



the  
fertility  
benefits  
of  
integrated  
medicine

A to-the-point guide presented by Εύ Ζην

## Integrative medicine involves holistic, evidence-based treatments to complement your standard medical care.

It is not a substitute for standard medical care, it is used **with** standard medical care in a **safe** manner to ensure the best quality of life and outcomes for the patient.

In the era of digital communication and computers, anyone can do a Google search and come up with a thousand different things that are “good for pregnancy”. Our expertise lies in knowing what is the **best complimentary treatment for you specifically** and how to go about blending your treatments with supportive care in a safe and effective manner.



Our aim is to **improve quality of life** without compromising your treatments.



# We are here for you throughout your entire pregnancy journey.

Our team will guide you from the very beginning of getting pregnant to delivery—preparing your body for pregnancy, maintaining your pregnancy, and the birth of your baby.

We always begin by focusing on **nutrition as a foundation** to build a healthy baby. You will be educated on what should be bought organically, where you can get away with non organic, and how to detoxify your home and body.

We are by your side throughout the entire pregnancy, helping with any discomfort you may have and ensuring you maintain proper nutrition and exercise to deliver a **happy and healthy baby**.

## treatments may include:

- ▶ Botanical medicine
- ▶ Supplements
- ▶ Nutritional medicine (including dietary and lifestyle changes)
- ▶ Acupuncture (see our flyer: the fertility benefits of acupuncture)

## integrative treatments can help with:

- ▶ **Preconception Care**
- ▶ **Treat underlying conditions:** PCOS, Fibroids, Endometriosis, Recurrent Pregnancy loss
- ▶ **Improve egg and mucus quality**
- ▶ **Male infertility**, improve sperm count and quality
- ▶ **Maintain nutritional status** and lean body mass
- ▶ **Fertility over 40**
- ▶ **Fertility after cancer**
- ▶ **IVF supportive Care:** improve IUI/IVF outcomes
- ▶ **Support hormonal system** and stress response
- ▶ **Educate the patient on detoxification:** environmental hormone disrupters found in plastics, make up and other beauty products, household products
- ▶ **Decrease complications** and induction of labour
- ▶ **Pain and stress management** with acupuncture

Our clinic provides patients with a place to relax and receive extra support. We take the individual person into consideration. We empower patients through education; you will learn skills which you can take home so you can improve your health and quality of life.

## lifestyle & fertility

Patients are encouraged to exercise and meditate. We spend time educating patients on the benefits of lifestyle changes and how to implement them in a manner that is manageable and **sustainable**.

Lifestyle changes **decrease stress** and balance out the hormonal system, and have been linked to better outcomes and a better outlook.

## nutrition & fertility

**Food is information to your cells.** What you eat influences your immune system, your gut, and your mind; in fact, it influences your entire body. Proper nutrition plays a fundamental role in getting pregnant, maintaining your pregnancy and delivering a healthy baby.

Different nutritional protocols are used for different stages of pregnancy; **we will guide you** in order to get the proper nourishment that is required.

Nausea can severely limit what a woman can eat during pregnancy; we help address this and help you **maintain good nutritional status**.

We create **personalized meal plans** that are easy to make, easy to digest, delicious and nutritious.





# εὺ ζην

naturopathic support for a fuller life

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