

MFR and Infertility: Katie & Richard Conceive with the Help of MFR

I was 25 years old when my husband, Rich, and I decided to try to have a baby. Up until that time I had been on birth control pills since the age of 19 to regulate my erratic menstrual cycle. My menstrual period began at age 16 and from the start was accompanied by intensely painful cramping. My cycles were anywhere from 35 days to six months, averaging two and a half to three months in length.

When I stopped taking birth control pills, my cycle returned to its former erratic pattern. I spent the next two years going to a naturopath and nutritionist to no avail. As we moved around the United States with Rich's job changes, I found myself under the health and chances of pregnancy. Two physicians placed me on fertility drugs. A third physician offered more fertility drugs though told me not to be optimistic or hopeful. I tried herbal remedies, exercise programs and a year of chiropractic treatments. Despite fertility drugs and improving my health through alternative treatment, pregnancy eluded me. We gave up trying to get pregnant and out emotional healing began.

Meanwhile, my husband Rich began attending John F. Barnes, PT Myofascial Release Seminars designed for healthcare professionals from around the world. As Rich learned more about Myofascial Release he began to realize the potential this work had for me. He encouraged me to allow myself to be treated by John with the singular goal of helping my menstrual cycle to become regulated. I finally agreed. As a result of a one hour long session of MFR, I had my first ever 28 day menstrual cycle without medication and without pain! My cycle became regular on its own for the first time in over a decade!

A few months later we moved to Pennsylvania and I had some follow-up MFR treatment with Valerie McGraw, P.T. at the Paoli Myofascial Release Treatment Center. Rich also continued to treat me utilizing Myofascial Release at home. In July 2001 we found ourselves expecting our precious little boy who has now grown into a very active and bright two and a half year old little boy.

Thank you John! You've helped our dreams come true!