

Natural Fertility

Your choice for your baby's healthy future!

Natural Fertility & Preconception Health Care (PCHC) is how we assist & support you, as prospective parents, to conceive your family

- Healthy lifestyle
- Good nutrition
- Natural treatments
- Diagnostic care
- Counselling & relaxation therapies
- Charting and timing techniques

In the same way that athletes go into training for peak sporting performance, it is essential that couples planning a pregnancy optimize their health & wellbeing for the best possible fertility outcomes.

Confidential & professional support for couples experiencing miscarriage, infertility or difficulty falling pregnant.

**Call Now To Book Your
Natural Fertility Consultation**

0402 404 657

annie@myhealthsanctuary.com.au

Natural Fertility utilizes ancient herbal & nutritional wisdom, with modern medical science, backed by documented Naturopathic Research, to assist & support you to conceive your family.



'The Foresight Study, the association for promotion of Preconception Health Care in UK, shows that PCHC is extremely important in assisting infertile couples to conceive. 1,061 couples followed a specific program of natural health care for 4 months before conception. This led to a 79% conception rate & birth of a healthy baby within 2 years. This is double the conception rate for those couples on IVF'

'Every parent deserves the best possible outcome for each pregnancy'

Annie O'Moon-Browning

Director, My Health Sanctuary 34 years Naturopathic Practice.



Ph: 3807 7687

27 City Road

BEENLEIGH 4207



3 Day Awakening **JUICE CLEANSE CHALLENGE**

Welcome the joy
of spring into your
step with this 3 day
juice cleanse
CHALLENGE!

Regain your energy.
Increase your motivation &
productivity.
Sleep like a baby & ...
Lose those extra few kilos!

**Cleanse fully supervised by senior
Naturopath with 34 years' experience.**

**YOU WILL FEEL LIGHTER,
HEALTHIER & MORE CONNECTED
TO YOUR BODY.**

Call now to book your Cleanse Challenge

0402 404 657

Your Cleanse Package includes:

- Group gathering Wednesday evening
- Thurs – Sat Juice Fast
- 3 Yoga classes
- 3, 30 min lectures about fasting & diet
- Private 60 min Naturopathic Consultation
- 3 fresh organic green juices, 1 ozone water,
3 probiotics with prebiotics, 1 wheat grass shot/day,
1 bottle Kombucha
- Cleansing herbal teas
- 1 x 15 min deep tissue abdominal massage
- 1 x 45 min Colon Hydrotherapy session / enema kit
- 1 x 30 min Dosha balancing stress release session

**Your investment in
sensational & enduring health ... \$347!**

**Cleanse fully supervised
by senior Naturopath with
34 years' experience.**

**You can start your cleanse weekly on Thursdays.
Program limited to 9 participants to allow for
optimal guidance.**

**CALL NOW TO BOOK YOUR
3 DAY JUICE CLEANSE CHALLENGE!**

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PRANALA YOGA

Experience Bali healing wisdom in Vinyasa,
Hatha & Restorative Yoga Classes

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- Increase inner & outer strength & flexibility
 - Balance your nervous & glandular system
 - Enhance mental clarity
 - Improve relaxation & sleep
 - Gain total presence & harmony.
 - Access deep awareness of your whole being through unique consciousness-based yoga practice
 - Learn the Mudra Pranala - Healing art based on energy movement transmitted by Balinese traditional healer - Tjokorda Rai.

If you are new to Yoga – **You'll love it.**
If you've never tried Pranala – **You'll love it**

Call now for information

**Internationally Trained & Accredited teacher
Annie O'Moon-Browning**

0402 404 657

Pranala Yoga Practice teaches you to balance your feminine and masculine powers.

- Private classes for couples & small groups
- Small & safe drop-in classes for beginner to advanced students
- Fertility & Pregnancy Yoga
- Restorative Yoga classes
- Yoga & Health Retreats – Bali & Australia
- Week day & weekend classes available!

It's not how far you get into the position.
It's about moving to your own personal
edge that makes the practice of Yoga.

*'My deeper passion is to pass on
my profound understanding of this
powerful combination of self-healing
techniques'*

Annie O'Moon-Browning

Naturopath & Yoga Instructor of 34 years

**CALL ANNIE NOW TO BOOK YOUR
PRANALA YOGA CLASS!**

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