

FINDING THE ROOT

Clear the path

Creating a clear path to pregnancy involves looking at the whole system and removing any obvious obstacles that could get in the way, this may include detox, environmental concerns, time, space, etc

Support the natural rhythms

Our bodies like natural rhythms and rituals to work optimally. It is important to eat at regular times, sleep at regular times and get enough sleep and wake easily without an alarm in the mornings

Inquiry

We have to ask the right questions to get the full picture and history of what is happening and what has happened with each individual throughout their lives. Where they were, where they are and where they want to go.

Track BBT

Tracking the BBT will not only give you the fertile window but the entire cycle will give you important insight into the hormone fluctuations and abnormalities throughout the cycle