



# NFP Fertility Program Detailed Questions & Answers



**NATURAL FERTILITY™**  
*prescription*

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Optimize Your Fertility Naturally



**NATURAL FERTILITY**<sup>™</sup>  
*p r e s c r i p t i o n*

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# NFP Fertility Program Detailed Questions & Answers

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## Q: What is the NFP 16-week Fertility Coaching Program™?

The NFP (Natural Fertility Prescription) 16-Week Fertility Coaching Program is an in-depth and highly personalized natural fertility and preconception care program. The program is designed to help couples identify and systematically address the root causes of fertility problems.

The program is available online from any location. It's designed to help couples overcome fertility problems and have a healthy conception, pregnancy, birth and baby.

Clients receive regular private coaching from an expert fertility naturopath. They also receive access to in-depth information, tools and one-on-one support. The advice and analysis is personalised to each client's case and condition.

The coaching program is based on the NFP (Natural Fertility Prescription) method, a unique, evidence-based natural approach developed by Swiss-based natural fertility specialist Iva Keene MRMed. ND.

**It's designed to help couples who want to do everything possible to address their fertility problems naturally, to conceive, and carry a healthy baby to term.**

The method is based on more than ten years of clinical experience specializing in natural fertility treatments and working with infertile couples, combined with the latest scientific research.

The coaching is delivered 100% online, via phone/video/email and web, which means clients can use the service from any location with internet access. This makes it convenient to fit into a busy schedule.

Some clients had endured years of trying to conceive, with multiple diagnosed fertility conditions and failed IVF/ICSI/IUI, before finding success with the help of this unique approach.

To date we've helped hundreds of previously infertile couples overcome many different types of fertility problems and go on to have healthy babies.

Our clinical results show that with the right advice, information and support many previously infertile couples are able to have children naturally.

The NFP approach has been endorsed by respected natural health practitioners, reproductive endocrinologists and medical doctors.

It's an evidence-based, natural way to help overcome the underlying causes of infertility that fertility drugs and procedures simply don't address.

These common root causes of fertility problems (or fertility roadblocks) include toxicities, macro/micro nutrient deficiencies, hormone imbalances and metabolic/systemic factors.

Each couple and their case is different, and during the coaching program, we work together with you to help you identify and address the factors specific to your case.

The 16-week program includes a fertility case analysis, a personalised diet including recipes and meal plans, nutrition and detoxification guidance, deficiency assessments and testing advice and interpretation, instructions on sleep hygiene for fertility, exercise techniques, conception timing, mind/body strategies and more.

This is a step-by-step, easy to follow process that can also help you balance other body systems and achieve better overall health.

In addition to pregnancy successes, clients regularly report additional unexpected benefits including: more energy, better digestion and improvements to sleep, mood and appearance.

## Q. What makes this program and approach so different?

The program is designed to help you identify and solve the underlying causes of your fertility challenges. Conventional fertility treatments typically involve only basic testing (sperm parameters, hormone levels) and the solution is always drugs and procedures. Fertility drugs and procedures try to go around the problem(s) that are causing infertility, to force a conception on a body that's often not yet ready.

Only an in-depth natural approach that incorporates a comprehensive analysis and additional testing (when necessary) can effectively solve the major root causes of infertility. Our program gives clients a personalized fertility plan that teaches them how to address the root cause(s) and prepare their body for a healthy conception.

The other major differences between this program and other natural fertility information and advice is that it's delivered by expert coaches who are ultra-specialized, and their advice and coaching is personalized to each client's needs. It's also super convenient and easy to follow.

This isn't a one-size-fits-all approach. We do the deep dive detective work and analysis that's necessary for each case.

Clients receive information tailored to their specific condition(s), with individual test recommendations and interpretation (when necessary), tailored diet plan, personalized supplement prescriptions, email support and one-on-one phone consultations.

Moreover, this is an evidence-based natural approach. The information you'll receive is

grounded in clinical experience and scientific research.

And it's much easier than trying to do it yourself or rely on ad-hoc information or one-off consultations. With infertility there are no "easy answers"... yet, we've made the NFP 16-Week Fertility Coaching Program as easy as possible to use, access and apply.

When you become a Fertility Coaching member, we start with a detailed case analysis which helps us tailor the program to your individual needs and circumstances. We then guide you step-by-step and week-by-week, showing you what to focus on to improve your fertility, gradually and systematically.

The coaching program gives you a level of in-depth, personalised and step-by-step guidance that a one-off consultation, ad-hoc treatment, book or downloadable program could never provide.

## Q. How is the coaching personalized to the unique needs of each couple?

The coaching is tailored to each couple's needs and circumstances through the analysis, consultations and the information you receive.

At the start of the coaching, you'll fill out an online case analysis questionnaire which looks at more than 150 different fertility and health parameters, including your diet and lifestyle, exposure to toxicity, food intolerances and digestion, and use of personal care products, as well as your personal and family medical history.

During your consultations you'll receive personalised guidance, support and feedback.

Over the course of the 16 weeks, via your online coaching portal, you'll receive information that's specific to the condition(s) you and your partner are facing.

We'll show you how to adapt the meal plans and diet to your individual needs, and if needed you'll receive prescriptions for practitioner-grade supplements, as well as additional test recommendations, analysis and interpretation. If you have questions about the program and about what to do each week, you can get them answered by email and through the coaching portal.

## Q. Does the NFP program suit our needs and circumstances?

The NFP Program is designed to help as many couples as we possibly can who have a wide variety of fertility challenges. We do this through our proven, natural, science-based methods and protocols.

If your current situation sounds even vaguely like any of the following, then the **NFP Program could definitely be right for you and your partner.**

- 1) If you've been trying to conceive for: 6-months; 12-months; many years even, **following lots of different approaches where nothing has worked** – then, the NFP Program could help you.
- 2) Perhaps, **you've already had your first child, but seem unable to get pregnant for the second time**, And no one can tell you why. Well, we can help find the answer to your unexpected infertility.
- 3) If you've **tried – or are considering – IVF**, or you've suffered the devastating experience of **one or more miscarriages** and are looking for a natural approach that will improve your chances to conceive – **this is what we designed the NFP Program to help you with.**
- 4) Or, maybe you haven't experienced fertility problems but are considering **trying for your first child**. And, you want to give you and your partner the best possible chance at a natural, stress-free conception, *including a healthy pregnancy, birth, and baby.*

*If any of the above reflect you and your partner's circumstances, then the NFP Program is an option you **must** consider. It may be your best chance to make your dreams come true.*

## Q. What if my problem is holding onto a pregnancy?

*"What if my problem is holding onto a pregnancy? Can this help me avoid further miscarriages?"*

We have worked with countless women who have gone through the trauma of a miscarriage.

...some have even experienced several...

...and despite their best efforts, they've previously been unable to carry a pregnancy through to full-term.

Yet, very few doctors or specialists have managed to offer reasons or solutions that could help solve their heartache – they usually say, "just try again."

...But here's **our** response, based on many miscarriage success stories attributed to the NFP Program:

***We know there are solutions to many cases of recurrent miscarriages...***

So, if you've been through the anguish of one or more miscarriages, believing your



chances at a natural conception are over, **the NFP Program could be the unexpected solution you've wished for – but never knew existed.**

You'll receive information on what you can do to help prevent miscarriage. We'll help you pinpoint exactly why you've miscarried, and what you can do to address the cause(s) and solve them.

For example, some of the most common causes of miscarriage that can be addressed naturally are: the MTHFR gene polymorphism, poor egg quality, poor sperm quality, hormonal imbalances, toxicities, EM radiation, abnormal immunity, poor thyroid function and nutrient deficiencies.

You'll receive guidance and information focused on understanding and solving the underlying cause of your miscarriages and on avoiding further pregnancy loss as well as what to do to get pregnant after miscarriage.

We also give you powerful tools and training to help you deal with the emotional trauma both of what has come before, as well as the stress of what the future may hold.

***...You'll achieve peace of mind during a turbulent time..., all while naturally boosting your fertility.***

We sincerely wish to help you... and to take you beyond past fears, anxieties, and the negative thinking you might have about conception and pregnancy.

And we *promise* to guide you through your journey in the best possible way.

## Q. I'm over 40, 43, 45, or older. Can this help me?

We all know that age is a significant factor in fertility. However, the cutoff age for conceiving naturally isn't as early as most fertility clinics will tell you.

When clinics turn women away because they're 'too old' at 41, or insist they need an egg donor, they're basing this on statistics taken from IVF patients, not on natural conception rates in healthy populations, or on you as an individual.

It's not uncommon for women to conceive naturally up to age 44 or 45 with the right preparation. Beyond that, it does get harder, but natural pregnancies have been known to happen up to 50 and, when combined with ARTs, well beyond that.

In terms of the question, 'Is it too late?', the short answer is this: scientifically speaking, when you're menopausal, that's too late.

If you're still ovulating regularly, then you can use this program to help you balance your fertility-related systems and optimize the quality of your eggs and your partner's sperm to help you significantly increase your chances of getting pregnant.

The main issue with someone in their 40's is not so much the actual number. It's not like your fertility suddenly changes on your 40th birthday. But if you go to a fertility clinic after you've gone over a certain age, they'll treat you as if this has happened.

An important thing to understand about age and fertility is that there's a difference between your chronological age and your biological age. Your chronological age is the number of times you've been around the sun, whereas your biological age is how old your body really is.

Your biological age is what matters most for fertility, and this is something you can control. There are some people in their 20s who have a much, much older biological age than their chronological age, and there are some people in their 40s and 50s whose biological age is still in their 20s or 30s.

This depends on a number of factors. The one you're born with and can't change is your genetics, although we now know from epigenetics that even your gene expression can be influenced for the better.

Other factors such as your lifestyle, diet, nutrient sufficiency, mindset and the environmental toxins you're coming into contact with can influence your biological age, your fertility and your offspring for better or worse.

That's why we ask some other important, age-related fertility questions including: *"How's your overall health?" "What toxin exposure do you have/have you had?" "What nutrient deficiencies are affecting your fertility?" "How's your luteal phase?" "How's your progesterone level and other hormone levels?"*

One of the main factors is that someone in their 20s has lived for a shorter period of time. Therefore, if they have any nutrient deficiencies, toxicities, or genetic issues that are having an impact on the body, the negative effects have had less time to take a toll on their fertility.

If you're in your 40s, you have 20 years more exposure to certain environmental toxins than someone in their 20's. You've probably drank coffee or alcohol at some point in your life. You've probably taken some pharmaceutical drugs. Perhaps you've smoked or even taken recreational drugs.

The point is, you've undoubtedly been exposed to certain toxins. You've come into contact with heavy metals from tap water. You've come into contact with chemicals in cleaning products, your personal care products, your cosmetics and from many other modern sources.

All of these toxins accumulate in the body, often in our organs and our fat. So, as you get older, you experience their cumulative effect. It's these factors that can influence your fertility-related body systems, the quality of your eggs and sperm and the hormonal balance in your body.

However, these things are not unchangeable. They're fluid. They're factors we can influence, because your body can detox and regenerate. It can eliminate toxins. We can address nutrient deficiencies with the right foods and nutrients, get your body back in the right state to balance its systems and hormones, and enable it to produce mature, healthy eggs and healthy sperm.

Strictly speaking, the follicles that you're ovulating through are actually older than you, because they formed when you were an embryo. However, they're in their primordial state. They're in that frozen state where they can become anything, but they're nothing yet, and they're sitting dormant. They're dormant for all this time, and every four months, five or six of those are recruited for maturation.

As long as you're still ovulating, and as long as you still have a cycle, you can improve the quality of the eggs that you ovulate. Even if anti-mullerian hormone (AMH) tests show that the hormone is low, even if the fertility clinic told you your ovarian reserve is too low and that you should use donor eggs, if you're still ovulating those eggs, there are things you can do to improve the quality of the eggs you mature.

AMH (anti-mullerian hormone) is really not telling us anything about your ability to get pregnant and stay pregnant or to give birth to a child. AMH values are usually only used by fertility clinics to determine what level of stimulation drugs they can safely give you. If the AMH is very high, high levels of fertility drugs can predispose you to hyper stimulation, which can be quite dangerous.

On the other hand, if the AMH level is low, your ovaries will probably not react too well, and even high levels of drugs won't guarantee anything.

AMH levels are just one of those values that fertility clinics look for to determine how they're going to treat you.

But I've seen that number cause a lot of unnecessary distress. I've seen many clients with low AMH values who are very upset because they believe, literally, that they only have one or two eggs left in their ovaries, and that's not the case.

Remember that any woman at the time of menopause still has anywhere between 500 to 1,000 eggs, which will never develop!

I try to avoid generalizations about age and fertility, because they're unique to each individual.

Someone may be 48, but they may still be ovulating and still have a good cycle. And while this isn't typical, we regularly have clients in their early to mid 40s who conceive naturally and have healthy babies after following our program. We've even had a few conceive at 46 and give birth at 47. If you're in your 40's and trying to conceive, these examples should encourage you.

Women over 40 may need to be more patient and sometimes need to give the process a bit more time. This is often a challenge because women in their 40s tend to feel more rushed and like they're running out of time. Plus, clinics and conventional wisdom reinforce this, telling them that they don't have much time.

Your chronological age is a real factor in your fertility. However, I hope this shows you that a healthy, natural pregnancy in your early to mid 40's is a realistic goal for most women, with the right preparation.

### Q. How old was the oldest person you were able to help?

Many of our clients have conceived naturally and had healthy babies in their early to mid 40s. Our results suggest that up to 44 years of age it is a realistic goal for most women to conceive naturally and carry the pregnancy to term, and we've had a number of clients who were 45, 46 and two who were 47 when they gave birth. However, it must be said that it does get a lot more difficult at that stage. We want to set realistic expectations.

The oldest women we've had in our program who went on to have a natural pregnancy and birth were both 47 when they gave birth.

### Q. Why am I not getting pregnant (or staying pregnant)?

We started the NFP Program because too many people were told they were infertile (or sub-fertile), but given little or no reasons why. Their infertility remained a mystery, with doctors and fertility clinics unable to offer any in-depth answers as to the root cause, or any practical solutions beyond fertility drugs and procedures.

***Their situation was not fair and may have left them heart-broken...***

We wanted to dive deeper into every individual's case and offer valid, science-backed answers to the question of:

***"Why am I not getting pregnant (or staying pregnant)?"***

As a result, our fertility experts (led by Iva Keene) developed an in-depth approach to analysing each case through a combination of our case analysis process, which looks at 150

different health and fertility data points, and the use of diagnostic tests that go beyond the standard fertility clinic tests.

Once we've helped to identify the probable root causes of your fertility challenges, we recommend individually tailored, evidence-based solutions to improve your chances of getting pregnant, and of carrying the pregnancy to full-term...

*... even if doctors have given you the frustrating diagnosis of 'unexplained infertility'.*

The problem is, doctors have severe time constraints. Their clinics can be like "conveyor belts" and very impersonal!

Moreover, they often lack the specialized knowledge that my team and I have dedicated decades of our professional lives to learn, refine, and practice.

The best diagnostic advice most doctors can offer is '*let's check your sperm count and egg health,*' or, '*let's look for a hormonal imbalance.*'

*The problem is that this only scratches the surface of possible underlying causes.*

And the worst part is...

...they may offer no follow-up recommendation, or any guidance whatsoever.

You're left high-and-dry with an overly-generalized problem – *and no hope of ever finding a solution.*

**The NFP Program is the solution.**

Our natural fertility experts provide clients with in-depth assessment, analysis, and personalized diagnostics support. We deliver consultations, supplement prescriptions and advice which target and help address unidentified toxicities, nutrient deficiencies, even genetic polymorphisms.

And the result...?

**We often identify what run-of-the-mill traditional practices and diagnostics cannot:**

- *The **cause** of your infertility;*
- *An **answer** to the unanswered;*
- ***PLUS**, a variety of possible **solutions**.*

If you need these kinds of answers or specialist advice, then you need to consider the NFP Program.

## Q. What if we've been told IVF (or even donor eggs) is the only option left?

Many women in their 40s are told that IVF is the only option. Some are even turned away by IVF clinics or told '*your eggs are too old,*' and that '*donor eggs are your only option.*'

The sad fact is, IVF clinics often turn older women away because they fear harming the success rate of their clinic. In the U.S. in particular, clinics must report success statistics.

So, if the clinic thinks a client may have poor egg health, they might avoid the risk of taking the case.

*And this is a cruel irony.*

The fact is, it's often older women who turn to IVF, or are told to follow that path, even when doctors know the procedure may be ineffective, or that the client might well be turned away.

Thankfully, the NFP Program actually works to improve egg and sperm health, making IVF a more effective and more viable option, even for women who are well into their 40's.

Often, women with age-related fertility problems recognize that only a natural approach that will improve their egg health, and the sperm health of their partner, can help them achieve their goal of a healthy conception, pregnancy and birth.

### **We've worked with many clients considering, or currently undergoing, IVF.**

But first, they wanted to follow an integrative, evidence-based preconception program to optimize their chances of getting pregnant. They discovered that opting for **the Natural Fertility Prescription coaching program** *first* was a wise decision and improved their **overall chances of success through In Vitro Fertilization** (and other assisted reproductive technology (ART) treatments).

One study revealed that success rates ***almost doubled*** when couples first undertook a natural preconception program before IVF and other ART treatments.

Doing a natural preconception program before doing IVF almost doubled the success rates of four different ART treatments (IUI, ICSI, IVF, and Donors) *from an expected average of 22.6% to 43.5%!*

If you decide to combine IVF (or other ART treatments) with the NFP program, we'll support you every step of the way to help you realize the miracle you desire - a beautiful new baby!

**This is an example of how the NFP program can complement any conventional ART program you (and your partner) decide to pursue!**

Many couples who've been through one or more failed IVF/IUI/ICSI cycles – and are now looking for an alternative, natural approach – have gone on to have natural conceptions and healthy pregnancies with the NFP Program.

And they've finally managed to conceive – sometimes, within just a few short months.

**As a solution, perhaps you believe IVF is just too expensive for you to consider.**

The risk is too great, and you don't have the money. But you'd still like to find another option, something you **know** could work. A program grounded in science – and one *you can afford*.

IVF is cripplingly expensive, particularly given its relatively low per cycle success rate of 25-30%.

The prohibitive cost ranges from \$10,000 to \$50,000 (and in some cases up to six figures!).

Compare that to the Natural Fertility Prescription, which is less than one-third of the cost of just a single IVF cycle! This comparison is based on the NFP Gold program with supplements vs. a typical IVF cycle in the U.S., which averages eight to ten thousand dollars.

Needless to say, IVF is not the only option. But if that's your choice, it certainly requires the support of an evidence-based, complementary program such as NFP to really give you the best chance to conceive.

**Q. What if i'm single, in a same sex relationship or conventional ART treatments aren't for me (for religious or other reasons)?**

We love to work with people from any background. All we ask is that you hold a genuine interest in a natural approach to boosting your fertility.

We've worked with clients who are going it alone; with couples in same-sex relationships; and with couples who – for spiritual, religious, or philosophical reasons – would rather avoid the conventional ART (IVF/ICSI/IUI) treatments, and pursue a natural, science-based approach to conception instead.

*The Natural Fertility Prescription was the ideal solution.*

There's no other way to say it: we're committed to helping you have the family you so deserve. If the program sounds as if it could help you, then please – don't hesitate to get in

touch.

*You can count on us to be honest with you. We'll tell you up front if we believe we can help or not.*

## Q. Why is the program 16 weeks in duration?

*'Why is the program 16 weeks in duration, and why is 16 weeks the minimum recommended time to improve our fertility?'*

Sixteen weeks (or 120 days to be precise) is the time it takes for primordial cells to become egg cells. 90 days is the time it takes for sperm cells to mature for men. This means that your current state of fertility is influenced by what you were doing, ingesting and being exposed to 120 days ago.

Therefore, to have a measurable impact on your fertility, it's recommended you allow yourself a minimum of 16 weeks from the time you start making changes to your diet, lifestyle, toxin exposure, and nutrition, before you start trying to conceive again.

Every week during the program you'll be given new information and simple steps to take. And at the end of the 16 weeks, you'll have made all the changes needed, you'll know everything you need to know about natural fertility, and you'll have a deep insight into you and your partner's case.

You'll have formed new fertility-promoting habits. You can expect to have experienced noticeable improvements in energy, well-being and measurable fertility markers such as sperm parameter, hormone levels, and AMH levels. The goal is for you to be well on your way to a healthy pregnancy and a healthy baby.

## Q. What is the success rate of this approach?

*What is the success rate of your program? What percentage of couples who follow the program have children?*

Unfortunately, not everyone who follows our program is able to conceive and carry a pregnancy to term. That is the sad truth of any fertility treatment. No one can guarantee that you'll have a child.

However, to date, the NFP Fertility Program has helped hundreds of previously infertile couples have children, with new success stories being added all the time.

Every couple we work with has a different fertility case history, different health starting points, length of time they follow the program for, other treatments they combine it with



and level of changes they're prepared to make.

The program is more effective for certain cases than for others and for certain types of infertility the success rate is significantly higher than through conventional fertility drugs and procedures. This is shown by the number of success stories from couples who had previously been through one or more failed cycles of IVF/ICSI/IUI.

Overall, our data suggests that when couples follow the NFP Program and allow a 4-6 month minimum timeframe, it's equally if not more effective than IVF (with less expense and better health outcomes for mother and baby).

Major university studies done in the UK and Australia have had a very high success rate with the natural fertility preconception approach, as high as 89.8% in one study with an 81% success rate in previously infertile couples).

Our NFP Fertility Optimization System, along with customized coaching and support, has been endorsed by Nim Barnes, the founder of Foresight, the Association for the Promotion of Preconception Care, which was established in the UK in 1978. In the first video, I shared the story of Nim, how I came to meet her and how she has influenced my work.

Nim's work has been actively studied and reported on since 1995. The NFP Fertility Optimization System incorporates the same methods used by Nim in her research.

However, our approach expands considerably on Nim's Foresight method, and is even more customized to each individual's unique case, because it utilizes a comprehensive case analysis, modern lab tests and other investigations (including genetic testing).

Our approach is further enhanced by the latest practitioner-grade nutritional supplementation to address the root causes of infertility for each individual in a very precise and targeted way. Our approach also draws on recent research (much of which has only come out in the past few years).

The first Foresight study, conducted in conjunction with Surrey University (published in the Journal of Nutritional & Environmental Medicine in 1995) included 367 couples.\* \*

The ages of the women were between 22 and 45 years old, and the ages of the men were between 25 and 59 years old

Before they did the Foresight program:

- 37% presented with Infertility
- 38% with miscarriages
- 11% with therapeutic abortion
- 3% with stillbirth

- 15% small for dates' (gestational size of babies) or low birth weight babies
- 2% with malformations
- 1% with SIDS.

After doing the Foresight program, Out of 367 couples, 89% had live births, and 81% of those previously infertile had live births as well. There were no miscarriages, perinatal deaths or malformations, and no babies were admitted to intensive care.

The normal statistical expectation for a group that size would be 70 miscarriages and six malformations - but there were none.

As I mentioned, The NFP Fertility Optimization System incorporates the same treatment methods used by Foresight in their research, but takes it a number of steps further by customizing the protocol to each individual, using modern lab tests (including genetic testing) as well as diet and the latest practitioner-grade nutritional supplementation.

The system calls on scientific research to identify and then treat the root causes in a very precise and individualized way.

## Q. What if I'm already undergoing IVF or another fertility treatment?

Often, when women ask me about fertility, they worry because they've already started IVF, or they're trying alternative or Eastern fertility treatments.

They think we'll turn them away because of this.

Let me say this: I wholeheartedly support any and every decision you've made. The fact that you're trying fertility programs or treatments elsewhere in no way rules out your working with the NFP Program.

In fact, you could be exactly the type of person we're looking to help.

The methods you choose to get pregnant are intensely personal. *And I sincerely respect your decisions.* Beyond that, my program is designed to increase your natural fertility.

What this means is that if you're undergoing IVF, my program will actually optimize your fertility-related body systems, balance your hormones, and naturally increase the chances that your IVF treatment will be a success.

The same holds true if you're using non-Western or alternative fertility methods.

***There's nothing I teach or provide that will counteract your current fertility plan.***

The *Natural Fertility Prescription* serves to improve your fertility and correct your body's

organic responses. The NFP Program will only further enhance your chances of conception. I designed the program to be used on its own, as well as to supplement other conventional or alternative treatments.

## Q. Can it be combined with IVF and other treatments?

*'Can it be used in combination with other conventional or alternative fertility treatments? What if we've been through multiple cycles of IUI, IVF or ICSI without success. Can this help?'*

Yes. Although the program is designed to be a stand-alone, natural solution to infertility, it can be combined with alternative medicine and conventional IVF fertility treatments to improve the overall odds of a healthy pregnancy.

With IVF, we advise you to follow our natural fertility protocols for at least four months before your next IVF cycle.

This will help you address the factors that can cause conventional drug and procedure-based treatments to fail, before you invest time, money and energy in your next IVF cycle.

Here are some things that could cause treatments to fail:

- The nutrient reserve in the eggs hasn't been optimized for the duration of the egg maturation, which is four months
- There are certain toxicities that haven't been addressed.
- Unaddressed immune issues can cause the immune system to attack the developing embryo and predispose to miscarriage.
- A hormonal imbalance is present, making the quality of the eggs and sperm and the endometrium less than optimal for a successful pregnancy.
- Cellular division is sluggish, which may cause a predisposition to chromosomal abnormalities and miscarriage.
- Sluggish thyroid
- Poor sperm quality and the passing on of suboptimal DNA, which can lower the chance of a successful pregnancy.
- An unaddressed digestive issue can make even an optimal diet a waste of time, because you won't be properly digesting and assimilating nutrients
- A food intolerance may be predisposing you to poor digestion and abnormal immunity. which can impact your ability to get pregnant and stay pregnant (or to father a child).

These are some of the things that standard fertility treatments don't address, and it's why many couples who have endured multiple failed cycles use our program and then go on to get pregnant by combining it with IVF/ICSI/IUI.

On the other hand, if you're using acupuncture, osteopathy, shiatsu, Chinese medicine,

homeopathy, massage, yoga, etc., you can continue these alongside the program, as long as you're not doubling up on Chinese or Ayurvedic medicinal herbs while you're taking other herbs from western herbal medicine.

Also, conventional drugs can in most cases be combined with the coaching program. If you have diabetes or poor thyroid function, for example, or if you have immune issues and allergies for which you need certain medications, you can use them while on our program.

As with all conventional medical therapies, if in any doubt we always recommend you check with your primary health care practitioner.

### Q. Would I need to travel to you?

No. You can participate from any location in the world where you have internet access and a smartphone, tablet or computer. To date we've had clients from more than 70 countries. You don't need to travel or even leave your home. The program is delivered entirely online.

Coaching content is provided via a secure membership website with one-on-one coaching interactions by email and phone/Zoom/Skype. This makes it very convenient and discreet.

### Q. How will the time difference work with coaching calls?

Iva and the company are based in Switzerland. Iva makes times available during GMT+1 weekday office hours. This means that clients in U.S. time zones have morning slots available to choose from, while those in the Asia Pacific time zones have afternoon/evening slots available. All one-on-one consultations are done by phone or video so there's no travel or physical face-to-face required.

We also have NFP Coaches in Melbourne, Australia who are in the GMT +10 time zone, which gives clients a range of appointment options to choose from.

Using a simple automated booking system, you book your appointments as you need them, choosing from the available time slots. This makes things flexible and enables you to fit things into your timeline.

The rest of the coaching is self-paced with videos, audios, guides, checklists, recipe books, meal plans, etc. which can all be accessed on any device and/or downloaded. Once you enroll, you'll receive a login to access the coaching members' area and all the resources at any time of the day or night.

## Q. Is the program hard to follow?

The program is designed to be easy to follow. We break it down for you into individual, bite-sized chunks.

Once you've filled out the case analysis questionnaire, we'll give you feedback on areas that specifically apply to you. This will take place during your consultations and email interactions.

Each week, you'll have some information to review and simple steps to take, so you won't be overwhelmed. You'll get into a weekly "rhythm" of things to think about, each one building upon the previous steps.

Each week, you'll receive a one-page checklist by email that summarizes key points, so if you're short on time, you can scan the summary document or show it to your partner.

During the program, we'll also be providing you with information specific to you and your partner's condition(s).

And, if ever you don't understand something, you can email questions to us and we'll reply within 1-2 days. Every aspect of the program is designed to make it as simple and convenient as possible, because the easier it is, the more likely you'll be to do well with it, and the more impact it's going to have on your fertility.

And, unlike a one-off consultation or clinic procedure, where you're given a one-time treatment and then left on your own, this is a transformative and interactive process, with regular steps to help you stay on track and make progress at a pace you're comfortable with.

Clients say they really like the flexibility of listening to the recordings in their car, or watching the videos and/or scanning the written material. The materials are available in multiple, convenient formats, so there's bound to be one that suits how you prefer to consume information.

It's also possible to moderate the pace according to your preferences, depending on your time availability, and what you feel comfortable with. This helps the program fit into your schedule without disrupting your normal routine.

These are not huge changes. You'll still be shopping for and preparing food. You'll still use certain products for your cosmetics and in your home. It's just that we're going to tweak those things which may be harming your fertility, and replace them with those which will either not be harmful or will actually be beneficial to your fertility.

And the recipes aren't just good for your fertility! They're easy to prepare and delicious, so you won't feel like you're missing out. And the meal plans and shopping lists make it super

easy and hassle-free.

It must be said that this is an active process. It does involve you and your partner taking some action. However, I believe that, if you're already here and you've read this far, you're motivated to make some simple changes in order to significantly improve your chances of a healthy conception, pregnancy, birth and baby.

## Q. How natural is the program?

The program is 100% natural. There are no drugs, pharmaceutical medications or procedures of any kind involved (unless you choose to combine the program with ARTs).

The diet and detox is all-natural and suitable for everyone. All nutritional supplements we may recommend are completely natural (vitamins, herbs, minerals, etc). These high-potency nutrients are more like foods than drugs.

Apart from probably feeling better than you've felt in years, there are no drug-like side-effects. The only other possible 'side-effects' is that detoxing can occasionally cause minor symptoms that pass in a few days. Common (temporary) detox symptoms can include: headaches, lethargy, temporary muscle aches and irritability.

In addition, some nutritional supplements can have interactions with drugs or herbs, if you're taking them concurrently. We'll only prescribe supplements for you after a consultation and analysis where we'll check for drugs or herbs that could interact with our practitioner-grade supplements.

## Q. What will we need to do to optimize our chance of success?

You simply need to be willing to invest some time each week for 16 weeks.

We'll be recommending you and your partner make simple changes to your diet, lifestyle and nutrition. It's suggested that at least one of you make time to review the information once a week.

While the fertility diet is delicious and most clients say they feel amazing, it's normal that any dietary changes can involve some effort, willpower and sometimes some unusual feelings, particularly in the first two weeks while detoxing.

Depending on your case, we may recommend additional tests that go beyond the standard fertility clinic tests. Typically, these will be tests your doctor hasn't recommended for you.

Your individual case and condition will determine whether additional tests may help to

pinpoint underlying causes. We also help you by recommending testing options that can be done conveniently (some can be done from home).

It's always your decision whether you choose to have further tests done.

In the supplement and herbs section and as part of the individual condition protocols, we may recommend certain supplements, depending on your case and condition. Nutrients and herbs are an adjunct and not the basis of our approach. However, we may recommend practitioner-grade supplements to you.

You should now have a clear picture of the effort involved in pursuing this program. Of course, because everyone has a different starting point in terms of fertility, health, knowledge, diet & lifestyle, the program may be slightly more challenging or easier for you than it is for others.

Sometimes a coaching client will have a reluctant partner and want to know if their partner needs to take part in order for the program to be effective. Since it takes two to make a baby, we definitely recommend your partner takes part. but it's not always necessary.

Whether it is or not depends on where the problem is. For example, if the husband won't participate but his sperm is ok. then it won't be a problem if he is not 100% onboard.

It's not uncommon for our female clients to use our programs when their male partner doesn't want to participate. Many of these clients were successful with little or no participation from their male partner.

However, we usually recommend in such cases that the partner be persuaded to at least take certain supplements as a safety net to cover their nutritional needs. It's usually possible to persuade the uninvolved partner to swallow some supplements each day.

## Q. How do you monitor our progress during the 16 weeks?

*'How do you monitor our progress and how do we measure the improvements and results during the program? What kind of measures will be in place to gauge whether the program is helping, and will there be adjustments made if a certain protocol isn't working?'*

During the regular consultations, we look at your latest test results, if you've had any. We ask you a series of questions to gauge how you're doing, we review your case and talk about any symptoms or observations you've had.

We also look at your fertility charts to see how you're progressing. All the relevant information is recorded in your file so we can refer back to it during the course of the

program. Based on this information, we can recommend further tests, adjustments to your diet, and supplements and other therapies to complement your treatment as necessary.

## Q. How do I follow the program in a way that's doable within my busy schedule?

*How do I follow the program in a way that's doable with my full schedule, busy lifestyle and limited capacity?*

We get it! We understand the demands of busy couples who are balancing career, marriage, family and personal obligations, health and day-to-day living – not to mention fertility challenges. It can feel like a full-time job just trying to conceive!

When we created the NFP system, we broke it down into a simple step-by-step process that is efficient and doable. Instead of spending hours on expensive medical tests and treatments that lead to no results, we zero right in on your unique challenges and use targeted treatments to address them successfully.

This system is designed to free up your time and energy, not create more stress, which can only get in the way of conceiving.

We don't want to see you try every medical treatment out there, hoping it works, and then deal with the frustration, disappointment and heartache when it doesn't. We'll help you execute on each of these 20 key elements in a systematic way, so you can uncover the root cause in the most efficient way possible.

The comprehensive investigations and testing are highly effective at diagnosing the root cause of your infertility, which, in turn, allows us to focus on the right solution. We remove all of the guesswork.

You see, guesswork takes time and energy. Medical procedures and treatments that don't work take time and energy. And failed efforts, frustration and disappointment drain your energy, and can rob you of hope.

Our system and program are designed to free you of this burden. You can actually experience positive shifts that create more forward momentum and energy – even before you conceive!

Also, your customized treatment plan may not need to address all 20 elements. It will be tailored to what we determine is needed for your unique case. More often than not, once we've narrowed down which of the 20 elements you need to look at, you'll find that taking action is quite doable.



## Q. Can we try to use this approach on our own and still see results?

It's true that some people have used the information we share in this workshop and have had some success with it.

But the vast majority of people who've succeeded with the NFP approach did so by getting our expert guidance while they used our system, including the coaching.

The biggest pitfall is that most of us have our own ideas about what a healthy diet consists of, what a healthy lifestyle looks like, and what the right supplements are for optimal health.

Most of the people we've worked with were shocked when, after analyzing their unique case, we identified numerous things they were doing that they thought were good for their fertility, only to find that their actions were actually hurting their fertility.

Take melatonin, for example. It's a well-known hormone that can boost egg quality, especially in women over 40. But if you have thyroid antibodies, you need to stay away from melatonin, because it makes your thyroid condition worse, which, in turn, will make it harder for you to conceive.

And in many cases, there's an underlying deficiency, imbalance or even a genetic polymorphism that can cause miscarriages or poor egg or sperm health. These issues need to be identified first with a proper investigation and case analysis, then addressed with a targeted treatment.

Here's an example of this.

One of our clients, a seemingly healthy person who was very health-conscious, was doing a lot of the right things, yet she suffered repeated miscarriages and didn't know why. After some tests, we discovered a genetic polymorphism that caused her to miscarry.

Once we'd pinpointed this issue, we prescribed a specific supplement to address the polymorphism. As a result, she had a healthy pregnancy and baby and has since gone on to have a second child. It's fair to say that without the coaching and targeted approach, there's very little chance she would have identified this issue and found this solution on her own.

In most cases, diet and lifestyle changes with over-the-counter fertility supplements isn't enough. There is no one-size-fits-all fertility diet and supplement protocol that will solve the myriad of possible root causes.

Each person and case is different in many subtle ways. You could do almost everything right but have one small symptomless issue that is the hidden root cause of your infertility. This can include a polymorphism, a micro-nutrient deficiency, an exposure to something you're not aware of, or an issue with one of the fertility-linked body systems.

A standard natural fertility diet, lifestyle and supplement protocol will probably improve your health and make you feel better. But it likely won't solve the underlying issue or help you conceive, because it isn't targeting the root cause of your specific problem.

And the key to your success is not just knowing which tests to take. You need an expert who can properly interpret the data in the context of your case history and know what to address in what order.

It's very easy to miss key data in your test results if you interpret them yourself, even if you think you know what you're looking at. Let's take thyroid levels as an example.

For optimal fertility, we're looking for a score no higher than a 2. This is lower than the 'acceptable' range of between 0.5 and 4 that your typical medical doctor looks for. So, if you score a 3, your doctor will say there's nothing wrong with your thyroid. But your fertility will still be compromised if it's higher than a 2.

Not only is it difficult to recognize the hidden issues on your own. You also need to know in what order you should address these issues. That's because your body systems are interconnected, and one system impacts the other.

For example, the thyroid impacts the adrenals, so addressing adrenal problems without first looking at the thyroid is fruitless.

It requires expert knowledge and judgement to determine how to sequence your specific treatment plan for the best possible outcome.

This is why I recommend following the NFP Fertility Optimization System, which includes an intensive, in-depth case analysis of both partners, lab tests, and a customized protocol of diet, detox, lifestyle adjustments, mind/body practices and a personalised regimen of practitioner-grade supplements targeted for your unique case.

Plus customized coaching and expert eyes on your case will help make sure you succeed with this.

## Q. How long should we expect it to take?

*If the program works for us, how long should we expect it to take?*

If you get pregnant after using the program, you can expect it to take between 120 days and 6 months. Clients have been known to get pregnant within the first month or two, although that's not the norm. Difficult or complex cases have taken 12 months and even up to 2 years.

How long it takes depends on factors including your fertility history and diagnoses, your age

and starting point in terms of overall health, and your motivation and consistency in using the information and guidance you receive.

The good news is, because this is a holistic process designed to improve your fertility-related body systems, clients have also reported improvements to:

- cycle (more regular, less spotting, fewer PMS symptoms, more fertile mucous)
- sperm parameters (motility, morphology and count)
- egg quality
- digestive function
- immunity
- hormonal balance, including increased progesterone and lowered FSH
- thyroid function
- appearance (skin, hair, weight)
- energy (mood, vitality, outlook)
- heavy metal removal

## Q. What does the NFP fertility diet involve?

*'What does the diet involve? Is it vegetarian/vegan or paleo? And what if we have special dietary needs such as kosher, halal, vegetarian/vegan or other considerations like food allergies, gluten-free or fasting? Will we get a blueprint of what to eat and when?'*

The NFP Fertility Diet provides recipes and dietary recommendations specifically designed for fertility. In general terms, they're based on fresh, whole-foods, organic where possible, and nutrient dense foods. They do incorporate some meat. They're based around 'slow-carb', moderate protein, and healthy fats.

There are different dietary recommendations for different stages, such as detox, as well as for different conditions. If you're vegetarian or vegan, we'll give you alternatives and guidance on substitutes. As part of the program you'll get meal plans detailing what we recommend you eat and when, as well as shopping guides and a diet outline with recipes and preparation videos.

The diet is also suitable for gluten intolerance, food allergies, diabetes and celiac, with minimal adjustments. If you're kosher or halal you already know where to buy your ingredients. However, we don't recommend starting the program if you have a fasting period scheduled in the next four months.

## Q. What if we can't source all the recommended foods?

*'We live in a remote country or geographic location. What if we can't source all the recommended foods and products where we live?'*

90% of the fertility diet ingredients we recommend are foods which are readily available in all countries and locations. The fertility superfoods are available in most countries, and if not, can usually be purchased online and delivered to you. Most other substitute products we recommend can be obtained locally or purchased online as well.

If five or ten percent of what we recommend is unavailable to you, it's ok. You don't need to be 100% perfect in terms of including every ingredient we mention in the recipes.

The most important thing is that you're **consistent**. The results come from sticking to the program most of the time and for the recommended amount of time. For instance, you may not be able to get organic, but perhaps you can get fresh, farmer-sourced/locally grown produce. That's also good.

## Q. What does the in-depth fertility case analysis involve?

The fertility case analysis is an ongoing assessment that enables our fertility experts to uncover, understand, and then address, in our uniquely targeted way, the individual fertility and health issues of both you and your partner.

**It includes an initial assessment, supported by ongoing reviews, culminating in a revealing written report which delivers personalized recommendations tailored to YOU .**

**With the help of your personal fertility case analysis, we can:**

- **discover the underlying issues – which perhaps you are unaware of – that may be directly contributing to your fertility problems.**
- **prescribe practitioner-grade supplements in a targeted way to address your specific issues.**
- **refer you and your partner for additional tests where previous results were insufficient or inconclusive.**
- **tailor a detox strategy to you specifically, and make it more targeted**
- **identify the dangers you may be exposing yourself to in your daily routine.**

*In short, the assessment lays the foundation for the NFP approach via a systematic investigation of your individual case.*

### Step One - Information:

The first stage in the case analysis and assessment process focuses on in-depth information gathering.

We gather vital details across *more than 150 different health and fertility data points* via an in-depth survey. Then, we share an effective self-assessment tool you can use to identify potential areas of deficiency, whether it's in your *hormones, vitamins, minerals, fatty acids* or elsewhere.

We combine this data with the other information you've provided about your fertility condition, including your medical history, other test results, practitioner consultations notes, and more.

Finally, using this information, we develop a comprehensive, detailed understanding of your overall health; and your unique fertility case.

### Step Two - Recommendations:

All this information helps us make previously unseen connections and start to identify your underlying issues more clearly. Plus, it helps us offer tailored advice to you and your partner, should we believe you require:

- further tests
- adjustments to your diet
- personalized supplements
- lifestyle modifications
- timing and cycle recommendations
- additional steps or therapies to complement and enhance the effectiveness of your personalized program

By dedicating the necessary hours to really dig into the details of your case, we can identify your critical areas of needed focus...*and make the right recommendations!*

### Step Three – Ongoing Personalization:

When it comes to health and fertility, we're all similar, but also different in significant ways. What's fine for one person may be problematic for another. We all have personal weaknesses and sensitivities; habits, history, preferences and likes.

Sometimes, something seemingly minor can trigger a cascading series of issues, leading to prolonged fertility problems.

This is why one-size-fits-all diet and lifestyle programs and standardized OTC

(over-the-counter) supplement formulations are often totally ineffective. You and your partner are as unique as your genes, so the case analysis and assessment process helps tailor the coaching to your individual needs.

*What's most important for you to know is that the case analysis process starts at the beginning of the program and continues throughout your coaching with us.*

After each consultation or email exchange, we update your clinical case file and fine-tune the recommendations as we gather more information, and as your body starts adjusting to the prescribed changes.

During the regular consultations, we look at any recent test results. We ask you a series of questions to gauge how you're feeling. We review your case, and talk about any symptoms or observations you've had. We also examine your fertility charts to see how you're progressing.

All the relevant information and feedback from you is recorded in your file and referred back to (during the course of the program) to ensure all actions remain entirely personalized.

### **Result - You Will Discover Vital Details Other Approaches Simply Can't Deliver**

The case analysis process reveals things about your health and fertility that you never knew – and may otherwise never have found out.

*It's not just a journey to improved fertility... It's a journey of self-discovery.*

Moreover, by helping you identify the myriad elements that can be detrimental to your fertility, the in-depth case analysis will improve not only your health but also the health of your entire family – and for many years to come.

### **Q. How does the email support work?**

Another important touchpoint in the NFP program is the support and guidance you get through ongoing email exchanges with your coach. You have the peace of mind of direct and unlimited access to your coach by email. This prevents the situation which you probably know all too well:

You have a question about your fertility. So you search the internet, read every relevant forum and group and web article, and get ten (or more!) conflicting answers!

To prevent this, your coach is only an email or coaching session away to answer these questions, so you'll save time AND know you'll get an answer that's informed, validated and

accurate.

You can also email your coach whenever you want clarity on how the program recommendations can be tailored and adjusted to your unique situation.

You'll no longer need to feel like you're walking the fertility path alone. Your coach will be by your side providing support and customized recommendations, personalized to you and your partner.

## Q. How does the voice messaging support work?

Perhaps you have an easier time talking through a voice recording than trying to compose an email. You'd like a way to reach out personally and ask questions while you're on the go. In fact, what would be perfect is if you had your own personal "walkie-talkie" to get in touch with us!

Guess what?

If you become a Diamond coaching client now, you do! There's a free app for your phone called Voxer, and it allows you to press a "talk" button and send a private voice message (just like the walkie talkies that you had as a kid), and your coach will immediately hear it if they're using the Voxer app. Or, they can play it back when they're ready to respond. With Voxer, you're just one click away from being able to correspond via audio messages with your coach from anywhere, using your mobile phone.

## Q. What does 'fertility test recommendations & analysis' mean?

If the cause of your fertility issues are still unclear, we may recommend further tests. Here are some of the tests we recommend and interpret. (Note: we can also help you analyse and interpret test results you've already had done).

- **Semen analysis** tests can be done at most fertility clinics. It's one of the primary fertility tests that we recommend (as often it's not recommended by other doctors until after the woman has been checked thoroughly).

We usually suggest this because up to 40% of infertile couples have sperm issues. Semen analysis basically measures the number and quality of sperm, and can also look at DNA fragmentation and sperm antibodies if needed.

- **Hormone levels** that are too high or too low (as well as interactions between hormones) play a critical role in both male and female infertility. A hormone analysis (blood/ urine/ saliva) can provide valuable information about the potential cause(s)

of fertility problems.

We may recommend hormone analysis if there's a probable issue based on your case analysis and assessment. This is due diligence to find any (and all) possible issues. If you have hormonal imbalances, we may recommend specific supplements and dietary adjustments to help bring your hormones back into balance naturally, and to minimize your need for artificial hormones.

- **Heavy metals** tend to bioaccumulate over time, and can cause metabolic disruptions which can lead to fertility problems. There have also been links to developmental problems in children whose mothers had high heavy metal levels during pregnancy.

If, based on your case analysis, we believe heavy metals may be an issue, we may recommend a heavy metal toxicity test (hair or nails). However, treating significant heavy metal toxicity can increase the preconception time-frame considerably. So it's good to do this step asap if needed.

Therefore, if you're a woman in your 40s wanting to get pregnant as soon as possible, we may recommend not to do it.

This is because in rare cases it can take up to 2 years to detox heavy metals, and the process of detoxing can do more harm than good in the short term because it can release heavy metals out of your tissues and into your system as your body is clearing them.

- **Food allergies, intolerances and sensitivities** can trigger secondary effects which can lead to fertility problems. These problems include:
  - Hormonal imbalances which are linked to many forms of infertility
  - Inflammation in the reproductive system that causes alterations in cervical mucus and other serious issues
  - Poor nutrient absorption affecting the ovulation mechanism and sperm quality
  - Immune reactions producing toxins and inflammation
  - Leaky gut triggering tubal complications

Unfortunately, most food intolerance tests are unreliable. They use methods which haven't been scientifically proven to work and are not repeatable. We use specialised labs that measure your immune system's response to a food (so it's measuring the right type of cells).

- **Genetic polymorphism tests.** A genetic polymorphism is a variation that affects a gene. These variations are very common; we all have them in one form or another. A variation can (but may not) have functional significance. Depending on your genes, genetic polymorphisms can affect things like:



- your ability to absorb certain nutrients (or forms of that nutrient) into your cells
- your body's capacity to convert certain nutrients into other forms
- your stress resistance and longevity (how well you process stress hormones)
- your bio-capability to detox your cells from free radicals like homocysteine
- your ability to metabolize estrogen properly
- your methylation process (the recycling mechanism within your cells)
- your cells' energy efficiency (linked to your mitochondria - your cellular engines)

Once you understand how genetic polymorphisms work, you can see why a standardized and OTC (over the counter) prenatal supplement may be unhelpful or even counterproductive for you (if these nutrients are not in the right forms for you, based on your genotype).

**Genetic polymorphism tests can also show you if you're at increased risk of miscarriages, having a child with Downs syndrome, and other health complications, many of which are easily preventable and treatable by taking the right form of certain nutrients in the correct doses.**

- **Nutrigenomics testing** harnesses genomics technology to understand the individual relationship between your genes, the food and other nutrients you consume, and your health. It allows you to understand how your unique genetic makeup affects the way you respond to the foods, beverages and supplements you consume.

Each gene tested is significantly involved in the way your body processes or metabolizes a certain nutrient or dietary component. With that information, we can more accurately determine which foods and nutrients your body needs more – or less – of.

This cutting-edge technology allows us to develop personalized nutrition plans based on knowledge of your nutritional needs, nutritional status and genotype. It enables us to precisely match your diet with your unique genetic makeup. This is as tailored as it gets, because we are prescribing for your genes.

## Q. What are the personalized prescriptions for practitioner-grade fertility supplements?

Depending on your case analysis, and taking into account your circumstances and fertility history, we may prescribe nutritional supplements as part of your personalized program. We don't use generic, over-the-counter (OTC), or one-size-fits all supplements. We've often found them to be ineffective, and of poor quality and low potency.

**We only prescribe the highest quality, practitioner-grade, nutritional supplements.** These are individualized to you and your partner (after a thorough case analysis). The supplements are high potency and can only be obtained with a prescription from a certified practitioner.

It's entirely your decision whether you choose to purchase and use the supplements we recommend.

The supplements can be used as part of the overall fertility program to help:

- correct a host of damaging nutritional deficiencies
- remove toxicities from your body
- correct particular organ or system functions
- support a particular pathway in your system that may not be working optimally
- reduce inflammation in your organs and joints, and at a deep cellular level
- support and maintain a healthy metabolism
- improve digestion and optimize nutrient absorption
- regulate menstrual cycles
- improve sleep and provide for deeper relaxation
- regulate hormones
- support genetic polymorphisms

## Q. What additional costs will we incur in terms of tests and supplements?

The cost of tests typically ranges from no cost (covered by insurance) to between 100 and 2000 USD one-time (depending on your clinical needs and what tests you've previously had done). Our coaches only recommend the tests that are relevant to your case.

Supplement costs tend to range from 200 to 800 USD per month, depending on your needs. The average supplement cost for a couple over the four-month period is 500 USD per month.

Please note that there's no pressure to purchase the recommended supplements (it's your choice as to how much you spend).

Bear in mind that while you may spend more on food and supplements, some of your extra expenses will be offset by doing away with the toxic products you'll realize you no longer need.

Any tests and supplements we recommend are always personalized to your specific condition.

**If you're concerned about your budget, we'll help you adapt the recommendations to stick within your means.**

If your budget is tight we'll work with you to minimize those additional costs by recommending only the most important tests and supplements.

*As to the cost of the program itself, I truly believe that giving yourself the best chance to bring a new life into your world is priceless!*

**And while the program is not inexpensive, it's less costly than the typical expense of drug or procedure-based fertility treatments.**

***PLUS, the NFP Program has proven, long-standing benefits which no other program can offer.***

Consider this:

- Many couples under 40 will spend upwards of \$60,000 on fertility treatments
- Many couples over 40 invest \$100,000+
- Your investment in time, doctor's visits, and emotional upheaval may have already been considerable!

This alone is reason enough to try an all-natural program before going down the IVF cycle/ART treatment path.

You'll forget the cost the moment you hold your newborn in your arms.

*Such overwhelming happiness is priceless!*

## Q. Are there options to finance my coaching subscription?

Below are some ideas for different ways to finance your NFP coaching subscription, if that's something you need.

- Use PayPal credit <http://paypal.com/credit>
- Split payment among multiple credit and/or debit cards (we've had clients use four different credit cards to enroll)
- Use a credit card you may have forgotten about (you know, the one hidden in your underwear drawer!)
- Pay at [www.blispay.com/](http://www.blispay.com/) (for those with good credit): Pay at <http://blispay.com/dwd>

- Use Afterpay <https://www.afterpay.com/index>: Pay for your purchase in 4 interest-free installments (due every two weeks); Always zero interest, never additional fees when you pay on time.
- Zip <https://zip.co/>: Choose your repayment schedule - weekly, fortnightly or monthly; For accounts with limits above \$1000, 0% interest for 3 months.

#### A new credit card on

- [BEST is AMEX](#) - instant CC # (You can apply for any AmEx card to take advantage of this service, although some customers report mixed results as to how often the offer for an instant card number is made.
- If you do receive the offer, you'll be prompted by the online system, asking you whether or not you want your card number right away. Also, realize that this number is just a temporary one. While the card number will likely be the same as the one you receive in the mail, your CVC code and expiration date will probably change.
- [American Airlines Citi Card](#) (you get 60,000 mileage points with 5,000k purchase, 16.9 percent APR, \$95 fee per year waived for first year)
- [Alaska Air Introductory offer](#) – Alaska's Famous Companion Fare™. Buy one ticket, get one for just the taxes and fees (\$0 fare plus taxes and fees from just \$22) after you make \$1,000 or more in purchases within the first 90 days of your account opening. There are no blackout dates.
- [LendingClub](#) \*\* soft credit inquiry \*\* (soft credit pull to check your rate and apply for a loan, if you receive a loan then it will create a hard credit inquiry. [See FAQs here](#))

#### For Deposit Follow Up to Enroll and Pay: (longer approval time)

- [Nerd Wallet](#) for credit card offers and balance transfers. There is a waiting period for the card to arrive.
- [Credit Karma](#)
- [Funding Circle](#) (24-hour approval time/ Business Loans from 4.99%)
- Savings account
- Retirement account
- [SoFi](#) \*\* soft credit inquiry \*\* (soft credit pull to get your rate and once you complete

- application it's a hard credit pull) [FAQs](#)
- [Upstart](#) (Choose "use for education", "course or bootcamp") -soft credit check to get your rate, hard credit check upon submitting application
- [Prosper Marketplace](#) - soft credit check to check your rate, hard credit check upon submitting
- [Marcus FAQs](#) You can choose the amount you want for the monthly payment and then it tells you the loan terms. Soft credit check to check rate.
- [Peerform](#) (income verification with pay stubs) - soft credit check to get a rate quote, hard credit check when you apply.
- Selling off useless/old things on eBay or Craigslist
- Collecting debt from family, friends
- Borrowing from family, friends
- Crowdfunding
- Line of credit
- Call the 800 number on the back of your current credit card to increase the credit limit- it's fast and easy.

### Q. Are there any possibilities to get the cost of the program covered by my health insurer?

If you reside in the United States, depending on your insurer, it may be possible to get a full or partial reimbursement for the cost of the NFP Fertility Coaching Program. If this is something that you would like to pursue, and you believe may be an option for you, we are happy to give you feedback on what other US clients have done. Please reach out to us at [info@fertility-coach.com](mailto:info@fertility-coach.com) and we will help as much as we can.

### Q. What is the strategic genetic fertility analysis and nutritional genomics advice?

The strategic genetic fertility analysis and nutritional genomics allow us to make ultra-personalized (gene-based) adjustments to your fertility diet and supplement prescription, based on cutting-edge gene testing and genetic polymorphism tests.

This level of guidance is as tailored as it gets. It's a fertility diet and nutritional advice specific to your genes.

Recent research shows that small variations in certain genes can have a significant effect on the way our body responds to the foods and nutrients we consume. Hence, some people react quite differently compared to others when consuming the same foods and nutritional supplements.

We can't overstate the importance of this finding for the NFP approach: Based on the results of gene testing, we make fertility dietary and supplement recommendations which are tailored to your genome. You'll receive a written report with insights into your genetic profile, a clear explanation of your genetic polymorphism findings, and expert feedback as it relates to your fertility.

*This new knowledge helps us help you make the best possible dietary choices to boost your fertility.*

There is no more powerful way to help you avoid costly dietary missteps, where you may be consuming something you believe to be healthy, where actually, it's doing you untold harm.

And, this is cutting-edge "new frontier" science: The level of insight revealed through this genetic testing and analysis is only made possible by recent advances in Personalized Medicine - an exciting 21st century breakthrough.

One of the tests we utilize examines 45 different genes and reveals how your body responds to a variety of foods and nutrients based on your specific genetic profile.

You then receive a detailed report, which we help you interpret, and integrate into your fertility program.

The report answers questions like, "Am I drinking too much coffee?"; "What about my salt intake?"; "Am I ingesting the right amount of omega-3 fats?"; and "Should I be consuming more or less protein?"; and much, much more.

It's a simple and safe genetic test that we refer you to, and all it requires is a small saliva sample.

Studies show that people are more motivated to adopt healthy eating habits when given personalized information based on their genes, than when offered generalized nutrition information.

Makes sense, doesn't it?

*If this excites you as much as it does us, keep reading for examples of these types of insights...*

- **Coffee:** There's a genetic marker related to how your body breaks down caffeine. This will tell you whether you're a poor metabolizer of caffeine, and will show whether coffee elevates your risk of heart disease; or if it's protective.
- **Protein:** There is a specific gene that impacts how your body responds to protein. This influences the type and quantity of protein you should consume.
- **Saturated Fat:** Do you have an elevated risk for consumption of saturated fat?
- **Starch:** Do you have diminished amylase (an enzyme that breaks down starch). If you have this genetic marker, your body takes longer to break down starches, and too much starch in your diet can cause digestive and other issues.
- **High GI Foods:** Are you at elevated risk of type 2 diabetes if you eat a high GI (glycemic index) diet?
- **Whole Grains:** How do you respond to grains? Is a gluten-free diet appropriate for you?
- **Folate:** Are you at elevated risk of folate deficiency? What's the right type of folic acid for you? Based on these answers, we may need to give you a different type of folic acid from the one you've been taking, and/or increase it in your diet.
- **Vitamin B12:** Tells us the form of B12 most suited to your genome. Is your body genetically less effective at absorbing and activating B12? If so, we will need to increase it in your diet and prescribe a specific form of B12.
- **Vitamin D:** How well can you absorb vitamin D? Are you less effective at activating this fat soluble vitamin from the sun and converting it into the active Vitamin D hormone? If so, we need to make sure you're getting more through diet and supplementation.
- **Iron:** Is your body less efficient at absorbing iron? If so, we need to adjust your diet to provide food sources that are richer in iron.
- **Omega-3 Fat:** How effectively does your body convert omega-3 ALA (Alpha-Linolenic Acid) into EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid)? The answer will influence the source and quantity of omega 3 oils you may need.
- **Vitamin A:** Is your body able to convert Beta-carotene into Retinal (Pro-vitamin A) and Retinol (Vitamin A)? This tells us whether you need to be supplementing with vitamin A or eating vitamin A rich foods (very important for vegans/vegetarians).

- **Lactose:** This marker measures whether you're genetically evolved to digest lactose (the sugar that's in dairy products). If not, you'll have an elevated risk of lactose intolerance.
- **Methylation:** Your methylation profile tells you how well your body can methylate (the recycling process in your cells). This shows how well your body is able to rid itself of toxins. When optimal methylation occurs, it has a significant positive impact on many biochemical reactions in the body that regulate the activity of the cardiovascular, neurological, reproductive, and detoxification systems, including those relating to DNA production.

Having this knowledge allows us to help you tailor your diet and lifestyle to your own genes, and to optimize your micronutrient and macronutrient intake so you'll not only improve your fertility... *but also extend your healthspan and lifespan, as well as that of your family..*

## Q. Which of the three coaching plan levels is right for us?

That depends on the complexity of your case, your budget, and how much coaching and support you need. All three plans provide an in-depth level of personalized coaching and support. And all three plans are designed to give you everything you need to improve your fertility naturally.

- **Gold Plan** - Our standard 16-week coaching package. Many of our clients celebrate the fact it has resulted in successful full-term pregnancies and healthy babies.
- **Platinum Plan** - 16-week coaching package with twice the number of consultations and more in-depth analysis and testing options. This stands out as a superb value because the genetic testing and investigation can hold the answers to why you're not getting pregnant!
- **Diamond Plan** - Comprehensive, highly personalized, 16-week, all-inclusive coaching service with as many consultations as you need. Our top-tier coaching service.

No matter which plan you choose, you have one-on-one personal coaching with personalized analysis and support. You have full access to all the beautifully presented videos, interactive tools and other materials on the coaching membership site. The main differences are the number of consultations, the support response times, and the depth of case analysis and investigation that we do.

For most couples, we recommend the Gold or Platinum plans. The Diamond plan is only recommended for the most complicated cases or where very intense support is desired or needed.



## **When is the Diamond plan the right decision for you?**

It's perfect for you... when you consider the following critical conditions:

- **struggling with difficult age-related issues**
- **experienced multiple failed IVF cycles**
- **facing long-standing or complicated toxicity (like significant heavy metal toxicity)**
- **Have serious or chronic nutrient deficiencies**
- **Encountered a prolonged fertility issue**
- **Suffered chronic health issue(s)**
- **Undergone an unusually complex medical diagnosis**

**Or, wanting to do your absolute best to address whatever is impacting your fertility! This plan will help you completely transform your fertility, your partner's fertility, and the ultimate well-being of your family.**

On a deeper, more clinical level, here are some examples of other factors that may require an in-depth treatment approach:

- genetic polymorphisms
- autoimmunity and other immune system issues
- anti-sperm antibodies
- elevated NK cells - A type of "killer" white blood cells which are part of the body's defense mechanisms to fight infections.
- thyroid antibodies - antibodies that develop when the immune system mistakenly targets components of the thyroid gland.
- ANA antibodies - These antibodies attack the body's own healthy cells and cause symptoms such as tissue/organ inflammation, joint/muscle pain, and fatigue
- antiphospholipid antibodies - The body's immune system creates antibodies that attack and damage tissues or cells
- anti-cardiolipin antibodies - These autoantibodies can influence the body's ability to regulate blood clotting - a key element in miscarriages!

Two common issues we look for are dietary nutrient deficiencies and genetic polymorphisms. Both can cause deficiencies due to compromised ability to absorb certain nutrients. And both factors may be impacting your fertility.

Everyone is unique in respect to nutrient absorption and deficiency. Once we learn about the unique profile presented by you and your partner (through testing), we can address the deficiencies specific to you with diet and targeted, high-quality supplements.

Always be aware that these vital nutrients are going first to your liver, your kidneys and your brain, because these organs are critical to your survival .

Not only does your body's distinctive biology determine how nutrients affect your reproductive system, but your reproductive system is also one of the last parts of your body to utilize these nutrients.

Long-standing toxicity can cause extensive complications. For example, a woman in her 40's who has smoked for a long time, has had high levels of stress, a poor diet, long-term heavy alcohol use, or a history of certain pharmaceutical (or illicit) drug use.

Or, if someone has been on statins (a group of drugs acting to reduce levels of fats and cholesterol in the blood) for ten years, they tend to be very depleted in CoQ10 and vitamin D. Both nutrients are crucial for optimal fertility.

If you have one of these cases, we want to give you the best option of the additional time, focused attention, and healing you may need.

This also applies to long-standing, unexplained infertility that demands testing and investigation. You'll be glad to know you have intensive, reliable, and time-sensitive support as your body adjusts and heals itself (with the help of the NFP program).

**I encourage you to consider the Diamond Plan IF you have any of the above issues, problems, or conditions we've just explored.**

But before we go any further, I want to clarify something...

In 80% of cases, the 16-week Gold or Platinum programs provide enough time and support to make all the changes you'll need to make.

I've gone to great lengths to make the program affordable, and it's priced to reflect the level of outstanding and upgraded services we maintain for our clients.

**Q. Can it help secondary issues such as weight, energy & mood?**

**As a welcome but sometimes unexpected benefit, coaching clients have reported the following secondary benefits while they're becoming more fertile:**

- improved and more regular cycle
- more available energy
- lowered FSH (follicle-stimulating hormone)
- increased progesterone
- improved and stabilized mood
- fewer food cravings
- better digestion
- weight-loss

- more restful sleep
- more youthful appearance
- fewer hot flashes,
- better skin appearance
- and improved overall physical and emotional health!

These are some of the **natural and normal effects** of ridding your body of the poisons and toxins it's had to carry in the past, and improving your macro and micro nutrient profile.

As you'll discover, improving health in a real and lasting way requires a whole body system or integrative approach. If something is out of balance, it can result in one or more related symptoms, but there's always an underlying cause of the imbalance. A healthy body strives toward balance, or homeostasis.

### Q. Can you help me cope with the emotional side of this difficult journey?

*'Can you help me cope with the emotional side of this stressful journey? How do we get to the point of letting go of the past and believe again in new possibilities?'*

A lot of couples who struggle with infertility experience severe emotional distress. Many couples experience depression and a spiral of negative thinking brought about by infertility. Often, watching friends, sisters and workmates become mothers, or hearing well-meaning comments like 'so when are you two going to start having children?' can bring about a cycle of tears.

I know it can be hard to believe in new possibilities after many disappointments, especially when you've been told by people whose opinion you respect, that it's not possible (or going to be very difficult) for you.

If you've gone to a fertility clinic or perhaps several clinics, or if your doctor has told you that your egg quality isn't optimal, plus you've miscarried or couldn't get pregnant in the first place, and if it's happened multiple times, then you may simply not believe it's possible.

However, I want to remind you that your past doesn't equal your future.

Your body has a phenomenal healing capacity. But first you need to awaken it, and that does take a certain amount of effort and preparation to create the right environment in your mind and body. And it may be that your body has never had the right environment for optimum fertility.

Addressing the emotional side and having strategies to make yourself feel better during the journey is important, and this is part of what we mean by 'looking at infertility from a whole

person perspective.' This means that your mind, your body and your emotions are all interlinked and all can have an impact on your fertility.

During the coaching program, you'll learn practical tips, tools and strategies to help improve your emotional wellbeing and help you to process and cope with the emotional side of your fertility struggle.

We'll help you believe in your body and mind that you can have a healthy conception, pregnancy, birth and baby. You'll discover ways to take some of the stress away; strategies to stay positive; and things you can do to feel better, alleviate anxiety and improve your mood.

If needed, we can show you strategies to help you let go of the old patterns, old beliefs which may no longer be serving you, just the way you'll be letting go of old habits and foods which aren't good for you.

Once you go through this process, you'll feel a positive shift.

Part of what we're teaching in this program is that there are lots of myths we're told about age and infertility and certain conditions, and that these things can make you feel defeated.

As you go through this process, you'll begin to feel more empowered, and you'll see that there are lots of areas where you can improve your fertility.

Once you start to see and feel results within your body, when you notice improvements in how you're feeling, how you sleep, and so on, when you can measure improvements to your fertility based on the test results, your optimism is going to emerge again. You'll start to believe more in your body, and see that your body can repair many forms of disease if it's given sufficient time and the right building blocks.

## Q. What if we decide to enroll and then change our mind?

*'How does the money-back guarantee and cancellation policy work if I'm not satisfied or if we change our minds?'*

Although the NFP Method™ has helped hundreds of couples become proud parents, we cannot guarantee you'll definitely get pregnant, even after following the program. No one can make that promise.

However, we do guarantee that you'll be satisfied with the coaching, support and material you receive, or your money back. Here's how it works:

When you decide to enroll, you have up to 30 days to use the program completely risk-free.

If within the first 30 days (or before your first coaching consultation, whichever comes first) you're not thrilled with what you've received so far, or you're dissatisfied for any reason, we'll happily refund your money.

Moreover, if at any stage during the 4 months you're unsatisfied, you're entitled to cancel your enrollment by simply emailing us with no further cost or obligation.

**Q. Is there the option to extend after the 16 weeks if we need more time?**

Yes. Some couples would like additional support and coaching beyond the four months, either because they need more time to address their health and fertility issues, or because they're pregnant and would like pregnancy support.

Clients have the option to continue working with me or one of our other coaches after the four months are over if they wish. The follow-up coaching service is available to all clients at the end of the 16 weeks at a reduced rate for as long as you need it.

With follow-up coaching, you get feedback on test results, regular phone consultations, supplement adjustments, ongoing analysis, information and guidance.



**FERTILITY COACH™**