

The Fertile Method Protocol

This is for you if:

- You are a woman who is finding it difficult to get & stay pregnant.
- You have tried some of the following: supplements, teas, medications, IUI, IVF, acupuncture, etc. but have nothing to show for it.
- You are looking for a natural way to balance your hormones and take control over your fertility by taking a deep look at what you are eating and how it impacts your endocrine and reproductive systems.

Core Components:

- Personal accountability coach
- Weekly office hours with clinical nutritionists, Kia or Melissa.
- Weekly accountability check-ins.
- 1-1 call for individualized supplement and dietary assessment.
- Welcome call with complete walkthrough of the client portal and private group to set you up for success.
- Lifetime access to our members only client portal including all future upgrades.
- 5 phase step-by-step system, broken down by weekly deliverables, action items, and meal recommendations.
- Weekly breathwork lessons and yoga classes designed and taught by our functional medical practitioner and yoga instructor, Andrea McLaughlin.
- Fertile Method Recipe Book and bonus guides
- Private Facebook group for added support, accountability, and connection with other women pursuing the same goal.
- *Hormone testing kit for optimal assessment
- *Evaluation of lab results with personalized recommendations for increased success.

How it works:

We are going to help you nourish specific systems in the body that are culprits to endocrine destruction, infertility, and recurrent miscarriage using a simple, 5-step system to balance hormones, improve egg quality, and improve fertility naturally.

1. Fertility Toxin Flush
2. Blood Sugar Optimization
3. Restoring the Fertility-Gut Connection
4. Fertility Replenishing Nutrition Plan
5. Nervous System Regulating Activities

Commitment:

- 12 week Fertile Method core program with an option for 12 weeks extended support.

What it is not:

- Fad diet

- Overuse of Supplements
- Quick fix
- High impact workouts
- Body shaming