

Our Philosophy

If a tree is healthy then there is no reason why it should not flower and fruit. This, although a little simplistic is the same for pregnancy. If the prospective mother and father follow the Creation Fertility Programme and optimise their vitamin and mineral levels through a nutrient-dense diet and supplementation then there is no reason why they should not conceive. This is generally the case with couples with unexplained infertility.

For couples with a medical reason or complications the duration of the programme may be longer, but we have had and continue to have remarkable results with our programme.

The aim of the Creation Fertility Programme is to restore balance in both partners to optimise the chance of conception and a healthy pregnancy. All we ask for, is the full commitment of both partners.

"Both of us continued to follow a very healthy diet and within 7 months I was pregnant. Louise was born, a very healthy 7lbs 5oz. we cannot thank Helen Kenny enough for making our lives complete."
- Mr & Mrs S

To arrange an appointment contact the clinic on

089 4974727

or email info@helenkenny.com

Programme Costs

Consultations are scheduled 6 weeks apart.

Each consultation takes 2 -2 ½ hours (1 hour per partner) .

The cost of each consultation is €150 - this includes all computerised testing carried out over the 6-9 month programme.

Any additional laboratory tests are discussed during the consultations and are additional to the consultation fee.

Supplement costs are on average €150-250 per month for couples.



Discover what a difference nutrition and lifestyle can make to your health - call today

www.helenkenny.com

Helen Kenny

NUTRITION



Creation Fertility Programme

A Nutrition consultation identifies your personal health issues and a diet and supplement programme is designed for your individual needs.

Optimum Nutrition - Your path to Optimum Health

Helen Kenny BSc Nutrition DipION mBant
NUTRITION CONSULTANT

089 - 49 747 27

Dublin Clinic: Primacare Medical Centre, Lucan
Leitrim Clinic: Aughavas, Co. Leitrim

www.helenkenny.com

The Creation Fertility Programme

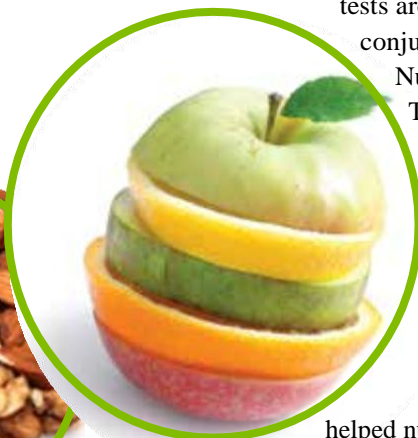
The Creation Fertility Programme is a 6-9 month programme designed to enhance hormone health, immune health, digestive health, pituitary gland function, reproductive organ health, thyroid and adrenal health.

The programme involves:

- Completion of a Nutrition Questionnaire by both partners and a specific programme devised.
- A food intolerance test & nutrient analysis and a specific supplement programme prescribed.
- Hormone tests are carried out for both partners and adaptations made to programme based on results.
- A Toxicity test is carried out and measures taken to detoxify and cleanse the body in preparation for conception.
- Individual body organs are assessed throughout.

Did You Know...

A study conducted by the University of Surrey showed that couples with a previous of infertility who made changes to their lifestyle, diet and took prescribed nutritional supplements had an 80% success rate.



Diagnostic Tests

Food intolerances - 110 foods

Vitamin & Mineral - 40 nutrients

Body organs - 24 vital organs

Hormone Balance - 39 hormones

A food intolerance test and nutrient analysis is carried out at the first consultation, all included in the consultation fee.

Consultation and Tests

In the clinic the diagnostic tests are carried out in conjunction with a Nutrition Consultation.

The results are printed and explained in detail and a specific dietary and supplement plan designed based on the results. With this programme Helen has

helped numerous couples conceive naturally and have healthy happy babies.

Given the right conditions the body will always try to heal itself and restore balance in all body systems.

MAKE AN APPOINTMENT TODAY
start your move to a healthy and energetic life



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"One of my areas of expertise is fertility and pre-conceptual care. Infertility is on the increase in Ireland. By enhancing overall health, correcting hormone imbalances and nutrient deficiencies, identifying food intolerances and following a nutrient rich diet, hormones can be balanced, fertility can be enhanced and pregnancy can be achieved.

Nutrition is all about health - how to gain it and how to keep it."

Helen Kenny

Call Today

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www.helenkenny.com

**Your Life, Your Decision,
Your Responsibility**

Optimum Nutrition
Your path to Optimum Health