



The Baby Manifest-O™

Issue # 9
April 2010

Dear Friend,

Greetings! April 25 to May 2 marks the 20th Annual National Infertility Awareness Week. Despite this, some of those struggling with infertility are still torn about allowing anyone into their inner sanctum where the decision to have a baby is nobody else's business. That's why the Internet and material such as *The Baby Manifest-O™* are so important in feeling in the mainstream somewhere!

This issue is about options for communicating with people who understand. The first article is written by Nancy Kaufman, LCSW, LP, who, together with Elizabeth Silk, LCSW, BDC, runs the Third Party Parenting Network (TPPN), a once-monthly forum for those who are considering sperm donation, ovum donation or surrogacy - or who have children by those choices. The second article was written by a mother of ovum-donation children and the third and fourth articles were contributed by mothers of sperm-donated children. These are opportunities to find out what resonates within you if you are feeling at a loss regarding the many decisions that need to be made along the infertility journey. Keep in mind how valuable TPPN can be in working through the issues that come up either before or after the decision to use third party "seeds" has been made. Contact information and location of meetings are made available in Nancy's article below.

I came across an [article](#) that reported a study at the University College in London in which women who do not menstruate on their own responded 16 times higher to the hormone Kisspeptin than those given a placebo. Kisspeptin was, therefore, seen as a "cure" for one type of infertility.

I asked Dr. Frederick Licciardi, the Reproductive Endocrinologist who heads the Wellness Program at the NYU Fertility Center, to comment on this news. He said:

"Kisspeptin is a hormone with very important actions relating to puberty and fertility. The current study is a step closer to our understanding of Kisspeptin. However, much more work needs to be done to determine if we will be able to use it to promote ovulation and treat infertility."

High-tech parenting gets higher every day. Many thanks go to Dr. Licciardi for his willingness to provide his medical expertise to *The Baby Manifest-O™*.

Please note that my updated web site address is now www.mind-body-unity.com and my new email address is helen@mind-body-unity.com. And I'm pleased to inform you that I now have a blog as part of my web site which will enable me to share current information between newsletters. Visit the [blog](#) where you will find all of my articles posted for your interest and review. I welcome and look forward to receiving and responding to your comments.

I hope that you are enjoying the pleasures of spring.

Sincerely,

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The Power of Words... Spoken in a Group by Nancy Kaufman, LCSW, LP

Last night a woman told her story out loud for the first time in front of other people. It had taken her years to summon up the courage to attend this group, years to come to terms with belonging here. But... [click here to read full article.](#)

How Did We Come to the Decision to Use Donor Eggs?

I will never forget the day that the doctor told us that IVF was not an option for us, but that we should consider egg donation. I had never heard of egg donation (at least not in a way that had permeated my consciousness) and my... [click here to read full article.](#)

Sperm Donation

I cannot imagine my family any other way now. When we first found out that we would not be able to have a child biologically together, I was devastated by the news. It was a dream that I had and I was not willing... [click here to read full article.](#)

Another Perspective on Sperm Donation

My husband and I were diagnosed with male factor infertility in 2005. It was 2009 and we were both about to turn 40. We had done 8 cycles of treatment. My age was also a contributing factor to our lack of success. We had... [click here to read full article.](#)

Classes

[Mind/Body Stress Reduction Classes for Women](#)



Helen's classes offered through NYU Fertility Center's Wellness Program cover four aspects of stress reduction: **Entering the Mind/Body Connection for Stress Reduction, Using the Mind to Trick the Brain for Enhanced Coping, Transforming Negative Thinking and Gaining Clarity by Building Awareness.**

You can select one or all of these classes. They rotate, so if you miss one, you can pick it up in the next series. **You do not have to be a patient at NYU to attend these classes.** Check Helen's [calendar](#) for dates, location and cost.

For more information and to register, call 212-758-0125 or email Helen by [clicking here.](#)

Opportunities for Individuals

Schedule Private Consultations

Book private sessions in person, by phone or schedule sessions on the computer using SKYPE technology. [Click here](#) to contact Helen.

Individualized Hypnosis CDs

Individual hypnosis CDs can be made which would be tailored to your issues and would be downloadable onto your MP3 player. [Click here](#) to contact Helen.

Hypnosis for Childbirth

A comprehensive program for couples in which you can learn the use of hypnosis for childbirth in five one-hour sessions. [Click here](#) to contact Helen.

