



90-DAY

OVARIAN EGG HEALTH

CHECKLIST

www.naturalfertilityshop.com

INCREASE EGG HEALTH IN 90 DAYS CHECKLIST



Welcome to your transformative OvaWise Egg Health Program. This comprehensive checklist serves as your invaluable companion, providing an overview of the program's key components and guiding you through the next 90 days of your journey. Each step you take is a meaningful stride towards optimizing your egg health and embracing the potential of your fertility. Embodying a holistic approach, this checklist will help you stay organized, motivated, and empowered as you embark on this transformative path towards vibrant reproductive well-being. Together, let's embark on this empowering journey, nurturing your eggs, enhancing your fertility, and embracing the joyous possibilities that lie ahead.

MONTH 1

- Fertility Cleanse
- FertiliGreens - daily
- Eat a Radical Nourishment Diet
- Drink 8, 8 oz. glasses of water - daily
- OvaWise Egg Health Kit
 - Fertilica OvaWise Antioxidants
 - Fertilica CoQ10 Ubiquinol
 - Fertilica Fertility Superfoods
 - Fertilica FertiliGreens
- Womb Care Castor Oil Packs
- Drop Cycle Method
- Self Fertility Massage
- Exercise - 5 times a week for at least 30 minutes
- Stress self-care

MONTH 2

- FertiliGreens - daily
- Eat a Radical Nourishment Diet
- Drink 8, 8 oz. glasses of water - daily
- OvaWise Egg Health Kit
 - Fertilica OvaWise Antioxidants
 - Fertilica CoQ10 Ubiquinol
 - Fertilica Fertility Superfoods
 - Fertilica FertiliGreens
- Womb Care Castor Oil Packs
- Drop Cycle Method
- Womb Care Castor Oil Packs
- Self Fertility Massage
- Exercise - 5 times a week for at least 30 minutes
- Stress self-care

MONTH 3

- FertiliGreens - daily
- Eat a Radical Nourishment Diet
- Drink 8, 8 oz. glasses of water - daily
- OvaWise Egg Health Kit
 - Fertilica OvaWise Antioxidants
 - Fertilica CoQ10 Ubiquinol
 - Fertilica Fertility Superfoods
 - Fertilica FertiliGreens
- Drop Cycle Method
- Womb Care Castor Oil Packs
- Self Fertility Massage
- Exercise - 5 times a week for at least 30 minutes
- Stress self-care

OVAWISE EGG HEALTH PROGRAM

DAILY CHECKLIST

MORNING

- Drink water upon waking
- FertiGreens - Mix 1 serving with 8oz water

- Breakfast - Start with a fresh pressed juice or green smoothie
- Fertilica OvaWise Antioxidants - 1 capsule
- Fertility Superfoods - 1 scoop
- Ubiquinol - 1 capsule
- Myo-Inositol - 1 capsule
- Drop Cycle Method - follow routine for your current phase of your cycle

AFTERNOON

- Lunch - Enjoy a green smoothie or salad with legumes
- Fertilica OvaWise Antioxidants - 1 capsule
- Ubiquinol - 1 capsule
- Myo-Inositol - 1 capsule

EVENING

- Dinner - Enjoy a salad or veggie rich dinner
- Fertilica OvaWise Antioxidants - 1 capsule
- Ubiquinol - 1 capsule (optional)
- Myo-Inositol - 1 capsule
- Drop Cycle Method - follow routine for your current phase of your cycle
- Womb Care Castor Oil Pack - 3-4 times per week
- Self Fertility Massage - 3-4 times per week

DAILY

- Water & hydration
- Exercise & movement
- Stress self-care

"Every step you take towards nurturing your egg health is a beautiful investment in your fertility journey. Trust the process, embrace the journey, and let your dedication and self-care bloom into the miracle of new life."



OVAWISE EGG HEALTH PROGRAM SUPPLEMENT GUIDE



FERTILICA OVAWISE ANTIOXIDANTS

This antioxidant powerhouse not only supports egg health and protects cell DNA—crucial for a healthy baby—but also shields your body's cells from the damaging effects of free radicals, particularly in your eggs and reproductive system.*



FERTILICA UBIQUINOL

The most potent form of coenzyme Q10, Ubiquinol is backed by studies to enhance egg energy, health and protect DNA. This supplement serves as a strong antioxidant, supporting your body as it works to improve egg health, particularly beneficial as our natural Ubiquinol levels decline with age.*



FERTILICA FERTILITY SUPERFOODS

Whether you're just starting on your fertility journey or looking to provide your body with the nutritional support it deserves, this blend is your ally. Easily incorporate these 6 different superfoods, including maca and royal jelly, into your daily routine, simply mix it into your favorite smoothie, juice, or even water. Its delicious chocolate flavor makes nourishing your body a treat you'll look forward to every day.



FERTILICA FERTILIGREENS

FertiliGreens is a great way to make sure you are getting all of your greens on a daily basis. A healthy fertility diet that is rich in whole foods and dark green vegetables builds a strong foundation for fertility and reproductive health.*

HIGHLY SUGGESTED TO INCLUDE (DOES NOT COME WITH PROGRAM)



FERTILICA MYO-INOSITOL

Fertilica Myo-Inositol is an effective supplement that has been shown to be supportive of healthy LH and FSH levels while also encouraging follicle growth and regular ovulation. Inositol also plays a vital role in helping the body properly balance hormones, produce insulin for healthy fertility and weight management, and also distribute fat throughout the body to aid in maintaining a healthy weight.

HOW TO DO WOMB CARE THERAPEUTIC CASTOR OIL PACKS

PREPARE YOUR WRAP

1. Lay your Womb Care Wrap on a flat surface. The wrap will hold your castor oil pack in place so you can go about your day.
2. Place your cotton flannel on top of the wrap. This is where you will apply your Womb Care Therapeutic Castor Oil.



APPLY WOMB CARE THERAPEUTIC CASTOR OIL

3. Pour 1-2 Tablespoons of Womb Care Therapeutic Castor Oil to the cotton flannel. Try to evenly disperse all over the cotton flannel, avoiding the edges and wrap.



WEAR WRAP FOR 30 - 60 MINUTES

4. Place the Womb Care Wrap and flannel directly to your skin on either your lower abdomen (reproductive support) or upper right abdomen (liver support). Adjust straps for a firm but comfortable fit. You can do other activities while you are wearing your wrap! Yay!



OVAWISE EGG HEALTH PROGRAM

SELF-CARE GUIDE



DROP CYCLE METHOD

This all-in-one solution combines the ancient wisdom of self-acupressure with the natural healing properties of essential oils to support each stage of your fertility cycle. Experience a natural, holistic approach to enhancing your chances of conception and overall well-being.*



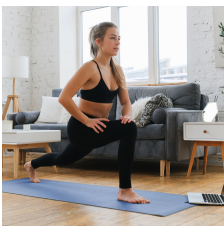
WOMB CARE THERAPEUTIC CASTOR OIL PACKS

The Womb Care Therapeutic Castor Oil Kit is a powerful tool that includes a special blend of organic castor oil and organic therapeutic essential oils designed to enhance circulation, promote detoxification, and support healing wherever it is applied.*



SELF FERTILITY MASSAGE

Self Fertility Massage is a very effective way to increase circulation to the uterus, ovaries, and fallopian tubes, helping to boost your fertility naturally and encourage egg health.*



EXERCISE & MOVEMENT

Exercise is an important element of general health and well-being. Choose an exercise or movement that you love to do such as yoga, running, walking, dancing, or lifting weights. *



STRESS HEALTH CARE

Stress can have a direct impact on egg and hormone health. Find a tool that you like to use that can help to reduce stress daily. I personally love meditation, but there are many other types of stress reduction tools you can apply. Choose the ones you like the most and do them daily. *

OVARIAN EGG HEALTH PROGRAM

RADICAL NOURISHMENT

Nutrition will be just as important for supporting egg health as the supplements and lifestyle habits you are adding. Below is a quick summary of the foods to include on a daily basis. For more detailed instruction, refer to the *Radical Nourishment* book and program.



RADICAL JUICE

Drinking 16-32 ounces of fresh Radical Juice daily will help to supply your cells with the nutrients they crave. If you are not able to start juicing right away, add FertiGreens powder to your day and add a juicer high on your wish list.



RADICAL SMOOTHIE

This is one of the most important aspects of Radical Nourishment. Bless your day with a Radical Fertility Smoothie that is packed with greens, protective fruits and fiber.



RADICAL SALAD

Enjoy a Radical Salad daily to help provide your body with anti-inflammatory powers, vitamins, minerals, healthy fiber and fats. Top with a Radical Salad Dressing and this meal will be one you look forward to every day.



RADICAL FATS

Include servings of Radical Fats which are plant-based fats high in omega 3. Flax and chia seed are my favorite go-to's. Have a minimum of 2 tablespoons of flax or chia seeds per day.



RADICAL LEGUMES

Include a legume in your day, every day, for a blast of folate, fiber, protein and flavor. My two favorite go-to's are black lentils, and garbanzo beans. Cook from scratch or use canned (look for BPA free). Tofu is also a great and versatile option.



RADICAL SUPERFOODS

Top off your daily nutrition checklist by adding Radical Superfoods to your smoothie and enjoy a boost in energy, hormone health and endocrine support.

RECIPE: RADICAL SMOOTHIE FOR EGG HEALTH SUPPORT

INGREDIENTS

4-8 ounces kale
1 cup blueberries
1 cup strawberries
1/2 cup mango
1 banana
1 cup + plant-based milk or water
2 tablespoon ground flax seed
1 serving Fertility Superfoods

INSTRUCTIONS

Place greens, Superfoods Foods powder and flax into the bottom of the blender first. Add fruit and liquid. I like 1 cup of plant-based milk and add more water if additional liquid is needed. Switch out any fruits for others you prefer. Blend until smooth. Enjoy!

Note: Use frozen fruit for best taste. They are amazing at covering up any greens flavor.



OVAWISE EGG HEALTH PROGRAM

REFERENCE GUIDE

Use this guide to reference the checklist items. Not all checklist items were included with your OvaWise Egg Health Program and will need to be purchased separately.

Fertility Cleanse: It is best to start your egg health program with a Fertility Cleanse. This is a great jump-start for both uterine and hormonal health. To save time, the Fertility Cleanse Kit can be completed at the same time as your OvaWise program, if you are comfortable with taking that amount of supplements daily.

FertiliGreens: A whole food nutrient powder blend that supplies supergreens and superfruits in a delicious daily drink, FertiliGreens is packed with antioxidants, phytonutrients, and micronutrients important for egg health. FertiliGreens can be taken with water or added to smoothies.

Eat a Radical Nourishment Diet: The Radical Nourishment Diet is a way of eating that maximizes your nutrition, hormonal health and fertility by eating a whole food, plant based diet. Included in your program is my eBook, *Radical Smoothies*, which is a great way to begin transitioning to a Radical Nourishment Diet. More information is available on the website, and my book by the same name will be available soon.

Drink water: Drink 3-4 quarts of water per day. I like to drink my first quart before I drink or eat anything else. If you have specific times you drink your water, it will be easier to stay consistent. Ideal sources of water are reverse osmosis, spring water or distilled. Avoid water from plastic bottles.

OvaWise Egg Health Supplements: These are the supplements that came with your program. Take these daily for egg health support and replenish monthly, as needed.

Womb Care Castor Oil Packs: A wonderful way to increase circulation to the reproductive system, Womb Care Castor Oil Packs can be done 4-5 times per week. If you are actively TTC, pause use after ovulation and start again when your period begins.

Drop Cycle Method: A wonderful addition to your Egg Health program, the Drop Cycle Method incorporates the use of self-acupressure and essential oils. Drop Cycle Method is perfect for helping to support uterine lining, regulating a fertility cycle and brings a nice calming element.

Self Fertility Massage: Self Fertility Massage is a self-care therapy that helps to bring in healthy, fresh, oxygenated blood to the reproductive system, while also helping to move old lymph out.

Exercise: Getting daily movement is an important part of any health program. Choose whichever you enjoy the most. Yoga, walking, pickleball... what's important is getting daily movement.

Stress Self-Care: Stress has a big effect on fertility health. Have a self-care habit in place that you enjoy and can do daily to mitigate the negative effects of chronic stress. My personal favorite is daily meditation.