



# The Fertile Soul – Online Retreat FAQ

## **What will I need in order to participate in the online retreat?**

Each guest will need to have access to a computer, smartphone, or tablet with a strong, reliable Internet connection. We recommend that each device be directly connected to the Internet through a cable for the fastest connection available. It is not recommended to use a wireless connection that may have a lag or cause playback interruptions.

Conduct a test to check your computer's compatibility with Adobe Connect. This test will give you the proper tools to participate in an online retreat.

[http://admin.adobeconnect.com/common/help/en/support/meeting\\_test.htm](http://admin.adobeconnect.com/common/help/en/support/meeting_test.htm)

If you are using a tablet or smart phone device, you will need to download the appropriate software app prior to the event. Search for the "Adobe Connect" application. Most computers (desktops and laptops) will not need to download any software.

All devices will need to have speakers in order to hear Dr. Lewis during the event. We recommend that each guest use headphones to cut down on any echoes and background noise that may make it difficult to hear the presentation.

## **Will I be receiving retreat materials prior to the event?**

Yes. You will be receiving emails about one week prior to the event that will include instructions on where to go for the meeting (a web link will be provided to a private website meeting room) and how to use the Adobe Connect features once in the meeting room, notes on the presentations, and/or self-inquiries to be filled out prior to the retreat.

We recommend that you print all materials that we may send prior to the event. Some notes and additional materials will be available during the meeting. Also, you may want to take notes during the lectures. As part of the online retreat, your retreat group will have private access to the recordings of all presentations from the weekend (you will receive a link to the recordings at the completion of the retreat.)

## **Will our faces be shown online?**

Dr. Lewis will be shown live at all times (unless we experience any technical difficulty). At the end of each day, if time, numbers, and Internet connections permit, we will open up for interaction among the entire group. We will make sure that all instructional material has been covered for the day, however. Anybody who wishes to remain anonymous may interact with his or her camera off. All personal information will remain private from the recordings and only your individual group will have access to your meeting recordings.



### **How will Dr. Lewis be able to interact with the participants?**

Each retreat participant will be asked to summarize her fertility journey and send via e-mail prior to the event. Dr. Lewis will read the synopsis of your fertility process before the retreat begins. As well, she begins each retreat by asking participants to provide their intention for retreat. Of course each participant would like to become pregnant, but what other issues are part of your hopes? What represents healing to you? How has your life changed because of your fertility journey? There are the patterns of imbalance that cause the inability to conceive, but on top of that are the pains of being unable to conceive - lost joys, unexpressed grief, relational difficulties, etc. So, if you could come up with a radical intention for what would represent true healing to you, to ease some of the pains of the infertility journey, how would that look to you? During the retreat process, each individual will be able to type questions directly to Dr. Lewis. We will also do some exercises together that will ask for your interaction.

### **What topics will be covered during the online retreat?**

Dr. Lewis will conduct each retreat differently based upon the individual needs of the registered participants. Most all online retreats, however, will include instruction on:

- A new view of your fertility - what helps; what hinders
- Acupressure and femoral massage
- TCM diagnostics and herbal medicine
- Charting your fertility path
- Priorities along the journey
- Spleen qi dietary instruction
- Nutritional supplementation based upon certain conditions
- Qi gong microcosmic orbit and pelvic exercises
- Elements Self Inquiry
- The yin and yang of emotions

She will utilize a combination of PowerPoint slides, written exercises to fill out yourselves, whiteboard instruction, and interaction from group members.

### **Who does the TCM diagnostic evaluation and treatment plan?**

This add-on TCM consultation will be: \$150 (for retreat guests only). Fertile Soul practitioners have been hand picked and trained by Dr. Lewis. They specialize in fertility and have worked closely on retreat with Dr. Lewis for a number of years. The Fertile Soul offers two TCM practitioners for your consults. Theresa Johnson is Randine's eldest daughter, who works closely with her as she evaluates you and establishes a treatment plan. She is very well versed in fertility treatment with TCM, whether you are only using Chinese medicine for your fertility, or if you are working concurrently with Western reproductive medical treatments. Also, we have Liz Roseman who has been working with Dr. Lewis in Asheville, NC since 2008. Liz graduated from the Pacific College of Oriental Medicine, and specializes in women's reproductive health. Liz is very insightful and very well versed in Chinese herbal medicine. Your TCM diagnosis will include an individualized herbal prescription, and dietary and nutritional recommendations.



Each guest will receive an automated email with TCM Consultation instructions upon purchase. Guests will be guided to our online calendar where you will be prompted to set up an account. Once you have created a profile, you will be able to access our consult calendar and reserve your evaluation time for TCM consults. All consults must be made at least 48 hours in advance and must be used within 90 days of the event registration.

### **Is there an age limit?**

No. Dr. Lewis works with women of all ages, and if a woman is still menstruating she is a candidate for natural fertility enhancement. As well, she stresses the importance of working with women wherever they are on their journey. A woman in her mid to late forties is addressed differently than a woman in her early thirties. There are nuances that we must be responsive to when a woman is older. On top of that, there are also so many "prohibitions" that an "older" woman has been given by reproductive medicine, that we address some of the ways women in their later reproductive years have been mentally and physically discriminated against.

### **How old is too old?**

Chinese medicine does not have an age limit on fertility; incidentally neither does the field of gynecology. When a woman has gone through menopause and is no longer having periods, she is too old. Only reproductive medicine limits the age at which women can expect to have success undergoing IVF with hormonal stimulation.

*I recently gave a seminar to acupuncturists on treating fertility with Chinese medicine. A practitioner in the audience wrote a question to me about a patient who was 49 years old, and moving gracefully into menopause, when she unknowingly became pregnant. Why? What happened? How was this potential activated? The answer is quite easy; she was moving along the trajectory of her life as it was, not trying to force anything out of it. She had no fear of not conceiving, and life was thus able to manifest its remaining potential. - Randine*

### **Can you attend an online retreat if you have been to retreat before?**

Absolutely. While the online retreat process will be a little more educational and informational in format, each retreat process will be fine tuned for the participants. Some of the exercises we do will be new to each retreat group, so you are welcome to attend as many online retreats as you wish.

### **What if we can only attend one day or only a portion of the online retreat?**

Your retreat group process will be recorded and you and your group will have access to the recorded online retreat indefinitely (all educational content from Randine will be available, however, all personal individual/group information will be withheld). You can replay the recording, and go over the material any time you need a refresher.



### **Can we also receive a nutritional consultation?**

Yes. Kathryn Flynn, who has worked closely with Dr. Lewis for many years, provides a nutritional consultation. She has studied TCM nutrition with Paul Pitchford. Kathryn authored the book, *Cooking For Fertility*. This add-on nutritional consultation will be: \$75 (for retreat guests only)

Each guest will receive an automated email with Nutrition Consultation instructions upon purchase. Guests will be guided to our online calendar where you will be prompted to set up an account. Once you have created a profile, you will be able to access our consult calendar and reserve your evaluation time for Nutrition consults. All consults must be made at least 48 hours in advance and must be used within 90 days of the event registration.

### **Are there going to be any more live retreats?**

We do hope to have some live retreats back on the schedule a few times throughout the year, but these retreats will go into much greater depth.

### **Will there be any difference between an online retreat and a live retreat?**

Apart from the loss of personal interaction within a live setting, there will be very little difference in the overall structure and content of both retreats. READ EACH RETREAT DESCRIPTION CAREFULLY FOR TIMES AND TOPICS. The online retreat will cover educational content that may include Chinese medical therapy, internal inquiry regarding causative factors of reproductive dysfunction; dietary therapy, nutritional supplementation, individualized herbal formulation, reproductive massage, stress reduction, and qi gong meditative exercises.

### **Can my spouse or partner attend an online retreat as part of my tuition?**

Yes. We strongly encourage partners to support each other throughout this process; however, it is not mandatory to attend together (see "[Partners and Retreat](#)"). If partners would like a personal TCM or Nutrition evaluation of their own, there will be an additional link to purchase a separate consult. One (1) TCM and Nutrition evaluation per purchase.