

My 4-Step Fertility Reset Plan

My proven baby-making strategy that works...

✔ Yes, even after failed IVF or miscarriage!

✔ Yes, even over 40!

✔ No matter how messed up you *think* your fertility is! (I've seen it all!)

HEIDI *brockmyre*



Where are you tuning into from today?

Please hold your questions until the end.

If you're watching the replay,
you can still ask questions in the
chat box and we will email you.

Please still wait until the end.



Before We Start:

Turn off your phone, close your other tabs, and remove any other distractions.

You're in the right place if...

You're tired of wasting time and worried about getting left behind by your friends who already have babies.

You're in the right place if...

You're ready to take action using step-by-step trusted guidance that works to prepare your body to finally have a healthy baby.

You're in the right place if...

You're ready to believe in your body's ability to have a
baby.

This is NOT for you if...

You're not willing to learn more about how to support your fertility.

This is NOT for you if...

You're not willing to consider trying something you haven't yet tried.

This is NOT for you if...

You are not willing to invest time, energy, money, and consistency into being the healthiest version of yourself so you can have your healthy baby.

This is NOT for you if...

You plan on watching this entire FREE presentation then get really upset when, at the end, I offer you the opportunity to invest in a method that can help you get pregnant an easier, faster, less expensive and healthier way.

My promise to you...

I will deliver as much value as possible in this FREE 60 minute masterclass followed by a 30 minute Q&A session.

My promise to you...

Nothing I will teach you is based on theory.

My promise to you...

Everything you'll learn has been tested and proven to work.

My promise to you...

When you stay until the end, you'll receive a free my free gift:
On-the-Right-Track Supplement Checklist™.

I just ask that...

You give yourself and me this time to help you.

I just ask that...

You listen with an open mind (my approach is integrative and unconventional).

I just ask that...

You treat me and others with respect.

I just ask that...

You take a deep breath, relax and thank yourself for
being here.

I just ask that...

Imagine yourself holding your baby in your arms.

During this masterclass you are going to learn...

- 3 myths you've probably been told about your fertility that may be sabotaging you from having your baby.

(**Hint:** it IS possible to be MORE fertile now than when you were younger)

During this masterclass you are going to learn...

- My 4-step proven method to reset your fertility and get pregnant now. Understand what the problem is, how you can fix it and finally have your beautiful bouncing baby! Get the trusted guidance you need!

During this masterclass you are going to learn...

- How my method can help your specific case during a **30 minute Q&A.**

*Who's ready to change
their situation today?*

Type YES in the chat box if you are :)

Let me introduce you to...



Jane

&



Eva

Jane's Story



- Dreams of having her baby forever now
- Feels like she's missing out
- Feels like there's no purpose to her life
- Worried that time is running out
- Worried about her age (39)
- Worried about putting fertility drugs in her body after 2 failed IVF cycles

Jane's Story



- Emotionally, physically, mentally not in a great place (also financial and relationship stress)
- Wishes she knew what the problem was
- Wishes she knew the answers to her problem
- Wishes she had the knowledge and guidance she needs to have her baby
- She doesn't know what to do so she isn't taking action and she feels stuck

Eva's Story



- 39 years old, 2 failed IVF cycles
- Irregular cycle, late ovulation, possible PCOS, miscarried before
- With new knowledge, she understood her issues
- Finally got the answers she needed!
- She took action.

Eva's Story



- Became healthiest version of herself and believes in herself again
- Prepared her body and mind - started to feel better all around - got pregnant naturally!
- Excited feeling her baby growing in her belly
- Moving forward in her life fulfilled

There are two options...





Jane - Choice A

Still stressed out looking for answers,
not taking action



Eva - Choice B

Took action, now joyfully feeling her
baby boy growing in her belly

*The #1 way I helped Eva have her
beautiful baby boy...*

was by showing her how to be the healthiest
version of herself.

I taught her my step-by-step method to understand what the problem was, how she could fix it and measure progress...all the way until her son was born!

Hi! I'm Heidi Brockmyre

I'm a mom to a teenage boy in high school! (Eek!)



I'm a pet parent to Clyde (dog) + Jake (cat).

And I love wearing big earrings. :)



Nature and music are my 2 biggest passions
(besides family, friends and fertility).



I built a yurt on my property outside of San Diego, CA for healing and musical gatherings, like community acupuncture + sound healing.



Hi! I'm Heidi Brockmyre, M.S., L.Ac.

Masters of Science in Traditional Chinese Medicine &
State Board Licensed Practitioner of Acupuncture and Chinese Medicine



I have over 10 years of clinical experience as a fertility specialist acupuncturist .
I've shadowed two of the most successful Reproductive Endocrinologists in San Diego.



I had a local fertility clinic here in San Diego, CA where I've helped hundreds of women and couples in my community conceive their babies.



I've helped thousands of women around the world through my online fertility programs.



*Just a handful of the babies
I've helped my clients conceive...*



I've been a guest expert in over 60 conferences, publications, summits and podcasts.



THE
HUFFINGTON
POST



The YinOva Center™



THE
INFERTILITY
VOICE



Fertility Friday
Food, Nutrition, Fertility

I've used my unique clinical experience to create a method that teaches women how to have healthy babies even when nothing else has worked.

Before I created my 4 step method...

I wasn't having as much success as I wanted to with helping my patients get pregnant.

Before I created my 4 step method...

It broke my heart seeing patients feel
sad and frustrated.

Before I created my 4 step method...

I wanted to do better.

Emily's Story...

Then one day, about 8 years ago, one of my acupuncture patients inspired me to dig deeper...

Emily's Story...

Emily came to me after her second failed IVF cycle.
She was 41 years old.

Emily's Story...

Her doctors had given up hope.
They told her she had to use an egg donor.

Emily's Story...

She had poor egg quality, low AMH and endometriosis.

Emily's Story...

Emily felt crushed.

Emily's Story...

And her husband wasn't on board with using an egg donor.

Emily's Story...

Emily and her husband were skeptical about holistic medicine.

Emily's Story...

She tried a little bit of acupuncture before but felt like it didn't work.

Emily's Story...

But now she felt desperate and was willing to do anything,
even if she didn't "believe" in it.

Emily's Story...

Emily wanted to try another IVF cycle with her own eggs but she was also worried about the drugs.

Emily's Story...

When she and her husband first went to the fertility doctors, they thought IVF would be a sure thing.

Emily's Story...

They felt at a loss after spending so much money
and still had no baby to show for it.

Emily's Story...

Emily was feeling even more hopeless since she was in her 40's.

Emily's Story...

She worried that her dreams of having a family might never happen.

Emily's Story...

Even though Emily was skeptical about holistic medicine, she decided she would try one more IVF cycle with her own eggs.

Emily's Story....

I had 3 months to work with her before her next IVF cycle.
I was her last hope.

Emily's Story....

No pressure, right?

Emily's Story...

We began her treatment plan but progress was slow.

Emily's Story...

At that rate, I didn't think she'd be ready in time for her next IVF cycle to be successful.

Emily's Story...

She felt helpless, frustrated and out of control.

Emily's Story...

One day, she asked me,
“What can I do to make better progress?”

Emily's Story...

I knew that she really **NEEDED** to do things at home every single day to make faster progress.

Emily's Story...

But I didn't have the time during our office visits to teach her the therapies that she should be doing at home every day.

Emily's Story...

The clinical methods I used took training
and clear instructions.

Emily's Story...

But I couldn't let her down so I decided I would make videos and write out instructions for her.

Emily's Story...

I worked overtime to create all of the instructional materials so Emily could apply my method at home.

Every. Single. Day.

Emily's Story...

She was so grateful.
She diligently followed my instructions.

Emily's Story...

And it started to work wonders.

Emily's Story...

We noticed huge improvements.
She started feeling better all around.

Emily's Story...

She started believing that it was still possible for her to have a successful IVF cycle with her own eggs.

Emily's Story...

After two cycles following my method,
she waited for her period to start
so she could start the IVF cycle.

Emily's Story...

She was excited to see if her follicle count improved.

Emily's Story...

But Emily never made it back to the fertility doctor.

Emily's Story...

Emily found out she was pregnant that month.

Emily's Story...

Emily went on to have a healthy baby boy named Eli.
Eli is 7 years old now.



After Emily's success, I knew I needed to teach all my patients my 4-step method for supporting their fertility at home.

I saw that my method worked for my other patients as well.
My success rates improved.

My patients felt happier and in control.

And I was happy to be getting more baby pictures!

Now that I developed a method for women to use at home,
they didn't need to come to my clinic for help.

Then I realized I could share my method with women all over the world who were struggling to conceive.

And now I get tons of amazing thank you messages from women all over the world!

 **Elisa** ■ Dear heidi i still don't believe it but i got a positive pregnancy test after two months and half of using fam. No words can express what that means to me. I just wanted to thank u for all your support and positive energy, u have been a light in the darkness, after 4 years ttc + one failed ivf and fet, after a strong allergy to the drugs at 41 i am finally pregnant. . I am even scared to say that. Thank u again with all my heart

Like · Reply · 1d



Adriana Bot

This is my second month on this program and my uterine lining increased from 6.50mm to 8mm 🥳👏

13:25

 **Bethany** ■ I just want to say that I LOVE the FAM program. I've been doing it since May, and it is doing wonders for my health, helping me prioritize self-care and get my system balanced. I also really appreciate all the podcasts that Heidi Brockmyre has done. They are so informative and encouraging. She really knows what she's doing, and I feel that I am in capable hands. I am realizing now that my cycles have always been problematic (very painful, irregular), and I FINALLY have the tools to fix them!

Like · Reply · Message · 2d

I just found out I am pregnant. So excited and scared. But thank you for helping me to calm down and relax. Rebecca



 I've used your immune boost and digestive acupressure protocols to help recover from a stomach bug and it's massively helped me rebalance. Thank you 🙏

Hi Heidi,



 Hello! I'm 37 about to be 38. My stress levels were through the roof for years, and it got my body out of balance. This is my 2nd month with FAM. The changes that I'm experiencing with this program are amazing. They are so amazing that I don't even get sad when I get my period anymore. I am finally making my health a priority. I wish everyone of you a lot of luck and I hope that we all will be sharing pictures of our little ones very soon.

Like · Reply · Message · 18h



I hope this is the right place to ask this question but i just found out I am PREGNANT!!!!!! and I was looking for the early pregnancy support acupressure videos in

to Heidi ▾

I got pregnant last year August due this year in 2019 I did do your natural remedy it was a great help with my determination to become pregnant and is pregnant with a healthy baby so thank you for all your information

Imagine if...

You could finally get pregnant without expensive fertility treatments (or make sure your next one works).

Imagine if...

You knew exactly what to do at home to support your fertility and get pregnant, even if your doctor said your case is hopeless.

Imagine if...

You know that you're are fertile and that it's just a matter of *when*, not if, you get pregnant.

Stay to the end to get my special FREE gift:

On-the-Right-Track Supplement Checklist



A done-for-you customizable checklist to know exactly which supplements to take for your specific situation. Don't waste time and money on supplements that won't help you or might harm you. Let your supplements work for you and keep you on the right track for getting pregnant.

3 Myths you've probably been told about your fertility that may be sabotaging you from having your baby.



Myth #1

“You’re too old.”

“You’re eggs are bad”

“You don’t have
enough eggs left.”



Have you been told one of these?

(Type YES or NO in the chat box.)

Your health and your fertility are resilient!

Some doctors assume that your eggs and age are the problem when it may be something else.

The real issue is often fixable with the right
knowledge.

Also, you can improve your egg quality and egg quantity.

It's important to address what's affecting your egg quantity and quality, if that is the problem.

I've helped many women become
more fertile in their 40's than they were in their 30's.

Also, male factor infertility is often overlooked
and unaddressed.

Male factor infertility can also be improved.

There are many things you can do to help your
fertility (or things that can work against you).

The point is, most things can be addressed.

Yes, it is true that age can affect
your fertility and eggs.

The older you are, the more time issues have to affect your health and become rooted.

The truth is, your fertility is a marker of
your entire health.

If you don't address your health issues now, more serious problems may develop in time.

These issues may include: cancer, autoimmune disorders and/or difficult menopause.

Here's the good news...

My method teaches you how to restore your fertility
AND benefits your long-term health.

It also works for male factor infertility.



Shannon Lim-de Rooy I just turn 43, had been trying to conceive for 6 years, had fibroids removed, found I also had adenomyosis, endometriosis and hypothyroid. I tried many types of holistic medicine for more than 10years and I always believed the body can heal itself, until 2 years ago many the gynecologists tells me I have very slim chance, I am running out of time with my age, my eggs are low quality because of my age, even recommended egg donor as the best option. I felt pressured and did 2 rounds of IVF last year, which was not successful. Was supposed to go for 3rd one in March, but Corona happened and I also felt my body is just not ready for another round. I took FAM program, I felt good about getting my body into balance again, and I am in control of my body. Now I am 8 weeks pregnant, it came as a total shock to me, to be able to be naturally pregnant after hearing so many doctors having low hope on me. This totally renew my faith in my own body healing itself.. listen to your intuition and your body, it knows

Love · Reply · 2d · Edited



Myth #2

“Fertility drugs and birth control don’t have an affect on your fertility and long-term health.”



Did your doctor tell you the risks of
birth control or fertility drugs?

(Type yes or no.)

Don't feel bad if you didn't know.

Your doctor may not tell you the risks.

It's important for you to be aware of the risks so you can make the best decision for yourself.

Also, rest assured that you can help your body recover from medications.

Remember, you and your body are resilient.

That being said, here are some things
to be aware of...

Birth control can affect your hormones,
eggs and uterine lining.

Fertility treatments also come with risks.

These risks include: hyperstimulation of the ovaries, dangerous allergic reactions, and abnormal growths.

Synthetic hormones increase your risk for cancers.

Studies confirm these risks.

This study confirmed that synthetic hormones increase the chance of breast cancer.

<https://breast-cancer-research.biomedcentral.com/articles/10.1186/bcr3040>

This study confirmed that synthetic hormones
increase the chance of ovarian cancer.

Morch's study published in *The Journal of the American Medical Association*.

Another study confirmed that synthetic progesterone can also increase your risk of:

- Heart problems
- Blood clotting problems
- Stroke
- Endometriosis
- Uterine fibroids

I don't want to scare you.

I want you to know that fertility drugs
aren't the only way.

Sometimes they are necessary and helpful.

But they should be used as a last resort.

They do not address the root of your health and fertility issues.

They should not replace addressing the root of your health and fertility issues.

If you address the root your of health and fertility issues, you may not need fertility drugs.

If you address the root of your health and fertility issues, the drugs can be more effective.

That means you can use less medication because they can work better and quicker.

If you need to use fertility drugs, less is safer.

More good news...

My method teaches you how to address the root of
your health and fertility issues.

My method also teaches you how to help your body
recover from meds you've taken.



Elisa Dear heidi i still don't believe it but i got a positive pregnancy test after two months and half of using fam. No words can express what that means to me. I just wanted to thank u for all your support and positive energy, u have been a light in the darkness, after 4 years ttc + one failed ivf and fet, after a strong allergy to the drugs at 41 i am finally pregnant. . I am even scared to say that. Thank u again with all my heart

Like · Reply · 1d



Elisa Thank u ! My diagnosis were low amh 0.75 and my age i guess, i m 41. I went through one ivf cycle and one fet cycle. Almost at the end of the fet cycle i had a strong allergy to the drugs and i ended up at the hospital, after that i stop with all drugs and fertility treatments. The natural way was the only solution for us. Thank u again for all your support 😊

Like · Reply · Message · 9m



Erin [redacted] Hi Heidi Brockmyre you can definitely share my story. Im 39 been trying 4 years and had 3 failed ivf before trying your program. I was set to start the 4th round of ivf on may 6 but found out I was pregnant just weeks before



Love · Reply · 23h



Erin [redacted] Hi Heidi Brockmyre I have been on your program for 3 months now. I was diagnosed with endometriosis, low ovarian reserve, and systemic inflammation. I followed your program doing the medium level and I did the metabolic detox and took the supplements. I am happy to report that I got a positive pregnancy test for the first time in my life a couple weeks ago while on a business trip oversees ❤️ I went for an ultrasound yesterday at 5wks 5 days bc I was high risk for ectopic due to the surgery I had for endometriosis. It's not ectopic 🙌 this was a

Myth #3

“Holistic methods
don’t work.”



Did your doctor tell you
holistic methods don't work?

(Type yes or no.)

You may be skeptical.

You may have tried holistic methods before
and didn't get the results you wanted.

Your doctor may have said something negative
about a holistic approach.

You may not know enough about it because no one pointed you in the right direction.

The truth is, holistic methods should be the first thing
you turn to to support your fertility and health.

Here's why...

Conventional medical treatment often treats the symptoms without addressing the root of the problem.

This often doesn't work for treating infertility.

For example, medications force your body to ovulate more eggs.

But they don't improve your egg quality or uterine lining.

Fertility treatment may seem like a quick fix.

Everyone wants a quick fix.

But quick fixes aren't guaranteed.

Sometimes quick fixes cause more problems.

Then those problems need fixing too.

Fertility treatments can make things worse.

They're expensive and more than often than not,
they don't work.

Holistic methods restore your health and bring your
body back into balance.

Sometimes holistic methods take longer,
but they have long lasting effects.

Sometimes they don't take long at all.

Either way, the goal is achieving sustainable health.

You may think your body is broken because
you're not yet pregnant.

Your body is actually wise.

It knows it needs more resources before
it's ready to be pregnant.

Your body is protecting you and your future baby.

Your body is waiting for the right time.

When you give your body what it needs,
your body will want to fall pregnant.

You can get there.

But not all holistic methods are created equally.

There are many trendy health fads that
can be harmful.

You need to use a proven, trusted holistic method.

That's why I base my method on
Traditional Chinese Medicine.

Billions of people worldwide have used Chinese
medicine for thousands of years.

It is not a trendy health fad.

Hundreds of studies have proved it effective for
countless conditions.

Many doctors and hospitals now integrate Chinese medicine in their treatment programs.

Including treatment centers for cancer, addiction,
stroke recovery, fertility, pain and more.

To legitimately practice Chinese medicine,
you need extensive training and licensure.

I've personally seen it work miracles.

On everything from stroke recovery, miscarriage prevention, migraines, IBS, insomnia, PTSD, stress and anxiety and more.



Amy [redacted]

I'm 43 yrs old and found out today I'm 5weeks 3 days
😊. We were told we may need medical intervention to
conceive and FAM was my choice . I loved the western
medicine approach and started FAM in October 2020.
Within weeks I noticed a difference, my cycles became
more regular and my ovulation more on a
"normal"schedule! I truly love the acupressure and am
still following the early pregnancy protocols!

Love · Reply · 20h · Edited





Lon

December 2 at 10:25 PM · 🐾



Wednesday win

After 52 days of no cycle. I ovulated and got my cycle without medication.. This system works!! I have only been using it for 1 month. I'm turning 46 tomorrow the Dr told me 4 years ago my

To recap, here's what you learned...

Myth Buster #1 – Your eggs may NOT be the issue. The real issue may be fixable. If it is your eggs, you CAN improve egg quality and quantity at any age.

To recap, here's what you learned...

Myth Buster #2 – Fertility drugs and birth control CAN have an affect on your fertility and long-term health. It's important to know your options.

To recap, here's what you learned...

Myth Buster #3 – Holistic methods address the root of the problem. They should always be used to restore your fertility, with or without a conventional medical approach.

Are you ready to...

be more fertile NOW so you can finally hold your
sweet baby in your arms?

Are you ready to...

believe that it IS possible to conceive your baby
by following a proven plan to make
you more fertile?

Are you ready to...

use a proven holistic method in addition to
what your doctors recommend?

4 Simple Steps to Reset
Your Fertility & Get
Pregnant Faster,
Healthier and More
Affordably



My Proven 4 Step Method

- ✓ **Step 1:** Cycle Activation
- ✓ **Step 2:** Pregnancy Priming
- ✓ **Step 3:** Pregnancy Path

Tracking

- ✓ **Step 4:** Keep-The-Faith Mindset

Step 1 - Cycle Activation

In this step, you balance each phase of your cycle to activate your fertility.

Step 1 - Cycle Activation

The foundation of your fertility
relies on a balanced cycle.

Step 1 - Cycle Activation

By cycle, I mean day 1 of your
period through
day 1 of your next period.

Step 1 - Cycle Activation

It includes:

- your period
- pre-ovulation
- ovulation
- implantation

Step 1 - Cycle Activation

Your egg health depends on a
balanced cycle.

Step 1 - Cycle Activation

So does your egg quantity.

Step 1 - Cycle Activation

Your cycle needs to be in balance
for implantation to happen.

Step 1 - Cycle Activation

Your cycle needs to be in balance
to have a lasting pregnancy.

Step 1 - Cycle Activation

Your cycle needs to be in balance
for fertility treatment success.

Step 1 - Cycle Activation

Once your cycle is tuned up, your body is ready for pregnancy.

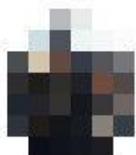


Hi Heidi,

I wanted to thank you for your program. I started using it in August 2019. We had been trying to get pregnant for almost 2 years (with one miscarriage). After 5 months of doing the acupuncture, I was able to become pregnant. I am currently 24 weeks pregnant. Thanks again for your work. ~Martina

Step 1 - Cycle Activation

If you don't have a cycle, the first step is to restore and regulate it, then balance it.



Tania

2 hrs

After only 14 days following the protocol, my period came this morning
after nearly 3 months being AWOL. So excited, even my partner is
celebrating with me 🤣 😁

We all have our challenges, and it's tough but stay positive and open
everyone. Xx

Step 2 - Pregnancy Priming

In this step, you prime your body and womb to support pregnancy.

Step 2 - Pregnancy Priming

Your body and womb must be
ready to support
a healthy pregnancy.

Step 2 - Pregnancy Priming

The right daily habits can help
your body's readiness for
pregnancy.

Step 2 - Pregnancy Priming

You incorporate pregnancy priming lifestyle habits into your daily routine.

Step 2 - Pregnancy Priming

With consistency, your body and womb have what they need to succeed.

Jenny's Story

Heidi - I found your program a couple months ago after 3 unsuccessful embryo transfers. I have one 2-year-old daughter via IVF, so I had not expected to have so much trouble this time. After 3 fails/miscarriages, I went online in search of something I could do to help myself, and I found your program. I only had a month before doing the next IFV transfer, so I committed to doing everything I could with acupressure, diet, zen yoga, warm foods and clothes, castor oil, etc. The only thing I didn't do was the moxa. I just got my first HCG results back, and my levels are 700. What a hugely positive first test!! I'm so thankful for your program's acupressure program for helping me doing something proactive rather than just passively waiting and hoping! Thank you so much! I have a second test in a few days, and I will report back.





Marie Peters

I am 41 and purchased the program to help me with my IVF treatment. I've noticed positive changes once i started the acupressure and moxa belt. You can physically feel your uterus Contracting while doing this. (needed to help with my uterine lining)

Re: (FAM) What's Working For You So Far?

Inbox x

heidi@heidibrockmyre.com x



[redacted]

to Heidi ▾

4:58 AM (22 minutes ago)

Hi Heidi and Team,

Yes, there are already improvements and I am only in the program for a week and half. Letting you know that I feel:

no night sweats

increased energy

improved sleep

less headaches

don't know yet on longer follicular or luteal phases. Hope it improves.

Thank you!

Sara [redacted]

Step 3 - Pregnancy Path Tracking

In this step, you track your progress so that even if you're not pregnant this month, you know you're on the path to pregnancy.

Step 3 - Pregnancy Path Tracking

“If you can’t measure it,
you can’t improve it.”

Step 3 - Pregnancy Path Tracking

If you can measure it,
you can improve it.

Step 3 - Pregnancy Path Tracking

First you need to know
what to measure and
how to measure it.

Step 3 - Pregnancy Path Tracking

When you know you're on the right path, you feel confident about being on it.

Step 3 - Pregnancy Path Tracking

There are specific markers to measure improvements with your fertility.

Step 3 - Pregnancy Path Tracking

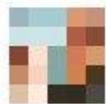
These specific markers also show you exactly what changes to make.

Step 3 - Pregnancy Path Tracking

By tracking your progress, you feel more confident about what you are doing.

Step 3 - Pregnancy Path Tracking

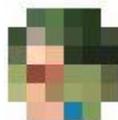
You won't feel so devastated by your period or a negative pregnancy test in the meantime.



Bethany ■ ■ ■ I am over the moon today! I am on day 2 of my period, and I have not taken any pain killers yesterday or today. I have energy and mild (mangeable) cramping, which is night and day from how my periods have been my whole life!! Normally I'm practically overdosing on painkillers, writhing in pain in bed, unable to work, etc. The only explanation is that Heidi's program is working for me! I've been doing it for 3.5 months, and it's also clearing up a chronic yeast infection I've had since my miscarriage 5 months ago. It's helping me sleep better too! I am super optimistic that I'm on the right path towards having my baby.

[Like](#) · [Reply](#) · [Message](#) · 3d





Paula   Hi Heidi, I just did my 1 month follow up on the Self Assessment Tracker and there are significant improvements throughout. Very happy with this! I still need to focus on Digestion & Hormones as experiencing the most symptoms in these two areas but overall the change in symptoms is noticeable.

[Like](#) · [Reply](#) · [Message](#) · 1d

Step 4 - Keep-the-Faith Mindset

In this step, you use tools to keep your faith while on your path to motherhood.

Step 4 - Keep-the-Faith Mindset

After many disappointments,
it's difficult to believe
in your body.

Step 4 - Keep-the-Faith Mindset

It's difficult to believe in your
ability to conceive.

Step 4 - Keep-the-Faith Mindset

This causes more feelings of sadness, frustration, worry and anger.

Step 4 - Keep-the-Faith Mindset

When you're overwhelmed by difficult feelings, it's harder to stay motivated.

Step 4 - Keep-the-Faith Mindset

And it just doesn't feel good.

Step 4 - Keep-the-Faith Mindset

You deserve to feel good on this
journey.

Step 4 - Keep-the-Faith Mindset

Sure, there will always be ups
and downs.

Step 4 - Keep-the-Faith Mindset

But they don't have to be so
drastic.

Step 4 - Keep-the-Faith Mindset

The more centered you feel, the
less stressed out you feel.

Step 4 - Keep-the-Faith Mindset

The more relaxed you feel, the easier it is to balance your hormones.

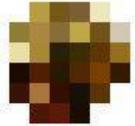
Step 4 - Keep-the-Faith Mindset

It's not always easy staying positive during this journey.

Step 4 - Keep-the-Faith Mindset

This step encourages a new perspective and a calmer mind.

Step 4 - Keep-the-Faith Mindset



Sheeba shared her first post.

New Member · August 29 at 3:51 PM · Add Topics

Hi Heidi... i just started reading through all the material you have posted and it is so inspiring...

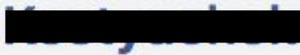
This initiative is so motivating and I'm already feeling positive! Can't wait to start the program with you!

You are Awesome!



1 Comment



Anna  🙋 Hello! I'm 37 about to be 38. My stress levels were through the roof for years, and it got my body out of balance. This is my 2nd month with FAM. The changes that I'm experiencing with this program are amazing. They are so amazing that I don't even get sad when I get my period anymore. I am finally making my health a priority. I wish everyone of you a lot of luck and I hope that we all will be sharing pictures of our little ones very soon.

[Like](#) · [Reply](#) · [Message](#) · 16h



*To Recap my
4 Step Method to Reset Your Fertility...*

Step 1: Activate your fertility by balancing each phase of your cycle.

Step 2: Prime your body and womb to support pregnancy.

Step 3: Track your progress by measuring improvements.

Step 4: Keep your faith with tools to stay calm and centered.

This can work for you even if...

- You've had failed fertility treatments
- You're over 40
- You've miscarried before
- You've "already tried everything"
- You don't have time
- You have a complicated case
- You've never done anything like this before

If you don't take action...

- More time will pass
- You may lose more money on expensive fertility treatments
- Your fertility issues can't get better
- Your health issues could get worse
- You'll feel more hopeless and helpless

Do you want to get pregnant now more easily, save thousands of dollars, avoid drugs and have a healthier pregnancy?

Type yes or no.

Results don't happen on their own.

Each of my clients got results because they followed my step-by-step method.

My Fertility Activation Method™
is not just a bunch of theory.

It's been proven to work by my clients.

If you can take away one thing...

I want you to know that you CAN get
pregnant a healthier more affordable way.

(Even over 40!)

If my other clients did, you can too!



Jane - Choice A

Going it alone, still stressed out looking for answers.



Eva - Choice B

With the right guidance, joyfully feel your baby growing in your belly

There's only so much
I can share in this
Masterclass.

Want to hear how
I can help you?

Type YES

Introducing the Fertility Activation Method™



Doors are open now!

Imagine getting pregnant
in just weeks!

Here's an inside look
at what you'll do
in each step of
my program...



Module 1 - Cycle Activation Protocols

Short and easy-to-follow
instructional videos that guide you
through activating fertility pressure
points every day to balance your
cycle until you get pregnant!



Module 1 - Cycle Activation Protocols

Phase 1: Menses Activation Protocol

Phase 2: Follicular Activation Protocol

Phase 3: Ovulation Activation Protocol

Phase 4: Implantation Activation Protocol



Module 1 - Cycle Activation Protocols

- Repeat every cycle!
(Even if you don't have a cycle.)
- Each cycle gets more fertile than the last until you're pregnant!
- This module supports natural and fertility treatment cycles.



These protocols are clinically proven!

- Clinically tested on hundreds of patients over 10 years
- Easy for anyone to do at home anytime and anywhere in the world
- Ancient Chinese medical wisdom delivered to you through modern technology



💰 Nadine's Story



Nadene

“After 2 failed IVFs, my doctor gave up on me. I was diagnosed with Stage 4 Endometriosis, PCOS and hypothyroidism. At 37 years old, my AMH was only .3 and I had 3 miscarriages. **But I didn't give up.** I followed all of Heidi's advice to the tee and now have my beautiful son who is a miracle. I have you always to thank, Heidi.”



Carmen [REDACTED]

8 hrs



****MENTS****

A little backstory: I am 32 years old. We have been ttc for 4 years, I have PCOS, the MTHFR gene mutation and hypothyroidism. I have never been able to get pregnant.

I have been following Heidi's program for months since COVID hit as our IVF cycle was put on pause. We were fortunate enough to have it started back up. I was feeling so much better with far less pain during periods and even my short cycle lengthened to a normal timeframe!

Well our Frozen embryo transfer was last week and I am thrilled to announce that WE ARE FINALLY PREGNANT! 🙏

I don't doubt that this program helped me immensely to conceive! Thank you [Heidi Brockmyre!](#)



Katja Hi, I use the program since april. It's now the 2nd period after my last miscarriage in june. My period has improved. I have no pain at all, no cramps and no clots, just pure blood with a little mucus. Only a little lower back pain. I am really thankful. Usually I need painkillers. I hope to get and stay pregnant soon! Good luck everybody 🍀

Like · Reply · 3h



Adriana Bot

13:25

This is my second month on this program and my uterine lining increased from 6.50mm to 8mm 😊🎉



My period (previously 1 day only) was longer by 2 days. :)

Love · Reply · Message · 1d



"No spotting! (miraculous)

I had the energy to get back to work one week after starting FAM (2x daily) for the first time in several months!

The videos are easy to follow, easy to access 2x daily after downloading to my desktop, and a doable length.

I find the background music to be soothing and helps me relax into the treatment. I feel like I'm a pro at finding the acupressure points because you explain it well, and I can really feel the sensitive spots." -Heidi E.

Module 2 - Fertility Activation Wellness

Toolkit for priming your body
and womb for pregnancy.



Module 2 - Fertility Activation Wellness

Includes:

- Dietary Guide
- Fertility Exercises
- Wellness Activation Protocols
(Immune, Digestion, Sleep)
- Home and Body Detox Guide



Josie's Story

josie ■ ■ ■

to Heidi ▾

Hi Heidi

8:37 AM (7 minutes ago)



I'll like to tell you that I am 10 weeks pregnant and it happened naturally when I least expected it and was taking a break from fertility treatments and also from tracking my ovulation!

I followed your program for a few months and then took a break from everything and then it happened !

I am 40 and had low ovarian reserve and doctors told me my chances were slim to conceive naturally

Thank you for your program

Josie

💰 Josie's Story



Rosie Ward 🖐️ I've used your immune boast and digestive acupressure protocols to help recover from a stomach bug and it's massively helped me rebalance. Thank you 🙏

Love · Reply · Message · 5d



Module 3- Empowered Fertility Tracking

Everything you need to measure your improvements and KNOW you're on the path to pregnancy!



Module 3- Empowered Fertility Tracking

Get pregnant faster with
done-for-you:

- cycle trackers
- checklists
- calendars



💰 Diane W.



“After 3 years of trying, at 39 years old I am pregnant after 3 cycles following Heidi’s method.

She taught me how to track my cycle which helped take me off the devastating emotional roller coaster ride when I got my period. I had faith that what I was doing was helping.

I am so grateful for Heidi’s online program and highly recommend it to anyone!”

Module 4 - Fertility Activation Mindset

My toolkit for staying positive and relaxed until you're pregnant.



Module 4 - Fertility Activation Mindset

Includes:

- Guided Fertility Relaxations
- Fertility Affirmations
- Emotional Wellness Journal
- On-The-Go Stress Relief Protocol



Amna K.



“At **age 42**, my doctors told me ‘there’s no hope’. I had been TTC for 3 years and had secondary infertility.

My FSH was high, my cycles were short and irregular and my period only lasted 1 day.

With FAM, my FSH went down to 5, my cycle regulated and my period lasted longer.

I got pregnant after 3 months on the program. I’m so happy I found it!”

Here's What You're Going To Receive...

Fertility Activation Method™ (\$4,997 Value)

Empowered Fertility Tracking™ (\$397 Value)

Fertility Activation Wellness™ (\$997 Value)

Fertility Activation Mindset™ (\$397 Value)

Total Value: \$6,788

What else might
you need
to succeed?

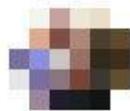
Bonus #1

3 Quick Boost Fertility Protocols

- 📍 Egg Quality Boost Protocol
- 📍 Hormone Balancing Protocol
- 📍 Healthy Cervical Mucus Protocol



(\$297 Value)

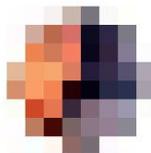


Erika

Hi Heidi I've been much more consistent with the acupressure and the fertility massage and castor packs doing all of these things daily and am on day 13 of my cycle and noticed way more fertile mucus over the last two days, hooray!

Love · Reply · 2d





Catherine

Hi Heidi Brockmyre, I just wanted to show you my bbt chart since I've started your program as well as weekly acupuncture (8 months of acupuncture) My AMH levels went from 1.9 to 3.5 in six months (and I will be 42 years old in 2 months 😊)



Bonus #2

FAM for Fertility Treatment Cycle (IUI/IVF/FET/Donor Egg)

- Retrieval Success Protocol
- Embryo Transfer Success Protocol
- Fertility Treatment Planner



(\$1997 Value)



Em Russ

I am too!! 😊 After 3 rounds of IVF, with multiple eggs collected, and non making it to viable transfer stage, I then followed the program for 3 months before my 4th egg collection and had 3 eggs make it to blastocyst stage!! With success on the first egg transfer, I am now 6 month pregnant!! Thanks so so so much to Heidi, I sincerely believe that the pressure points and supplement guide made all the difference. We were advised after our 3rd round of IVF to use an egg donor, but felt we should give it one more go, and thanks to the FAM it worked!! Xx

Love · Reply · 14h



From Erika Abordo-Laino to

10:16 AM

Everyone:

I'm doing timed cycle my Amh in 2018 was .
37 and .6 in June with now it's 1.07
yesterday. I'm so happy and have 16.5
dominant follicle. so thanks Heidi! I tried the

Bonus #3

Male Fertility Activation System

- Healthy Sperm Protocol
- Male Fertility Guide (diet, supplements, etc.)



(\$597 Value)



Okay so I am literally bawling right now! For a year my husband has had low sperm motility. We have done tests and everything came back as ZERO motility. Well today we did this test and the dark purple color in the dot (it was white) means normal to high motility ... ladies that's dark purple! If it's low it's very light purple. I am in my two week wait and maybe this is it for us! Even if it's not I have so much hope now. We have been doing this program for almost 4 months now with the supplements that were suggested for us. I can't stop crying and I don't cry!



Bonus #4

Private Support Group

Community Support in
the Members-Only
FAM Facebook Group



Devin's Story



“I finally got pregnant thanks to Heidi’s program at 38 years old after 4 years of trying.

I had 3 failed IUI’s, 2 failed IVFs, an ectopic pregnancy and endometriosis.

After a few months of using FAM, my egg count more than doubled even though I was 3 years older!

Then I finally had a successful IVF cycle thanks to her help!”

How much
time, money, stress
and drug exposure
you can save
if you had this?

You'll get

IMMEDIATE LIFETIME ACCESS TO THE ENTIRE SYSTEM!



So you'll get...

- 📍 *Module 1* Fertility Activation Method™ 4 Phase Protocols
- 📍 *Module 2* Fertility Activation Wellness™ Kit
- 📍 *Module 3* Empowered Fertility Tracking™ Program
- 📍 *Module 4* Fertility Activation Mindset™ Kit
- 📍 *Bonus!* Fertility Boost Protocols
- 📍 *Bonus!* FAM™ for Fertility Treatment Cycle
- 📍 *Bonus!* Male Fertility Activation™ System
- 📍 *Bonus!* Private FAM Facebook Community Group



WORTH OVER \$11,700

SELECT YOUR PLAN

4 x Monthly
Payments

\$297

BEST VALUE
Single Payment

\$997

Plus Video
Downloads!

If all this did was
buy back a year of your time
stressing out trying to figure it
out on your own as you
worried about getting older,
would that be worth it?

If all this did was
made you feel healthier,
hopeful and gave
you a sense of control
on this journey,
would that be worth it?

If all this did was
give you a community of
women to support each other
through this difficult journey with,
would that be worth it?

Fast Action Bonus!
ONLY IF YOU BUY NOW!

- 12 Weeks of Live Video Support Calls
- Live Mentorship and Group Support!



(\$1,497 Value)

Who's a good fit?

Any woman trying to conceive, even if...

- You're over 40
- You have poor egg quality
- You've had failed IVF or IUI cycles
- You have diminished ovarian reserve
- You have PCOS
- You have fibroids or polyps
- You have low amh or high fsh
- You have endometriosis
- You've miscarried before
- You have other complicated conditions

Fertility Activation Method™



SECURE CHECKOUT



256-BIT ENCRYPTED

Contact information

I agree to the [terms and conditions](#)

Choose a pricing option

1 payment of \$997 (Best value!)
\$997.00



4 payments of \$297 (Most flexible!)
4x \$297.00



Payment information

Credit card



PayPal



PLACE ORDER NOW



Total payment

Fertility Activation Method

\$997

All prices in USD

I've been trying for 4 years, had 4 miscarriages, hypothyroidism, and MTHFR. I've been doing the Fertility Activation Method program for 12 weeks and just got a positive pregnancy test yesterday!! ~ Keri S



What happens when you go to the checkout page?

Click the Link to
Pay Securely with
Credit Card
Or
PayPal

It's your time.

Are you ready to finally
get pregnant now
the healthier, more relaxing, and
affordable way?

Doors to FAM[™] are
open for a limited time.

*You must buy now for the
Fast Action Bonus of
12 weeks Live Coaching Calls!

Q.: How much time will it take for me to see results? Should I wait to start until....?

A: The sooner you start, the better. Generally women get the best results starting at between 3-6 months when used daily. The soonest a FAM member get pregnant was after the first month. .

If preparing for an IVF or FET cycle, I recommend doing my program for 3 months. However, the program can still help you immediately if you're starting a fertility treatment cycle this month. It's never too late to start.

Q: I'm so busy. Will this take a lot of time?

A: It's doable! I designed it for busy women. Who isn't busy? You can do the program for a minimum of 20 minutes a day. Let's be honest...if you don't have that much time, you probably don't have time for a baby.

Q: Is the program easy to do?

A: Yes! ANYONE can do it from anywhere! The program is super easy to follow, even if you have zero experience with acupressure. You just follow along with the instructional videos while laying around on your bed or couch!

Live Q&A

starting soon!

Questions?

Type them in the chat box.

How to get your stay to end bonus gift...

*My On-the-Right-Track
Supplement Checklist*

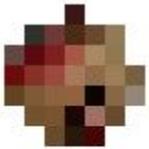
Download at:

Right-Track-Checklist.com



Join the program now!

Get started for only \$297 x 4 with the payment plan.



Michelle After doing FAM for the past 6 weeks, I just got a positive pregnancy test! After all the failed medicated cycles and IUIs and IVFs, I was shocked we got pregnant naturally.

So you'll get...

- 📍 *Module 1* Fertility Activation Method™ 4 Phase Protocols
- 📍 *Module 2* Fertility Activation Wellness™ Kit
- 📍 *Module 3* Empowered Fertility Tracking™ Program
- 📍 *Module 4* Fertility Activation Mindset™ Kit
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- 📍 *Bonus!* FAM™ for Fertility Treatment Cycle
- 📍 *Bonus!* Male Fertility Activation System™
- 📍 *Bonus!* Private FAM Facebook Community Group



WORTH OVER \$11,700

\$297
x4

or

\$997
x1