

BESPOKEBIRTHS(NZ)

HOMEOPATHIC FEMALE FERTILITY PROGRAMME



OUTLINE OF 4 MONTH FERTILITY PROGRAMME

- Consultations: Your first consultation will be approx. 2hrs (you are most welcome to bring a partner/friend along). This includes taking a comprehensive medical and family history, to discuss your test/medical results, current treatment (if any), questions related to your physical, mental/emotional health and your wellbeing including sleep, hormones, your menstrual cycle and your current diet. The second and third consultation will be approx. 1 hour long and will include checking in with you and adjusting anything if required - remember, this programme is unique to you, so each person has their own programme to follow. The final consultation will be approx. 45mins - 1hour in duration to ensure that you are confident in following your programme, and to discuss any changes or queries you may have.
- STM (Sympto-Thermal) Method: You will be taught the same information as for an initial consultation for a 'To Conceive' client. You will be taught anatomy & physiology relating to the reproductive system, learn how to identify your signs of fertility, how to record and how to chart your fertility. You will receive a free digital thermometer and information pack. The second and third consultations will involve further teaching of guidelines, interpreting your fertility charts and further advice. Fertility charts give us as fertility educators a wealth of information - for example are you ovulating? If you are, where in your cycle you are ovulating? what is the length of your luteal phase (2nd half of cycle is), are you producing fertile cervical mucus? Does anything else need to be addressed?
- Homeopathic preparations: These will be selected specifically for you. There are a few homeopathic preparations specifically used for this fertility protocol. However, after your first consultation what will be prescribed will be unique for your requirements. In total, there will be approx. 8 Homeopathic preparations to take throughout a cycle (or longer if not ovulating). These are repeated over the next 3 months.
- Homeopathic Tissue Salts: These are extremely gentle and safe to take and are very beneficial for fatigue/anaemia or low iron levels. I alternate Ferr Phos and Calc Phos - both very easily assimilated by the body.
- Supplements: I highly recommend and use in my clinic both LifeMum Supplements (<https://www.lifemum.co.nz/>) and Bioceuticals (<https://www.bioceuticals.com.au/>)

- As part of the fertility programme you will be given a choice of either (if stock is available): LifeMum Conceive & Pregnancy Multi, Probiotics for Pregnancy, and DHA Ultra **or** Bioceuticals InNatal, Ultrabiotic Pregnancy care and *either* Ultraclean DHA Omega **or** Ultraclean EPA/DHA Plus. I will check that you are taking the recommended amount (as per MOH guidelines) for Folic acid and Iodine. ** If required, I may also add Vitex (Agnus Castus) and this will be decided on an individual basis. This can be taken in a tablet form or in a homeopathic preparation.
- Nutrition/Diet: Introduce you to 'Seed Cycling' for hormonal balance. This is very easy to follow nutritional advice whereby you add seeds into your diet at specific times of the month (1st phase which is the Follicular phase AND 2nd phase which is the Luteal phase). This can be adjusted to those who are not menstruating. The seeds which you add to your diet are flaxseed, pumpkin seed, sesame seeds and sunflower seeds. I provide you with instructions and references/information on Seed Cycling. Read article here: <https://hormonesbalance.com/articles/how-to-use-seed-rotation-to-rebalance-your-menstrual-cycle/>
- Other considerations for the programme: If you have or have had recurrent vaginal thrush, we may introduce a homeopathic candida option which includes 1-2 additional Homeopathic preparations (extra cost of approx. \$20.00). Candida is the term used for an overgrowth of the yeast candida albicans. This yeast is normally present in small amounts and if kept in balance - doesn't cause an issue. If you suffer from bloating, fatigue, or digestive issues, skin and/or nail fungal infections, oral or vaginal thrush infections – you may want to consider a homeopathic candida programme and I will strongly recommend this if you tick the boxes in the health questionnaire.

In Summary -

The Homeopathic Fertility programme offers a holistic and comprehensive approach to female fertility. Homeopathic preparations help to support the body creating the necessary conditions to help the process of healthy ovulation which is necessary to achieve conception. It is widely accepted that it can take up to twelve months for a woman to ovulate after ceasing the contraceptive pill and even longer with other methods of contraception e.g. Depo-Provera.

I use both a homeopathic fertility programme combined with fertility charting (using STM method) to get a much better idea of what is happening with your hormones/menstrual cycle/ovulation - this takes a whole lot of guess work out from the very beginning. The role of the homeopathic preparation is to assist the body in the process of healing and repairing at every level - physical, mental and emotional. This is why the programme will be unique to you, as everyone's needs and how they respond, is different.

The Homeopathic Fertility protocol is based on each individual's level of health and/or their health issues. The aim of the programme is to help support and restore your reproductive health holistically and gently. I use Homeopathy in conjunction with fertility

