



# EMMA CANNON

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## fertile

For immediate release

## EMMA CANNON LAUNCHES THE FERTILE HUB

Emma Cannon is known for her gentle yet transformational approach to fertility. Recommended by both her patients and medics, she is a pioneer in the area of women's health & fertility. Her clinic, founded in 1995 specialises in holistic and integrated approaches to Fertility from IVF Support to Menstrual Mentoring. Using her extensive knowledge of various health practices she navigates and supports Fertility problems for the modern women and man.

This March, Emma Cannon introduces 'The Fertile Hub' – a new look website and content hub for her future forward Fertility advice. The hub is full of practical and digital support for the most asked fertility needs. The launch coincides with the release of a series of online plans from FERTILE Woman and FERTILE Man, introductory 4 week plans for men and woman alike who are starting to think about trying for a baby, to IVF SUPPORT, a practical guide to navigate your journey through the IVF process.

Launching on Mothers Day 31st March 2019 Emma will also share a free 7 day Mother's Gift, a series of emails over one week consisting of daily exercises, recipes and mediations sent direct to your inbox from the 31st March. The Mothers Gift celebrates all women regardless of whether they are a mother, on a journey to become a mother, or wish to be a mother one day.

For 25 years Emma has educated and empowered women through their hormonal challenges and couples on the journey to fertility. She has more than 50,000 hours of clinical experience and has written four books on the subject of being FERTILE. For 2019 she wanted to bring this expertise to a wider audience, sharing her knowledge and unique approach to health and fertility. Emma's unique approach combines many systems of medicine; Western medicine, Chinese medicine, Modern Mayr Medicine, Shamanism and many other forms of healing; Emma is a true modern day Medicine Woman.

Emma says' "The conversation around fertility is really opening up, our awareness has shifted and we are far more open about our bodies, our periods and what it means to be fertile in the fullest sense. I have seen a change in my patients and what they are looking for. There is a new curiosity about what our emotional and physical symptoms tell us about our health and fertility. My FERTILE method shows women how you can live their most FERTILE and abundant life no matter stage of fertility they are at. I teach women how to connect back to the part of her that already knows how to be FERTILE and when this happens it is like magic".

The Fertile Hub has been designed with fertility at all stages in mind and includes five online programmes.

The Programmes

### **Fertile Woman**

This 4 week introductory guide helps women understand female fertility and what it is to be a fertile woman. From the menstrual cycle to emotions, this guide offers the foundations of fertility, along with a guide to fertile feasting. Across an easy to follow 4 week schedule.

### **Fertile Man**

A 4 week introductory guide to male fertility. Rarely do fertility experts take the focus away from the woman and towards the man but it takes two to tango. This downloadable plan focuses on the male role, including their emotional health to understanding their part in the conception process. The programme also includes a guide to fertile feasting for men.

### **Becoming FERTILE**

For all ages, this programme is an essential guide to understanding the menstrual cycle. This downloadable plan includes practical knowledge on understanding your menstrual cycle to Emma's expert advice and exercises for self care, dealing with emotions and hormones.

### **Protecting your Fertility**

A downloadable guide to optimising menstrual health and fertility preservation. If you know you want to try for baby but the time isn't right, Emma shares a series of preparatory tips and exercises to consider for maximising your fertility from nutrition to self care.

### **Supporting IVF**

A downloadable holistic guide to support your IVF process. Emma has put together a supportive companion for reassurance along the IVF process. From when to consider acupuncture to understanding your emotions.

The Fertile Hub Online Programmes start from £29.99 and launch March 2019

For further information visit [www.emmacannon.co.uk](http://www.emmacannon.co.uk)

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For all press enquiries, please contact Pandora: [press@emmacannon.co.uk](mailto:press@emmacannon.co.uk)

### **About The Mothers Gift - Free 7 day mailer**

The Mother Gift by Emma Cannon launches on 31st March 2019. Welcoming Emma's audience to her FERTILE world of abundance, The Mothers Gift is an invitation for every woman to mother herself. If you are longing to be a mother and are not one yet, these daily emails explore how self-love and care can enable you to mother yourself, in the way you will one day mother your

child. The Fertile Woman wants to create and not just babies. She needs time to luxuriate. The Fertile Woman turns her wounds into wisdom. She is the keeper of hope. Sign up at [www.emmacannon.co.uk](http://www.emmacannon.co.uk)

### **About Emma Cannon**

Emma Cannon is a fertility and women's health expert, registered acupuncturist, founder of the Emma Cannon Clinic, and a mentor and speaker. With 25 years in clinical practice she has helped countless patients achieve their dream of having a family with her FERTILE METHOD. She is the author of four books including the best-selling *The Baby Making Bible*. Her fifth book, *FERTILE*, will be published by Vermillion in March 2017.

Bridging the gap between western medicine and the world of complimentary therapies, Emma is an impartial support and guide, helping each individual find the path to healing that's right for them. Many individuals and couples come to Emma for her unique approach to supporting all aspects of female and male fertility, whilst other patients are seeking relief from difficult symptoms during pregnancy or post-partum.