

RESTORE FERTILITY NATURALLY



MODULE #1:

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MODULE #1 BREAKDOWN:

- FILL OUT AND RETURN INTAKE/HEALTH HISTORY FORMS
- SCHEDULE APPOINTMENT FOR YOUR 1 HOUR ONE ON ONE PHONE OR SKYPE CONSULTATION WITH ME
- MAKE SURE YOU HAVE ANY QUESTIONS OR CONCERNS READY TO ASK ME DURING OUR APT.
- JOIN OUR PRIVATE FACEBOOK GROUP JUST FOR THIS PROGRAM
- SET A DATE THAT YOU ARE GOING TO BE DEDICATING TO STARTING YOUR PROGRAM SO THAT YOU WILL SEE THE BEST RESULTS AND CAN FOCUS ON MAKING THE MOST OUT OF THIS PROGRAM.
- CLEAN UP YOUR KITCHEN

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FILLING OUT INTAKE FORM AND HEALTH HISTORY:

ALTHOUGH I HAVE PRE-DESIGNED THIS PROGRAM FOR ANYONE TO PARTICIPATE IN, I LIKE TO GET A LITTLE BACKGROUND ON YOUR HEALTH HISTORY,

HOW LONG YOU HAVE BEEN TRYING TO GET PREGNANT? WHAT TYPES OF TREATMENTS HAVE YOU ALREADY TRIED? WHAT MEDICATIONS AND SUPPLEMENTS DO YOU TAKE? AND ANY OTHER RELEVANT INFORMATION THAT MAY HELP ME CUSTOMIZE THIS PROGRAM A BIT FOR YOU.

WITH THE INFORMATION YOU PROVIDE ME I MAY BE ABLE TO MAKE ADJUSTMENTS TO YOUR PROGRAM OR MAKE ADDITIONAL RECOMMENDATIONS THAT I FEEL MAY BENEFIT YOU IN YOUR FERTILITY EFFORTS.

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TO COMPLETE THE INTAKE AND HEALTH HISTORY CLICK ON THE LINK AT THE END OF THIS SECTION, FILL OUT FORMS AND HIT SUBMIT WHEN YOU ARE DONE. THE INFORMATION WILL BE SENT TO ME AND YOU CAN THEN MOVE ON TO THE NEXT STEP OF SCHEDULING YOUR 1 HOUR ONE ON ONE SKYPE OR PHONE CONSULT WITH ME.

THIS IS A LENGTHY QUESTIONNAIRE SO SET ASIDE SOME QUIET UNINTERRUPTED TIME, GET COZY AND COMFY AND START SPILLING ALL THE DETAILS. DON'T BE SHY, I DO THIS EVERY DAY AND THERE'S NO INFORMATION THAT WILL SURPRISE ME. YOUR INFORMATION IS CONFIDENTIAL AND DOES NOT GO PAST ME.

IF THERE IS SOMETHING YOU ARE NOT COMFORTABLE SHARING HERE YOU MAY WAIT TO SHARE DURING OUR ONE ON ONE PHONE OR SKYPE CONSULTATION.

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YOU ARE ALSO NOT OBLIGATED TO SHARE AT ALL IF YOU SO CHOOSE. IT IS JUST TO HELP ME HELP YOU. THE MORE I KNOW THE EASIER IT IS FOR ME TO HELP YOU.

I HAVE BEEN WORKING WITH WOMEN FOR 10 YEARS AND HAVE SEEN HUNDREDS OF DIFFERENT CONDITIONS THAT I HAVE BEEN ABLE TO HELP WITH TO INCREASE FERTILITY.

[CLICK HERE TO ACCESS THE FORMS!](#)

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SETTING UP YOUR PHONE /SKYPE CONSULT:

YOUR ONE ON ONE PHONE/SKYPE CONSULTATION IS YOUR CHOICE, WHATEVER YOU HAVE ACCESS TO OR FEEL MOST COMFORTABLE WITH.

I HAVE INCLUDED A LINK FOR ONLINE SCHEDULING. BECAUSE I HAVE A FULL IN OFFICE CLIENT SCHEDULE I HAVE SET ASIDE SPECIFIC TIMES FOR YOUR CONSULTATIONS. YOU MAY CHOOSE FROM ANY OF THE AVAILABLE TIMES LISTED.

ONCE YOU ARE IN THE SCHEDULE IF YOU NEED TO RESCHEDULE PLEASE TRY TO DO SO AT LEAST 24 HOURS IN ADVANCED SO THAT I MAY ACCOMMODATE THE CHANGE.

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OUR APPOINTMENT WILL LAST 1 HOUR AND WE WILL COVER AS MUCH AS POSSIBLE DURING THAT TIME. IF YOU HAVE A COMPLICATED SITUATION OR REQUEST MORE TIME I AM HAPPY TO HAVE A FOLLOW UP CONSULT WITH YOU AT REGULAR CONSULTATION FEES AND THAT CAN BE SET UP THROUGH MY ASSISTANT AT THE END OF OUR CONSULT.

REMEMBER YOU ALSO HAVE WEEKLY FACEBOOK GROUP CHAT TIMES WITH ME SO I AM HAPPY TO ANSWER ANY OF YOUR SIMPLER MORE GENERAL QUESTIONS AT THAT TIME.

TO SCHEDULE YOUR APPOINTMENT CLICK HERE:

LINK.....

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JOIN OUR PRIVATE FACEBOOK GROUP:

I HAVE SET UP A PRIVATE FACEBOOK GROUP SPECIFICALLY FOR THIS PROGRAM. IT IS MY DESIRE TO GROW THIS GROUP WITH THE INTENTION OF BUILDING A COMMUNITY THAT CAN SHARE EXPERIENCES AND HELPFUL INFORMATION WITH OTHERS EXPERIENCING THE SAME KINDS OF ISSUES.

SO MANY INFERTILITY SITES OUT THERE THAT ARE SUPPORT GROUPS AND I BELONG TO MANY OF THEM BUT WHAT I HAVE NOTICED IS THAT THERE ARE NOT MANY THAT ARE NATURAL FOCUSED AND SOLUTIONS ORIENTED. IF THERE IS A PROBLEM LETS WORK TOGETHER AS A TEAM TO FIND A SOLUTION. THE MORE COMMUNICATION WE HAVE WITHIN THE GROUP THE MORE HELPFUL SOLUTIONS WE CAN EXCHANGE.

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I WILL NOTIFY YOU ALL WHEN I WILL BE ON EVERY WEEK I WILL BE THERE TO ANSWER ANY QUESTIONS YOU MAY HAVE ABOUT THE PROGRAM AND DO MY BEST TO ANSWER OTHER QUESTIONS BEYOND THAT.

I WANT YOU TO HAVE THE BEST EXPERIENCE YOU CAN WITH THIS PROGRAM AND YOU ARE WELCOME TO DO THE PROGRAM MORE THAN ONCE TO RECEIVE EVEN MORE BENEFIT. YOU HAVE LIFETIME (OR AS LONG AS I AM RUNNING THIS PROGRAM) ACCESS TO THE FACEBOOK GROUP AND THE PROGRAM INFORMATION.

[TO JOIN THE FACEBOOK GROUP CLICK HERE](#)

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SCHEDULE YOUR START DATE AND GET PREPARED:

IT IS IMPORTANT THAT YOU MAKE THE TIME TO DO THIS PROGRAM. I HAVE DESIGNED THIS PROGRAM SO THAT IT GUIDES YOU STEP BY STEP ON WHAT TO DO TO CREATE A HEALTHIER MORE FERTILE BODY BUT IT IS GOING TO TAKE WORK ON YOUR PART.

THE MORE PREPARED YOU ARE THE EASIER IT WILL BE AND THE BETTER THE RESULTS. LIKE I SAID EARLIER, YOU CAN REPEAT THIS PROGRAM AS MANY TIMES AS NEEDED BUT AT LEAST TRY TO COMPLETE IN ITS ENTIRETY THE FIRST TIME AROUND.

IF DONE PROPERLY YOU SHOULD START TO FEEL AMAZING, HAVE INCREASED ENERGY, DROP SOME

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EXCESS WEIGHT, BALANCE HORMONES, HAVE CLEARER THINKING, IMPROVED MOODS, AND MORE BALANCED HORMONES.

THIS PROGRAM IS DESIGNED FOR ALL LEVELS AND I WILL GO INTO SPECIFICS OF THAT IN THE NEXT MODULE. IF YOU ARE NEW TO ANY OF THIS YOU CAN SKIM OVER THE NEXT 3 MODULES BUT BEFORE YOU START MAKE SURE THAT YOU ARE COMPLETELY READY. IF YOU NEED A FEW WEEKS TO PREP YOURSELF, YOUR KITCHEN, YOUR HOME, AND YOUR FAMILY FOR WHATS NEXT THEN BY ALL MEANS TAKE THAT TIME. THERE IS NOTHING WRONG WITH DOING THIS AT YOUR OWN PACE.

THE NEXT PART OF THIS MODULE I WILL BE SHOWING YOU HOW TO PREP FOR YOUR NEW LIFESTYLE AND WALK YOU STEP BY STEP THROUGH MAKING THIS TRANSITION. AND IF YOU GET

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STUCK THESE ARE GREAT THINGS TO BRING UP IN THE FACEBOOK GROUP BECAUSE I OR SOMEONE ELSE WILL BE ABLE TO HELP YOU WHEN YOU GET STUCK.

ONE BIG THING BEFORE WE START THE NEXT PART OF THE MODULE IS TO MAKE A PROMISE TO YOURSELF THAT YOU WILL NOT GET FRUSTRATED OR QUIT WHEN THINGS GET ROUGH.

DON'T EXPECT PERFECTION THE FIRST TIME AROUND. THE IMPORTANT THING IS THAT YOU ARE MAKING CHANGES EVEN IF THEY ARE SMALL ONES. OVER TIME THESE SMALL CHANGES ADD UP AND CREATE BIG AND LASTING RESULTS. IT TOOK ME 2 YEARS TO FINALLY COMPLETE A 21 DAY CLEANSE ALL THE WAY THROUGH WITHOUT CHEATING OR MESSING UP.

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THIS IS NOT AN OVERNIGHT SUCCESS. SOMETIMES IT TAKES MONTHS OR EVEN YEARS TO CREATE NEW HABITS.

ITS MORE PRODUCTIVE TO FOCUS ON THE CHANGES YOU **ARE** MAKING RATHER THAN THE ONES YOU **HAVENT** MADE YET. TAKE PRIDE IN THE FACT THAT YOU HAVE TAKEN THOSE SMALL STEPS TO MAKE CHANGE.

NOW THAT YOU HAVE SET YOUR MIND IN THE RIGHT DIRECTION AND MADE A COMMITMENT TO BEING KIND TO YOURSELF AND DOING YOUR VERY BEST TO STICK TO THE PROGRAM LETS GET STARTED!!!!!! THE NEXT PART OF THIS MODULE IS GOING TO HELP YOU PREP YOUR KITCHEN SO WHEN YOU START THE CLEANSE IN THE NEXT MODULE YOU WILL BE SET FOR SUCCESS!

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CLEANING UP YOUR KITCHEN:

I CREATED THIS SECTION BECAUSE THESE ARE SOME OF THE BIGGEST QUESTIONS AND STRUGGLES I HEAR FROM MY CLIENTS. KNOWING HOW TO STOCK YOUR KITCHEN ALLOWS YOU TO BE BETTER PREPARED FOR A HEALTHIER LIFESTYLE.

I WILL DISCUSS KITCHENWARE, FOODS, AND OTHER USEFUL KITCHEN ITEMS THAT WILL HELP YOU BE BETTER PREPARED AND ALWAYS STOCKED WITH THE THINGS YOU NEED MOST.

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KITCHENWARE:

POTS AND PANS – I RECOMMEND USING

- STAINLESS STEEL
- CAST IRON
- CERAMIC
- GLASS

APPLIANCES –

- FOOD PROCESSOR
- HIGH POWER BLENDER SUCH AS VITAMIX, NINJA, BLENDTEC, OR NUTRIBLEND
- STANDING MIXER
- HAND MIXER
- IMMERSION BLENDER
- SPIRALIZER
- CROCKPOT
- MANDOLINE

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- HAND CHOPPER
- MINI FOOD PROCESSOR
- WAFFLE MAKER
- PANINI PRESS AND INDOOR GRILL/GRIDDLE

BAKEWARE –

- GLASS PYREX BAKING DISHES/STORAGE CONTAINERS
- STONE BAKING DISHES

STORAGE CONTAINERS –

- GLASS PYREX WITH LIDS
- ALL SIZES OF MASON JARS WITH LIDS

ACCESSORIES –

- HAND CITRUS PRESS
- HAND GRATER
- CITRUS ZESTER
- ELECTRIC CAN OPENER
- COOKIE SHEETS

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- STAINLESS STEEL AND WOOD COOKING UTENSILS
- PARCHMENT PAPER
- GLASS MIXING BOWLS
- STAINLESS STEEL COLLANDER
- NUT MILK BAG
- CUTTING BOARDS
- COOKBOOKS

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REFRIDGERATOR ITEMS:

FRUITS (FRESH OR FROZEN) –

- BERRIES
- APPLES
- CITRUS
- AVOCADOS
- COCONUT
- BANANAS
- ACAI
- MANGO
- KIWI
- PEACHES
- WATERMELON

VEGGIES –

- KALE

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- SPINACH
- BROCCOLI
- CHARD
- DANDELION GREENS
- BELL PEPPERS
- SQUASH
- ZUCCHINI
- TOMATOES
- GARLIC
- ONIONS
- CUCUMBERS
- CELERY

CONDIMENTS –

- FRESH HERBS
- HOMEMADE SALAD DRESSING
- ROASTED RED PEPPER SPREAD
- GRASS FED BUTTER

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LIQUIDS –

- HOMEMADE COCONUT, ALMOND, HEMP, OR BRAZIL NUT MILK
- RAW KEFIR
- RAW MILK
- CUCUMBER MINT WATER OR OTHER HOMEMADE FLAVORED WATERS

PROTEINS –

- GRASS FED FREE RANGE WHOLE EGGS
- FREE RANGE CHICKEN AND TURKEY (DARK MEAT)
- GRASS FED BEEF, BISON, LAMB
- ORGANIC GRASS FED LIVER
- OCEAN CAUGHT DEEP SEA FISH
- RAW CHEESE, YOGURT, AND MILK
- COCONUT YOGURT
- HOMEMADE NUT BUTTER
- HUMMUS

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PANTRY ITEMS:

RAW OR LIGHTLY TOASTED NUTS-

- BRAZIL NUTS
- ALMONDS
- CASHEWS
- PISTACIOS
- MACADAMIAS
- PECANS
- PINE
- WALNUTS

RAW SEEDS:

- PUMPKIN
- SUNFLOWER
- CHIA
- HEMP

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- FLAX

SWEETENERS:

- RAW ORGANIC HONEY
- COCONUT SUGAR
- DATES
- MAPLE SYRUP

GRAINS AND STARCHES–

- QUINOA
- STEEL CUT OATS
- MILLET
- BUCKWHEAT
- GLUTEN FREE ROLLED OATS
- WILD RICE
- SWEET POTATO
- YAMS

FLOURS –

- ALMOND

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- COCONUT
- OAT
- BROWN RICE
- TAPIOCA
- FLAX MEAL
- ARROWROOT
- CORNSTARCH
- CHIA SEED
- QUINOA
- BEAN

BEANS AND LENTILS –

- LENTILS OF ANY COLOR
- BLACK BEANS
- KIDNEY BEANS
- CHICKPEAS (GARBONZO)

PASTA –

- BEAN

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- QUINOA
- BROWN RICE
- MUNG BEAN

BROTH –

- VEGGIE
- CHICKEN
- BEEF (BEST IF ALL HOMEMADE AND STORE IN FREEZER BUT ORGANIC PACKAGED WILL DO
- FISH

UNSWEETENED DRIED FRUIT –

- GOGI BERRIES
- RAISINS
- APRICOTS
- GOLDEN BERRIES
- CHERRIES
- CRANBERRIES

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OILS –

- COCONUT OIL
- GRAPESEED OIL
- OLIVE OIL
- WALNUT OIL
- FLAX OIL

SPICES –

- HIMALAYAN PINK SEA SALT
- PEPPERCORNS
- BAY LEAF
- BASIL
- OREGANO
- GARLIC
- ONION POWDER
- CINNAMON
- NUTMEG
- PUMPKIN PIE SPICE
- CHILI AND CAYANNE POWDER

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- HERBS DE PROVANCE
- RED PEPPER FLAKES
- SMOKED PAPARIKA
- TURMERIC
- CUMIN

OTHER –

- RAW CACAO NIBS AND POWDER
- MACA POWDER
- CAMU CAMU POWDER
- SHREDDED COCONUT
- COCONUT MANNA (BUTTER)
- VANILLA EXTRACT
- ALMOND EXTRACT

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FINISHING TOUCHES:

NOW THAT YOU HAVE:

- FILLED OUT AND SENT IN YOUR PAPERWORK
- SCHEDULED YOUR ONE ON ONE CONSULT
- JOINED THE FACEBOOK GROUP
- SET A START DATE FOR YOUR PROGRAM
- AND GOTTEN EVERYTHING YOU NEED TO SET UP YOUR KITCHEN FOR SUCCESS

YOU ARE NOW READY TO MOVE ON TO
MODULE#2

GO BACK TO YOUR MAIN MEMBER SITE AND CLICK
ON THE MODULE #2 TAB FOR YOUR NEXT SET OF
LESSONS.

*REMEMBER, PREPERATION IS KEY SO MAKE SURE
THAT YOU HAVE COMPLETED THIS WHOLE
MODULE BEFORE YOU MOVE ON TO ENSURE
READINESS FOR AN EFFORTLESS PROGRAM.

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