

MEET THE SPEAKERS

Matthew McQuaid, M.D. is a board certified foot and ankle surgeon and an expert on overcoming the emotional challenges of infertility. He is the author of "A Spiritual Path to Overcoming Infertility: Creating your Miracle Family Now".

Kristin Kali, LM CPM practices at Maia Midwifery and Preconception Services in Orinda, California. Her individualized approach to fertility care focuses on building an optimal state of health utilizing natural methods alone or in tandem with infertility medicine.

Nancy Rakela, O.M.D. L.A.c, Doctor of Oriental Medicine, licensed acupuncturist, and herbalist has been practicing in Berkeley since 1985 specializing in fertility treatment. She is also a certified Ananda Yoga instructor and has been practicing for over 20 years.

SPACE IS LIMITED.

Registration Fees:

Member \$15/single \$25/couple

Non-Member \$25/single \$35/couple

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HOLISTIC APPROACHES FOR FERTILITY ENHANCEMENT

“The Power of your Mind”

Thursday, August 16, 2007
7:00-9:00 PM
312 Sutter, 5th floor
San Francisco, CA

Please join Matthew McQuaid, DPM as he guides you to create emotional, physical, and spiritual well-being during the challenges of infertility. Whether you want



to explore natural solutions, or in-vitro fertilization, this workshop offers a comprehensive review for building the emotional stability you need

to make all your decisions.

- How to reduce the stress associated with infertility.
- Apply simple health tips for greater success.
- Use mind/body techniques to improve the outcome of medical treatments.
- Eliminate blame and strengthen relationships.
- Increase your happiness and acceptance and much more ...

“Building Optimal Fertility Through Nutrition”

Thursday, September 20, 2007
7:00-9:00 PM
312 Sutter, 5th floor
San Francisco, CA

Kristin Kali, LM CPM will explore the relationship between the body’s most basic need – food – and fertility. What we eat and how we eat affects the body’s ability to function well, including the capacity to conceive and nourish a healthy pregnancy. We will discuss the ways in which reproductive hormones are influenced by eating patterns and dietary habits, understanding the links between various body systems.

- Discover the effects of common foods on fertility.
- Understand the importance of hormonal regulation.
- Establish eating patterns that promote conception.
- Utilize supplemental nutrition for optimal fertile health.



“Body, Mind & Spirit”

Tuesday, September 25, 2007
7:00-9:00 PM
312 Sutter, 5th floor
San Francisco, CA

Please join Nancy Rakela, O.M.D., L.A.c., who will show you how to balance your body, mind and spirit, through the practices developed from the traditions of Chinese Medicine and yoga to bring you into greater balance and enhance your fertility.



You will learn breathing techniques, powerful affirmations and a guided meditation that will enhance healing of your body, mind and soul.

- Renew your energy, strengthen and vitality your body to promote fertility.
- Release stress and tension ... stress is the #1 fertility inhibitor.
- Learn to cultivate self healing thru positive reinforcement to override negative self talk.
- Heal the body, mind and spirit through deep meditation and deep relaxation.