



101 WAYS

TO SUPERCHARGE YOUR FERTILITY

So you're trying to have baby huh? If you found this e-book, then chances are it's not going according to plan, or maybe you just want to do all you can to increase your chances of success. Whichever camp you are in, you've come to the right place. These tips and tricks are going to help.

We've researched, talked to many experts, and tried different things (the only real way to know if something is right for you) to bring you this information. We are super passionate about fertility and want to share these ideas with you so that you can be empowered on your fertility journey and be the fertile person you are.

How to use

These tips and tricks are focussed on improving your fertility so you can increase your chances of conceiving. We are holistic beings so taking a body, mind, and spirit approach to your fertility is important. Fertility can be a delicate thing because it can be affected so easily, but as with everything, there is always a combination of factors that lead to a certain outcome. It's worth taking a comprehensive approach to your fertility.

Some of the things on this list you may already know, some will be new to you. Some may even sound strange. Approach them with an open mind and follow what resonates with you. Start with just one or two things that feel the most important. You do not have to do everything! For the suggestions that grab your attention, you may want to do more research to increase your understanding. Remember, do what feels right for you - this is your fertility.

This is not a get-pregnant-quick list. Fertility can be complex and take time. The idea is that you do what is within your control to improve, and move towards letting go of the things that you can't control.

Wishing you love and success on your journey

Team Miracle

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Body

Taking time to ensure you are physically ready is the First thing to do for your fertility. It takes 90-100 days for sperm and eggs to mature so this is a great time for you and your partner, to prepare for pregnancy, and ensure you're in the best condition possible.

1.

Focus on the health and wellbeing of both yourself AND your partner

Afterall, they are 50% of the equation. Involve your partner in the process. Take him to appointments, share research with him, and support him to make changes that will benefit him and your chances of conceiving.

2.

Get your cycle regular and your hormones balanced

So many women overlook or underestimate the importance of this, but imbalances can impact our fertility significantly. There are many things we can do to address imbalances (many listed below) but know that it may take time and effort. Healing and balancing the body ensures that it is ready for pregnancy and able to receive and sustain new life.

3.

Know your body and track your cycle

Observe it. Know it inside and out. Know the signs for ovulation. Take time to become familiar with what is happening in your body. You may want to keep a journal and notice how different things like food, sleep, exercise, or stress impact your body. Observe how your mood or energy can change at different phases in your cycle. Tracking is a great way to know what is going on in your cycle. You can use a chart or an app to do this. Make sure you are recording your basal body temperature and cervical mucus for the full picture. Learn what a fertile cycle looks like and identify any areas in your cycle that need some attention e.g. a short luteal phase, or low progesterone. Know that you can improve your cycle and know how essential this is to your fertility.

4.

Find out what, or even if there is anything physically wrong

Then seek out the appropriate treatment for that condition. Whether it is endometriosis, polycystic ovaries or low sperm count for him, get this addressed. Do not believe you are infertile or somehow broken. The body is amazing at healing with the right support. Make the decision and commitment to heal. It may not be a quick fix if you have been suffering with something for a while, but it will be worth it.

5.

Get support to heal

In addition to your GP or fertility specialist there are many different natural healers and alternative practitioners that can help and are worth adding to your team. Find the right one (or combo) for you and your needs. Be open to trying different techniques and therapies. By seeking out different forms of healing, you can often help yourself to regain full health, and reduce the need for medicines and even medical interventions along the way.

6.

Stop focussing on age and start focussing on fertility.

This is an important mindset shift. It is not about how old you are but how healthy you are which determines your fertility. You cannot control your age, but there are things you can do to increase your fertility. Focus on those things.

7.

While we are at that, change your focus from infertility to fertility.

It's about improving your fertility. Doesn't that feel more empowering?

8.

Have IVF only when your body is ready

You will increase your chances of success, if your body is balanced, healed, and in a healthy state. This also applies to your emotional state as well. If you are grieving a loss, processing disappointment, or feeling overwhelmed, then it is worth considering delaying treatment until you are feeling ready. It may just be a month while you take some time for yourself. Not only does this give you the best chance to succeed, you'll feel less anxious during your pregnancy which is good for you and your baby.

9.

Give yourself permission to take a break from tracking and ovulation testing

Just for a bit. We all know how all-consuming it becomes when you have been doing it month after month. It can be good to take a breather.

10.

See a Traditional Chinese Practitioner

Enjoy the amazing benefits of acupuncture and Chinese herbs. There is a lot of research supporting the benefits of acupuncture including improving the blood flow to the ovaries, regulating the hormones involved in follicle development, and building a nourishing endometrial lining which can increase the likelihood of pregnancy. It also helps with Polycystic Ovarian Syndrome, irregular periods, failure to ovulate, and other fertility issues. It has lots of other benefits too like decreasing stress and anxiety, and improving sleep. Trust me, you need to do this one. Acupuncture combined with herbal medicine will do wonders for your whole system.

11.

See an Osteopath, Homeopath or Reflexologist (or any other alternative practitioner you are drawn to)

Different healing modalities, and different practitioners, offer different things. Find what is right for you and what you specifically need right now. Know that this could change. Alternative healing compliments medical treatment and works really well to support other treatment. Ask around for a recommendation and find the treatment and the practitioner that is right for you.



12.

Have some energy healing such as Reiki

We are energetic beings and energy healing works to establish the body's normal flow of energy, clearing away any blockages. Reiki can restore a person's body, mind and spirit to balance. Plus, it feels good!

13.

Avoid tight clothing

When there is tension around the reproductive organs, energy can't flow as well. Keep the circulation flowing to this area through massage and movement.

14.

Keep those testicles cool!

Heat affects men's fertility so hot baths, saunas, extra-long hot showers, electric blankets, and tight clothing (get him into boxers) could cause his testicles to become too hot, which decreases sperm quantity.

15.

Have a Maya Abdominal Massage (also known as Arvigo Abdominal Massage)

Maya abdominal massage, or deep tissue massage, treats infertility as well as other reproductive and pelvic disorders. It's designed to increase the flow of blood, lymph, and energy to tissues and ligaments in the pelvic area. Many believe that a woman's uterus is her core and if it is out of balance, her whole life is out of balance - physically, emotionally, mentally and spiritually. Our uterus is so important but it is sadly neglected even when we are trying to conceive.

16.

Keep laptops and electronics clear of the pelvic region

It can cause excess heat as well as harmful electromagnetic radiation to a very sensitive area. Keep that electromagnetic field away!

17.

Reduce electromagnetic energy in your home and work environment

There is evidence that too much electromagnetic field (EMF) exposure is harmful to our health and to our fertility. Many studies show that wi-fi is having a harmful and detrimental effect on men's sperm and imagine what it is doing to our delicate ovum. Avoid carrying your mobile on you and definitely do not have it in your bedroom at night. Turn off wi-fi when not in use and reduce your microwave use. Some fun things to do to reduce EMF are to buy a salt lamp (which is a natural negative ionizer), increase plants that absorb EMF in your home, and use crystals.

18.

Get rid of chemicals

This is a biggie! Toxic chemicals such as lead, pesticides, polystyrene, xylene, benzene, mercury, anaesthetic gases and solvents have all been linked to infertility. So that means ditch the toxic products. Get rid of nasties like hair dye, nail polish and nail polish remover, air freshers, fly spray - any pesticides at all. Get informed about what's in your skin care. Even small changes can make a difference.

19.

Go organic wherever possible

Just start small as it is not always practical to be 100% organic. A good place to start is with the Clean 15 and the Dirty Dozen. The top 15 foods with the least pesticides are called the Clean 15, while the 12 foods with the most pesticides are called the Dirty Dozen. These lists are updated every year so do change. Although washing produce doesn't get rid of all pesticides and chemicals as they can be absorbed into the entire plant, it can reduce your exposure so be sure to always wash everything thoroughly.

20.

Avoid canned food and reduce plastic

Cans and many plastic containers, as well as shopping receipts, contain Bisphenol A (BPA), which can leach into food. BPA is an artificial oestrogen that mimics the hormone oestrogen and acts as an endocrine disruptor. It is considered an ovarian toxicant and has been linked to miscarriages and fertility issues (among other things). Multiple studies have found that higher BPA levels in women undergoing fertility treatment meant a reduction in successful pregnancies. Avoid canned food, unnecessary cash register receipts, and anything that involves cooking or warming food in plastic as the chemicals leak out of plastic materials at a higher rate at higher temperatures.

21.

Reduce your consumption of mercury contaminated seafood

Studies show that mercury consumption is related to infertility and miscarriage. Mercury is an element found both naturally and a heavy metal element created and released through industrial pollution. As fish feed in the contaminated waters, the levels of methylmercury build up in their muscles. Generally, the bigger or older the fish, the more mercury will have built up in them. Most people know to avoid mercury but there are questions around how much is safe to consume. Do your research and limit the consumption of any fish with high levels of mercury.

22.

Ditch the tampons

They can cause the period and other discharges to back flow into the tubes, especially if your uterus is slightly tilted. This may cause blockages in the tubes and lead to problems. Also, tampons (non-organic) can be filled with chemicals like dioxin, pesticides, and fragrances which are absorbed by the vaginal mucosa and then can pass directly into your bloodstream. Dioxin in particular is a highly toxic ingredient linked to issues such as cancer, infertility, and endometriosis. Even minute amounts can pose long-term health effects, especially when the cumulative effect is considered. (Try a menstrual cup instead. Your body, wallet and the environment will thank you).

23.

If you haven't already, cut down on (or better still eliminate) caffeine, alcohol, tobacco, drugs

This one is a no-brainer as there is so much evidence about the harmful effects on fertility, but it can be a difficult one to commit to for some. If you are finding it challenging, be gentle with yourself. What support do you need to help you with this? Know that you can do it!

24.

Stop taking NSAIDs (of which ibuprofen is one)

There is a possibility of a link between NSAIDs and irreversible infertility.

25.

Detox

A detox clears the body of toxins that have built-up and that can negatively impact your fertility and the health of your baby. They help the body eliminate toxins and support your body to return to a natural balance ready for pregnancy. Every day we are exposed to a variety of harmful substances and the body can become easily overwhelmed by toxins. These affect our hormone balance and our overall well being. Some of these toxins have been shown to be passed on to a developing baby during pregnancy.

A good detox will also help your body fully utilize any herbs, nutritional supplements or natural therapies you are using. There are many different types of detoxes you can do so research and find one that feels right for you. Not only will this help your fertility and is good for your bub, you will be amazed at how good you feel.

26.

Eat well

Nutrition plays a key part in our fertility. Hormone production and function, and egg and sperm quality are determined by the foods you eat. There is a lot of information around about what we should be eating so invest some time into researching the different recommendations and talk to a specialist and find what is right for your body and what works for you. The best thing you can do is to eat lots of organic fruit and vegetables, especially dark leafy green vegetables, yams, and colorful fruits such as blueberries, raspberries, pomegranates, pineapples and strawberries.



27.

See a Nutritionist or Naturopath who specialises in fertility

Take your partner with you. They can provide specialised fertility advice and tailor a preconception plan to meet you and your partner's needs.

28.

Take the right supplements

Chances are you are already taking fertility supplements of some sort. Make sure they are the right supplements for you by getting expert advice from a Naturopath, Herbalist or someone reputable. They can recommend what it is your body specifically needs. It will change over time as your body adjusts, heals and balances.

29.

Take vitamin E

There are lots of supplements that can be good for our fertility but an important one is Vitamin E. Vitamin E boosts fertility, helps the fertilized egg stay attached to the uterus, and it is a natural antioxidant.

30.

Pay attention to your digestive system

Some say that the gut lays out the foundation for conception. We know how important vitamins and nutrients are in relation to getting pregnant but if you do not digest these foods effectively, they cannot help your fertility. If your gut is not working properly, then proper digestion will not take place. This will affect your ability to extract the nutrients you need from your food and can ultimately cause nutritional deficiencies.

In addition, if the healthy bacteria in the gut are compromised or overwhelmed by harmful bacteria, this leads to imbalance. This imbalance can affect the entire body including your chances of conception.

Luckily, we can heal and improve our digestion and therefore our fertility through simple practices and by eating the right foods:

- Drink lots of water
- Increase your fibre intake as this acts as a prebiotic providing food for beneficial gut bacteria to thrive
- Reduce your sugar intake
- Eliminate harmful foods (gluten and dairy are great places to start. Even if you don't have a true allergy or sensitivity to either one, they can cause inflammation in the body)
- Take your time to chew food (this jumpstarts the digestion process and puts less work on your gut)
- Add in good bacteria and take probiotics help build beneficial gut flora

31.

Just doing these simple things will make a tremendous difference in the health of your gastrointestinal tract. Working with a naturopath or nutrition specialist trained in fertility can be very helpful for resolving issues related to your gut health.

Eat lots of fruit

Our reproductive systems require the proper nutrients and these nutrients come from fruit. We have been told to avoid excess fruit due to the high sugar content but our bodies process the sugar in fruit differently to other sugars. According to Medical Medium Anthony William, fertility as well as our overall health, depends on the fructose and glucose that occurs naturally in fruit. It also needs the phyto-chemicals bonded to those sugars, the anti-tumor, anti-cancer antioxidants that are found only in fruit, as well as essential polyphenols, bioflavonoids, disease stopping pectin, vitamins and minerals.



32.

Drink raspberry leaf tea

When it comes to balancing the female reproductive organs and preparing your body for pregnancy, raspberry leaf tea is powerful. Raspberry leaf is an overall hormone balancer that supports the adrenal gland's production of oestrogen, progesterone and testosterone. It also feeds the thyroid and is useful in preventing miscarriages and supporting the body following childbirth. You can drink up to 6-8 cups every day.

33.

Eliminate chocolate of all kinds

This one is controversial but chocolate is caffeinated and full of toxic products. Don't eat this during pregnancy either.

34.

Enjoy castor oil packs

Castor oil packs have been used for thousands of years and are an easy, relaxing, and inexpensive way to nurture your fertility. The warm pack applied to your abdomen helps the lymphatic system, the liver, and the circulatory system. They cleanse the reproductive organs and promote healing of damaged tissues, remove excess toxins and hormones overwhelming the liver, and promote circulation bringing fresh oxygenated, blood to the reproductive organs.

35.

Maintain a balanced pH to support a healthy vaginal environment

This is particularly relevant if you suffer from bacterial or yeast infections. Acidic environments can cause big problems for sperm, so you want to support your body to have a healthy acidic pH level. The best way to do this is through diet and nutrition and healthy lifestyle choices such as drinking lots of water. Some women also like to douche to maintain a balanced pH in the vaginal canal.

36.

Have a vaginal (yoni) steaming

This therapy is a plant medicine practice to restore balance to our feminine cycles. It has been used for thousands of years across the planet although has recently had a resurgence in popularity. You simply sit or squat over a container of herbal-infused steam. This ancient practice works by supporting your body through its natural processes and has many reported benefits from increasing relaxation, reducing pain, detoxifying the womb and removing toxins from the body, to enhancing fertility.

37.

Elevate your legs after intercourse

There is mixed opinion on this one but worth trying.

38.

Lie down after intercourse

Don't hop up right after you make love. Lying down for at least five minutes after sex increases the odds that the sperm will be able to keep their date with the awaiting egg.

39.

An orgasm increases your chances of pregnancy

Your orgasm may be able to act as an internal vacuum. Studies have shown that uterine contractions occurring can pull the sperm up into the vaginal canal and through the fallopian tubes.

40.

Avoid anything that will raise your core body temperature right after intercourse

This includes hot baths, saunas, or long runs.

41.

Avoid over-ejaculation

This means no ejaculating a week before you make love, so that his sperm will have a much higher ejaculation load. Over-ejaculation causes depletion of the vitality of the sperm and can deplete the man's energy.

42.

Change up the timing of sex

Mix it up a little. Try different methods of timing. Oh, and if you feel like having sex, do! Don't always just wait for ovulation.

43.

Prioritise sleep

The quality and quantity of sleep you get each night may affect your fertility. Poor sleep, sleep deprivation, and circadian rhythm disruptions can all impact hormone levels. For example, studies have found that women who average seven to nine hours of sleep a night had follicle-stimulating hormone (FSH) levels as much as 20 percent higher than women who averaged six or fewer hours per night (Both abnormally high and low levels of FSH are known to have profound reproductive effects). Sleep has also been shown to affect the quality of sperm.

44.

Eliminate sugar

Consuming excessive amounts of sugar is toxic to your fertility and can exacerbate fertility issues you may already be experiencing. Studies have shown that excess sugar can lead to a host of fertility problems, including hormone disruption, insulin resistance, PCOS, yeast infections and vitamin and mineral deficiency. Try it and see how much better you feel.

45.

Reduce intensive exercise

We know exercise is good for us and our fertility, but did you know that many experts suggest no more than 7 hours of strenuous exercise a week? The body can interpret intensive exercise as stress. Traditional Chinese Medicine explains that too much intensive exercise upsets the balance of male and female energy in the body. Exercise is important but in moderation.

46.

Practise yoga

Yoga is good for the mind, body, and spirit. Take a yoga class or incorporate specific fertility yoga poses into your daily or weekly routine. There are so many wonderful benefits to yoga. Yoga can help reduce stress, improve circulation and blood flow to the reproductive organs, improve pelvic health, and support ovarian function and womb ecology. It also helps with being present to what is and with that comes more willingness to accept things as they are and not focus on the past or the future.



47.

Investigate thyroid problems and the Epstein-Barr Virus (EBV)

If you are struggling to conceive it is essential you read about EBV. This will be particularly relevant if you have ever had glandular fever which is usually caused by EBV. Recent studies have begun to uncover a link between EBV and fertility (as well as other auto-immune problems). EBV can target the thyroid and different parts of the reproductive system - particularly the uterus and/or ovaries - causing a whole range of problems. There are ways to heal through detoxing, nutrition and lowering your viral load through nutrition and detoxing to heal.

48.

Consider genetic testing for you and your partner

This can form part of your preconception plan. It provides information that enables you to finely tune your specific dietary and lifestyle choices so that your health, and that of your children's, is optimised. It will enable specific preventative health strategies, help you understand your hormone metabolism pathways, and help you learn how to manage mental and environmental stress in your life.

49.

Bask in the sun as much as possible (safely of course)

Studies show a significant correlation between vitamin D levels and fertility. Low levels of vitamin D negatively impact fertility – for men and women. One reason it's so essential to fertility is because the body needs it to create the hormones that are vital to overall well-being and fertility. Vitamin D can help make our uterus more receptive. Research suggests we need 20-30 minutes of sunscreen-free time outside during peak overhead sun hours.

50.

Increase your levels of melatonin

This can help your fertility. For example, research has found that higher levels of melatonin found in the fluid that surrounds developing follicles produces larger follicles during IVF (meaning better egg quality) and reduces free radicals that can cause disease. Melatonin can be increased by exposure to sunlight. Avoid light from screens towards the end of the day as this depletes levels of melatonin.

51.

Use aromatherapy oils

Essentials oils are a wonderful gift of nature that can help our fertility by balancing hormones, reducing inflammation, and aid in healing. The plant hormones (phytohormones) in the essential oil can talk to our own endocrine system and help to stimulate healthy hormone production and integrate with the nervous system. They also provide psychological benefits. They can improve mood, change cognitive states, and reduce stress. They also lift the spirit. Try Geranium, Clary Sage, Rose, Fennel, Jasmine – there are many to choose from. Even though they are natural, essential oils be sure to use them in a safe way. Also be sure to purchase quality oils.



Mind

If your body is in great condition to create and receive life and you're still not having success, then it is time to turn to your mind and your emotions. The mind-body

connection tells us that our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our biological functioning.

Emotional and psychological stress affects our fertility.

Our emotions and negative thought patterns have a huge impact on the delicate balance of our endocrine – or hormonal system – as well as our overall health.

It is so vital that we take care of our emotional and mental health. We want to unblock any old and stuck emotions, as well as deal with the overload of emotions

Reduce stress with this journey, so we can be in the best emotional, and physical state for pregnancy.

The modern world has a lot of stressors on us. Being overloaded and stressed is not ideal for fertility and affects our adrenal and hormonal balance. Prolonged demand, like a busy lifestyle, is registered in our bodies as chronic stress and our bodies respond to that stress in the way it always has – flight, fright or fight. It produces more hormones - like cortisone and adrenaline - to deal with this, and reduces functions that are not critical like reproduction! Sometimes our reproductive systems can be shut down while we are overworking other glands.

Give yourself permission to really take care of your needs

That may mean saying no to things, reducing your expectations, simplifying your life, asking for help, and increasing your self-care. What can you do right now to eliminate some stress? What things can you do to help you deal with stress?

53.

Slow down

We live at a fast pace in a fast-paced world. We have big expectations on ourselves to work long hours, to deliver, to perform, and we de-prioritise relaxation. This is not how our bodies are designed to live. This impacts our fertility! This kind of fast paced living reduces the vital energy in our body, (what Traditional Chinese Medicine refers to as yin or feminine energy), and doesn't allow it to be restored. Our bodies become imbalanced. Because our bodies are intelligent, it recognises that we are not in the optimal state for conceiving. Prioritise more time for rest, relaxation and breaks.

54.

Restore your yin energy

Chinese medicine sees health and disease as a balance of yin and yang - two opposing, but deeply interconnected energies. Yin (feminine) represents the more cooling, fluid aspects of our well-being. Yin is conceptually restful, slow, subtle, quiet, and represents 'going within'. Yin is vital to keep us balanced and stable. Yang (masculine) constitutes the more warming, drying aspects of our body and is fast, hard, direct and action focussed. It is very easy for our yin energy to be depleted and this can affect our fertility. There are lots of ways to restore and balance your yin energy such as meditation, being in nature, and really 'going with the flow'. One really effective way is to rest after lunch. This is the natural time for the body to replenish and build yin so is an ideal time for a nap, or a relaxation meditation like Yoga Nidra (yogic sleep).

55.

Get informed

GP's and medical specialists are a great source of information but there are others who can provide additional information and sometimes alternative perspectives. Read books, research online, and speak to alternative fertility specialists who can provide other views to fertility and treatment. Be in charge of your own fertility.

56.

There is more than one way to do fertility

Give yourself permission to decide what is best for you. You are in charge of your fertility and you get to choose. Don't do anything that you are not comfortable or 100% sure about. There is no right or wrong way to do this.

57.

Get help!

Gather a team around you to help you with different aspects of your journey. At different times this may include medical, physical, emotional, mental, spiritual and relationship. As well as your partner, have trusted people you can talk to about your experience. You are not expected to be an expert on everything and you do not need to do this on your own. Do not underestimate the importance of what you are experiencing.

58.

Engage a Coach, Counsellor or Therapist

They will help you navigate the emotional challenges that come with the fertility journey as well as deal with emotional blocks. Coaching or therapy can help by teaching you skills and strategies to alleviate the stress and impact of what you are going through. Reducing psychological stress is proven to be good for your fertility.

59.

Reprogram your reproductive system

For years you've mentally and physically (by taking the pill and avoiding pregnancy) told your reproductive system to never get pregnant. You need to retrain your body and reprogram it hormonally and mentally to turn it back on and feel ready to conceive. Create a new mantra for yourself to do this. You can say "it's time to conceive", "it's safe to conceive", "I am ready to have a baby" or whatever feels right for you to say. Say this every day, whenever you can for at least one month.

60.

Try Hypnotherapy

The subconscious mind is incredibly powerful. It stores our experiences, thoughts and emotions for future use. Hypnotherapy is a way to access our subconscious mind and create real change. There are hypnotherapists who specialise in fertility, or online resources and programmes you can access.

61.

Use visualisation

Another way to harness the power of the subconscious mind is through visualisation. Visualization uses the power of your mind's imagination to create the future you want. This is the technique that many professional athletes use to create success. While the subconscious mind is extremely powerful, one thing it cannot do is tell the difference between what is real and what is not. When you visualise yourself pregnant, your mind imagines this as real. Spend time imagining your body fertile and with a baby in your arms. Daydream and let yourself enjoy the feeling imagining this creates (this is the key!). Visualisation or guided imagery can also be used during your cycle to heal the body and enhance fertility. There are some great visualisations and meditations available online for every day of your cycle.

62.

Create a vision board

Vision boards harness the law of attraction and can be a powerful tool for manifesting. Fill yours with pregnancy, fertility, baby and family images, photos, and affirmations that spark happiness and joy for you. It can be a gentle and fun way to look forward. It will help create a positive vibration to attract your dream of a baby into your life. Look at your board often and feel how good it will be to have the baby you imagine.

63.

Positive affirmations

Affirmative statements are a declaration of what is true. Affirmations are a great way to get your head in the right direction to move your body into action. They help relax us, eliminate fears, and move us closer to what we desire by putting us in the feeling of already having what we desire (and thereby using the power of the law attraction). To get the most from affirmations and to ensure they work for you, use affirmations that are in the present tense, positive, and that you believe. The trick is that the affirmation needs to make you feel good. Again there are great resources on line or you can create your own power affirmations.

64.

Learn and practice Emotional Frequency Technique (EFT)

Emotional Frequency Technique also referred to as tapping, is simple and surprisingly effective. It is a great way to install new positive affirmations about fertility that bring you closer to your desires. EFT has been proven to reduce stress and anxiety which we all know impacts our fertility. It can help clear limiting beliefs about your body and its ability to conceive or to carry a child, fears around pregnancy and parenthood, or any other unwanted beliefs about your fertility.

65.

Practise meditation and mindfulness

This is one of the best ways to look after your mind and yourself. It's a great way to become aware of negative thought patterns, learn how to cope with emotions, and cultivate more presence and acceptance. Having a healthy mind and a positive outlook not only helps the body heal, but creates space to be open to and receiving of a new life. Join a mindfulness class or download a mindfulness app.



66.

Build your confidence

Infertility can knock your confidence as you are reminded every month of not achieving your goal, no matter how hard you try. You can start to feel less than and that there is something wrong with you. If this is the case, then rebuild your confidence by challenging yourself with something that gets you out of your comfort zone. It could be facing a fear, learning a new skill, or embracing a fun challenge. Do something that you can achieve in and it will make you feel good about yourself.

67.

Take on a new project

So much of our life goes on hold while our focus is on trying to conceive. It can become overwhelming and just too much and it's not good for us. It is good to change your focus on something that is not about fertility. This can be anything that takes your focus away from trying to conceive – plan a trip, renovate a room, take up a new hobby (or rekindle an old one). The more fun the better.

68.

Take a break from trying

When you have been trying for a while it can be important to switch off, at least for a short time. Give yourself permission to take a breather. It may feel counterproductive but know that if you need a break, you need a break. Think of how re-renewed you feel when you take a break from other activities and how your productivity increases. The same can be true with trying to conceive. You will feel less stressed, less overwhelmed, and less exhausted.

69.

Release blocked emotions

Emotional blocks can prevent successful pregnancy and can impact negatively on our lives. These are past hurts, traumas, and experiences that you have not processed fully. The body stores these until you are ready to deal with them. Many believe that they are stored in our sacral chakra which is associated with fertility. They need to be released. Try jumping, screaming, laughing, crying, or other physical forms of catharsis that release built up emotions. Journaling, therapy, and mediation can all help too.

70.

See an Emotions Code Practitioner

The Emotion Code is a technique that uses specific questioning and muscle testing (kinesiology) to get answers from the subconscious about trapped emotions that need to be cleared. The results can be life changing.

71.

Take a Bach Flower remedy

These are little blends of mother nature's magic. They clean up emotional stuff so you can get on with your life. They work at a cellular level and are completely natural and safe (even during pregnancy). They can help heal grief, shift anger, deal with shock, plus a whole range of other emotions. I have seen these remedies work in remarkable ways and they are a wonderful thing to support you on your fertility journey.



72.

Journaling and automatic writing

Keeping a fertility journal is a practise of recording information that can be helpful on your journey – things you have tried, days you have had intercourse, diet, and treatments. It may help you feel more in control and less overwhelmed. You can also use a journal as a way to release the build-up of emotion. It is an effective way of getting out any thoughts and emotions in a safe way.

Journaling can also be a great way to connect more into our self and hear what is really true for us by using a technique called automatic writing. Automatic writing involves asking a question and then writing an answer. You need to be in a quiet space and be intentional – allow yourself to speak from the heart. You then allow whatever comes to flow – without judgement, without censoring it. Once you get the flow of it, there will be insights to be had! (download my journal here for more on how to and questions).

73.

Let go of loss

Grieve past disappointments, failed treatments and any miscarriages so that you can find healing. Letting go of loss is important as it makes room for the new. Not only will you feel better, but you'll feel less anxious and more confident during your pregnancy. Process the loss by acknowledging it and allowing it space. So often we want to move on quickly from this pain but it is important to give it time to heal. Some ways to do this are seeing a coach or counsellor, talking to a trusted friend, journaling or just allowing yourself to sit with your grief.

74.

Honour your miscarriages

This is important to do and can help with grief. Plant a special tree or flower that blooms in what would have been their birth month, have art commissioned, write your child a letter, buy or have jewellery made. It can be anything that feels personal to you and makes you feel better.

75.

Have a Letting Go Ceremony

It is so important to grieve and let go of loss so that you can heal. Having a special ceremony can honour a loss and facilitate healing. You may create something yourself or engage someone to lead this for you (for example some celebrants offer this service). It can be something private or shared but will be personal to you. You can include things like a memorial walk, planting a tree, reading a poem or special children's book, lighting a candle, playing music, or writing a letter to your child. There are no rules – it is just whatever feels meaningful.

76.

Share your story

Write a blog. Share in a group. Tell a friend (or two). Get your story out. Do not hold in your pain. Anything that gets your pain out is good. Infertility can be a hard thing to share so we can bottle up our feelings. So many women feel alone and unsupported and are often surprised at how they feel when they share. This can help reduce the pain and that is good for fertility.

77.

Address your fears and beliefs

We all have fears and beliefs - some we know about and some are hidden away in our subconscious. You may have fears around being pregnant, giving birth, or losing a child. You may have a fear that you won't be a good parent or a fear around having to give up certain parts of your life if you do become pregnant. You may have doubts about your desire to be a parent. These are all normal. You can uncover and deal with fears through a range of techniques – hypnotherapy and visualisation, EFT (Emotional Freedom Technique), journaling, or working with a coach or therapist. By bringing awareness to any subconscious fears or beliefs, you are able to choose how you want to respond and move forward.

78.

Spend time nurturing your relationship

We all know that repeated timed intercourse, as well as the stress of infertility, causes tension in a relationship. This relationship is important - we are creating a family and we want to nurture and nourish this relationship. Remind yourself why you want to create a family with your partner. We can sometimes expect our partner to be the one person that meets all of our needs, but this is unrealistic and puts a lot of expectation on one person. Don't be afraid to ask for help and get support from other avenues. There are lots of things you can do to help your relationship. My favourite is to take time away together when you are not thinking about having a baby. Ask yourself, what does your relationship need right now?

79.

Go on a Fertility Retreat

If there is one in your area then this is a wonderful thing to do for yourself. You will be able to nourish your body and spirit and connect with other women.

80.

Practice self-care regularly and unwind each and every day

This is the time to fill your own cup. Nurture and nourish yourself so that you can nurture and nourish another. There are many ways to practice self-care. It could be yoga, gardening, writing, cooking, spending time with friends – whatever it is that recharges and re-energises you. Do what works for you and make it regular.



Spirit

Now that we have looked at our body, mind and emotions, it's time to tune into the spirit. We are all mind, body AND spirit. This is the side of us that often gets forgotten about when it comes to fertility. Even if you don't yet believe in spiritual laws, know that change only comes when you do things differently. No-one, not even medical science has all the answers when it comes to fertility. It is one of life's greatest mysteries and there is a lot we don't know. Fertility can be an opportunity to meditate and listen to your own wisdom. Discover another, more spiritual side of yourself.

Find a way to connect with that part of you that knows. You need to be still and quiet so you can hear. It will tell you your truth and guide you to what you need. It may take practise but stay with it. When we become quiet enough to listen to our inner wisdom, we receive all the answers we need. We may be able to receive answers on what we need to do for our own fertility. Ultimately, this is the only truth there is. Learn to trust your own wisdom. You can do this through meditation but also any way that quietens your mind - walking, art, being in nature - find a way that works for you.



82.

Connect with your feminine side

We are all made up of both masculine and feminine energy. Both energies are needed and have their place. For example, when we want something, we are usually taught that we need to work hard and focus so that we can achieve it. There is an expectation and an element of control. This can be described as a masculine approach. When it comes to fertility, this approach does not always work – embracing our feminine energy is the key. Feminine energy is more receptive, it's creative, it goes with the flow. It is intuitive. It doesn't try to control the outcome, rather it allows. The difference between a masculine and feminine approach to fertility is changing from saying 'this is going to happen this way at this time' and saying 'anything is possible. I trust in life'. Make space for the feminine.

83.

The heart and the uterus connection

Traditional Chinese Medicine considers there is an intimate and strong relationship between the heart and the uterus. When the heart is happy, so is the uterus. Each major organ has an emotion associated with it and the emotion of the heart is joy. We need to heal the heart and any trauma or grief that is being held there. This also means we need to pay attention to bringing happiness into our everyday life. We need to have more fun, especially when we are trying to conceive. Bring more joy and happiness into your life in any way you can. Make it a priority. It is good for your heart, your soul, and your fertility.

84.

Balance your sacral chakra

There are seven major chakras in the body and the second chakra, the sacral chakra, is the one associated with our reproductive organs and fertility. While we need to balance our overall chakra function, we can start by focussing on balancing, stimulating, and opening our second chakra. There are lots of ways to do this - through colour therapy, food therapy, nature therapy, or music therapy. Bring more orange into your life, take warm baths or be near large bodies of water, release any blocked emotions, and use affirmations. A fun and powerful way to balance your sacral chakra and keep it open is with creative pursuits. Try dancing, art, cooking, writing, music, photography – anything that feels fun and allows you to express your creativity.

85.

Connect with your womb

Your reproductive system is its own entity and has its own soul and life. To help prepare you to conceive and carry your child, begin to connect to your womb. Consciously put your attention on your womb and decide to nurture it with love, high vibe food, massage and anything else that feels good. Energetically recharge your womb through meditation and imagining it bathed in glorious white, healing, light.

86.

Synch your cycle with the moon

Women's menstrual cycles have traditionally lined up with the phases of the moon. It's no coincidence that the length of our menstrual cycle is around 28 days. We tend to ovulate with the full moon and bleed with the new moon - this is traditionally the cycle associated with fertility and motherhood. For some women, it is the other way around and they bleed with the full moon and ovulate with the new moon. When your body is synched to the moon, you will feel 'more in flow'. If you're not in synch, there are things you can do synch your cycle with the moon such as using light therapy and nature to regulate your cycle. Research more and learn about which cycle is best for fertility, and techniques for synching.

87.

Lunar wisdom and fertility

Did you know that there may be more than one fertile time a month to conceive? Dr Eugene Jonas developed a theory on peak fertility times that links with the moon at the time of your birth. He found that the most fertile time for a woman is during the moon phase that matches the one under the one she was born.

88.

Play with babies

Spend time enjoying children of family and friends. This ensures that you have a satisfying relationship with children (and limits jealousy) and enhances your creative output and ability to play.

89.

Have a reading from a psychic

A good psychic or clairvoyant can give us information that we may not be aware of. You may get information that helps your fertility, helps you deal with the challenge, or shows you how you can make the most of your experience. Be open to hearing about what's going on in your personal life or why you might be experiencing difficulties. It may be something simple or complex. Or you may receive guidance that you need to find more peace and calm to deal with your current experience. The essential thing to do is ensure that they are reputable. Remember, that you are always in charge of your own life.

90.

Release past life trauma

Many believe that infertility can stem from past-life trauma. If you find that nothing is working for you and you are not conceiving, it could be that a past life is impacting your ability to conceive in this life. A past life event such as dying in childbirth or losing a child might influence your ability to conceive by creating a fear or a block in this life. Your soul carries that memory as an unwanted imprint. You can heal this trauma with past life regression or healing to lift the imprint on your soul and unblock any energy. You heal the past life trauma and you heal this life problem. Again, it is important to go to someone reputable.

91.

Connect with your baby spirit

Pregnant women are encouraged to talk to their baby but did you know that you can also talk with your spirit baby before you are pregnant? He or she will hear your call. Trust and invite them into your heart. Let them know that you are ready for them and ask them for any messages. Through meditation you may find you can connect with them more easily. The more you talk to your baby and meditate with your baby, the more you will hear from it. There are people who can connect with your spirit baby for you. There is a lot of information and books about connecting with your spirit baby. A good one to read is Spirit Babies by Walter Makichen.

92.

Use Feng Shui techniques to enhance the energy of fertility

Feng Shui can be an effective way to remove energy blocks in your environment, balance the energy, and strengthen the flow of energy in your home. Feng Shui can help you make sure the environment supports your endeavours to bring that new addition to your family.



93.

Ask people to pray for you

Research out of Columbia University, reported that women at an in vitro fertilization clinic in Korea had a higher pregnancy rate when, unknown to the patients, total strangers were asked to pray for their success. The results were highly significant. How cool is that? Even the researchers were surprised at their results! You can check out the study in the Journal of Reproductive Medicine.

94.

Use crystals

Crystals radiate subtle vibrational frequencies based on the arrangement of their components within their chemical structure. This vibration emits a certain healing energy. It is believed that the human electromagnetic field shifts when crystals are brought close to the body. They can help with a range of things including fertility. Crystals can help prepare your mind and body for pregnancy, help with fertility, and remove any energetic blockages or help you to let go of a negative mindset. Moonstone is a popular crystal associated with fertility and is referred to as the 'women's healing stone' and 'ultimate fertility crystal' and is great for assisting with balancing hormones and cycles. Try sleeping with a piece of Moonstone under your pillow. But why limit it to just one? Other crystals to use include Jade, Rose Quartz, Carnelian, Aquamarine, Aventurine, Garnet and Fluorite. And a great one for men is Rose Quartz. You can meditate with them, place them on your body for healing, or carry them with you.



95.

Call on the Angel of Fertility

The Angel of Fertility can give you additional support throughout your journey and assist in conception and carrying a baby to term. All you need to do is just ask for her help out loud and with a pure heart and intention. Be clear about what you want and your feelings about having a baby. You don't need to direct her as to how, just be open to what comes through. Remember to thank her.

96.

Work with a Fertility Goddess

Work with a Fertility Goddess. Choose a fertility Goddess that you would like to work with. There are many – Aphrodite, Brigit, Mary, Quan Yin, Ala or Igbo. Do a little research and find one that seems like a natural fit and begin inviting her into your dreams and your life.

97.

Ask yourself why you want a baby and then live like you already have it

This may seem obvious to you but I have found that people answer this question differently. Go underneath your desire for a child and the need you hope it will fulfill for you. It could be a sense of belonging, wanting to nurture, wanting to create 'family' or having love to give. Then find a way to fulfill that need. Live like you already have it.

98.

Forgive yourself

Forgiveness is about letting go of things that take up energetic space. It's about letting go of the past so you can make room for the new. Forgive yourself for not starting sooner, for focussing on your career, for not taking as good of care of yourself as you could have, for terminating that pregnancy, for wishing things were different, or for any other story you are telling yourself. Many women have done what you may or may not have done and have become pregnant. Know that you did the best you could at the time. What is important is what you can do now. Show yourself compassion and take time to connect with any part of you that may need healing. Would you be this hard on a friend? Tapping, journaling, guided meditations and coaching are all useful tools. Try one or better still try a combo. Releasing any emotional baggage you are carrying can free you up and brings more wellbeing and raises your energy.

99.

Surrender

We love to set goals and follow plans and when things don't go the way we want them, we can dig in even more and try harder. Sometimes, we get in our own way. We think we know what is right but sometimes life/ the Universe/ God has other plans for us. Surrendering doesn't mean you let go of wanting a baby, rather you let go of trying to control when and how it happens. Surrendering is a practise and not necessarily easy! Gabby Bernstein has a great tool to help with this called 5 Steps to Spiritual Surrender.

100.

Be open to the possibility that this may not be your time

Consider what other reasons there might be for not conceiving now. There could be a multitude of reasons outside of your control for why you are not pregnant yet. It could be that there are other things you need to get in place first or to focus on. Maybe there is healing that needs to occur. I had a client who became pregnant once she had finished setting up her business. Another who couldn't conceive with her partner, but did straight after she met her new partner. Another who needed to learn to nourish herself before she could nourish someone else. Sometimes the universe knows something we don't. It knows that having that second child will put too much strain on you financially. It knows that you need to wait until a move or job change has taken place before your soul baby can come in. This takes trust and a letting go of control.

101.

Trust that what is meant for you will not miss you

Trust that you are exactly where you need to be right now. Trust that you will get what you want. Trust that everything is working out perfectly for you. This, above everything else, is the thing you need to know. It is all working out perfectly. You are perfect, whole and complete.

