



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

“How to Improve Egg Quality and Increase Your Chances of Having the Healthiest Possible Baby”

Presented by Gabriela Rosa

MScM (RHHG), BHSc, ND, Post Grad NFM, DBM, Dip Nut, MATMS, MNHAA

Fertility Specialist, Author, Naturopath

www.NaturalFertilityBreakthrough.com

info@NaturalFertilityBreakthrough.com

Ph: 1300 85 84 90

Setting Your Intention...

What are the top 3 Learnings or Distinctions I'd like to gain from this event?

1) _____

2) _____

3) _____

My notes:



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

What Is Anti-Mullerian Hormone And What Does It Do?

Sex differentiation begins around 4 weeks gestation

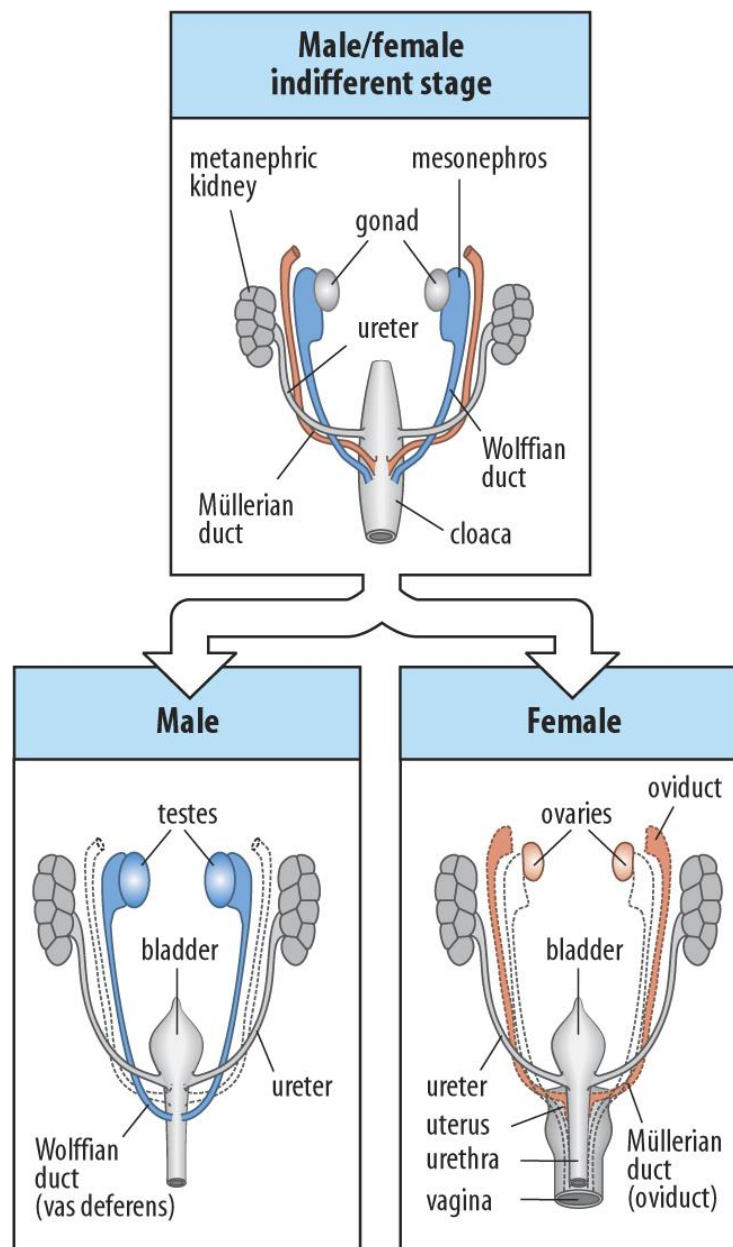


Fig. 1 Staveley, B; Department of Biology, Memorial University of Newfoundland. Accessed March 2014 http://www.mun.ca/biology/desmid/brian/BIOL3530/DEVO_09/devo_09.html



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Follicle Maturation

Takes a staggering 8 months in total!
(This is the time to optimize egg quality)

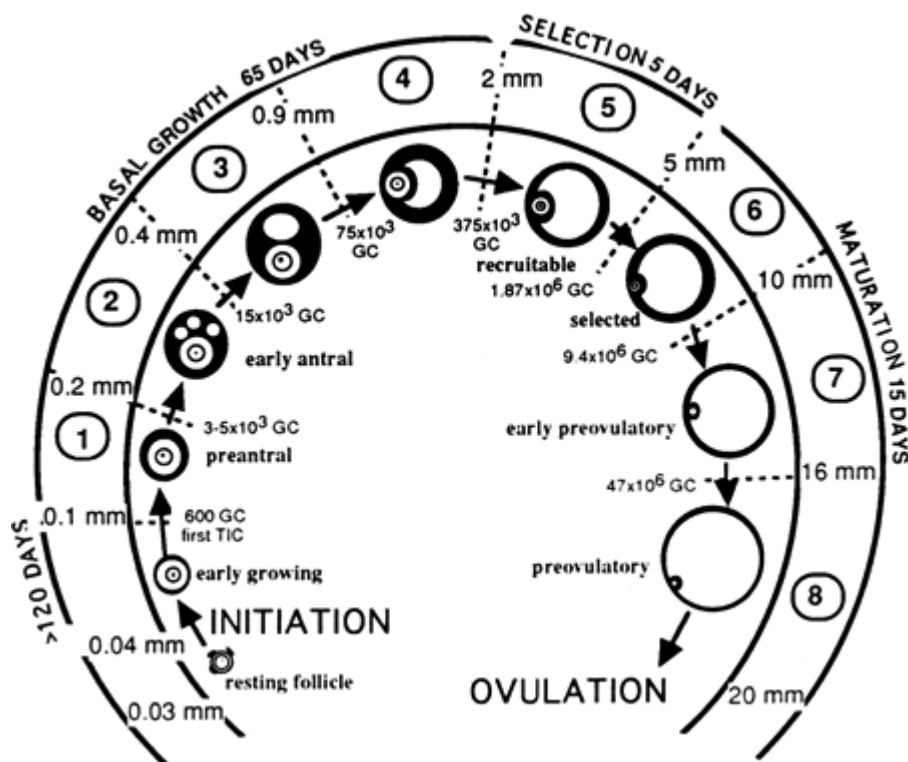


Fig. 2 Classification of follicles in the human ovary. (From Gougeon A: "Regulation of ovarian follicular development in primates: facts and hypotheses". Endocr Rev 17:121, 1996.)

Understanding Ovarian Reserve - AMH 101

AMH is secreted by follicles (_____) in _____.



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Between _____ - _____ eggs start development each single month but only a single egg ovulates.

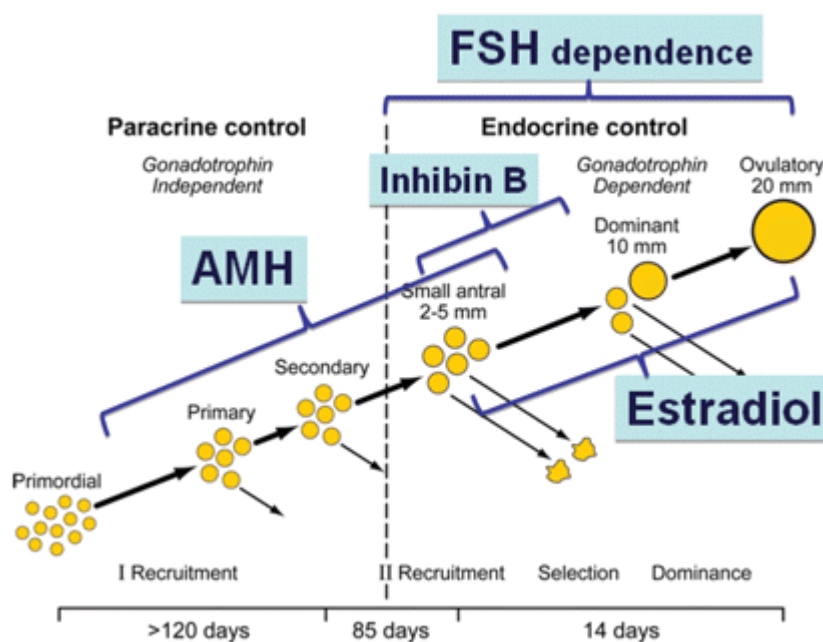


Fig. 3 Markers for human ovarian reserve and egg development (from La Marca, A. et al: "Anti-Müllerian hormone (AMH): What do we still need to know?" Human Reproduction, Vol.00, No.0 pp. 1-12, 2009)

In fertility terms, AMH _____ eggs from being wasted and used up too quickly.

_____ including obesity and smoking reduce AMH and _____ time to menopause.

If I take appropriate action, I _____ improve my _____.



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Age related AMH decline

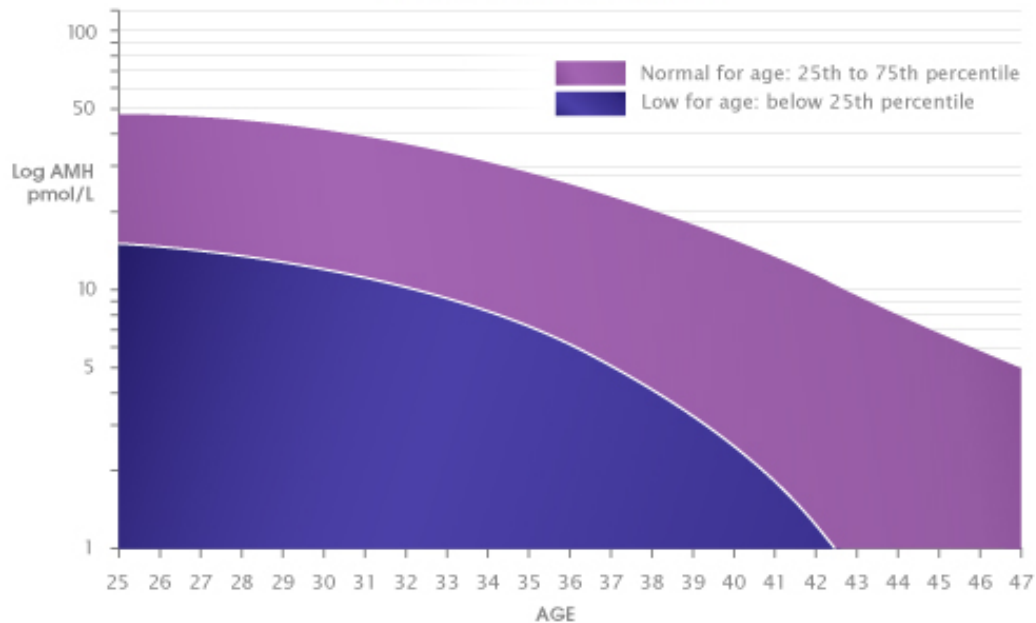


Fig. 4 AMH female reference range

Bloods to be performed on days 2-4 of the menstrual reproductive cycle to ascertain ovarian reserve include: _____, _____, _____, _____ and _____.

Transvaginal ultrasound should count a minimum of _____ to be deemed "acceptable".

Optimum Fertility Foundations



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

_____ of preconception preparation is the only _____ way to ensure to get you closer that you have ever been before to creating the healthy _____ of your dreams.

For best results, act _____ now to get _____ later.

The _____ of health and the _____ are the most comprehensive ways to empower couples to _____ their fertility for best conception results, naturally or through assisted reproductive methods if _____ necessary.

The 5 foods or dietary habits you must avoid to optimize your fertility are:



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Cole is one of our many 'miracle babies'....



Fig. 5 One of the "low AMH affected families" we've helped create via natural conception; Published with permission 2014.



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Proven Strategies for Improving Egg Quality

Nutritional supplementation in the opinion of many fertility doctors have gone through many phases – from _____ to _____ about the dangers to _____ routine _____.

Foundational nutrients for optimum male and female fertility include: A practitioner strength _____, _____, _____; Adequate and replete: _____, _____ and probiotics.

Supplements _____ to improve egg quality include:

- _____ - _____
- _____ - _____
- _____ - _____
- _____ - _____
- _____ - _____

When Do You Change Your Getting Pregnant Strategy?

3 Things you must do before changing conception strategies:

1. _____
2. _____
3. _____



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

What other options on my journey to having a baby would I consider?

My notes:



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

What have you learnt?

What are my top 3 Learnings or Distinctions from tonight's Webinar?

1) _____

2) _____

3) _____

How will you apply what you've learnt?

What is your very next action step based on what you've learnt that will help you in transforming your current results to create the healthy baby of your dreams?

Wishing you the very best on your journey towards creating your very own healthy baby.



Natural Fertility Breakthrough

Empowering you to reclaim your natural fertility and create a truly healthy baby

Sending you lots of baby sparkles!

With Fertile Blessings,

Gabriela Rosa

Gabriela Rosa | Author, Fertility Specialist, Naturopath

MScM (RHHG), BHSc, ND, Post Grad NFM, DBM, Dip Nut, MATMS, MNHAA

My notes: