

Top 5 Things You Can Do To Boost Your Fertility Webinar Transcription

Samantha: Good afternoon, everyone. My name is Samantha English. I'm the Marketing Director for the Natural Fertility Company. I'm very excited that you've all taken time out of your busy schedules to join us, and learn five things you can do to boost your fertility. The Natural Fertility Company is one of the best resources available online for natural fertility information and products. The company is made up of three segments. We've got NaturalFertilityInfo.com. That's our information site. It offers nearly 500 articles and free guides that are geared toward informing and educating couples, just like you, so you can make empowered decisions about your fertility journey.

Natural Fertility Community is our online forum where men and women can go to support one another, ask questions, and learn from the experiences of others. Our community is organized into groups based on the challenges our members are experiencing. We offer tips and special community-only discounts from time to time, so be sure to join our community and get involved in a group today. The final leg of our company's tripod is NaturalFertilityShop.com. This e-commerce site is where couples can purchase natural fertility supplements and other products to improve their reproductive health. Our herbalists have hand-selected each product in the shop, and some of the products were formulated by our founder and herbalists.

Speaking of our team, I'm excited to introduce you to our two presenters today. Before I do, let's go through all of our webinar tools, so you'll know how to interact with us throughout this webinar. In the first screen, you'll see that you can expand your control panel by clicking the red arrow in the top, right corner of your screen. Please go ahead and expand your control panel now. Now, let's move down to the audio tab. That's where you'll select if you're joining us via telephone or if you're connected to us online. If you are connected to us online, be sure to click the mic and speakers radio button.

We have everyone muted for the duration of this webinar, so you won't have to worry about interrupting the webinar if your phone rings or you have any other disruptions. Now, on your second screen, you'll see a question section in your control panel. One of our expert-certified herbalists is going to be online during this webinar, and will be answering questions you might have. Just expand this question section and type in your question. We'll try to answer as many questions as possible. If we can't get to your questions, please email us at help@naturalfertilityshop.com, and one of our herbalists will be sure to get back to you within the next couple of days.

Finally, Dalene and Hethir will be giving you lots of great information about free resources and products throughout this webinar. Don't worry about writing everything down because we're going to send you an email, after the webinar, with a list of links and information. Now, let's get started. Our first presenter is Hethir Rodriguez. She is the Natural Fertility Company's founder. Hethir started the Natural Fertility company in 2007 when she looked for information on implementing a natural approach to fertility. Finding little in terms of information or resources,

Hethir started researching and writing guides and articles to provide couples with information.

Shortly after launching the information site, Hethir launched NaturalFertilityShop.com. This site provides couples with the best natural fertility products on the market. Hethir has actually developed the formula for the Fertilica line products available in our shop. She has been a holistic healthcare practitioner since 1997, and a Certified Herbalist since 1999. She holds a Bachelor of Science in Holistic Nutrition, and is a massage therapist, and Certified Birth Doula.

Dalene Barton, our second presenter, is our Senior Herbalist. She's a Certified Herbalist and Labor Doula. Practicing Natural Health and Herbalism since 2000, Dalene trained extensively in the disciplines of natural women's health and natural home birth. She studied Herbal Medicine extensively, and brings a significant amount of knowledge and expertise to our team. We're very proud of our entire team, and we are ready to get started. Let me unmute our presenters here. Hethir, Dalene, how are you guys doing today?

Hethir: Doing great.

Dalene: Doing good, Samantha. Thank you.

Hethir: [crosstalk 00:04:24] introduction.

Dalene: Thank you, so much.

Hethir: I want to welcome everybody to this webinar. It's been a while since we've done one, so Dalene and I are very excited to be here with you guys today. There is a lot we're going to cover in this webinar, so you probably want to take notes. We're going to be focusing on the five most important things to get started boosting your fertility right away. We wanted to give you some practical things that you could do, starting today. [inaudible 00:04:53] know, and have heard from many of you about a lot of the different questions and situations that you're in. We made sure to include things that would be helpful for every single one of you.

The first thing that we're going to talk about is we're going to be talking about diet. If you've read any of the articles on our website, if you've heard any of my previous videos, or [inaudible 00:05:13], you will know how passionate I am about diet, and how important it is to eat a natural fertility diet in preparation for conception. One of the things I get asked is, "Why is that so important? Why is that the foundation of everything?" There's a couple of different reasons. The first reason is diet is one of the most important things that you can do in preconception care.

When you're preparing to get pregnant, there are so many different factors that are in place that need to be nourished. There are so many different nutrients that you need, even in the early stages of pregnancy, before you can detect that you're pregnant. There are going to be nutrients that you're going to need at that time. There's also nutrients that you need to have in ample amounts so you don't have any deficiencies, which can cause issues into your pregnancy.

Some of these specific nutrients that are really important are going to be folic acid. Everybody hears you need to take folic acid in preparation for pregnancy, as well as during pregnancy, because of the formation of the fetus and everything that's happening so early in pregnancy.

One of the other nutrients is one you don't hear a lot about, as it pertains to fertility or pregnancy, [inaudible 00:06:31] magnesium. Magnesium is one of the deficiencies that's very common in our society. There's been some links to magnesium deficiency causing morning sickness. It's another nutrient you want to think a lot about beforehand, in preparing for pregnancy, to make sure that you're getting enough. Also, essential fatty acids are also another really important preconception nutrient, which we're going to go over here in a little bit. That's another one that you need to have in ample amounts, even before you're pregnant.

Another reason that we want to focus on diet during this time is that what you're eating can impact the DNA health of your child. It's also very important for having healthy pregnancy. Also, it can have an impact on your child's future immune system and emotional well-being. There have been some evidence that shows that eating a healthy diet in pregnancy, and having specific nutrients in your diet, can actually reduce the chances of autism and pre-eclampsia during your pregnancy and when your child is born. This is really the last opportunity that you have to prepare for your pregnancy, and to have the best impact on your pregnancy and your child's health.

I'm going to cover three key fertility foods. I want there to be some things that you can take away from today's talk that are really usable, and that you can focus in on some key factors right away. The first one is eating organic. Eating organic is really important for a couple of different reasons. The first is you're going to reduce your exposure to pesticides. Pesticides, in the body, can mimic hormones. We don't want to be mimicking hormones, especially estrogen, which can be easily in excess in our culture. The second is organic foods don't have hormones, added hormones. They don't [antibiotics 00:08:18].

Some of the main foods you want to focus on being organic are going to be your meat and dairy because the chemicals end up compounding in those animals. If they're eating food, or feed, that has ... is genetically modified and is not organic ... chemicals, pesticides, antibiotics, everything that's in those foods. Those are the two main [inaudible 00:08:46], meat and dairy, that you really want to focus on moving to organic if you have to choose. Then, you also ... fruits and veggies, [inaudible 00:08:55] should be organic as well, but I'm giving you a starting point. The next key fertility food to focus on is essential fatty acids, Omega-3 specifically.

This is an essential fatty acid that's been shown to help not only regulate hormones, promote ovulation, and increase cervical mucus production, but it also increases blood flow to the reproductive system. We're going to talk a little bit later on about how important that is to have good blood flow to the reproductive system. Some of the preconception benefits of Omega-3 is that they contain two fatty acids that are crucial for health, DHA and EPA. It's been shown that low levels of DHA during pregnancy have been associated with premature birth, low

birth weight, and hyperactivity in children.

As you're going to be hearing, there's a lot of different things that impact how your child is able to function once they grow up. Those actions can be taken now. During pregnancy, EPA and DHA are also important for developing the fetus' nervous system, the circulatory system, and for brain development. Studies are showing that babies born to mothers with high levels of DHA, which is good, do better with visual tests and hearing tests. Also, having a sufficient level of fats in your system has been shown to help prevent miscarriage and preterm delivery.

Premature birth occurs in about six to ten percent of births. We want to make sure to reduce that. That can partially be done through diet. It also ... any lack of fat in the diet will increase the risk of physical learning disabilities. Omega-3 fatty acids are important for male preconception care as well because both the DNA of the man and the woman is going to making the baby. Essential fatty acids, in men, helps to increase circulation of the reproduction system. It also helps to lower blood pressure. It's important for sperm production. Some foods that are rich in Omega-3 are going to be cold-water fish, grass-fed meats, only grass-fed meats, nuts, and seeds.

You can get an idea of how much Omega-3 are in seeds and nuts. Here's an example. About a fourth-of-a-cup of walnuts has 2,270 milligrams of Omega-3. That's a great amount. Chia seeds, which I love; I put into my smoothie or my yogurt everyday. One tablespoon has 2,300 milligrams of Omega-3. I like to get my Omega-3 from both nut and vegetarian sources as well as from fish and from grass-fed meats. Also, supplementing with fish oil is also important to get the essential fatty acids and to get the higher level of DHA into your diet. My favorite form of taking it is cod liver oil.

The next important key fertility food is going to be antioxidant-rich foods. This is one of the main reasons that you'll hear me talk a lot about juicing and a lot about fertility smoothies. Antioxidants are really important for preconception care in both men and women because it helps to protect the DNA and cell structure of the egg and of sperm. Antioxidants are a group of nutrients that help to protect the body from free-radical damage. They basically do this by sacrificing themselves. You need to constantly be consuming antioxidants in your diet to replenish your supply.

Free radicals are unstable molecules that can cause damage to cell structures in our body. We're wanting to protect the egg. We're wanting to protect sperm health because we want that DNA to be as intact and healthy as possible when it's forming and coming together to make that embryo. Some examples of important antioxidants for preconception care are going to be Vitamin E. These are all ... You've heard of these before. Vitamin E, Vitamin C, CoQ10, and Glutathione. Vitamin E has been shown, in studies, to increase sperm health and motility. That's the movement and how it moves.

Another study, that was actually done on rats, was the way that Vitamin E was invented. They fed the rats a Vitamin D deficient diet, and the rats instantly became infertile. They then added

[inaudible 00:13:17] back into their diets, and they all became fertile again. This is how they discovered the actual ... that Vitamin E was actually a nutrient in the first place. Vitamin C is a very common antioxidant that everybody's heard about. This has been shown in studies to improve hormone levels, and increase fertility specifically in women with luteal phase defect.

This is pretty cool. There's a new study that was published that was showing that women who were using Vitamin C, that had luteal phase defect, had doubled the pregnancy rate than the group that did not. Then, the last one is CoQ10. CoQ10 is absolutely amazing. There's been several studies showing that CoQ10 helps to increase the health of the egg and of sperm. The form that you want to take of CoQ10 is called Ubiquinol, which is the best form of CoQ10. It's about eight-times stronger than just plain CoQ10, and more bioavailable. Diet is the first way to get more antioxidants into your body. Eating a nutrient-dense fertility diet, super important. This is going to include whole foods, fruits, vegetables, grains, grass-fed meats, dairy, -- preferably raw and organic -- nuts, seeds, and seaweed.

Make sure to eat a wide variety of foods in your diet, a lot of different colors. Also, keep in mind [inaudible 00:14:39] antioxidants are sensitive to heat. Damage can occur when you're cooking them or preparing them. Make sure to include some raw foods in your diet, such as fresh-pressed juices. These are the ones you put through a juicer, not the ones you buy at the store ... and fresh smoothies that you can make in a blender. Also, supplementing with an antioxidant blend is going to be important, especially for the CoQ10, so that you're making sure that you're getting ample amounts of these nutrients.

Another factor to a fertility diet and fertility eating that we get a lot of questions about is losing weight for fertility. Dalene, I would love for you to share some things with us about weight-loss and how to lose weight for fertility.

Dalene: Sure. Today, I'm going to go over why losing weight would be important, and the benefits of maintaining a healthy weight level for fertility specifically. We all know that maintaining a healthy weight is really important for health in general, but how does that impact fertility? Basically, what happens is the higher amounts of body fat that a person has increases the estrogen levels. This is because what people just don't know typically is that fat cells can produce estrogen. In fact, they're one of the largest producers of estrogen in the body. The more body fat that you have, the more estrogen you are going to be have circulating.

This is for men and women. When there's too much estrogen in the body, the entire hormonal system can be disrupted. Hormones tell cells in the body what to do. Any disruption to that communication can lead to fertility problems, which could impact conception and pregnancy. Estrogen dominance is one of the most common causes, and root causes, of fertility issues in women today. Some examples of this would be PCOS, endometriosis, uterine fibroids. Even little things, such as PMS and irregular cycles, or heavy menstrual bleeding, can be linked back to imbalanced estrogen levels in the body.

Another part that's really concerning to having too much estrogen circulating in the body is that

it usually creates low progesterone levels. Low progesterone levels increase the risk of miscarriage in early pregnancy. It can actually prevent conception during just after ovulation. Losing weight, and maintaining a healthy weight, is going to help you to promote healthy hormonal balance. It's going to reduce the incidents of reproductive health problems. It's going to support balanced estrogen-to-progesterone ratio, which can create a healthy normal menstrual cycle, and increase the likelihood of conception, and a healthy first trimester for pregnancy.

For men, it's just as important. Estrogen levels, too much body fat can cause lower testosterone levels, which can lead to erectile dysfunction, lower sperm count and health, and hormonal levels across the board just being off. Focusing in on keeping a healthy BMI, a healthy BMI is between 19 and 24. That might not be realistic for you depending where your weight's at. If you're over 30, studies have shown that if you can get your BMI below 30 that it's really going to boost your fertility levels greatly by increasing the estrogen-to-progesterone ratio. Several studies have shown that couples with a higher body fat content are less likely to conceive naturally or through ART. ART is artificial reproductive technology.

We're talking about IUI, IVF, or FET. We're really going to want to focus on maintaining a healthy weight and body fat content. This goes for people that might not have enough body fat as well because that can cause too low of estrogen levels. It's more common that we have clients, and women, and couples looking that are overweight, though. That's a really common question that we get. We really wanted to focus on that for you today. The biggest question is where can you begin? How can you even begin to lose weight when there's so many mix signals in our society today on ... There's probably, I don't know, thousands of diet websites out there, and diet gurus.

For Hethir and I, we really like to focus on five simple steps. We call these the Important Five. They're part of our 21-Day Fertility Diet Challenge. If you haven't checked that out, you can check out our natural fertility diet website, or you can even check out the fertility diet page on NaturalFertilityInfo.com, which has a ton of information, and has a link to the 21-Day Fertility Diet Challenge, and our e-book on the subject. I'm just going to go over these. Water first thing in the morning. This seems a little overwhelming at first, but it's pretty simple. I just like to keep a quart Mason jar.

I fill it all the way up, first thing in the morning. Then, I chug the first half down. Then, I carry the rest around with me while I'm getting ready in the morning. We suggest that you add lemon to this. Basically, the benefits of that is that, all night long, your liver has been working so hard to detoxify [inaudible 00:20:20], and get rid of toxins in your body, and excess hormones. This water helps to flush the liver out. The lemon stimulates the liver to detoxify. It also stimulates digestion, so you're creating healthy digestion foundation for the rest of the day. It really hydrates the body.

Then, Hethir touched on this next one, number two. A great way to get antioxidants is to drink one fertility smoothie everyday. Fertility smoothies are great because you can add a wide

variety of antioxidant-rich foods and nutrient-dense foods, a wide variety of fruits. You can even add some greens, like baby spinach, in. We suggest that you add one fertility super food to your fertility smoothie daily for healthy hormonal balance and stress response in the body. Some examples would be Maca, or our Fertili-Greens, Royal Jelly, and Spirulina. If you want to make it into a meal, adding a clean-whey protein such as our Fertili-Whey ... and these can all be found in our online store.

Number three, eat one big green salad per day. I'm talking about a meal here, about the size of a dinner plate. You're going to want to add a variety of lettuces, some dried fruits, goji berries, a wide variety of nuts and seeds, and then a wide variety of colorful vegetables ... so thinking of red peppers, radishes, red onions, leeks, cucumber, zucchini ... anything you can think of, adding it to that salad. I like to eat mine for lunch. Number four, eat one dark, leafy green vegetable a day. We're talking about Swiss chard, or collard greens, Bok Choy, kale, spinach. This is going to add a lot of fiber to your diet. It's going to boost the vitamins, which are really good for the lengthening out the luteal phase and helping maintain healthy progesterone levels in the second half of the cycle.

You can lightly steam those, or you can add them to your salad. You definitely want to get in one dark, leafy green vegetable a day. Number five, Hethir touched on this as well, is to drink one green juice everyday. We're talking about a fresh juice that is made from fresh vegetables in a juicer. If you're not able to get a juicer, we do have some information on NaturalFertilityInfo.com about making fresh juices through a good blender, or you can just do ... until you can get a juicer, do something like our Fertili-Green supplement, or another organic green supplement, into a liquid everyday.

Juicing is great because all the nutrients are easily absorbed and assimilated by the body really quickly. This is because your body doesn't have to work to digest or break down any of the fibrous pulp. You could pack in a ton more vegetables by juicing in one day than you could ever eat throughout a day. My favorite juice is beet, carrot, spinach, ginger, and lemon if that gives you a good example of what the juice might look like. We have great detailed guidance, on the Important Five, in taking the 21-Day Fertility Diet Challenge. When I'm talking about these Important Five, I'm not talking about this would be the only thing that you eat.

This would be things that you include into your daily diet, or taking one of these things, or five of them, and replacing some unhealthy habits that you have in your diet. If you're wondering how you would include these into your daily diet, our 21-Day ... twenty-one recipes for smoothies, 21 for juices, 21 for the greens and salads. We even have homemade salad dressing recipes to help you guys get in your omega essential fatty acids. It's called the 21-Day Fertility Diet Challenge because it takes 21 days to establish a new habit, healthy or unhealthy. If you can implement these Important Five things for 21 days, you're going to be creating a new healthier way of eating, which Hethir just covered how it's so important for preconception health.

Once you establish really healthy diet habits, you're going to be more likely to continue them into pregnancy unless Hethir said really helping to prevent any problems in pregnancy, and giving

your child the best start at a new life that it can have. Now that we've talked about the foundation of boosting fertility, there's an added layer to this that really helps reinforce and establish a really truly healthy body for conception. That is cleansing. Hethir is going to talk a little bit about specific type of cleansing.

Hethir:

Excellent. Thanks, Dalene. Fertility cleansing, this is generally where we start people once they've started with the foundation of diet. Diet is the foundation of everything. A lot of herbs and different things won't work as well if you don't have your fertility diet in place. The fertility cleansing is a great place to start because, one, you want to have your body as healthy as possible before pregnancy and during pregnancy. Once you're pregnant, you are very limited in what you can do. You're limited in what herbs you can take. You definitely can't cleanse. You can't start anything really new, but if you have an exercise regime, you have to keep it pretty moderate. You can't start anything hardcore when you're pregnant.

This is a time when you want to do things that you still can before you're pregnant. Cleansing is a great way to support the body in its natural ability to cleanse itself. Fertility cleansing is basically ... Cleansing [inaudible 00:26:38] very specific to fertility. This is going to be very different from other types of cleansing. I'm not sure how familiar you guys are with the various types of cleansing out there, but there are some types of cleanses that you're drinking clays, and you're taking very strong herbs. You basically can't do anything without a bathroom near you. You're going to need to stop everything you're doing and focused on your cleanse for that period of time that you're cleansing.

There are some other cleanses that are very harsh, very strong, requiring you to eat diets that are very, very strict, and very hard. That is not what fertility cleansing is. Fertility cleansing is focusing on nourishing and building. This is a time we want to prepare, we want to nourish, and build up our [inaudible 00:27:21]. It isn't a time that we want to tear down and purge, which other cleanses do. That's not necessarily a bad thing. There's a time in life for that, but it's not during preconception care. That's one of the differences between fertility cleansing versus other types of cleansing. It also ... Fertility cleansing ... We focus on working with the phases of the menstrual cycle.

A lot of the things that we do, you guys will notice when you're reading different instructions, or suggestions with herbs, that there's different times that you might use different herbs. With the fertility cleanse, we're working with the various phases of the menstrual cycle. There's your period. There's a phase before ovulation, and there's the phase after ovulation. That's something that we're doing. We're also focusing on the uterus and the liver. The liver is one of the most important organs in the body. It's because of its ability to filter the blood. The liver is the body's filter. One of its main jobs, besides getting rid of toxins, is to get rid of excess hormones in the system, specifically estrogen.

When we're looking at this from a natural fertility approach, we're wanting to always support the liver so that it can do its job. No matter what imbalance, or what situation you might be in, always think about your liver. Is there something I can do for my liver today? Drinking water is

something that's fantastic for your liver, as is using whole herbs such as milk thistle, burdock root, dandelion root, dandelion leaf, and yellow dock. We want to support the liver. We love our liver. In fertility cleansing, we also focus on the uterus. This is something that's very unique. Most cleanses will focus on the liver, but fertility cleansing focuses, in addition, on the uterus.

... [inaudible 00:29:16] and growing, and nourishing, being nourished. You want to make sure that your uterus is supported with good circulation, that your uterus is "clean." You want there to be ample circulation so there's no growths in there, there's no old blood from previous cycles, there's no clots, various things like that. We want healthy uterus with healthy circulation to it. Also, helping to support the uterus will also support hormonal health as a whole. This is the focus of fertility cleansing. Dalene, would you share with us some of the things people can expect while they're cleansing, and what we hear back a lot from our clients who are doing cleansing?

Dalene: Sure. I think I had myself on mute. Sorry about that. What to expect? People are always worried. I think Hethir really explained greatly about ... this isn't a harsh cleanse. This is a gentle cleanse. There shouldn't be as much worry going into it. There are some things you're going to want to do in preparation, and what to ... I'm going to go over some things to expect. Typical things that we hear back from clients are that they're more tired, that they're moodier than usual, they have some different kinds of cravings. That could also be associated with changing the diet as well while you're cleansing.

It's important to just know to just be gentle and patient with yourself. Take some time to go slower. The fertility cleanse does last for one entire menstrual cycle, which is about 28-30 days. Going into it, you're definitely going to want to plan. You're going to need to look towards the future of when you could set aside an entire month to do this. At the same time, stocking your pantry and refrigerator with healthy whole foods, and avoiding some unhealthy habits, such as excessive caffeine consumption, sugar, or alcohol and tobacco use ... [inaudible 00:31:25] remedies with this cleanse is all going to help you to prepare for the cleansing, and help to support your body through the cleansing process so that you don't have any extreme side effects or feel off at all.

Great ways to support yourself are by drinking plenty of water, so at least 8 full glasses of filtered water a day. If you're doing the first Important Five, where you're drinking the quart, you're going to be well on your way. This will be included on top of the teas. The fertility cleanse includes two delicious teas as part of the phases. I'll go over that in a little bit. Another way to support yourself is to really establish the fertility diet and get in those Important Five, get in the habit of that prior to beginning the cleanse. Rest more. Listen to your body. Go to bed early. Take naps if you can. Really listening to your body, I think, is important.

If you're starting to feel like you're a little moody or tired, drinking water, laying down, not planning a lot of big events during your cleansing period. To support full detoxification of the body during the cleanse, we definitely suggest promoting sweat daily. Ways to promote sweat, because your skin is one way that eliminates toxins is through sweating, would be regular

exercise, hot baths, saunas. Just be sure, again, listening to your body not to overdo the exercise. You don't want to go gung-ho. You just want to really be gentle with yourself. Typical ...

Samantha: Hi, Dalene. Sorry interrupt you, but we've got some questions coming in right now. I think that they'd be beneficial at this point in the webinar. One of the first questions we've gotten is, "What's the benefit of cleanses available at the Natural Fertility Shop versus just drinking lots of water and doing a homemade cleanse like I've seen on websites and Pinterest?"

Dalene: Hethir, did you want to take that one?

Hethir: Yeah, I can take that one. Well, one of the differences is going to be, like I was saying before, focusing on the uterus. That's very, very important in preconception care and for fertility cleansing. Another thing is that it's much gentler and it's easier to use. There's really not much that you can do at home, that I could think of, that would be good for ... as specific for fertility cleansing. Just really focusing on the liver and making sure that the uterus is being nourished and also supported through toning herbs, and hormonal-balancing herbs, and circulatory herbs.

They're very different in their approach because we're looking at preconception care versus [inaudible 00:34:23] cleansing the body. The body's toxic. Let's purge and get everything out. We're more building and preparing with this approach.

Samantha: Another question we have that just came in, "Is fertility cleansing recommended the month before IVS?"

Dalene: I actually was just going to go over that.

Samantha: You want to hold that thought until ...

Dalene: No, [inaudible 00:34:55] or IVF, or FET. You're definitely, like I talked about in the beginning, [inaudible 00:35:00] the 30-day cleanse. With those procedures, you're most often going to be taking some sort of medications. You definitely are going to want to cleanse at least one full cycle before you begin any medications for any sort of fertility procedure. We don't want to affect how those medications may be acting in the body. We want to prepare the uterus prior to you going for those procedures. At least one full menstrual cycle prior to any ART treatment. Ideally, before those treatments, you might want to even start thinking about a one-to-three-month program.

If you are wanting to improve your egg health, you would want to look at starting about three months in advance of beginning medications for that procedure, so that you have enough time to impact your egg health. It takes about three months to impact the egg that's going to be used for that treatment. Anything else, Samantha?

Samantha: Well, I have one other question ... I have one ...

Hethir: [crosstalk 00:36:16] Dalene. I just want to say one thing. I'm not sure if you mentioned it, but we don't want to mix herbs with medications at any point.

Samantha: Just one more question I thought [inaudible 00:36:28]. When can we start a fertility cleanse after a miscarriage?

Dalene: You would want to wait until you are done bleeding. Ideally, it would be best to wait until you've started your menstrual cycle again. [inaudible 00:36:55] that we're doing over at the Natural Fertility Community [inaudible 00:37:01]. I know that there's a buzz over there already. If you want to join us over there, once you get your fertility cleanse, that would be awesome. What I was saying, for the results, which is on the previous side, but that's okay, Hethir. You can just leave it ... was that you're going to be creating, as Hethir said, a healthy liver for optimal hormonal balance, and a clean-strung uterus for your upcoming conception and implantation. Fertility cleansing also really creates a great clean slate from which to build upon.

If you're planning on a herbal program after fertility cleansing, it helps the body to be more responsive to other natural therapies. It's really one of the best ways to prepare the body for conception. The best time to start the fertility cleanse, if you want to go to the phases ... There you go, Hethir ... is day one of your period, or the first day of bleeding. We have three phases for the fertility cleanse. Phase one is the resting phase. This is the very first day of your period. It lasts about five days, depending how long you bleed. This is a great time to prepare yourself, like I said, stocking up your pantry, taking some time to yourself, thinking forward to your cleanse. It's also a great time to really, thoroughly read through the fertility cleanse instruction booklet.

Every fertility ... Female fertility cleanse comes with this wonderful, detailed, richly informational book on ... It has a question-and-answer section. It goes through all the herbs. It has all the supportive therapies that you can do. Taking that first phase to really read through that instruction booklet would be a good idea. Then, phase two would be day six through seventeen. The day after your period ends you would start the liver-cleansing phase, which includes the milk thistle extract, liver renew capsules, and the liver cleanse flushing tea. Then, after that, on day 18, you would begin phase three, the uterine cleansing phase, which includes the Women's Best Friend Capsules and the Conceptions Tea.

If you had any of phase two left over, any of those products, you could overlap them and include them into phase three until they were gone as well. You would end the cleanse when your next period started. For most women, that's about 28-30 days, depending how long your menstrual cycle is. You don't need to really worry too much about being off on the cycle. If your cycle's a little bit different, it's okay. You just go with the flow, figure out ... It doesn't have to be strict within these phases. If you bleed for seven days, it would be okay to start maybe ... because your cycle should be slowing up at the end ... to start while you're still spotting at the

end of your cleanse. Did we have anymore questions? I think ...

Hethir: I just wanted to mention that while you're fertility cleansing, we advise to not be trying to conceive that month.

Dalene: Oh, yes. I forgot that. That's so true. I have that right here, too.

Hethir: You'll be herbs that aren't safe for pregnancy that are specific for cleansing. Take a month off. Focus on the cleanse. Then, once you start a new program, after the cleanse, you can begin trying to conceive again.

Samantha: Ladies, before you get to your next tip, we are getting flooded with questions. I just wanted to remind everyone, just in case we can't get to everyone's question here during the webinar, please be sure to email your questions at help@naturalfertilityshop.com, so one of our certified herbalists can back to you in the next day or so.

Dalene: All right. Great. Now, we're going to be talking about herbal support and four fertility herbs that we feel that everyone should know about because they are so effective, and so nourishing, to reproductive health. Hethir and I both love plant medicine. It is one common passion that we have. Herbs play a huge role in our daily lives and the work we do. I think they really unite us as colleagues and friends. Herbs have a unique intelligence about them. They work to nourish body systems and stimulate the body to bring about health. Different herbs have a variety of benefits, making them effective for a wide range of issues. Then, there's herbs that have specific actions on reproductive health and boosting fertility.

Something important to know about herbs when we're talking about them is that in order for them to be truly effective, you need to be really consistent about using them. That means following the product label, and then utilizing them at least for a minimum of three months to bring about real changes in the body ... or at least to begin to bring about real changes in the body. Some herbs may be more effective when taken longer. We'll cover a couple of those today. It's also important to note that herbs are not meant to be a substitute for dietary and lifestyle changes. Herbal formulas, and herbs taken individually, work best when you have diet and healthy lifestyle habits in place.

They're not going to be as effective if you have a poor diet and you're [inaudible 00:42:36]. It is counterproductive to what the action of the herbs will be. The herbs we're going to talk about, coming up, can be found ... There's specific pages on them at NaturalFertilityInfo.com. We also have a fertility herbs guide, which is very detailed, over at NaturalFertilityInfo.com. We have a fertility herbs quick guide, which is alphabetized. If you're having trouble finding those, it's called Fertility Herbs Quick Guide A Through Z. I think Samantha's going to include a link to that at the end of the webinar emailed out with the webinar. Let's get on.

The first one is Shatavari. This is an herb from India. It's often used in the practice of Ayurveda. It has been translated to "she who possesses 100 hundred husbands," if that says anything.

Definitely a fertility herb, all the way. It's an adaptogen, which means it supports the endocrine system. The endocrine system is responsible for hormonal balance. It helps to balance the hormones overall. This is for men and for women. It also helps the body have a healthy stress response. If you have a high-stress life in fertility, or any autoimmune issues, it really helps to support immune and stress response in the body. In women, it encourages cervical mucus production, and also healthy fluid levels. If there's some premenstrual water retention, it can really help to reduce that.

It's been used for thousands of years to improve semen quality in men. It's awesome because it encourages healthy breast milk production in women. For any moms out there, this has been actually a common question lately. I'm wanting to prepare for my second child, but I'm breastfeeding. What can I do to start to prepare my body? [inaudible 00:44:43] safe while you're breastfeeding. There's one interesting study showed that it reduced adhesion or scar tissue in the abdomen, which it may be applicable for uterine fibroids, or C-section, blocked fallopian tubes, and condition like endometriosis that has been known to create scar tissue and adhesion formation within the abdomen. It's safe for very long-term use. It's best taken as a dried powder. Capsules are really convenient.

Another herb that I have been falling in love with more and more is Tribulus. This herb has just been blowing me away. It's been shown to increase sex hormone production in both men and women, so another herb that's great for men and women. It's best known for its ability to promote ovulation in women who are not ovulating or have irregular ovulation. It's sometimes referred to as nature's clomid. I think the action basically ... it can be associate with the fact that it increases serum FSH levels, so that's follicle-stimulating hormone, and [estrogel 00:45:57] in the first half of the cycle.

Several studies have shown that it actually can promote ovulation in women when taken for up to six months consistently in the first half of the cycle. For men, it supports an increase in LH and testosterone. That's luteinizing hormone and testosterone, which supports erectile function, increased sperm count, and sperm health. It has been shown to increase libido in both men and women. Again, it's best used for six months consistently. A Bulgarian study showed that Tribulus decreased the effects of antisperm antibodies when both partners took it. Antisperm antibodies ... a tongue twister there ... is a condition in which the immune system attacks the sperm cells. When it does this, it damages and can kill off a man's sperm, and definitely is not an ideal situation for trying for a baby.

We actually, on Friday, had an excellent testimonial come in of a couple who have been struggling with anovulatory cycles. The woman had ... She wasn't ovulating. They have been trying to conceive for five years. They did some follow-up testing. They found out the male partner had the antisperm antibodies. Their options they were given were a variety of different medications and IVF. They did some research, and they came across some information on Tribulus on our website. They both began using the Tribulus, and in under six months, they became pregnant, and she told us that she's now four-months pregnant, which is so exciting. Congratulations to her. Tribulus is best taken in capsule or tincture form. Let's see. I think that's

all I have to say about Tribulus.

Hethir is going to talk to you about two herbs that are probably our most popular for a good reason, because these two herbs are powerhouse fertility herbs. They have an excellent track record. Hethir, take it away.

Hethir: I'm going to go through this pretty quickly because we have a lot to cover. I want to make sure we have some time for questions. Maca [inaudible 00:48:20]. It works as an adaptogen in the body, so that means it's safe for long-term use. It can support many systems within the body. Something that you'll feel when you're using maca is you'll feel an increase in energy and stamina. It also has been shown to support thyroid function, increase libido, and help to support hormonal balance. Maca does a lot of different things. We like to use it as a super food, so it's a general food-type herb that we use on a daily basis, for long-term, to support the overall system.

Maca can come as a powder, which tastes a little malty, which is really ... Actually, I really like the taste of maca. Some herbs have a very strong taste, but maca is very pleasant. It also comes in capsules or as an extract. We have a lot of extracts because, one, I think it's one of the best forms that you can get an herb in, but you can also do a lot with them. You can add them to your smoothies, or you can just add them to water and take them on a daily basis. Maca is something that a lot of people should look into and consider for general fertility health, whether there's an imbalance [inaudible 00:49:21] or not.

My next favorite herb ... I feel this is my favorite herb, period, on Earth ... is Vitex. Vitex is a very beautiful herb that ... You can see the picture of it here. We actually use the berries of it. It looks like what you would maybe put into a pepper grinder, these little hard berries. A lot of studies have been done on vitex, especially in Germany. It does a lot of different things. It was found to lengthen a short luteal phase. If you have a short luteal phase, there's basically not enough time for an embryo to implant. The luteal phase is the period of time after ovulation until your period would begin. If that is shorter than 12 days ... if you do get pregnant, if you do have ... [inaudible 00:50:12] phase is a healthy lengthy one.

Vitex also has been shown to promote progesterone production. This is great because Vitex doesn't do this through hormones. It does this with supporting the endocrine system and the pituitary gland. Vitex does not contain any hormones itself. That's one of the things I really love about herbs is that herbs are helping to support the body. The body is producing progesterone because it's now healthy and supportive. The pituitary gland is now able to send the correct signals because it's being supported, and it's healthier. That's why herbs are so cool. It's not forcing something. It's bringing [about 00:50:50] an outcome because the body's healthier because of its use.

They're also very intelligent. Say you don't need more progesterone. Then, it won't make more progesterone because it's supporting your system. Your system will know what to do once it's healthy and functioning properly. Vitex also helps to encourage a regular menstrual cycle. It's

worked a lot for our clients who don't have a period, or who have a cycle that is really long, too short, 60 days, entire cycle, or too long of a bleeding time. A lot of different issues with the menstrual cycle, vitex helps to balance. It also helps to ease acne due to hormonal imbalances. This is for both men and women that you can use this for. I wouldn't necessarily use vitex in men who are trying to conceive just because it can possibly reduce your libido. It's really great for acne.

Another ... Something to keep in mind with vitex, because we'll get people who contact us and say, "I've been on vitex for three months. I don't see any change in my ovulation." We'll ask them about their diet. What changes did you make in your diet? "Oh, well. I haven't made any. I'm still drinking Coca-Cola. I'm still eating fast food, but vitex isn't working for me." Vitex is very picky. This is one of the herbs that, if you don't make those diet changes and those lifestyle changes, it's not going to work very well for you. If there is pre-existing nutritional deficiencies, vitex won't be able to do its job because you have to remember how vitex is working.

It's supporting the pituitary to function properly, but the pituitary is going to need nutrients. It's going to need [inaudible 00:52:24] acids. It's going to need some healthy components in order to function. While vitex is amazing, it won't work as well unless your diet is good. One other tip on the vitex is how to use it. Vitex is great to take as one dose in the morning. That's another great thing about it. It's really easy to take. You take it as one dose in the morning. It comes as capsules, as an extract, or we have it a lot in our herbal blends. I love vitex. Dalene, we were talking about a success story yesterday that I'd love for you to share with everybody. I think you might be muted.

Dalene: You were correct. I am. [inaudible 00:53:07]

Hethir: Dalene? If you could check your headset, I think the cord might be pulled out or something. You sound a little strange.

Dalene: [inaudible 00:53:21]

Hethir: It's a little bit echo-y.

Dalene: [inaudible 00:53:29]

Hethir: Maybe try it without the headset. Yeah, Katie says it's happening for her, too.

Dalene: Hold on one second. Do you want to go ahead and start talking about [inaudible 00:53:48]?

Hethir: Yeah, I'll just [inaudible 00:53:48]. The next section we were going to talk about is mind and body. This is something that is very important as well, in addition to the herbs, in addition to diet, is mind-body. As you guys all know ... You guys are all going through this in one form or another. There's a lot to being on a fertility journey. There's a lot of emotional factors. There's a lot of sorrow that can happen. There's a lot of triumph. There's all kinds of things going on. It's

important to also look at the mind-body aspect of [inaudible 00:54:23] things. A lot of science is pointing [inaudible 00:54:26] this way as well. There's four different areas of mind-body that we're going to focus on.

The first is massage. I personally ... I used to be a massage therapist. Massage is absolutely amazing. I have found it to be such an important way to increase circulation in the body, especially when it comes to reproductive health and preconception care. The thing about increasing circulation to the body, and why it's so important, is you have to remember that, one, that's how blood gets throughout the body. The blood is delivering oxygen, nutrients, antioxidants. Any of these herbal compounds that you might be using, any of these vitamins, minerals, everything, is going to be traveling through your blood to where it needs to go.

We're trying to get it to the egg. We're trying to get it to the sperm, uterus, [inaudible 00:55:11] endocrine system. We need the circulation to be working well. It's the highway where these things are going to be delivered. One of the best ways I found, and easiest, is to use massage to help increase circulation. There's various types of massage that are helpful for fertility. We've got arvigo massage. This is a South American massage that's done on the lower abdomen. It's abdominal massage. There's also myofascial massage. This is a massage that is very unique. It's done to help break up any adhesions that might be in the myofascia, which is the layer between the muscle ... between the top of the muscle and then the rest of the body.

Then, we've got specifically fertility massage. These are a couple different types of massage that are very helpful for fertility. The thing is, is when you're working with a practitioner, you need to make sure that they've worked with people who have ... they've worked with fertility clients before because it's very different. Yes, you can go get a deep tissue massage, which I highly encourage, but it's not going to be specific for fertility. It's going to help you with relaxing. You can find an arvigo massage therapist ... You search online. That's how you're going to find these people.

Myofascial therapists, find out how long they've been doing it for, if they've worked with fertility clients specifically. There's a fantastic place, if you can travel, called Clear Passages, which is a great myofascial-type of massage combined with physical therapy that's pretty incredible ... or you can find a massage therapist who specializes in fertility. I found this to be very rare to find these people, so I created Self Fertility Massage. This is a type of massage that you can do for yourself, in the privacy of your own home, because massage needs to be done regularly for it to benefit. It can get pretty expensive when you're seeing a specialist. That's something else for you to check out to help increase circulation to your uterus. Dalene, are you back on the line?

Dalene: I am. Can you hear me? Do I sound weird?

Hethir: I can. No, you sound great. [inaudible 00:57:11] Let's go ahead and talk about [inaudible 00:57:17]

Dalene: Meditation is something that I think is a little intimidating. Basically, we're just asking you to ... You don't have to be an expert. Just put forth the effort. Take time to consciously quiet your mind and [breath 00:57:32] for as little as five to twenty minutes a day. Just doing that can bring about profound change in stress levels, negative thought patterns, and help [aleve 00:57:41] anxiety, pain, and promote healing. Setting time aside each day ... just align your spine, sit comfortably, sit quietly, pay attention to your breath, and let all your thoughts pass on by.

This is something that we really value, and our team does every week prior to meetings just to help us stay connected to ourselves as individuals, and to our team, and the purpose that we have with this job. If you want to take meditation a step further, we have some free meditations on the website. On the stress and fertility page at NaturalFertilityInfo.com, we have a quick meditation, called Blue Sky Mind, that I created. This is very calming, clearing, and it's guided, so it helps you to visualize while you're just relaxed. There's also a great company, called Circle and Bloom. They have specific visualizations, and guided meditations for those trying to conceive. They have one for PCOS, one for IVF and IUI cycles, and natural fertility cycles, as well as to help you through pregnancy.

Next, I'm going to talk about, real quickly, exercise and movement, and the importance of that. Regular body movement is extremely important for fertility for a variety of reasons. Hethir talked a little bit about this, but increasing circulation, and getting your heart rate up, promotes healthy nutrient oxygen rich blood to move throughout the body and get to the reproductive organs. When you're sedentary, you're cutting off the blood supply to your reproductive organs. Also, exercise helps your reproductive organs to stay aligned, which is really important for conception as well. Keeps the muscles strong and supple, and helps to dispel depression by increasing endorphins, which helps to promote a sense of well-being.

Exercise is also the body's natural ... a natural way to detoxify by promoting sweat. When we're talking about exercise, we're thinking of things that are moderate impact; thirty minutes a day, getting your heart rate increased, and making you break a sweat. We're thinking of things like a combination of two or three of these activities, but doing something everyday; fertility yoga, daily brisk walking, dancing, swimming, hiking, stuff like that. We don't want to do any boot camps, or extreme exercises, because studies have shown that those can disrupt hormonal balance.

A recent study showed that brisk walkers achieve almost the same health benefits as runners when they went the same distance. We're talking about if you were a fast-paced walker at about three miles per hour, and you went the same distance as a vigorous paced runner at eight miles an hour, you are going to achieve basically the [inaudible 01:00:46] ... What do we got next here? Hethir's going to cover stress management, and the importance of having a stress-management plan.

Hethir: In my part-time, I specialize in stress management [for myself 01:01:10]. A lot of the things that we just talked about are stress management. I wanted to let you guys know a little bit about what stress can do for fertility, like the negative effects it has on fertility. There was a recent

study that was showing that stress can boost levels of stress hormones, such as cortisol, which will inhibit the body's main sex hormone gonadotropin-releasing hormone, GnRH, which will suppress ovulation, sexual activity, and sperm count. If you're very stressed out, if you've got a job that's constantly demanding, and you're fight or flight is on all the time, and you react to things a lot, that can affect hormonal balance. It can affect your fertility.

Luteinizing hormone can be affected, follicle-stimulating hormone – which is going to effect whether you ovulate or not – is going to be affected, as well as the pituitary, which we talked about. Suppression of testosterone can also happen. This affects men as well. Chronic stress ... a lot of people, when you're stressed out, that have low libido, low energy, different things, it's like that. This has become so common that they now have a name for it, called stress-induced reproductive dysfunction. I personally haven't met anyone who was diagnosed by their doctor with this term, but it's something that they are beginning to recognize through testing.

It's really important for part of your fertility plan that you're going to put together for yourself after this talk, or be able to, is to have a mind-body program for yourself. This is a program that you can create for yourself. You can use a lot of the things that we just talked about, such as the exercise, the massage, and the meditation. My absolute favorite, the meditation; it's amazing. You can also use things, such as emotional freedom technique, EFT. You can read some books that help to transform the way that you look at life and the way that you react to stress. You can also use herbs for helping to reduce stress and helping to strengthen your [nervous 01:03:16] system.

Also, seeking counseling, or speaking with a therapist, this is so huge. This is something that anyone who's feeling down, or having a hard time on their fertility journey, should seriously consider. We've seen such a ... It'd be so helpful for our clients. Also, practicing yoga, getting enough sleep, and really making that a priority, as well as journaling. These are just some ideas for you to create a program for yourself. The key is going to be consistency and doing it on a daily basis. Think about this. What are your three things going to be? Mine, personally, are meditation. I do a lot of walking, huge [inaudible 01:03:53] of walking. I read a lot of books that help to transform the way that I react to life. I also love [inaudible 01:03:59] herbs, and I journal. I do the whole list. Those are just some ideas for you.

Another thing that's very important is going to be knowing when your most fertile times are ... your medical fertility treatment. They were [inaudible 01:04:20] ... they did a survey of how many of them believe that they knew, for sure, when their most fertile days were. Sixty-eight percent of them thought that [inaudible 01:04:35] ... is really important for you guys. How many ... Do you guys know when your most fertile times are? Do you think you know? Do you think it's because of a sensation you feel in your abdomen, or is there a way you know for sure?

We're going to show you some tools so you know for sure. There's a lot of great things about tracking your fertility. It's a [inaudible 01:05:06] window into your feelings [inaudible 01:05:06]. You can tell if you have [inaudible 01:05:11] defect if you're charting. You can see if you might have low progesterone and end up wanting to get that tested. You can tell if you're ovulating.

You can time things out so that you're making sure to have baby-making sex at the time that it's going to be optimal. You can't just necessarily go by twinges, or feelings, or just assuming since you have a 28-day cycle that you're going to ovulate on day 12.

Here are some great tools. One of the main ones, and the least expensive, is going to be basal body temperature. Dalene, if you could teach us a little bit about that?

Dalene: Yeah, sure. That study was eye-opening to me as well. If you're unsure if you are ovulating, or if you just like to pinpoint your most fertile time, you can use a basal body thermometer to take your temperature. It's BBT for short. BBT charting detects subtle temperature changes in the body, which can help to pinpoint ovulation. It could also help to see if your progesterone is rising after ovulation, which could indicate, if it kept going past the time when you were supposed to start your period, that you are pregnant ... or a sudden drop towards the time when you're about to start your period could detect that you know you're about to start your period [inaudible 01:06:31].

It can also help you to see if you have, like Hethir said, a luteal phase defect. If your temperature isn't rising after ovulation, or it's sporadic, that might suggest that you're not producing enough progesterone during your luteal phase. The body's resting temperature increases four-tenths of a degree Fahrenheit, or two-tenths of a degree Centigrade under the influence of progesterone or ovulation. To detect this, you'll need two tools. You'll need a basal body thermometer, specific to fertility charting. We do have one in our shop ... and a paper or online fertility chart. We have free fertility charts that you can download at our site as well on our BBT page at the NaturalFertilityShop.com.

You can join a site, like Fertility Friend has a great online charting community, and has charts for you to fill out online. You're just going to simply take your temperature orally at the same time each morning just prior to getting out of bed. You're going to want to keep your thermometer on your nightstand. Taking it first thing in the morning like [inaudible 01:07:39] right before you get out of bed is going to give you the most accurate reading. Then, you'll just simply write down your temperature, mark it on your chart. Then, if you forgot, most thermometers should have a recall button. You can go back and then write it later if you forget.

Again, consistency [inaudible 01:07:56] and timing is really important with BBT. We don't really suggest basal body temperature for people who have disruptive sleep patterns. If you wake up frequently in the night, or you're a nursing mom that nurses at night, this is going to alter your temperature. It's going to be really hard to detect ovulation through this method. In that case, we would suggest another method of charting, such as OPK, or Ovulation Microscope, or Clearblue Easy. What ovulation predictor kits are, OPK, they're small little test strips that look like pregnancy tests your doctor gives you.

You take a clean urine sample, and you dip the test strip in. You would do this each morning. It's best not to drink a whole bunch of liquids because this could dilute the amount of luteinizing hormone that is going to detect. You're going to want to buy a set of [inaudible 01:08:48]. We

sell 10 for \$3.99 in our shop. You're going to be testing everyday. A positive OPK detects that ovulation is about to occur within 24-48 hours, once you see on your test that you have luteinizing hormones. It's like a pregnancy test, where you have a control line, and you have a test line. As luteinizing hormone raises, and when there's [inaudible 01:08:48] a surge, the line will become darker than the actual control line. We'll show you when you should start getting busy trying for a baby.

They're really inexpensive. They're probably one of the least expensive ways to chart. We have a great page, at the Natural Fertility Shop, on OPK. If you go to our OPK Test Page at NaturalFertilityShop.com, and click the Suggested Use tab, there's full information in detail about how they work, how to use it, when to start testing, what a positive test looks like. Hethir is going to talk to us about one of the most reliable ways to chart, and that's Clearblue Easy.

Hethir: If you're someone who doesn't wake up regularly on time, can't tell if the OPK test is working or not because of the strip is ... the color ... is that light? Is that equal color? They can be a little bit tricky. You can get them at a pharmacy. You basically ... you pee on the little test, and you stick in in the machine, and it will read it. The cool thing about the machine is that it keeps track of your cycle. It gets smarter as you progress with it. It'll start telling you when you're in your fertile window. This little egg will show up. It'll track you through your cycle. That's an alternative.

If you've tried OPK tests, and you just can't figure out if ... because you've had six days in a row where it says you're fertile. You can't really tell the colors, or the charting isn't working out for you because you forget some days, or whatever. Clearblue Easy is an option for you for sure. Well, that is basically the entire presentation on the top five things. I would love for you to do a summary for us, Dalene.

Dalene: First, the first thing we went over is the fertility diet. That is going to be your foundation. Focusing on eating organic, especially meat and dairy, getting in good essential fatty acids, eating a really antioxidant-rich diet, and maybe that will include taking an antioxidant supplement including the great way to get started on this is including the Important Five daily. That's going to help you maintain a healthy weight and healthy body fat content. Next, you're going to want to focus on foundational fertility cleansing. This could be for you female and males. It's going to create a clean slate, and help you to have a healthy liver, and a healthy uterus for preconception health.

Four herbs that we would like you to learn about, again, are Shatavari, Tribulus, Maca, and Vitex. Then, the important of having a mind-body program, so that you can help to manage stress and create a positive outlook, and feel better and connected to your fertility journey. Last, is figure out your most fertile time. That's really important. You could be doing everything else. If you're trying to have sex on the wrong day, it's just not going to work out. You're just going to still be missing that fertile window, so getting to know your cycle and charting. Now, we're going to go onto some questions. I know that we're pressed for time here. Samantha, if you want to go

ahead.

Samantha: Sure. I'm going to pick a few questions. Like I said a few times before, I just want to make sure everyone knows we are getting your questions, but they're coming in so fast we're not able to respond to everyone's. Please be sure to email your question to help@naturalfertilityshop.com, and one of our herbalists will get back with you in a couple of days. One great question we have is a lady asks, "I have a rather atypical presentation of PCOS while I have numerous ovarian cysts and get my period every five to eight weeks [inaudible 01:13:25]. I don't have excess facial or body hair and don't have acne. Since being diagnosed with PCOS last fall, I've been doing a lot of research. I've cut out all non-organic meats, dairy, and other food products, cut out refined carbs, and I began walking three or four times a week, but I'm struggling to keep my weight on due to all of these changes. Is there any advice that you might have on how to manage my PCOS and help me not lose weight during the process?"

Hethir: There is three things that I'm not ... I'd like to be able to ask you more questions, but I can't. There's three things that I noticed that would be helpful for you. I'm not sure if you're eating sugar. Sugar is going to be huge to cut out. You want to not eat candy. You want to maybe not even eat more than one piece of fruit a day. If you're eating fruit, focus on raspberries or blueberries, specifically blueberries. Another thing is, since you were saying that you're low in weight, to up your coconut oil. You can cook foods with it. It has a very high [inaudible 01:14:44] ... that has the flavor taken out of it if you happen to not like the taste of coconut oil.

I use both in my kitchen. Sometimes I'm cooking a dish, it might be Italian, that should not taste like coconut. I use the other type of coconut oil. Dalene, do you have any suggestions for her?

Dalene: I would definitely suggest looking into ... since you were saying you were having anovulatory cycles, again, tribulus and vitex. Those are two herbs that help to promote ovulation, and support hormonal balance overall. Taking a look at our website on those herbs, and doing a search maybe for herbs specific to PCOS. I know we have an article on biphasic herbs for that condition.

Samantha: We've also gotten several questions related to is it okay to take vitex and maca at the same time?

Hethir: Yes. Short answer, yes. It's fine.

Samantha: Short and clean. Another question that we've gotten several variations of this one in, "If I'm on a budget, what is one thing I can do and one herb that I can pick from the shop to take?" A two-part question there.

Hethir: All right. How about we both give our answer to that because they might be a little different? Dalene, what would yours be?

- Dalene: It was which is the least expensive and the best? Could you say it again? I'm sorry.
- Samantha: Yeah. If you're on a budget, what would be the one thing that you could do to boost your fertility? A lot of people are saying they don't ... can't afford organic meats, and that sort of thing. Then, the other part of the question is what one product would you recommend if they can't buy several products? What's one product in the shop that they could purchase that would really improve their fertility?
- Dalene: First, I would say, if you can't afford organic foods, that you would want to shop locally. Get to know your farmer. Shop farmer's markets. Those are going to have the highest nutritional content because they're the freshest foods around. Then, get a vegetable wash, or you can just even use some mild dish soap that's all natural, and really wash so you're getting all that pesticide and residue off. You can also go online and look up the dirty dozen and avoid those foods. Those are the most sprayed and contaminated with pesticides and herbicides. As far as the most ... The one thing that really stands out to me ... I don't know that I can recommend an herb to take for everybody because everybody's so different, but I think the Self Fertility Massage DVD, or one of the diet e-books would be a great way to start to boost your fertility. They're not very expensive.
- Hethir: Interesting. Mine are different. My first thing would be for the diet is, one, I would look at some ... a little bit of tough love. I would look at some priorities here. I know cable costs between \$30-\$60 depending on what package you got. That's something to consider is it's really important to not eat chemicals. It's really important to eat foods that are really good for you. One way I found to cut down on that cost, besides the farmer's market like Dalene said, is to cook at home. Don't buy the pre-packaged foods. Don't buy the boxed mixed things. Really cook from home. Shop at the outside of the store. Get the produce.
- There's a lot of consistent produce that can be very inexpensive organically. You don't have to get the more exotic things. Chicken can be pretty inexpensive organically, or you can eat halfway, and get something that might be free range if not certified organic, but it's free range and going that route. You also don't need to eat so much meat possibly. You can eat about four ounces per meal. That's something else to consider. Then, for one vitamin, I would pick a whole food multivitamin because there are some very common things that a lot of people are deficient in, such as iron, zinc, Vitamin B12.
- Those are things that a whole food multivitamin are going to have. You want to make sure that there's the amounts that you need in it, but that's pretty important. It's really mind-boggling how common it is for people to be deficient in those necessary nutrients for preconception care.
- Samantha: I think we can take one more question. Are you good with that, Dalene and Hethir? One more question?

Hethir: Yeah, that's fine.

Dalene: Yeah.

Samantha: The herbs that we've talked about today, are those okay to take while doing the fertility cleanse, or do you recommend not taking the herbs at the same time as the cleanse?

Dalene: Yeah, I covered that a little bit. The fertility cleanse is something that you would want to do first. The only herb that we talked about that is an exception that you ... would be maca, that you could add to your fertility smoothies as part of your fertility diet during the fertility cleanse. The other herbs you wouldn't want to begin until the cycle after the fertility cleanse is over. You just really want to let the herbs in the fertility cleanse do their job, focus on that cleansing phase, and the diet, and then move onto your next herbal program after that.

Hethir: Sounds good.

Samantha: All right. Well, we thank everyone so much for joining in on our web ...

Hethir: is that all the questions [inaudible 01:20:48] that we have time for?

Samantha: I believe so. We're running about 25 minutes [crosstalk 01:20:54]

Dalene: Thank you so much, everyone.

Samantha: Yeah. Thank you so much, everyone. I just wanted to remind everyone, also, that we do have the promo on the fertility cleanse running through tomorrow. That code is, again, NYS15. You'll just enter that at checkout. It's for the men and women's fertility cleanse kits. Thank you all so much, and we'll be sending you an email with a link to this presentation so you can watch it or forward it onto a friend. Thank you again for joining us.

Hethir: Samantha, just one last note, it'll only be up for 24 hours. [crosstalk 01:21:32]

Samantha: Right. That link will only be good for 24 hours. Then, you'll be able to purchase the webinar, anytime thereafter from the Natural Fertility Shop.

Hethir: All right. Thank you, everybody.

Samantha: Thank you.

Dalene: Thank you. Have a good day.

