

Tiger Lotus Coop
Mercier
Therapy Shared
Fertility Journey



a 6 week program with 12 months of follow up
"you are more than just a reserve of eggs..."

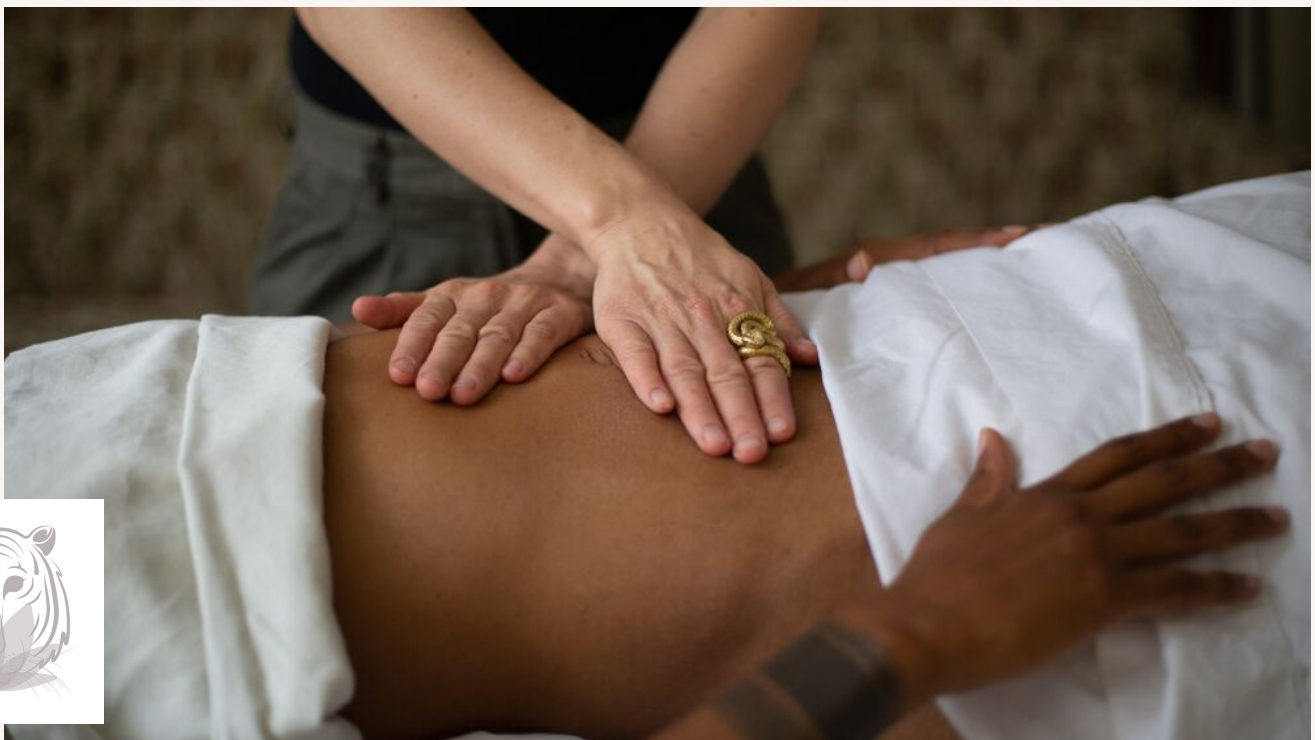


a quick introduction –

The Mercier Therapy Shared Fertility Journey is a fertility program can be used as a stand alone regime or in preparation for a more medically assisted cycle such as IUI or IVF. We highly recommend that you prepare your body properly prior to starting any medically assisted fertility cycle to help insure a successful first cycle. The Shared Journey can be completed in time for your stim start.

As a stand alone cycle without medical assistance is what is most natural and primal for your body. You will be guided to monitor your own ovulatory cycle along with our help for up to one year after finishing your therapy with us.

Mercier Therapy is a deep pelvic organ visceral manipulation modality. When increasing mobility whether your shoulder joint or your uterus you're optimizing the true function of the area and helping to return blood flow which is therapeutic. It ensures that the organs in the pelvic area have the right position and full mobility.



getting started -

The program is custom tailored to each individual's (or couple's) situation. The first step is a consultation that lasts from 60-90 minutes. Bring any past medical records that may be helpful when discussing your history. During the consult a full medical history will be obtained as well as a pelvic organ mobility evaluation will be done. If you decide to embark on the full program, we will schedule the 6 hours of bodywork.

The Shared Fertility Journey program includes:

- initial consultation
- supplement protocol prepared by Dr. Jennifer Mercier
- 6 hours of bodywork spread over 6 weeks
- fertility charting
- 12 months of follow up.

"Shared Journey not only includes the actual manual therapy, but it also includes a year of analysis of fertility charts, on-going support, guidance, and education to support you in navigating optimization your health and wellness and the medical system."

total price = \$2000



why is Mercier Therapy different?



Most fertility clinics will look at ovarian reserve, hormone balance and any blockages in the fallopian tubes or obstructions in the uterus. Blood tests give snapshots at particular moments in our cycles. Interventions rely heavily on fertility drugs or medical/surgical interventions.

“You are more than just your ovarian reserve.”

When we follow our cycles using fertility charting, we move beyond snapshots and get nuanced maps. Charting gives us a month by month detailed accounting of our hormonal profiles and precise insights into when we ovulate. We can track improvements in our fertility and pinpoint difficult to detect issues that may inhibit our fertility. Likewise, the manual therapy provides highly effective interventions to our reproductive system with no negative impacts. Rather, if we do come to the conclusion medical intervention is necessary, Mercier Therapy has prepared the groundwork for optimal health to support the IUI or IVF cycles or to recover from surgeries.

A 2013 study utilizing the Mercier protocol for females with fertility challenges supported many positive outcomes for the participants. *As a matter of fact, 83% of the females became pregnant within a year of finishing treatment.* The majority of these individuals had no medical intervention and just monitored their own cycles.

Another study in 2018 concluded that Mercier Therapy improved outcomes for individuals using IVF to conceive.

Mercier Therapy is a special tool that folks with infertility should know about.

Image: Catharina Suleiman

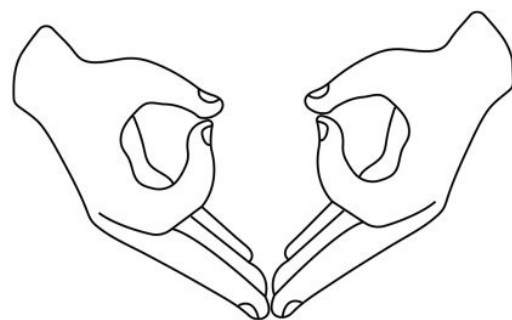
what does Mercier Therapy help with?

Mercier Therapy may help with the following issues

- Natural preparation for pregnancy or as a complement to IVF or other infertility treatments
 - Pelvic pain such as endometriosis
 - Optimizing the menstrual cycle and ovulation
 - Balancing hormones and the endocrine system
 - Improving the function of the ovaries for better follicle- and egg quality
 - Improving the blood flow to the uterus and it's position
 - Deeply relaxing - removes blockages, anxiety and stress
 - Blocked fallopian tubes
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Focus for treatment

- High FSH, low AMH
- Secondary fertility issues such as scar tissue from c-sections.
- Endometriosis
- PCOS
- Myomas
- Scar tissue from pelvic surgery
- Anovulation
- Amenorrhea
- Unexplained fertility



about the practitioner –

Courtney Kirkby has worked with fertility for over 5 years and has successfully supported many women in conceiving their babies. She is a Mercier Therapist, a Certified Arvigo Therapy Practitioner, a menstrual health & fertility educator and doula. She works with uterus-bodied folks from menarche to well into menopause. She is the mother of one daughter, stepmother to two boys and partner.

She is passionate about menstrual health in all its facets. Courtney supports individuals in reclaiming this birthright knowledge, with the aim of avoiding unnecessary medical interventions and living a life rich in physical and emotional health.



To set up a consultation, contact health@tigerlotuscoop.com.

The cost of the initial consult is \$150 and will be taken off the full price if you move forward with the Mercier Therapy Shared Fertility Journey.

thank you so much

