



Help with “morning sickness”

2007 services



The “morning sickness” service is for mums-to-be suffering from nausea, vomiting & related pregnancy symptoms such as heartburn, headaches, excessive saliva & hyperemesis (severe sickness). The service is provided by Expectancy’s Director, Denise Tiran, a midwife, university lecturer, complementary practitioner & author of *Nausea & Vomiting in Pregnancy: an Integrated Approach to Care* and *Natural remedies for Morning Sickness and Other Pregnancy Symptoms*, who is an internationally renowned expert in maternity complementary therapies. Denise combines a variety of complementary therapies & natural remedies with conventional midwifery advice & is currently researching the benefits of her unique integrated approach which includes using specific reflex points on the feet which is 70% successful in reducing the severity of morning sickness.

There are four options to suit geographical area / budget, including telephone consultations, a private clinic at Maidstone Hospital, home visits and Expectancy’s CD ROM.

1. Telephone consultations: please telephone 08452 301 323 (local rates) or 07956 235 456 to arrange a mutually convenient appointment time. The fee includes a 45 minute consultation, complimentary copy of Expectancy’s CD ROM on *Coping with Sickness in Pregnancy* and ongoing telephone support as required. An invoice is sent with the CD ROM for payment within seven days.

2. Private clinic at Maidstone Hospital, Kent: Monday evenings from 1800 - 2100 hours in the Antenatal Clinic (not public holidays). Please call 08452 301 323 or 07956 235 456 to make an appointment - please do not telephone the Hospital direct. The fee (see below) includes two appointments, normally one week apart, the first lasting one and a half

hours, the second lasting 30 minutes, and includes ongoing telephone support as required and a complimentary copy of Expectancy's CD ROM on *Coping with Sickness in Pregnancy*.

3. Home visits are available in London, Kent, Surrey and Sussex. Please telephone 08452 301 323 or 07956 235 456 for an appointment. Fees are calculated according to geographical distance from south London – please see below. The first appointment normally takes up to one and a half hours and the fee includes ongoing telephone support as required and a complimentary copy of Expectancy's CD ROM on *Coping with Sickness in Pregnancy*. Experience suggests that best results are achieved with a course of three treatments, but single appointments are also available.

4. Expectancy's CD ROM on *Coping with Sickness in Pregnancy* is available to purchase separately, **cost £11-99** including p&p; if you later decide to take advantage of a telephone consultation, home visit or to attend the Maidstone clinic, the following fees apply, less £10.

Fees for "morning sickness" consultations (2007)	
Telephone consultations	£45
Maidstone Clinic - Antenatal clinic 3, Maidstone District Hospital, Hermitage Lane, Maidstone, Kent	£125 - two appointments £ 45 - subsequent appts.
Home visits – Basic rate Zone 1 - All London boroughs; Dartford, Sevenoaks (Kent), Kingston, Reigate & Banstead, Epsom & Ewell, Dorking, Tandridge (Surrey)	£310 – course of 3 visits If you do not want to book a course of 3 visits: £125 – single appointment
Supplement for Home visits in Zone 2 – Basic rate plus supplement - Medway, Maidstone, Tonbridge & Malling, Tunbridge Wells (Kent), Guildford, Woking, Runnymede, Staines (Surrey)	£30 – per visit
Supplement for Home visits in Zone 3 – Basic rate plus supplement - Swale, Ashford, Canterbury, Thanet, Dover, (Kent), Camberley, Godalming, Haslemere, Waverley(Surrey), Sussex	£40 – per visit
Weekend consultations (home visits)	£25 supplement
Some same-day appointments for home visits may be available but regrettably incur a further supplement	£50 supplement