

Hilary Haynes

Acupuncturist and Naturopath

Dip Ac (UK and China) MBAC ND Hilary Haynes is an acupuncturist and naturopath whose areas of special interest are fertility, pregnancy and gynaecology. With more than 10 years of experience in complementary health, Hilary takes an integrated approach to helping women and men optimise their fertility and is uniquely qualified to do so. Trained in Traditional Chinese Medicine (TCM) as well as naturopathy, Hilary also advises on nutrition and is a practitioner with Foresight, the UK-based Association For The Promotion Of Preconceptual Care. Hilary has also worked substantially with respected Harley Street based fertility advisor Zita West. She currently works with private patients undergoing alternative reproductive technology (ART) treatments, as well as couples wishing to optimize their fertility, and has practised acupuncture in several Harley Street fertility clinics. She is a strong believer that acupuncture and naturopathy make a significant impact on all fertility-related issues, including menstrual cycles, blood flow to the uterus, egg and sperm quantity and quality, endometriosis, and Polycystic Ovarian Syndrome. As in all Traditional Chinese Medicine, Hilary's treatments are especially tailored for particular individual symptoms, after careful diagnostic procedures. She is part of a fast-growing, informal network of acupuncturists with a special interest in Assisted Reproductive Technology in the United States, Australia and the UK. This keeps her very much on the cutting edge of research and protocols. Hilary has chosen to work in this demanding, emotionally challenging area because she feels her particular expertise allows her to give holistic advice on diet, lifestyle and fertility. She also feels especially called to support couples in their quest for safe pregnancies and healthy babies. Hilary's working day could include treating menstrual problems, advising a newly pregnant woman, inducing a baby or treating a male partner to boost his sperm count. Best of all, it often includes meeting a new baby for whose arrival Hilary has worked over several months. Hilary is married and has three teenaged children. She has lived in Brussels and Paris and now lives in Surrey, UK.

Qualifications

- Acupuncture with the South West College of Oriental Medicine, qualifying in 1996
- Post-graduate training and Diploma in China at the Shanghai University of Traditional Chinese Medicine -- Gynaecology unit of a Chinese teaching hospital
- Chinese Patent Herbs at the University of Westminster
- Naturopathy -- College for Naturopathic and Complementary Medicine (CNM) qualifying in 2002

Professional Memberships and affiliations

- Member of the British Acupuncture Council
- Foresight pre-conceptual care practitioner

Other Study and Experience

Too many courses to list individually.

Gynaecology with Giovanni Maciocia, Fertility with Jane Lyttleton, Pregnancy with Zita West, Obstetrics with Toni Tucker, Electro-Acupuncture with Dr G Gadsby, Voll machines, Nutrition with ION, Australian Bush Essences with Ian White, Iridology, Naturopathy in Germany with German Naturopaths,