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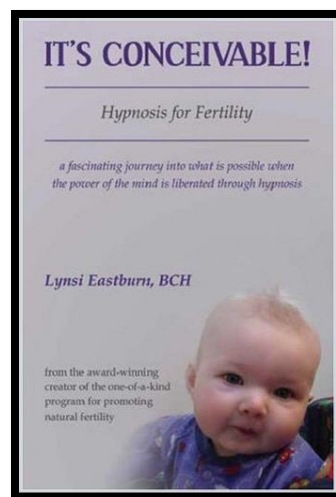
## Local Hypnotherapist Teaches Hypnosis for Fertility at National Conference

WESTMINSTER, CO July 10 - Lynsi Eastburn, MA, of Eastburn Hypnotherapy in Westminster, CO is traveling to Massachusetts next month to teach her proprietary process, HypnoFertility® at the National Guild of Hypnotists Convention. She is a board certified hypnotherapist and instructor. Lynsi pioneered HypnoFertility® approximately 17 years ago as she began assisting infertility patients undergoing in vitro fertilization (IVF) to eliminate needle phobias, helping women who had been told by doctors that they would never conceive to have babies, and utilizing hypnosis applications to eliminate the emotional and physical burdens that infertility imposes upon women and couples.

Lynsi has taught and certified over 1,000 therapists worldwide in HypnoFertility® and has a global clientele. In 2005 she was awarded the *Hypnosis Research Award* by the National Guild of Hypnotists for her research in the field. In addition, Lynsi has published two books based on her work with clients: *It's Conceivable – Hypnosis for Fertility*, and *The 3 Keys to Conception: Pregnancy Against All Odds*. Her third book *Waiting In The Wings* is soon to be released. "My goal is to get HypnoFertility® to critical mass so people know they have another option." she says.

Denver, home to two of the most sought after reproductive clinics in the world, is a hotspot for medically-assisted fertility treatments. In vitro fertilization, for example, can run into tens of thousands of dollars for each cycle, and often takes multiple rounds of treatment. HypnoFertility® offers an effective way to support other fertility treatments, as well as a holistic option for women who prefer to conceive naturally.

Women diagnosed with infertility tend to have extremely high levels of anxiety, as the diagnosis can undermine self-esteem, make women feel broken and helpless, and damage relationships with their loved ones. Clients report a significant decrease in stress levels after only a single hypnosis session. Lynsi explains, "Hypnosis helps with relaxation, but you don't have to be relaxed to be hypnotized. A lot of my clients have tried meditation, but they can't quiet their minds, so they get frustrated and that just spirals. With hypnosis, you can't do anything wrong. You basically sit in a comfortable chair, close your eyes and breathe. That's it. Your mind can chatter away, you don't have to quiet it. You can think about dinner or whatever you're going to do next week, or going on vacation. Your conscious mind can do whatever it likes. I work with your



subconscious mind, and hypnosis is designed to access the subconscious mind. Your conscious mind doesn't have to do anything here."

Talking with Lynsi you can feel her passion for this work. "I just love to help women have babies. The best thing I ever did was my two kids. No matter what else I've accomplished, nothing comes close. It's part of my path, my purpose. It's a big piece of my heart to help women receive their babies, to bring their babies through and to be able to experience that," she says.

The upcoming pre-convention training is two days, August 9<sup>th</sup> and 10<sup>th</sup>, in Marlborough, Massachusetts. In addition to teaching at the National Guild of Hypnotists convention, Lynsi offers private trainings for hypnotherapists interested in certification in HypnoFertility<sup>®</sup>. Therapists can train in person with her at her Westminster office, or via video conferencing programs such as Skype. Once trained, Lynsi's graduates are listed on her website.

Therapists or anyone who's interested in HypnoFertility<sup>®</sup>, can visit Lynsi's website, [hypnofertility.com](http://hypnofertility.com), or call her office at 303-424-2331. Information about the upcoming NGH convention can be found at <https://ngh.net/training/2017-ngh-annual-convention/>.

Eastburn Hypnotherapy was established in 1992 and offers hypnotherapy services and workshops to clients seeking more information about how they can change their minds and their lives for the better. They work with clients both locally as well as globally.

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If you would like more information about this topic, please call Rachel Cook at 303-424-2331, or email [office@hypnodenver.com](mailto:office@hypnodenver.com).