

10 STEPS TO OPTIMIZE *Your Fertility*

In the next 30 days





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Hello. I'm Cara.

Welcome to 10 Steps to Optimizing Fertility in the Next 30 Days!

I'm so glad you are here! I hope the information you are about to read leads to some shift that ultimately allows you to hold your baby in your arms. That is my wish for you. So sit back, take a deep breath {right now} and take it all in...

Are you tired of negative pregnancy tests?

Have you been through fertility testing and you are not getting any real answers?

Have you been told you have “unexplained infertility?”

Even if your insurance covers fertility treatments, I am sure you still have spent time and money going to the doctor for monitoring.

And still more negative pregnancy tests or worse you have experienced one or more miscarriages. And still no baby.

Yet it seems like everyone else is pregnant. Even people who don't want to be. Pregnant women are everywhere and it hurts.

Maybe you are wondering if you waited too long. Maybe you think there is something wrong with you, with your husband, or with the two of you. Maybe you are wondering if it will ever happen.

Will you ever become a mom?

Well you are not alone. It can be a really sad and frustrating time.

The good news is that you are reading this and you are about to learn exactly how I have helped many women just like you get pregnant.



First, I will share a story about me...

Ever since I can remember, I wanted to become a mom. I couldn't wait to grow up so I could have a baby.

Growing up I had a stepmother who never had her own children. I used to ask her “don't you want to be pregnant? Don't you want to feel a baby kicking in your stomach?” Well she didn't. She said she was perfectly content with my sister and me.

I couldn't believe it and I vowed then and there that I definitely wanted to be pregnant and have babies. In fact, that was all I wanted.

Fast forward to when I was 27 and got married. I married a wonderful man who was smart, funny, and incredibly sweet.

This was the moment I had been waiting for, now I could have a baby – right?? Nope. There was a slight problem...my husband said he was not ready to have children.

So I asked again the next day, “Are you ready – can we get pregnant now??” Nope.

This conversation continued for years – me asking, him not being ready. Our conversations usually went like this:

“Erika called me today, she said she is pregnant. This is her third.”

“Hmm”



“She’s a year younger than me.”

“Hmm”

“Are you ready to have a baby yet?”

“Nope.”

“Will you be ready soon?”

“Nope.”

“Will you ever be ready ever?”

“I don’t know Cara, but the more you ask, the more I don’t think so. Let it go.”

Let it go???? Me, who had wanted nothing more than to become a mom, was told to just go ‘live my life’, ‘think about other things’, ‘relax.’

This sucked. My heart ached. I was outwardly living my life and inwardly obsessing about having a baby.

I can’t say exactly what changed my husband’s mind – eventually I stopped asking quite as often and gave him a little space and a little peace to decide for himself. Once he was ready, he was ready. I am lucky. My dream was realized as we now have three kids.

Yet I still remember the painful time when I couldn’t have children. I remember feeling frustrated, sad, and as if there was something missing in my life.

I know that if I can help someone to conceive then it is the best gift I could ever give them. The only thing better is that I do it in such a way that prepares for a healthy pregnancy and a healthy child.

This is why I focus my entire acupuncture practice on fertility. I am glad you found your way here.

Now let’s get to it!

How can you optimize your fertility in the next 30 days?

CHART *Your* CYCLE

The menstrual cycle tells the tale of the health of the rest of the body. The best way to learn about your menstrual cycle and therefore your health is to chart your cycle. Therefore, I believe every woman in reproductive years can benefit from charting.

For those of you going through IVF or IUI, you do not need to chart during your procedures as the information will be skewed due to the hormones you are receiving. But don't skip this section entirely! You can still benefit from learning how to chart as this is a lifetime skill. You may be able to avoid using synthetic birth control pills one day because you know how to chart.

What is charting?

There are three steps to charting:

01. Get a digital thermometer, and take your temperature first thing in the morning – ideally within the same hour every day and before you get up, go to the bathroom, or do anything. Record your temperature on a graph like the one on the next page or use www.FertilityFriend.com
02. Check and record your Cervical fluid every day of the month. In case you are wondering what cervical fluid is, it's the stuff you notice when you wipe. (Sorry about the TMI!) When you are dry, you are not fertile as sperm will die within a few hours. When you have egg-whitey or slippery cervical mucous, you are fertile. If you are not noticing slippery cervical fluid, you may want to get Pre-seed which is a lubricant that allows sperm to survive.
03. Check and record your Cervical position throughout the month. Notice if it is high or low, soft or hard, open or closed and wet or dry. Most of my patients have never checked their cervix before so if this seems a little strange to you, you are not alone. The best way to get familiar with this fertility sign is to practice. Some like to check everyday in the shower.

So now you have a basic understanding of charting. To find out more, I highly recommend *Taking Charge of Your Fertility* by Toni Weschler.



How charting will help you get pregnant faster

You will get pregnant faster through charting because you will be able to identify any potential problems that are getting in the way of you conceiving. You will also be able to pinpoint your peak fertile day so that you can time intercourse precisely. And there's more...

- You will know if you are ovulating or not. Just because you get your period every month does not mean that you are ovulating as some women have anovulatory bleeding. If you are not ovulating, you will not get pregnant.
- You will know if your **luteal phase** is long enough to **sustain a pregnancy**. Your luteal phase is the time from ovulation to the beginning of your period. Ideally your luteal phase lasts 11-14 days. If yours is shorter than this, ask your doctor about checking your progesterone levels. Also if you have had recurrent miscarriages, you will want to chart your cycle to see if your luteal phase is the reason your body cannot hold the pregnancy.
- You can **determine your peak fertile day**. You will know when you are fertile and when you are not. Some women ovulate on day 20, some on day 10 – it can vary greatly. So if you have been given the advice to time intercourse for around day 14, that may not work for you. Once you begin charting, you will know what your peak fertile day is.
- You can pick up **possible thyroid problems**. If your temperatures are consistently lower than 97.7, you may want to get a complete thyroid panel. When I say complete, know that most of the time doctors only do a screening thyroid test and this may only pick up thyroid problems 30% of the time. You may have been told your thyroid is within range and normal when in fact it is not. There is a lot more to say about this topic but let me just say that if you are tired, gaining weight, have low libido, dry skin, are moody and your hair is falling out, you want to get your thyroid checked.

Optimizing Fertility Tip #2

EAT *Real* FOOD

Ok, let's talk about food. I am not going to tell you one way of eating is better than another, but what I will say is that you should make sure you are eating organic, Non GMO, fresh food. That means nothing out of a box (i.e. cereal, mac-n-cheese, low fat frozen dinners, and other processed food). I am talking eat food that grows on trees or outside in nature like organic vegetables, grassfed meats, and good quality real food.

If you believe you don't have time to cook, just realize that we all have the same 24 hours in a day. What we value, we make time for. Personally, I cook almost everything I eat from scratch while I work full time and take care of my three young kids. Why?

Because it's that important to me. I believe food can have a HUGE impact on your health and therefore your fertility.

So here are some guidelines for real fertility foods:



Eggs: Get from a local farmer's market if possible. Look for the best quality eggs you can find – pastured, non-GMO, organic.



Vegetables and Fruit: Organic is best. You may not need a lot of fruit especially in the winter when it is not in season.



Meat: Preferably from animals that are outside (look for pastured chickens and 100% grass-fed beef) – and organic. It is really important to eat organic and pastured meat when trying to conceive as you do not want to be exposed to the GMOs, hormones and antibiotics that are routinely given to animals in confinement.



Grains: You really don't need a lot of grains. Many people are sensitive to gluten (mostly because of a chemical sprayed on them called glyphosate that is known to cause leaky gut). Some people feel great eliminating gluten or even all grains for a period of time. Personally, I feel better when I rotate my grains and stick to lentils, quinoa, mung beans, and other easy to digest grains.



Dairy: Many people have trouble with dairy and are better off avoiding it completely. If you can tolerate dairy, I would recommend only organic as conventional dairy from cows in confinement contains unwanted hormones and antibiotics that may interfere with your hormones. The best choice for dairy is cultured dairy like yogurt or kefir and make sure it is full fat. The fat is where the fat soluble vitamins are and are important for fertility. Skim milk has powdered milk added to it which contains oxidized cholesterol which is known to raise LDLs. Organic, unhomogenized raw cultured dairy from grass-fed cows or goats is best.



Fats: Healthy fats include butter (especially from grass-fed cows), olive oil, avocado, nuts, and coconut oil. There are books written about the benefits of coconut oil. It is known to be anti-viral, anti-microbial, it supports thyroid functioning and can boost metabolism.



Bread: What about bread? Well if you think about it, there are no bread trees. We really can live without any bread in our diet – in fact I would recommend this if you have PCOS. Otherwise the best options are true sourdough or sprouted grain breads.



Sweeteners: Think about sweeteners that are closest to nature such as raw local honey, organic maple syrup, and whole leaf stevia.



Fish and Seafood: Look for wild caught fish not farmed. Avoid the large fish such as tile, tuna, and shark as they may contain higher levels of mercury.



Fermented foods such as yogurt, kefir, Bubbies sauerkraut, kombucha, kim chi, and other live foods. Fermented foods are important for creating a healthy internal ecosystem. There is a Chinese proverb that says “all disease begins in the gut.” If you have IBS, gas, bloating, bad breath, body odor, constipation or any GI upset, you may not have a healthy gut. Improve your gut health by populating it with beneficial bacteria from fermented foods.

Now we get to the foods to avoid. This list is by no means exhaustive. The best way to decide if a food should be eaten is to ask yourself, “could my great grandmother have eaten this food.” If so, it is probably real food and is good for you. If not, you may not want to eat it.



Foods to Avoid

- Margarine and other butter substitutes – if you don't do well on dairy, use coconut oil instead
- White flour, white sugar
- Fake foods and food substitutes such as, “Not-dogs” “Tofurkey” Soy Cheese, etc.
- Soy products – any and all. Soy can disrupt your hormones. Read Dr. Kaalya Daniels book “The Whole Soy Story”
- Vegetable oils especially canola and soybean oils – most are genetically modified and they are rancid. Rancid oils are not heart healthy
- Cereal – it is processed – even the high protein “healthy” ones found at Health Food stores
- Skim Milk – it is not a whole food plus it has powdered milk added to it which has oxidized cholesterol
- Processed foods. Check the list of ingredients – if it says, “High fructose corn syrup” “Partially hydrogenated oil” or has any dyes (i.e., Yellow dye #5) – don't eat it!
- Store bought muffins, cupcakes, breads, crackers
- Breads –even 100% whole wheat – many have bromides in the dough conditioners (bromides can interfere with iodine absorption which can negatively impact your thyroid).
- Juice, Sodas, Candy
- Low fat foods (usually high in sugar and full of chemicals)
- Fast Food
- Artificial sweeteners such as Equal, Splenda and others
- Monosodium glutamate (MSG) – it appears on the list of ingredients as such names as, “hydrolyzed yeast extract” “autolyzed yeast extract” “natural flavorings” “spices”
- Any genetically modified foods (most common are soy, corn, and canola). No organic foods will be genetically modified.

A few other key points about food. Some people do better on a gluten-free diet. Some people do better avoiding dairy all together. Many people with polycystic ovarian syndrome are better off removing sugar and most carbohydrates from their diets. Eating real food is the beginning...then you need to **figure out the best diet for you.**



Optimizing Fertility Tip #3

ELIMINATE TOXINS

We are exposed to toxins everywhere—our food, water, air, mattresses, clothing, and so much more. It's tempting to say “why bother” because there is no way to avoid toxins entirely... but things do not need to be all or nothing.

I was often a perfectionist for many years and would never do anything unless I could do it 100%. Bathroom dirty? Well if I didn't have time to clean it right, I didn't clean it at all.

Then I had a light bulb moment when I was introduced to the FlyLady and she said, “If a job is worth doing, it is worth doing poorly.” Meaning it is better to quickly wipe down the sink instead of not cleaning it at all.

I have given up being perfect and you know what? My bathroom is cleaner than ever.

Back to reducing our exposure to toxins...

Even if you can't control everything, focus on the things that you can control. Not only will you be improving your fertility but you will also have a baby-safe home all ready to go once your baby is born.

How to reduce your toxic exposure?

The easiest way that has the greatest impact is to:

Use only **natural cleaning supplies** like vinegar and water and baking soda. I clean my entire house (bathroom, floors, countertops, windows, etc.) with vinegar and water. One thing I love to do is save orange peels in a mason jar. Then I pour white vinegar over them and let them sit for at least a month. When I strain it, I have beautiful orange citrus vinegar. I then fill a spray bottle half way with this orange-infused vinegar and the other half with water. Then I add 10 drops of grapefruit essential oil. It is AMAZING – I hope you try it. Not your thing? You can also buy natural cleaning supplies in many health food stores.

Try this tip for getting soap scum off of shower doors: put a little shampoo on a washcloth and wash the doors. It works better than any soap scum chemical product I know.

Don't forget to change over your laundry detergent, dishwashing detergent, soap, bathroom cleaner, window cleaner, and more. It is better for you and better for the environment.

Especially avoid aerosol sprays used for dusting as these can enter your lungs and do damage.

Avoid scented candles as they can disrupt hormones. Use Beeswax or Soy candles instead. Avoid PLUG-IN air fresheners they are full of synthetic toxins. Use an essential oil diffuser instead.

Use only **non-toxic beauty products**. Be aware that many shampoos, conditioners, lotions, make-up, etc. contain known carcinogenic chemicals, dyes, and additives. Avoid any products that contain "sodium laurel sulfite." Go to www.cosmeticdatabase.com and enter your regularly used products to see if they have a high, medium, or low number of harmful ingredients. Natural shampoos and make-up is available at Whole Foods. Coconut oil is a great replacement for lotion.

Avoid the microwave whenever possible. It de-natures our food.

Avoid buying new things all at once if possible. New carpet, new paint, and new furniture will all off-gas for a period of time. Low VOC paint is available. Generally the mattresses at IKEA are less harmful than conventional mattresses.

People in your life could be toxic too! Make sure you surround yourself with nurturing, uplifting people. If you have a toxic person in your life, NOW is the time to let them go.

Release your toxic thoughts Every thought you have creates a physiological response in your body. Want to test this? Think about a lemon right now. A tart, fresh lemon that you are about to bite into. Has your mouth started watering? All you did was THINK about a lemon and there was a corresponding physiological response. The same is true when you think about your body, your life, and other people. Every thought you have either creates harmony in your body or dis-ease.



Optimizing Fertility Tip #4

GO TO *Acupuncture*

Acupuncture has enormous ability to restore your fertility. Let's do a quick exercise. Take a second to touch your bare abdomen. Is it cool to the touch? Perhaps there is not enough qi (life-force) to create a baby at the moment. The goal for your acupuncture treatments would be to direct the qi to your lower abdomen and to the meridians that affect fertility.

Is your abdomen hot to the touch? Perhaps there is a blockage creating excess heat. The goal for your acupuncture treatments would be to clear blockages and create a smooth flow of qi in the body.

Are you pale, tired, and run down? Perhaps there is not enough blood (essence) for your body to take care of itself at the moment and it is being wise in not creating another being to nourish. The goal for your treatments would be to rebuild your essence and vitality.

Have you experienced numerous miscarriages? It could be that your spleen qi is not holding. Of course there are many reasons for miscarriages and some miscarriages are not preventable as they are an appropriate response from the body. Other miscarriages may be preventable by boosting spleen qi energy.

Increase your IVF success rate with Acupuncture

There was a study done recently in which two groups of women underwent IVF. One group was given an acupuncture treatment 25 minutes before and after embryo transfer. The other group did not receive acupuncture. In the group that received the acupuncture, 42.5% became pregnant where as the group that did not receive the acupuncture, only 26% became pregnant.

By coming for regular acupuncture treatments three months prior to embryo transfer, pregnancy rates can increase up to 60% according to Dr. Lifang Liang O.M.D., Ph. D., L.Ac. in her book *Acupuncture & IVF*.



Optimizing Fertility Tip #5

EXPERIENCE AN *Arvigo Maya* ABDOMINAL MASSAGE

An Arvigo Maya Abdominal Massage is one of the best ways of increasing fertility.

You can literally experience one session with a practitioner, and they will teach you how to perform the massage on yourself going forward.

The massage is done on the abdomen from the top of the pubic bone to under the rib cage. There is also work done on your back and sacrum. The sessions can be deep, powerful, emotional, and relaxing.

How does it affect fertility?

The massage focuses on improving the flow in the pelvic region. Do you notice clots during your period? If so, you may have stagnation in the pelvic area.

Have you been told you have a tilted or retroverted uterus? The massage can help re-position the uterus in the optimal place in the pelvic area.

Action Step: Find an Arvigo practitioner near you at www.arvigotherapy.com

Optimizing Fertility Tip #6

MAKE *Sleep* A PRIORITY

Stop a minute and think about last night.

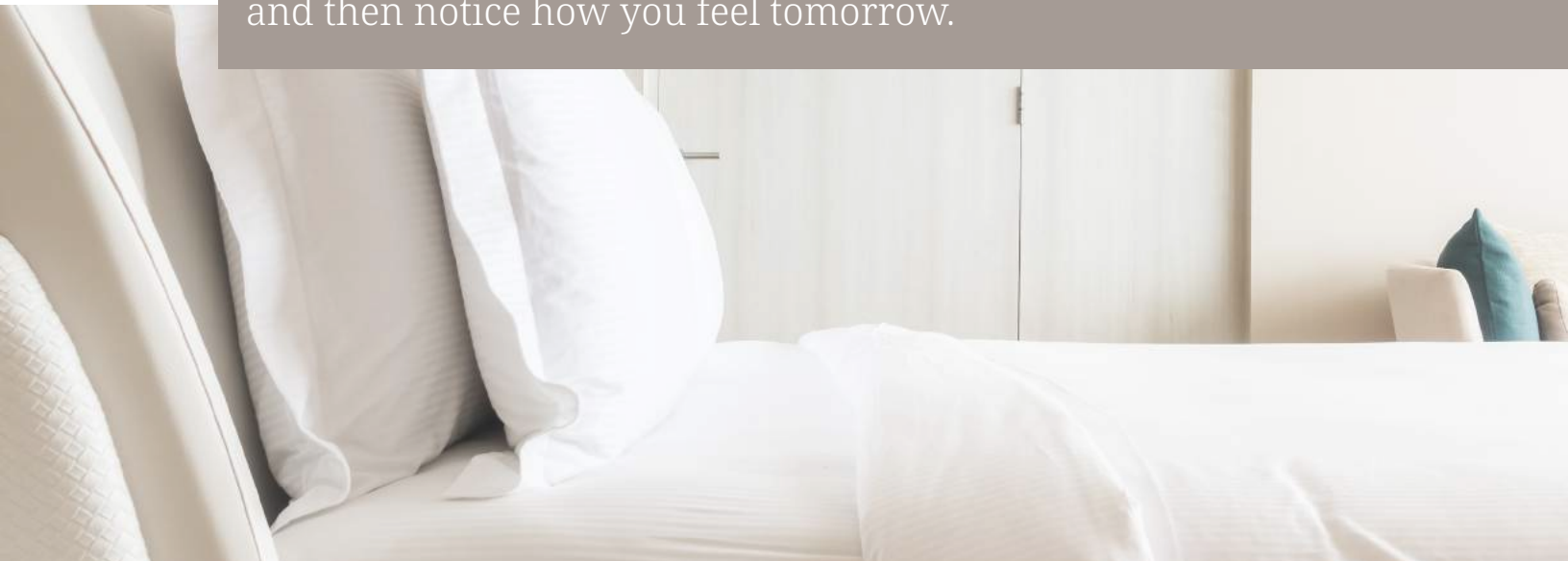
Did you sleep well? Did you wake up feeling refreshed? You may not think that your sleep has anything to do with your fertility, but it does. Important hormonal changes occur at night.

So if we look back in time before we had such high infertility rates, how did we sleep? We slept in caves so think of making your bedroom **cool and dark**.

Sleep Tips

1. Cover up any lights from TVs, alarm clocks, street lights, etc. There was a study done that put people in a completely dark room to sleep. Then they shone a tiny patch of light on the back of their knee. That amount of light was enough to disrupt their hormones for the night. Make sure your room is so dark that you cannot see your hand in front of your face after the light is out.
2. Eat 1 Tablespoons Really Raw Honey before bed – it starts the melatonin / serotonin cycle.
3. Try Natural Calm if you are having trouble sleeping –most women are low in magnesium and this is a good source of it. Natural Calm is a powdered drink that you can sip like a cup of tea right before bed.
4. Get at least 9 hours of sleep per night. This may seem like a shocking amount for modern life but it is closer to the amount that we got for thousands or millions of years.

Action Step: Write this down. Get at least 9 hours of sleep tonight and then notice how you feel tomorrow.



USE *Fertility* SUPERFOODS AND HERBS

There are a few foods which I consider Fertility SuperFoods because they are particularly helpful to those trying to conceive. Consider adding these powerful foods into your diet as needed.

01. Maca – is a root vegetable which acts as a tonic for endocrine system. It is a wonderful food that people use medicinally to increase libido, balance hormones, increase energy, and increase their cervical fluid. I get my maca from www.SuperOrganicFoods.com.
02. Royal Jelly – is what is given to a regular bee to make her a queen bee. Helps women to ovulate. If you have PCOS, or you are not ovulating at all, you want to get Royal Jelly. Also if you are over the age of 35 and you want to improve your egg quality, you can benefit from Royal Jelly. You can get it many places including www.natural-fertility-info.com
03. Herbal Teas – such as Red Raspberry Leaf, Nettles, and Red Clover These herbal teas are full of minerals. They act as a tonic to nourish the entire system. Challenge: Drink Red Raspberry Leaf and Nettles combination tea for 30 days and notice how shiny your hair is and how strong your nails are. Red Raspberry Leaf is known to specifically help nourish and strengthen the uterus. Nettles helps to build blood and Red Clover is a powerful fertility enhancing herb all by itself!
04. Chastetree / Vitex – If any of my patients have long cycles (ie greater than 35 days), or irregular cycles, I usually recommend they take Chastetree





Optimizing Tip #8

GET TO A HEALTHY PREGNANCY WEIGHT

If you want to get pregnant faster, you may need to get to a normal weight. When there is too much fat in the body, our hormones tend to become unbalanced.

Here's the skinny on exercising for fertility:

Practice yoga at least once a week. Yoga poses can increase blood flow to the pelvic region, thereby stimulating and strengthening the reproductive organs.

Yoga also focuses on the power of the mind to control the body. Many people leave a yoga class feeling relaxed and rejuvenated. Getting out of “emergency-mode” allows your body to practice being in a relaxed state. The more you practice being at ease, the more muscle memory your body will have on how to create ease no matter what situation you are in throughout your day.

Go for a walk outside. Serotonin levels increase when you are exposed to natural sunlight.

There is also an acupuncture point on the bottom of your foot that is stimulated by walking. This point is called “Bubbling Spring” and it is the first point on the kidney meridian.

In Chinese medicine, the kidney energy is especially important for reproduction. Walking also gets liver qi moving which is important for the smooth flow of qi and emotions.

Exercise outside in fresh as much as possible. The air quality outside is much better than in a gym. All of your senses are engaged outside, and the connection to nature is especially important for conception.

Identify AND Correct ANY NUTRITIONAL DEFICIENCIES

Did you know that if you have a nutritional deficiency you may not get pregnant? Even if you did get pregnant, you may not be able to give your baby what he or she needs to have a long and healthy life. Yikes!

Just because you are taking a pre-natal vitamin (which is often hard for your body to absorb) and eating fairly well, you may still have nutritional deficiencies that are getting in the way of you becoming pregnant.

Your body is wise. If it doesn't have enough resources to sustain one life, it will not create another life.

So here they are – the most common and the most important vitamin deficiencies to identify and correct:



Vitamin D: The most common nutritional deficiency I see is Vitamin D deficiency. By the way, if you are African American and you do not have a menstrual cycle, go get your Vitamin D level checked by your doctor ***TODAY.*** For everyone else, you want to get your levels checked too. Vitamin D is a pre-cursor to many other hormones in the body. This is a simple blood test your doctor can order.




Zinc: Another common nutritional deficiency is zinc. How would you know? Check your fingernails. Are there any white spots on them? Another way to check your zinc status is to get Solgar Flavo-Zinc lozenge – if it tastes sweet, you need more zinc, and if it tastes metallic you don't.

By the way if you are low in zinc, it probably means you are high in copper. You need this to be in the right balance. Many people get too high in copper from being on birth control pills.



Omega 3's from Salmon, cod liver oil, Flax seed oil, etc. Historically our diets provided about a 1:1 or 4:1 ratio of Omega 6 to Omega 3 fatty acids. Our bodies like this ratio and we can thrive on it. In a modern diet, the ratio of Omega 6 to Omega 3 is more like 50:1. Yikes! That's why we hear so much about increasing our Omega 3 intake.



Another approach is to reduce the amount of Omega 6 in our diets. You can do that by avoiding vegetable oils like Canola oil, soybean oil, and more. So I say do both – increase the amount of Omega 3s in your diet (eat more salmon and cod liver oil) and decrease the amount of Omega 6 in your diet (avoid canola oil, soybean oil, and fried foods).

Mineral Deficiencies:

How would you know if you have a mineral deficiency? Do you suck on your hair or bite your fingernails? You may be trying to re-cycle minerals in your body.

Also some children eat dirt – this may be an indication of a severe mineral deficiency. Our soil used to contain many more minerals than it does today. This means that the food grown in our depleted soil has fewer minerals which means we have fewer minerals.

The best way I know to get minerals in your diet is through Celtic Sea Salt. Celtic Sea salt is approximately **70% minerals** and the remainder contains a small amount of sodium balanced by potassium.

DE-STRESS AND *Create Room* IN YOUR LIFE FOR A BABY NOW

Let me ask you, is there room in your life for a baby right now?

Are you working crazy hours?

Are you not well physically, mentally, or otherwise?

Are you fighting with your spouse?

What I offer to you is to focus on resolving these issues first and then the pregnancy may be more likely to come.

You are sending a strong message to the Universe when you are willing to rearrange your life believing it is possible for you to conceive





SO THERE YOU HAVE IT...

10 optimizing fertility tips to help you *get pregnant* in the next 30 days.

To summarize...the fastest way to get pregnant is to deeply nourish yourself with acupuncture, Maya Abdominal Massage, herbs, food, getting enough sleep, and reducing your exposure to toxins.

I know the information you just read can help the majority of you to get pregnant.

I also know that all the information in the world will not help unless you apply it to your life.

Now this is where most people struggle.

Are you unsure what to focus on first?

Are you feeling overwhelmed with the amount of information you just read?

You don't need to know everything, you just need to **take the first step!**

When you contact Kimberton Acupuncture Clinic, you will get individualized care that makes sense for you.

Kimberton Acupuncture Clinic Offers:

- Acupuncture for Fertility (in person)
- Maya Abdominal Massage for Fertility (in person)
- Three Month Program for Fertility (virtual)



The **Three Month Fertility program** is a popular program and there is a limited number of people Cara can take each month.

Learn powerful ways to enhance your fertility that has helped over 100 women get pregnant.

Program includes:

- Initial Consultation and Assessment with Cara (one on one session just for YOU)
- Chinese Medicine tongue diagnosis
- Customized Fertility plan

During this program, you will learn...

- Foods to Enhance Fertility
- How to remove toxins (including toxic people) to help create an optimal environment to receive a pregnancy
- Natural fertility home remedies including Acupressure, Maya Abdominal Massage, Vaginal Steams, Castor Oil Packs, and more - a class you don't want to miss!
- Fertility Herbs and Superfoods
- How to experience a healthy and pain-free menstrual cycle
- Sex and Polarity - Improving your relationship before becoming a mom and what to do if you just don't want sex
- How to get to an optimal fertility weight without dieting and exercising
- Tips for getting a good night's sleep! Your hormones will thank you
- Mindset strategies - using meditation and Law of Attraction to call in your child
- And more...

This program is chock full of content and strategies Cara has used in her Fertility Acupuncture Practice over the past 15 years.

If all that were to happen is that you learn a lot about health and fertility and you feel better than you have in years... this program is worth it. You now have knowledge for life that will only benefit you and your family.

But what if you could get healthy, feel great AND optimize your fertility? What would that be worth to you? I have helped over 100 women get pregnant, and I would love to help you too.

Wouldn't it be great if you could get pregnant naturally rather than spend \$20k on IVF?

Join this powerful, life-changing program today! Book your complimentary 15-minute appointment to get started.

So...You could keep doing what you are doing and hope to get different results (Einstein says this is the definition of insanity).

You could spend thousands of dollars on IVF which has dismal success rates and includes a lot of synthetic hormones.

Or you could visit www.KimbertonAcupunctureClinic.com and focus on restoring your fertility by **eating better, relaxing more, and creating the best environment possible** to conceive.

I look forward to guiding you toward a happy and healthy future.

Next Steps: Schedule an appointment at www.KimbertonAcupunctureClinic.com

[Schedule a Call](#)

Thank you for reading all the way through. I hope something you just read sparks a change inside of you that ends up changing everything...

In wellness,

Cara Bergman

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