Present Situation

**Support Considerations**

**Fertility nutrition**: Prepare for pregnancy cleanse, TTC fertility diet, Fertility supplementation, herbs, foods, bio-identical hormones; homeopathy,

**Functional Tests** – factors to assess conceptual ability, health screening, immunity or autoimmune health, NK cells, Genotypes, cytokines, hormone disruption, sperm health, egg reserve/AMH, womb/uterine health, physical issues, genetic factors, gut health, viruses, ovulation ability/timing

**Assisted conception**, clinic/hospital open evenings, fertility shows, on line events

**Fineses**

**Fertility coaching** or counselling. On line or in person, support groups or memberships/workshops/retreats

**Stress and Release** - grief counselling/assisted conception failure/miscarriage/stress support

**Environmental factors** - alcohol, drugs, smoking, environmental toxins, cosmetic ingredients, cleaning products, geopathic and internet disruption, sick building syndrome, toxic tampons

**Time**: work overload, apart at ovulation, rest, fun

**Fertility therapies**: acupuncture, abdominal massage, reflexology, osteopathy, lymphatic drainage; thermotherapy, Reiki energy healing, vagi-steams, homeopathy, Spagyric medicine, Chinese medicine, Ayurvedic, womb yoga, meditation/mindfulness, exercise, Creation Fertility Toolkit

Sowing the Seeds for the Future