

The Science of Hypnosis For Fertility

A recent Israeli study showed that the success rate of IVF treatments doubled in his test group from 14% to 28%, when the subjects underwent hypnosis during implantation. Professor Eliahu Levitas conducted this study with 185 women. [Read some of his findings on hypnosis for fertility.](#)

Dr. Gayle Peterson has developed a technique called Body-Centered Hypnosis. Dr. Peterson has found that high anxiety states in the mother must be reduced in order to normalize pregnancy and birth. She cites several research studies that suggest a positive link between fertility and treatments based on hypnosis. She is a pioneer in the field of mind/body states and their effects on fertility, pregnancy and birthing. Click here to [Read Dr. Peterson's article on fertility and depression.](#) To read more about Dr. Peterson and her work, [Click here.](#)

Dr. Alice Domar has been published in several important journals, such as *Fertility & Sterility* (1990 and 2000) and the *Journal of the American Medical Women's Association* (1999). She emphasizes "mind/body" techniques that include self-hypnotic suggestions to reduce stresses that interfere with conception and healthy pregnancy. Domar is the author of *Conquering Infertility*, and other books on the topic. [See more about Dr. Domar's research here.](#)

Dr. Ernest L. Rossi specializes in psychobiology, or the relationship between the mind and physical body states. He has done extensive research to suggest that human genes must be in a state of physical readiness for conception to take place, and that hypnotic-type suggestions can activate specific genes, including the IL-1, c-fos, and the CYP17 in a specific order. [See a list of his research papers here.](#) Click [here to read about his book, The Psychobiology of Gene Expressions.](#)

At the Institute of Applied Psychology in Lisbon Portugal, a team of researchers led by Katharina Hirschenhauser has concluded that men who actively want to be fathers automatically adjust their testosterone levels at exactly the right time (the middle of their partners' menstrual cycles). Perhaps there is no better hypnotic suggestion for a male partner than the idea that he wants to become a father.