



My Story....

I am a licensed and board certified *Nurturing the Mother® Fertility Massage Specialist* and am honored to work with you. I have been trained in a multi-faceted approach to support you in this very personal and emotional journey. I am a heart centered, and nurturing therapist and have received specific training in all aspects of the conception process whether you are on a natural path or a patient of assisted reproductive technology (ART).

I am specifically called to this work because of my deep connection to woman on this journey. Having been through it myself, I can personally share aspects of my story and struggle with being labeled as having “*Unexplained Infertility*” after nine failed years of trying both naturally and with ART and with the assistance of three different Reproductive Endocrinologists. To our disappointment, at 39 years old, four miscarriages and \$36,000 later, it was recommended in “clinical terms” that my husband and I give up trying to conceive with my own eggs. They recommended I try donor or adoption. We were told at that time that despite our efforts it was unlikely I would ever achieve a healthy pregnancy or one that I could go to full term with. The odds were stacked against us as I was also labeled with **PCOS, Pre-Ovarian Failure, High FSH Levels, Factor-5 and High Risk for Additional Miscarriage**. My husband had labels too. His sperm had **Poor Motility** (slow swimmers), **Poor Morphology** (irregular heads, short tails), and **Low Sperm Concentration** (not enough high quality sperm production). That being said, they couldn’t do anything else for us and were basically “letting us go” if we didn’t choose donor.

Though it was tragic at the time — like you, I refused to believe my diagnosis and was obsessed. Because of it, I was blessed with the gift of knowledge and hope to try a holistic approach when all else failed. The holistic route was very healing and soothing to me. It included a similar approach to the *Nurturing the Mother®* protocol which I will share with you. I had regular massage, acupuncture, network chiropractic, nutritional support and body/mind counseling over a six-month period. Ultimately, while working on my “whole”, and being totally supported by this group of healers, I was surprised to conceive *naturally*, two healthy miracle babies that were full-term healthy pregnancies at two different times in my forties. I am grateful for how everything turned out, because it led me to this opportunity that allows me to fulfill my dream to be a Mom. Further, it gave me courage and opened my heart to reach out and support you and others like us, on this very private path.

By working with you, it is my goal to facilitate an optimal healthy environment for your pregnancy and a safe and balanced body & soul for ideal conception. I will work with you and your spouse to create a personalized plan that honors both of your needs and personal goals.

A typical session is 90 minutes long and is recommended over a period of three - six months. An initial two-hour consultation is required which includes a confidential medical history and 90-minute fertility massage with a personal Castor oil pack. A treatment plan is established with fertility massage done at optimal timing with your cycle, approximately 1-3 times between the first day of your last menstrual cycle and ovulation. Timing will be calculated based on your natural cycle or ART. This massage is very healing & beneficial to conception naturally or by ART. If you have any questions, please do not hesitate to give me a call. I look forward to working with you soon.


Danamarie DeRiggi, LMT



Who should receive Fertility Massage:

- Couples preparing to conceive naturally.
- Couples who have been actively trying to conceive and want the additional support to open their body to the *energy* of conception.
- Couples who are using Assisted Reproductive Technology either by supplementations, Intra Uterine Insemination (IUI), or Invitro Fertilization (IVF).
- Couples open to learning to do the fertility massage techniques on each other.

What to expect in a session:

- **Cranio Sacral** holds to open the central channel and align the head and pelvis.
- **Scalp Massage** to stimulate and open the Crown Chakra.
- The application of topical heated **Castor Oil** packs to support colon cleansing and increase circulation in the digestive system along with deep large and small intestinal massage.
- **Jaw and TMJ** release work to open and relax specific reflex areas of the hips and deep pelvis.
- **Reflexology** for the stimulation and support of Reproductive, Digestive and Endocrine Systems.
- **Shiatsu and Acupressure** points will work the bladder meridians in the back as well as Liver and Lung points along the arms and legs to open the channel for conception support.
- **Gentle Pelvic Friction** to break up adhesion's and increase circulation to the reproductive organs.
- **Repositioning of the Uterus** for optimum balance.
- **Pelvic Rocking** to loosen and stimulate the hips and lower back.
- **Visualization Techniques and Guided Imagery** to facilitate a deep connection to your spirit.
- **Fertility wisdom.**
- **Yogic stretches and Guidance** on how to recreate this experience at home.