

INTEGRATIVE FRAMEWORK

Physical

Addressing the physical health is one of the foundational principals in the EcoFertility Method. Optimizing the health with exercise, diet, supplements and herbs can have a dramatic effect on egg quality.

Mental

Our mental health plays an important role in fertility because we know that stress is one of the biggest hormone disruptors. Also, bringing a baby into a stressful environment is also not advised for mom or for baby. The other factor is having an adequate support system

Financial

Fertility treatments can be costly. It is vitally important to have a plan in place to cover conventional and alternative treatments. Financial stress can also wreak havoc on our hormones as well as our relationships

Spiritual

What is giving you joy in your life? Have you filled your cup enough to give to a baby, your partner, yourself? Where could you be fulfilling yourself and your dreams more? What are you waiting for?