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INFERTILITY NETWORK UK • SURROGACY • FERTILITY RESOURCES GUIDE

Your fertility planning

By Andrew Loosely

With so many things to consider on your fertility journey it can be really difficult to know where to start to make a difference.

Each year I speak to thousands of couples around the world, and most of them tell me they feel frustrated about some aspect of their journey. Their biggest concern is not knowing what the cause of their situation is, and how to properly address it.

Deciding whether or not to have certain tests carried out, doing body basal temperature (BBT) charting, improving your diet, having acupuncture, trying reflexology or simply doing IVF because nothing has been found to be wrong... whatever it is, the whole process is tough and stressful.

But there is a solution...

We all know that planning is the key to organisation and that this can help to get you more focused towards your end result. However,

most couples I meet on a fertility journey don't have a plan in place.

So if you don't have your own plan yet, this should definitely be your next step.

Creating your plan

There are three simple steps that I use to create my clients' fertility action plan, and you can do the same too.

Step 1: Get a clear diagnosis

Seek expert help from conventional and natural medicine practitioners who are specialists in fertility. The reason for using two health systems is to give you a holistic view, which will provide you with a better insight into how efficiently your body is working.

Start off with conventional medicine by running some standard hormone tests for women, semen analysis for men and nutrient tests for both. The results of these will tell your practitioner whether you need further investigations.

Once your tests are back and you've spoken to your doctor you can take these results to your natural medicine practitioner. They should be able to interpret them quickly, easily and efficiently, and begin investigating your health from a natural standpoint. The way they do this will vary according to the form of natural medicine that they practise.

Step 2: Create your plan of action

Both practitioners should create a plan of action informing you of the type of treatment that would be right for you to use.

At this stage measurable factors should be put in place so that you can see improvements, showing that you are heading in the right direction.

The plan may involve a variety of approaches and the treatments should be chosen to work together easily.

Your practitioners may offer some of these treatments but if not you will need to seek out other practitioners to help you.

Step 3: Applying treatment

Now is when you start to do treatment.

Most of the couples I work with have had some form of treatment without any investigation into what is actually wrong. This often leads to incorrect treatment being used and often a delay due to a lack of focus.

Treatment should only be carried out once a diagnosis has been achieved, and should be monitored throughout to measure the progress.

Your next step

With an outline of what a plan should look like, you can now start to search for the right people to work with to support you.

Visit your GP for conventional support and look for natural fertility experts who can support you in both the natural and conventional aspects, creating a bridge between both practices.

Taking this approach will give you a clear direction and help you decide what action to take whilst reducing your stress, saving you time and money and giving you some clear direction.

Andrew is the founder of Natural Fertility Expert and the creator of The Baby Creating Plan, an internationally recognised natural fertility treatment plan.

He has over 15 years' experience working with couples to increase their chances of successful pregnancy.

Head to naturalfertilityexpert.com for more.

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