

A few things to note...

This guide does not guarantee successful outcomes. There is SO much we cannot control when it comes to conception. The purpose of this course is to inspire and empower you to control what you can when it comes to your health prior to conception.

The egg and the sperm take 3-4 months to fully develop to their mature form and you want them to develop in a cleansed and nourished environment – that's why we always recommend beginning your preconception care at least three months before actually trying to conceive.

We are not doctors and this course is meant for educational purposes only. It is not meant to diagnose, treat, or prescribe. You should use common sense and consult your practitioner on any and all recommendations made in this guide.

This guide is NOT for you if you are philosophically or religiously opposed to eating animal products.

Sorry, no refunds! This guide is for those who are committed to taking responsibility for their health and who want to start making changes TODAY. Once you purchase the guide and download, you will have access to it for life.