

The Amazon Fertility Program

The Amazon Fertility Program was developed by Brazilian born Antonia Ruhl. Antonia lived for several years in the Amazon with the Native Kayapo tribe. She learned about unique herbs and pressure points to stimulate fertility directly from “Dancing Feather”, their medicine man.

This ancient wisdom has been used for thousands of years by tribal societies to prepare the body for a healthy pregnancy.

Antonia has incorporated this unique heritage and her skills in the development of the Amazon Fertility Program which treats hundreds of hopeful parents every year.

The treatment includes the special preparation and use of Brazilian herbal tea tonics to warm the kidneys and tonify the blood and reproductive organs.

These “super” herbs undergo a unique energization process Antonia learnt with the Kayapo tribe to increase the potency of the specially selected herbs.



A healthy tree always bears healthy fruit.

Antonia Ruhl



Antonia's studies and qualifications have included:

PhD in Philosophy, Cultural Doctorate in Paranormal Science, Spiritual Healing, Bowen Therapy, Remedial Massage Therapist, Timeline Therapy™ Practitioner, NLP Practitioner, Hypnotherapy, Marriage Celebrant, Clinical Counsellor and Clinical

Psychotherapist.

Antonia is the author of “Inner Sense Development”, “The Game of Life” and “You Are Only Two Millimetres Away”, which many patients use to address the emotional and psychological healing aspect of their treatment.

Lia Mills



Lia Mills is a holistic health practitioner who integrates body, mind and spiritual care. Her studies and qualifications are in Nutrition Medicine, Naturopathy, Herbal Medicine, Reflexology, Reiki, Iridology, Metaphysics, Vibrational Energy Medicine and Spiritual Healing. Lia specialises in Women's Health, Infertility, Obesity related conditions, Gastrointestinal Diseases and Stress related conditions. Lia has

always had a profound connection with nature and plants and working with Antonia has renewed it. Herbs are powerful tools that restore health and vitality to our cells.

Natural Stress Therapy was founded in 1990 and is winner of the 2000 Australian Achiever Award for Excellence in Customer Relations.



Getting Pregnant the Amazon Way



Antonia Ruhl & Lia Mills
Natural Stress Therapy

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Our Philosophy

Antonia's philosophy is -

“If the tree is healthy then there is no reason why it should not flower and fruit.”

She believes the same is true for pregnancy. If the mother and father are well balanced then there is no reason why they should not conceive.

The aim of the Amazon Fertility Program is to restore balance in both partners, physically, mentally, emotionally and spiritually, to optimise the chances of conception and a healthy pregnancy.



Most people experience declining fertility levels with age. Now, more than ever, we are seeing infertility due to toxicity in our environment and diets, and from exploding rates of diabetes, obesity, poor nutrition, stress and fatigue.

However, the body is an amazing self regenerating organism. Health and vitality can be yours with proper care of nutrition, exercise and a relaxed positive outlook.

Naturopathic Care

Natural Stress Therapy combines a fully trained team of natural health care practitioners to offer you the best possible care.

Naturopathic treatment is a fundamental part of the Amazon Fertility Program.

Addressing key areas of nutrition and system function our naturopaths work to build the body's energy and support a healthy growing baby.

Any imbalances in organ or cellular function are corrected with lifestyle changes, supplementation and herbal preparations.

Our experienced Naturopaths work intensively with Antonia and are dedicated to helping each couple achieve a healthy pregnancy and address the underlying causes of their inability to conceive.

IVF Support

Many of our clients combine the Amazon Fertility Program with IVF and GIFT treatments to improve their chances of success.

The Amazon Fertility Program also helps the body cope with the sometimes invasive techniques associated with medical treatment.

We will tailor your treatment to coincide with your individual IVF program and specialists guidelines.

Pricing & Consultations

\$220 for Initial Consultation. Allow one hour. Please arrive 15 minutes prior to your appointment time to complete the necessary client forms.

\$120 Follow Up Consultations. Allow half an hour.

The cost of herbs and your future session times and frequency depends on individual circumstances. The average cost for herbs is \$300 per person per month.

Consultations with our Naturopaths are eligible for private health care rebates in most cases.

Natural Stress Therapy has a specially designed program for Interstate and Overseas Patients.

The clinic also offers many other popular services including: Reiki and Energetic Pulse Therapy, Bowen Therapy, Relaxation & Remedial Massage, NLP, Hypnotherapy, Timeline Therapy™, Emotional Release Therapy, Papimi Electromagnetic Pulse Therapy and Counselling.

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