

## FOR IMMEDIATE RELEASE

### **One day mind-body fertility retreat offers relief in dealing with the emotional toll and stress of infertility**

Englewood, New Jersey – The Rocking Chair, a multi-disciplinary women's wellness center, hosted a Mind/Body Fertility Retreat on May 3, designed to nurture the emotional, physical, and spiritual needs of women struggling with infertility.

Infertility affects an estimated 10 to 15% of couples of reproductive age. The stress of the infertility has been associated with emotional symptoms such as depression, anxiety, anger, marital problems, sexual dysfunction, and social isolation. Women often experience a sense of loss, stigma and a diminished self-esteem in the setting of their infertility.

Held within The Rocking Chair's inviting and historic post-Revolutionary War Dutch Colonial building on Grand Avenue, participants were introduced to a comprehensive approach to treatment including Yoga for Fertility; Naturopathic remedies to enhance fertility including the effects of nutrition, vitamins, and supplements; Introduction to Cognitive Behavioral Therapy explaining the connection between how we think, how we feel, and how we can heal ourselves by positive thinking; Guided Imagery for relaxation techniques; a spa lunch including foods to enhance fertility such as yams, broccoli salad and salmon; and Group Support facilitated by Medical Director Naomi Greenblatt, M.D.

"What we aim to do at The Rocking Chair," said Dr. Greenblatt "is offer a combination of successfully proven strategies that nurture our clients' minds, bodies, and souls. Through our multidisciplinary approach, we are able to take care of the woman as a whole, rather than just focusing on her diagnosis alone."

The day also featured couple's communication strategies which provided tips on maintaining friendship and intimacy during infertility which is often not addressed in modern medical practices.

Participants remarked that "Dr. Greenblatt is highly competent, caring, and sincere with a vision and mission in life to help give people in general, and women especially, the tools they need to a calmer and more wholesome life."

Observed one retreat member, "Medicine doesn't have all the answers . . . The Rocking Chair picks up where medicine leaves off and takes you through the deeper and further course. The retreat was something very special, unique and a real treat."

The Mind/Body Fertility Retreat was the first in what Dr. Greenblatt hopes will be a series of one-day wellness events including retreats focused on integrated and holistic treatments for oncology patients, postpartum depression, and health and wellbeing for menopausal women.

Dr. Greenblatt said, "The retreat gives women the opportunity to experience multiple modalities which they can then apply to the stress in their lives in a meaningful way."

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