



CLIENT

Welcome



WELCOME,

Welcome to The Verve Clinic, where we believe that every individual deserves a comprehensive approach to fertility care. Here we understand that the journey to parenthood can be both exciting and challenging, which is why we're dedicated to providing compassionate, evidence-based support tailored to your unique needs. With a range of integrative services, from fertility acupuncture, reflexology, supplementation recommendations, to in house fertility testing and reproductive wellness coaching, including our signature program Fertility For You, we're here to navigate you through it all.



Whether you're just beginning your fertility journey, seeking support along the way, or feel like you've explored all avenues and don't know where to turn next, we're here to empower you with the tools, resources, and personalised care you need to optimise your fertility and achieve your dream of building a family.

Angie





Mission

"Empowering individuals on their journey to parenthood, our mission is to provide compassionate guidance, personalised support, and evidence-based strategies and treatment to help navigate fertility challenges. Through education, emotional support, & practical tools, alongside western testing and treatment, we aim to empower our clients to optimise their physical, emotional, and mental well-being to achieve their dream of building a family. We are committed to helping our clients navigate the highs and lows of their fertility journey with confidence, clarity, inspiration plus unwavering support always."



WHAT YOU CAN

Expect from Us



✓ Journey To Pregnancy

If you have just started your TTC journey or are way down the line I will be here to guide and support you with not only acupuncture but fertility coaching too. Complex fertility challenges welcome or simply trying to get ahead of the game.



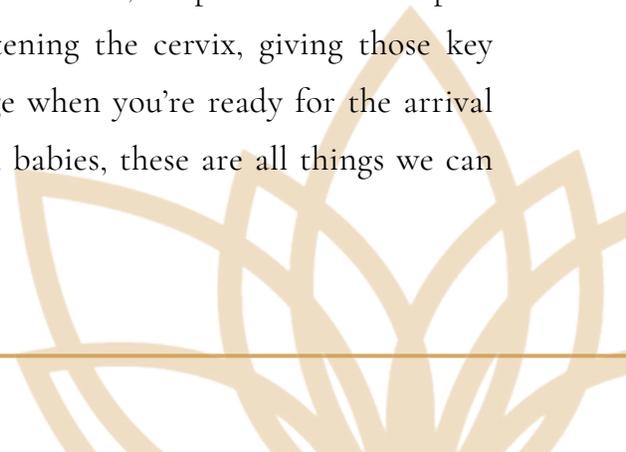
✓ Pregnancy Support

Do not stop when you get that positive test result, acupuncture in those early weeks is not only safe but recommended, ensuring your body continues to be balanced and in the best possible place to grow this new life.



✓ Labour Preparation

When the time comes for labour, acupuncture can help to prepare your body. Softening the cervix, giving those key hormones an extra nudge when you're ready for the arrival and even turning breech babies, these are all things we can do here.

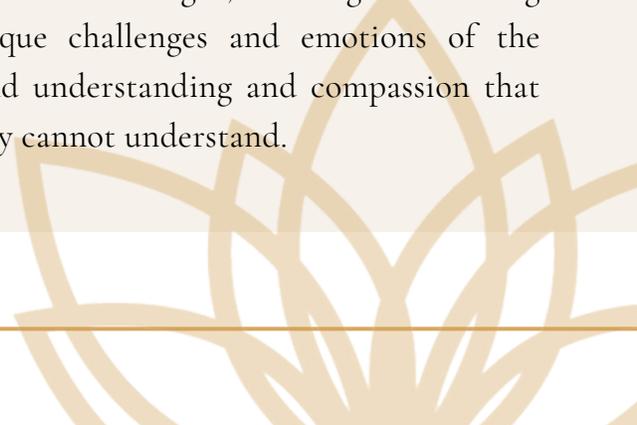


The Verve ^{WHY} Clinic

The Verve Clinic is the home to Fertility West Midlands as well as Verve Acupuncture and here we believe in treating the whole person, not just isolated symptoms. Our approach integrates traditional and western medicine with complementary therapies, empowering and educating you to achieve your goal of having a child. With a team of highly skilled practitioners dedicated to understanding your unique needs, we provide comprehensive and compassionate care tailored to you.



- 01 Fertility Coaching**
Fertility coaching offers personalized guidance, support, and empowerment to navigate the emotional, physical, and psychological aspects of fertility challenges, with testing, treatment and information to guide you.
- 02 East Meets West**
An East meets West approach to health seamlessly integrates the wisdom of Eastern treatments with the advancements of Western medicine, offering comprehensive care that addresses both the root causes and symptoms of illness while promoting harmony, balance, and optimal wellness.
- 03 Someone who actually understands**
A fertility coach who has undergone IVF brings invaluable firsthand experience, empathy, and specialized insight, offering unwavering support to navigate the unique challenges and emotions of the fertility journey with profound understanding and compassion that unless you've been there, simply cannot understand.





TREATMENT

Timeline

- Let's get to know each other, we'll chat about your journey so far, and how we can get you to where you need to be, let's not forget your first acupuncture session, relaxation at the next level.
- You'll now have filled out your consultation forms, so there may be some more details to go over. Today you'll know a little more about what to expect from your acupuncture session, maybe an acu-nap is on the cards.
- We'll go over your cycle, your supplementation, your previous tests, we'll discuss any suggested changes and any gaps in testing. The usual ranges of normal do not mean optimal, lets get you in the best place possible,
- If you choose to purchase the Fertility For You program this will also include weekly check ins with checklists, worksheets or modules you're working through. Discounts for testing, supplements & more.
- Throughout the process if you're on this journey with a male partner we will also be discussing the above for them. too, after all they are 50% of the equation.
Solo mum or with a female partner, there are still other things we need to ensure haven't been missed in your treatment so far.

WHAT WE NEED FROM YOU

Client Checklist

Information is power, the more we know the better chance of success you have on this complex journey. Do not worry though, we're in this together so you don't need to figure this out alone, to do that there are certain things I'll need you to complete.

CHECKLIST

- Your Completed Consultation Form
- Your TCM Tickbox Form
- Your Current Supplementation List
- Previous Test Results
- Applicable partner information



Don't forget...

To use my discount codes for supplements and testing

Don't forget...

To go back to basics, it can give you valuable information

Don't forget...

To advocate for yourself, we'll go deep into the why's and how's for this

A large, stylized, light-colored floral or leaf-like graphic in the bottom right corner.

WHAT TO EXPECT

Before

ACUPUNCTURE

If you've never had an acupuncture treatment by me, knowing what to expect will hopefully help you feel more comfortable. Knowing how to prepare and care for yourself after your session will help your body make the most of your treatment.

- *Have a little food in your stomach.*
 - It's best not to receive acupuncture on an empty stomach, please ensure you have had at least a snack in the previous 2 hours before your appointment. This is especially true if you are hypoglycaemic or tend to have blood sugar swings. However, do not eat a very heavy meal directly before your session.
 - Also, refrain from having alcohol 3hrs before and after the treatment.

- *Wear comfortable, loose clothes to your appointment.*

We may need to roll up sleeves and trousers/leggings to the knees and elbows and I may need access to your stomach or back for your treatment. I'll provide you with a towel to cover up and keep warm if required but please wear trousers that can come up to your knee easily if possible.

- *Confidentiality.*

Everything we discuss is in extreme confidence, your records, your treatment, our chats, everything and anything else will stay between us.

- *Advice*

If you do not want additional advice this is absolutely fine, just let me know you're here for acupuncture only and I'll let the needles do the talking.



WHAT TO EXPECT

During

ACUPUNCTURE

- *Get comfortable*

I will ask you to lie down on the treatment couch and get comfortable, if you are too cold or too warm, please let me know.

- *Turn off your phone*

This will be a relaxing period to take time out for you, let's focus on that and turn off all distractions. Phones should be turned off or on silent, not just to vibrate.

- *The Needles*

- Sterile, superfine needles are placed at points that correspond to your specific needs.
- The needles are about the thickness of three hairs, are used only once and are disposed of immediately, following your treatment.
- You will feel a light tap when the needles are applied. After a moment, you may feel warmth, heaviness, tingling or pressure around the needle. These sensations are rare but all normal and will calm down after a few moments.

- *Common reaction*

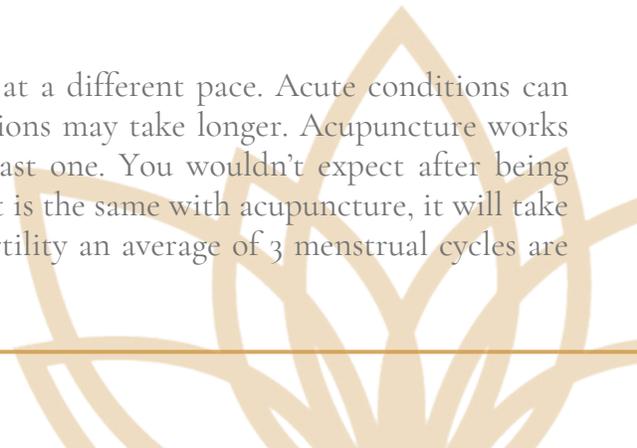
Acupuncture promotes relaxation so much so people fall asleep during the treatment. The acu-nap is a thing, enjoy.

- *Length of a session*

A typical follow-up appointment lasts around 50 minutes, includes a short consultation as well as your acupuncture treatment. The needles will be left in for around 20-30 minutes in which time you'll be left to relax and switch off. I will play relaxing spa music during your session, if you have any requests or would prefer silence just let me know.

- *Length of treatment course*

Each person and medical condition respond to treatment at a different pace. Acute conditions can usually be treated within 3-12 sessions, and chronic conditions may take longer. Acupuncture works on a cumulative basis and each session builds upon the last one. You wouldn't expect after being prescribed a course of antibiotics to take one and be well, it is the same with acupuncture, it will take more than 1 session. Generally for women's health and fertility an average of 3 menstrual cycles are required for treatments.



WHAT TO EXPECT

After

ACUPUNCTURE

- *Feeling good!*

It is very common to experience a feeling of general well-being afterward, super relaxation and a reduction in anxiety.

- *Take a moment*

Drowsiness occurs after treatment in a very small number of patients, if affected you are advised not to drive immediately and take some time to ensure you feel ok.

- *Occasionally*

Minor bleeding or bruising may occur after acupuncture (seen only in about 3% of treatments).

- *Allow your body some time to rest.*

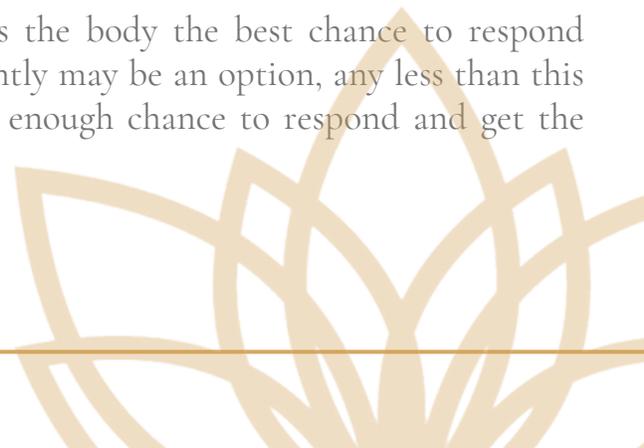
- Your body is still going through a physiological rebalancing process. To maximize the treatment effect, avoid vigorous exercise for a minimum of 3 hours after the treatment, although gentle exercise is fine.
- Drink plenty of water to assist in your healing.

- *Give feedback*

- Unlike experiences you may have had with doctors who are in and out of the room in a flash, most acupuncturists prefer to take the time to really listen and adjust treatments to your unique needs.
- A good acupuncturist (and I like to think I'm a good one) welcomes feedback. If there is anything that you feel made you feel uncomfortable or you think could improve your experience, please let me know.

- *Book again*

- Appointment slots get booked up, especially evening and early mornings, therefore book next weeks session as you leave to ensure you can be seen.
- Weekly sessions are advised to begin with, this gives the body the best chance to respond effectively. Depending on your individual case fortnightly may be an option, any less than this and I wouldn't be confident it was giving your body enough chance to respond and get the outcome we're trying to achieve.



Appointments

I've already mentioned acupuncture isn't going to be a one hit wonder, just like a course of antibiotics you don't take just one tablet and expect it to work, this takes a course of treatments.

I have a variety of appointment slots, early morning, daytime and evening to accommodate most schedules. After your first appointment let's discuss a time slot that works for you most weeks, I can then book you in for this time each week or fortnight for the month ahead and we will take booking on a month by month basis, alternatively book via the website.

Block booking for the month ahead is usually the best way to work for you, you know when you're seeing me and can forget about having to book in each week, this also ensures someone else doesn't book your slot online which can disrupt your week or cause you to miss a week. It also helps me to be able to book in emergency appointments, egg collection/transfer appointments etc. that need to be flexible. But don't worry I know not everyone can work like this, if you prefer to book as you go that is no problem at all. If you need to change your usual appointment slot for holidays coming up etc, of course just let me know asap and I will always accommodate this.

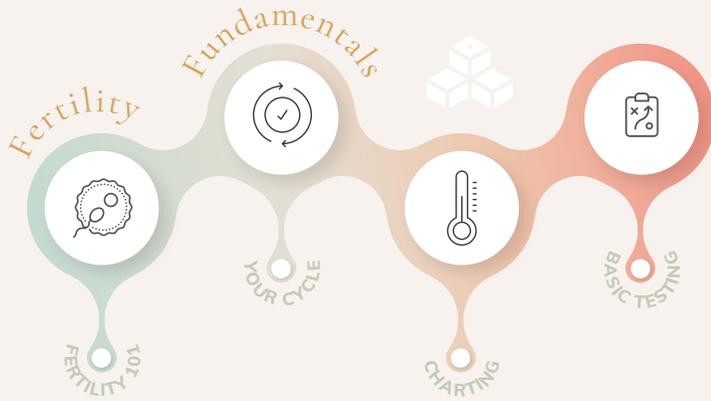
Cancellations

Cancellations can sometimes be unavoidable, I understand this. Please try and give as much notice as possible if you need to change or cancel appointments. Cancellations within 48hrs will be charged at 50% of the fee, cancellations within 24hrs & no shows will be charged at 100% of the appointment fee. Just as I respect your time I really appreciate that you respect mine, I am sure you understand this is my livelihood and someone may have been able to take that slot. If it's a very last minute cancellation please text me if possible as I do not always check emails throughout the day. Continuous cancellations may result in us unfortunately not being able to work together any further.

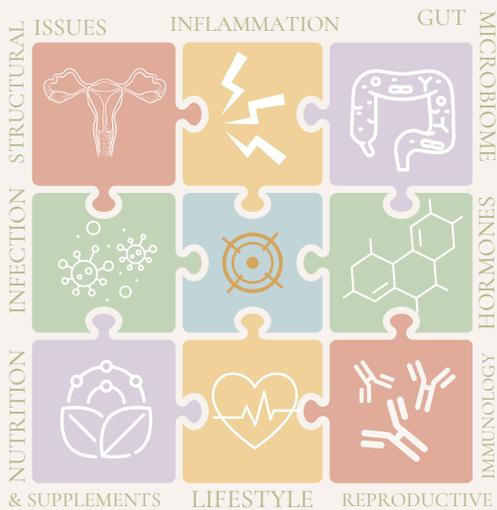
Thank you for working together on this, it's much appreciated.



Fertility FOR YOU



FERTILITY FOCUS



The Fertility for you program is designed to help you navigate the complexities of fertility challenges with ease. This program not only takes things back to basics, which is needed more than you'd think, it also goes deep into a fertility focus, helps you with supplementation, nutrition, repr



FREQUENTLY

Asked Questions

How can I pay?

Payments can be paid by card at your appointment or by cash.

How many sessions will I need?

Treatment length changes from person to person but you will be required to come weekly ideally, but a minimum of fortnightly condition dependant, anything less frequent doesn't allow it to work as effectively. Fertility coaching online can be less frequent depending on requirements and package.

How do I get in the building?

This is a private clinic by appointment only. A code is provided for entry on your confirmation. Please wait in reception, I will be aware you have arrived, there is a toilet available next to the small kitchen.

Please be aware there are other practitioners in the building

We also have a reflexologist, counsellor and massage therapist who also share the building, please be aware of this when in common areas and try and keep noise and calls to a minimum as to not disturb their treatments.

Is there parking?

There is ample on-street parking near the clinic, with two parking spaces at the rear of the building accessible via the road by Minster Cleaning. The designated parking spaces are in front of the stairs and opposite the fence, marked by small gold The Verve Clinic plaques.

I'm looking forward to working with you, if you have any questions please let me know.



care@verveclinics.co.uk
www.verveclinics.co.uk
www.fertilitywestmidlands.co.uk

Angie

