

## Conception Success Rates

Alice Birt, Airdrie

While not running a formal trial, Alice Birt has demonstrated an 85% success rate over 13 clients for successful conception following a course of Bowen treatments. This is nearly three times more than the rate for IVF. \*

Out of 13 clients, one fell pregnant after the first month of treatments. 8 fell pregnant after 2 months, a couple after 3 months. 2 clients didn't fall pregnant; it was noted these were the only two who had previously had IVF treatment. Whether this is relevant is not known at this stage.

The Bowen Technique helps the various systems of the body function more effectively as it responds to the stimulus of the Bowen moves. Where physical or emotional tension has impeded conception, the relaxing and rebalancing throughout the body appears to enable it to accept a pregnancy.

Anecdotal evidence of the success of "Bowen babies" is world-wide.

A formal research study into the benefit of Bowen for those trying for a baby would be worthwhile.

\* (Between 2014 and 2016 the percentage of IVF treatments that resulted in a live birth was: 29% for women under 35. 23% for women aged 35 to 37. 1 cycle of treatment may cost £5,000 or more. NHS statistics <https://www.nhs.uk/conditions/ivf/>)