



Energy healing is recognized for its benefits to reduce stress, and promote relaxation.

Energy healing offers effective, non-invasive support for fertility, prenatal health, birth, and postpartum recovery. Energy healing can help to support a pregnant woman as their body changes throughout pregnancy, delivery, and postpartum recovery. Research has shown that stress hormones can negatively affect fertility, causing a condition called stress-induced reproductive dysfunction.¹ This condition causes disruption to hormone levels and affects regular menstruation, making conception difficult. Mara Hagglund, an Advanced Integrative Energy Healing practitioner has worked with women for pregnancy health for ten years.

Mara recalls working with a frontline healthcare worker with high work stress which disrupted her hormone levels to where she hadn't had a menstrual cycle for a whole year, it's

¹ Forms of stress-induced reproductive dysfunction that are seen clinically include Functional Hypothalamic Amenorrhea, Anorexia and Bulimia Nervosa, and Exercise-Associated Amenorrhea.

called hypothalamic amenorrhea (HA)². HA occurs when the hypothalamus “switches off” resulting in no periods i.e. amenorrhea in this case due to the clients high stress.’ With the hopes of having a child some day soon, the session focused on regulating the nervous system, improving the flow of energy around the body to enable relaxation, working with the hypothalamus-ovarian axis, and lessen stress. A week following the third session the women’s cycle returned. Energy healing can restore balance to the hormones and promote a regular menstrual cycle, increase blood flow to the reproductive organs, and prepare a positive environment for conception to occur.

Trying to conceive can be a stressful time and some couples like to have an energy healing session to help support the process. One client came for a healing session 3-days following a miscarriage and the grief she experienced, then got pregnant again shortly thereafter. In her last month of pregnancy, she was fearful and anxious due to the possibility of a caesarean. She later stated that the session helped her to calm her emotions and have a different perspective. She gave birth to a beautiful healthy baby.

If you are looking for holistic care to complement your health routine during pregnancy, Mara recommends looking at energy healing. “This practice is great for promoting relaxation, and helps to regulate the flow of hormones throughout the body,” she explains. Women receiving energy healing for hormonal health often also notice the positive benefits that enhance their overall wellbeing, noting positive changes in their sleep and eating patterns and feeling a greater sense of balance.

If you are hoping to find more balance and flow, Advanced Integrative Energy Healing may be a gentle and nourishing way to support your pregnancy health today.

Mara Hagglund, CAIEHP is a certified Advanced Integrative Energy Healing Practitioner and a member of the Natural Health Practitioners of Canada. She is also an instructor in Healing Sciences—energy awareness in the former Integrative Energy Healing Program, at CS Integrative Healthcare at Langara College. Mara can be reached at [Vancouver Energy Healing](#)

² Hypothalamic amenorrhea (HA) is when your periods stop because your body does not produce enough female hormones (oestrogen and progesterone) to have a cycle. The production of oestrogen and progesterone is controlled by a part of the brain called the *hypothalamus*, which is like the body’s hormonal control centre. The hypothalamus usually sends hormones (called FSH and LH) down the *hypothalamic-pituitary-axis* to the reproductive organs to them to make oestrogen and progesterone, and have a menstrual cycle. <https://moniquecormack.com/blog/healing-hypothalamic-amenorrhea>

