

THE FERTILITY GURU

Who Emma Cannon

The lowdown Women (and their partners) see Emma Cannon for all sorts of reasons. Some because they're facing IVF, some because they want to get healthy pre-baby. Others have simply lost faith in their bodies and need reassurance. Cannon's job as a fertility guru/counsellor/acupuncturist (the Lister Hospital refers clients to her) is to sit in the middle of both Eastern and Western medicine, and devise a strategy to get you on track. Talking is crucial. 'Our past can impact on our present,' she says, so she uses mindfulness to lessen anxiety.

Our verdict Cannon's calm demeanour and her 25 years of experience help during even the darkest times.

Details From £240 for an initial consultation. At the Fertility Rooms, 19 Cliveden Place, SW1 (emmacannon.co.uk; 07531 916121).

Treatments

FERTILITY

Love's labours made easier

THE ACUPUNCTURIST

Who Ross Barr

The lowdown Of the women who come to see Barr, 70 per cent have fertility-related issues. Some struggle to hold on to a pregnancy, but they have periods; others don't have periods in the first place. So you'll talk and Barr will listen while getting busy with the needles – zoning in on points to help both regulate your cycle and correct hormonal imbalances. If scanty periods are the problem, he might get you coming in weekly; if conceiving is the issue, you'll be in once a month, at the time of ovulation. Lots of women, Barr says, get back on course physically and then wonder why it's still not working. So he's not averse to needling your partner as well.

Our verdict At a time when you can feel immensely out of control, acupuncture (especially at the hands of Barr) can make you feel sane again. It's also particularly supportive if you're going down the stressful IVF route, helping enhance its efficacy.

Details £70 for an initial consultation. At Wimpole Therapeutics, 2 Wimpole Street, W1 (rossbarr.com; 07836 205076).

PICK ME!



THE GYNAECOLOGIST

Who Angus McIndoe

The lowdown A lot of women rave about Angus McIndoe. That's because his knowledge of fertility is hugely impressive: he's an authority on every pregnancy-related problem, from polycystic ovary syndrome (PCOS) and endometriosis to an abnormal smear – and he's also hot on oncology. And his supreme medical skill is complemented by his wonderful manner: light-hearted yet confident. His approach is always the same, drawing up a long-term plan and encouraging you to nip niggling issues in the bud. Plus there's no hanging around in his consulting room. He works at the speed of light, whizzing you upstairs for ultrasound if needed and booking you in for necessary treatment at the first opportunity. There's always a 'we' in it with him – and a lack of hysteria, no matter how serious the situation.

Our verdict If anyone's going to tinker around down there, you want it to be him.

Details From £220 for 30 minutes. At 86 Harley Street, W1 (amcindoe.com; 020 7637 1075).

THE NUTRITIONIST

Who Ren Harman

The lowdown If you're not relaxed, happy, well fed and well rested, your body won't do what it needs to do, says Ren Harman. The perky and ridiculously enthusiastic nutritionist is geared towards women's health, and her approach is refreshingly level-headed. There's no going cold turkey – her tack is all about sticking to a non-faddy diet, one that will get you in the best state to conceive. This means vitamins (calcium, zinc, vitamin B3) and taking charge of what you put inside your body. Sugar is out, but lean protein, whole grains and veg are firmly on the menu.

Our verdict This is stuff you need to know, delivered in a most non-judgemental way.

Details From £150 for 60 minutes. At-home visits (renharman.com; 07779 118820).

THE IVF SPECIALIST

Who Dr Mohamed Taranissi

The lowdown Taranissi describes himself as the 'last-chance saloon' for women who are struggling to get pregnant. Scarily, 90 per cent of women who walk through his door have previously been told that it simply isn't possible – something he is quick to dismiss. What's vital, he says, is not to offer a standardised treatment plan but to work with your body to help it form a healthy environment for an embryo to live in. He refers to his approach as a 'bootcamp': check-ups, constant tweaking of medication, blood tests, scans on a daily – even twice-daily – basis. Your relationship with the clinic doesn't end once you're pregnant, either – he'll keep an eye on you right up until your due date.

Our verdict Taranissi's success rate is twice the national average. Go figure.

Details £250 for an initial consultation. At ARGC, 13 Upper Wimpole Street, W1 (argc.co.uk; 020 7846 1230).