurrent miscarriage. We address age in Chapter Eight and several other factors in the various chapters of this book.

It is estimated that 50% of all miscarriages are unexplained. We believe that many of these unexplained cases are due to adhesions and collagenous cross-links. Uterine problems can occur when tiny (even microscopic) cross-links form on the inside surface of the uterus. There, they can create a less hospitable surface for implantation and lead to miscarriage. When cross-links form on the outer walls of the uterus or its support ligaments, they can create spasm, preventing implantation or causing miscarriage.

The effectiveness of treating recurrent miscarriage is difficult to research scientifically, due to the retrospective nature of miscarriage and the near-impossibility of creating a control group. Because of the difficulty of conducting research in this area, we do not have (and are not likely to get) clear scientific data on the ability of manual therapy to reverse the condition of recurrent miscarriage. However, several stories in this book address women who underwent multiple miscarriages before success, including two stories that follow.

## ***Age 42, Five Prior IVFs, and Three Miscarriages***

### **-Ashley's Story**

My husband, Aaron, and I met and married in our mid-30s. 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.

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

***I had to reach the point of hopelessness before I could hear the guidance for which I had been praying.***

drove to work and started 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.

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

***Even now, four and half years later, recalling these memories has brought tears to my eyes.***



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.

***I didn't realize until much later how much stress my body was being put under.***

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.

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 practicing yoga and Qi Gong geared toward enhancing fertility, and getting monthly hour-long massages in an effort to reduce stress and improve

***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.***

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.

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 were 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. 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.

***I became pregnant naturally, roughly seven months after my therapy at CPT. At 42, I gave birth to a beautiful baby girl.***

### **39, 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.

***The thought of not bearing children never entered our minds.***

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.

***By our 12<sup>th</sup> year of marriage, we were faced with the reality of not having children.***

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 health reasons, the iridologist (after looking into my eyes for less than five minutes), told me that I had 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.

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.

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.

***My body was back in alignment, and the constant pain in my left ovary was gone.***

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 realignment, 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 (naturally) and by my 40th birthday I was entering my second trimester!***

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 busy 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.

## A New View of Unexplained Infertility

Unexplained (or idiopathic) infertility means “no known cause;” it does not mean “no cause.” There is always a cause for pain or dysfunction, though the cause(s) may not be evident.

When infertility remains unexplained despite the best efforts of fertility specialists, it may be prudent to step back and take a broader look at the body as a whole. As we saw early in this book, a hip injury can cause adhesions to form at the ovaries or fallopian tubes, just a half-inch away. A fall onto the tailbone or tightness at the base of the skull may disrupt reproductive function in ways that gynecologists may not consider — or may not have the tools to treat.

Over the years, we have found that by working together with their gynecologist and a knowledgeable physical therapist or other healthcare professional with a “whole body” view, and by bringing their own intuition into the equation, many women have found answers to their search that were simple and obvious. It was necessary to stand back and take a longer view — one that included histories of trauma, infection, inflammation and surgery over their entire lifetime.

### ***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

***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!***

afraid you might be upset. I’ve been using this technique and women who were infertile are getting pregnant! Some people are very shocked!”

Intrigued by yet another 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.

***Three months later, we conceived again. At age 40, my second son was born.***

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.

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.

## ***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 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 my husband 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.

***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. 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

***For the first time I loved my body, and released the emotional pain from my heart***

were so impressed with everyone there. My husband was even in the room during some of the treatments where they tried to show him how he could do the massages at home.

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 canceled and the doctor told me my only option was donor eggs. The doctor said I had a 1% 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.

***My IVF cycle was canceled and the doctor told me my only option was donor eggs.***

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

***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.***

toward my husband 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 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.

***We tried Clomid and other hormone treatments, but nothing worked.***

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 heartbreak 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.

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

***A representative from the (adoption) agency told us “I have some bad news.” My heart sank — I knew immediately what that meant.***

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 letdown 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 min-

utes 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.

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!

***I thought I had a faulty test because I had never seen one change to positive.***

## ***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.

***The fertility specialist immediately recommended the most aggressive treatment – IVF. He still had no real answers why we could not get pregnant.***

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 pres-



sure 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.

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 set up appointments when they opened. I was

***Emotionally and physically  
I was exhausted.***

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.

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.

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 received a call from my doctor informing me that I was not a candidate for surgery – because I was pregnant!***

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.