

# 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!)



**Where are you  
tuning into from  
today?**



HEIDI *brockmyre*

**THANK YOU!**

HEIDI *brockmyre*

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

Please wait until the end.

HEIDI *brockmyre*



## Before We Start:

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

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# Why are we all here?

## Babies!



Giggling, running, playing, learning, and growing.

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# 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.



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# 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.

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# 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 upset when I offer you the opportunity to invest in a method that can help you get pregnant an easier, faster, less expensive and healthier way.

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# My promise to you...

I will deliver as much value as possible in this FREE 70-minute masterclass followed by a 30-minute Q&A session.



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# My promise to you...

Nothing I will teach you is based on theory.

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# My promise to you...

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

**I just ask that...**

You give yourself and me  
this time to help you.

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# 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  
in the chat box.

HEIDI *brockmyre*

# I just ask that...

You refrain from asking questions in the chat box until the end of the webinar

# I would like to ask...

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

# I would like to ask...



You imagine  
yourself holding  
your baby in your  
arms.

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# And I have a free \$60 gift for you!

- Inflammation
- Egg Health
- PCOS
- Irregular Cycles
- Male Fertility Boost



# 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)

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# During this masterclass you are going to learn...

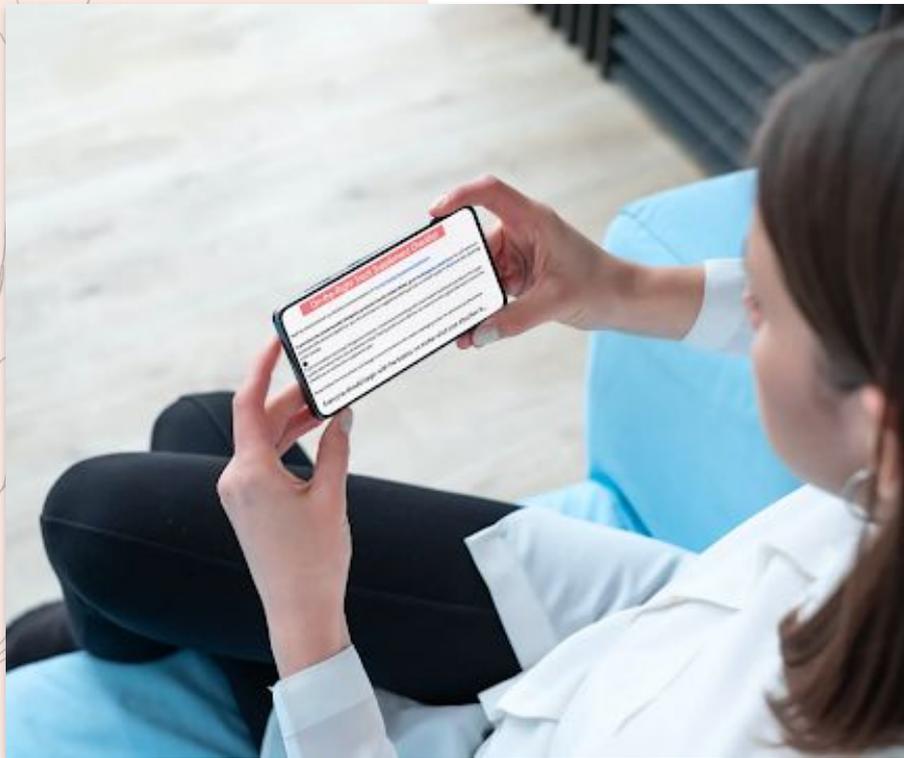
My 4-step proven method to reset your fertility and get pregnant now. Understand what the problem is, how you can fix it and finally have your beautiful bouncing baby!

Get the trusted guidance you need!

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# During this masterclass you are going to learn...

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



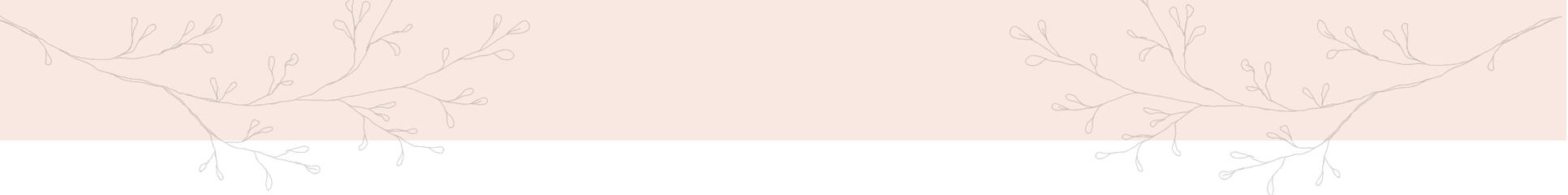
IF YOU STAY TO THE END...

## On-the-Right-Track Supplement Checklist

A done-for-you customizable checklist to know exactly which supplements to take for your specific situation.

(\$60 Value)

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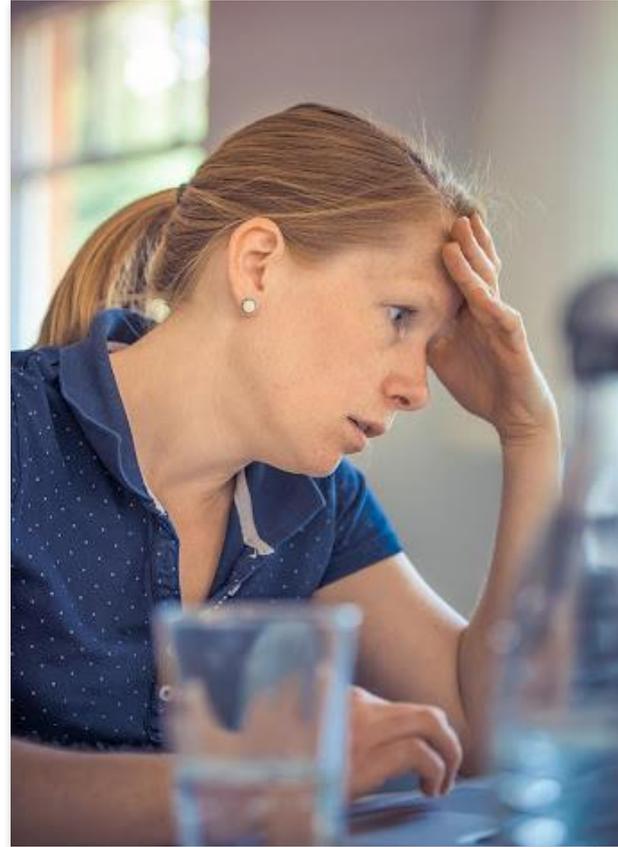
# Who's ready to change their situation today?

Type YES in the chat box if you are :)

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## Meet Jane

Jane has been prioritizing her physical health and fertility but is mentally and emotionally exhausted that her efforts haven't paid off with a positive pregnancy test yet.

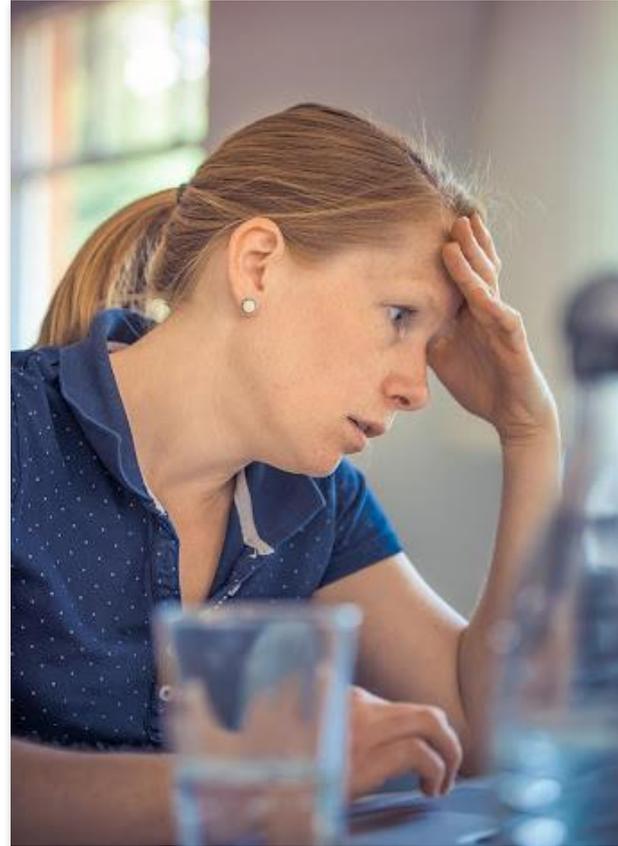


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## Meet Jane

This is causing financial and relationship stress.

She's listening to the doctors but their solutions are not answering her problems (and sometimes, even creating MORE problems).

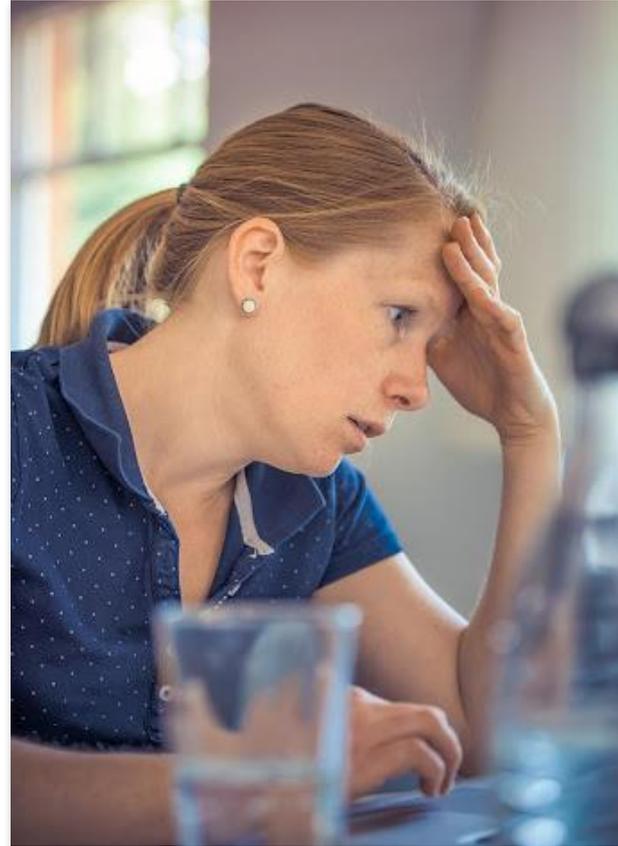


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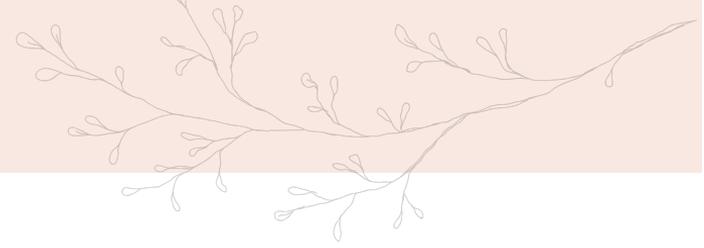
## Meet Jane

She's stuck and knows there are other things she could be doing.

She feels the pressure of her body's clock but doesn't know what else to do in her situation.



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# Can you relate to Jane?

Type YES in the chat box if you can :)

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## Meet Eva

She's also 39 years old and has had 2 failed IVF cycles.

She also felt worried and discouraged but knew she couldn't give up.

She didn't want to try to figure it out on her own so she got my help.



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## Meet Eva



She finally got the answers that she needed and was able to take action following my method.

She believed in herself again and **she got pregnant naturally.**

She was able to move forward in her life feeling fulfilled.

## There are two options



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### **Jane - Choice A**

Still stressed out, looking for answers alone, not taking action



### **Eva- Choice B**

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

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The #1 way I helped Eva have her beautiful baby boy was by showing her how to be the healthiest version of herself.

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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!

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HEIDI *brockmyre*

First, I'll tell you a little about myself and how I help women like you and Jane finally have their babies.

**Hi!**  
**I'm Heidi Brockmyre**

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



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



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

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



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I recently got engaged and can't wait to welcome my new husband and his kids into our beautiful, blended family.

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

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



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I have over 10 years of clinical experience as a fertility specializing acupuncturist.

I've shadowed two of the most successful Reproductive Endocrinologists in San Diego.



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I had a fertility clinic  
where I've helped  
hundreds of  
women and couples in my  
community conceive their  
babies.



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Now I help thousands of women around the world through my online fertility program as a fertility health coach.



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



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



THE  
HUFFINGTON  
POST



THE  
INFERTILITY  
VOICE



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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.

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# Before I created my 4 step method...

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

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# Before I created my 4 step method...

It broke my heart seeing patients feel sad and frustrated.

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# Emily's Story...

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

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# 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...

Emily felt crushed.

She wasn't ready to give up on her eggs.

# 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...

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 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.

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# Emily's Story...

We began her treatment plan but  
progress was slow.

# 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 years of training,  
clinical expertise and clear instructions.

## Emily's Story...

But I couldn't let her down so I worked overtime to create instructional materials so Emily could apply my method at home.

Every. Single. Day.

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# Emily's Story...

She was so grateful.

She diligently followed my instructions.

# Emily's Story...

And it started to work wonders.

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# Emily's Story...

We noticed huge improvements.

# 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 can do another IVF cycle.

# 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.



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

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I saw that my method worked for my other patients as well.

My success rates improved.

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My patients felt happier and in control.

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And I was happy to be getting more baby pictures!



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# 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



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

Adriana Bot

13:25

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

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



Hi Heidi,

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 🙏



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



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

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

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

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## Questions for You:

Have you tried IVF or IUI?

If yes, what was the cost?

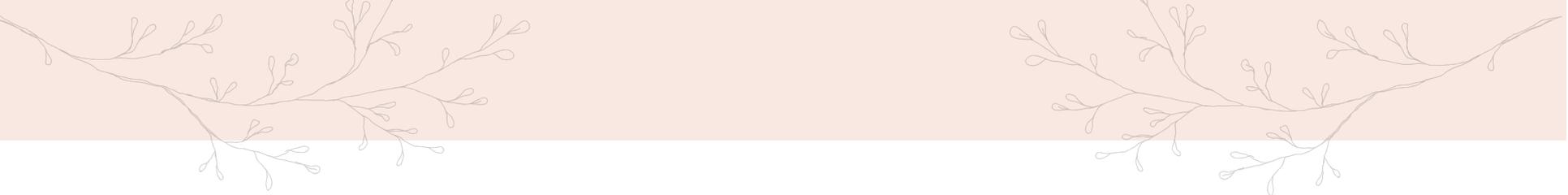
(Please type answer in chat box)



## Imagine if...

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

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## 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.

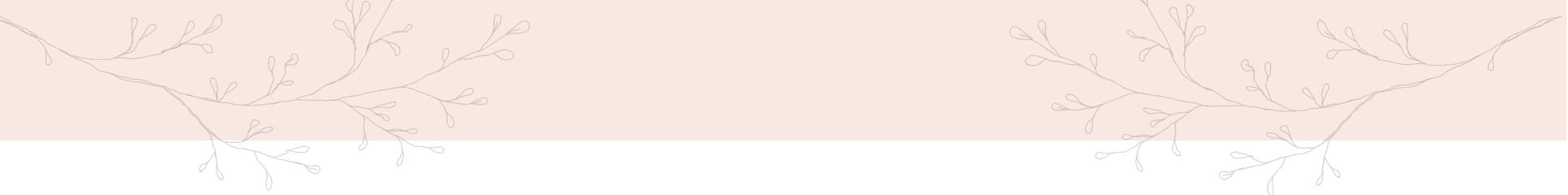
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## Imagine if...

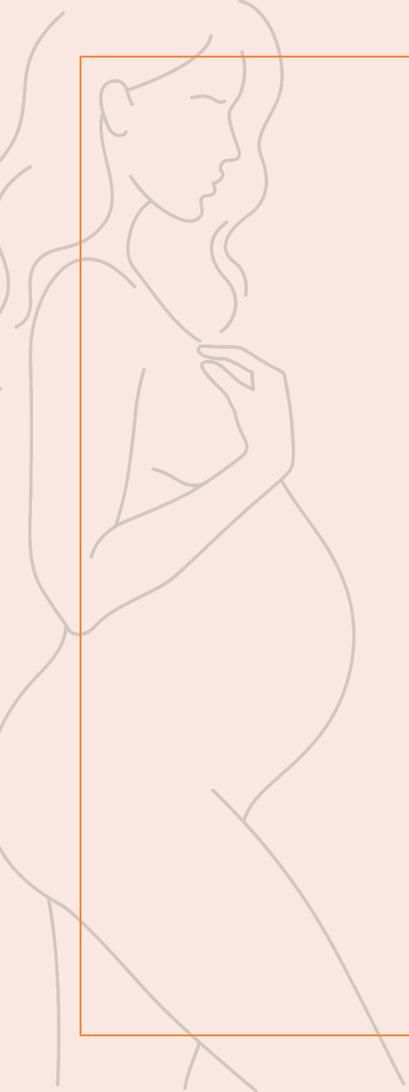
You knew that you were fertile and that it's just a matter of *when*, not if, you get pregnant.

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Busting these 3 harmful fertility myths is going to help you start doing ALL OF THIS.

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Let's Dive In!

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IF YOU STAY TO THE END...

## On-the-Right-Track Supplement Checklist

A done-for-you customizable checklist to know exactly which supplements to take for your specific situation.

(\$60 Value)



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IF YOU STAY TO THE END...

## 30-Minute Q&A Session

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



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## 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.)

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Your health and your fertility are resilient!

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

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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.

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

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Hi Heidi,

I just wanted to thank you and your program, 'Fertility Activation Method' for helping me get pregnant and go on to have a healthy baby girl on 04/04/20.

I started your program in January 2019 and by July 2019 I fell pregnant at the age of 46! Previously, I had had three failed IVF treatments. Your program really helped.

Thank you so much.

Kind regards

Chhaya Kotecha-Hyatt



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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).

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The point is, most things can be addressed.

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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.

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

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

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

**Here's the good news...**

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

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**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



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It also works for male factor infertility.



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“I started Heidi’s program about 5 months ago because I wanted to improve my uterine lining, my FSH levels and improve my cycle overall. My AMH was 0.4 and I was diagnosed with Diminished Ovarian Reserve.

I also did her Male Fertility Protocol on my husband every day and his sperm motility went from 1% to 35% in 4 months!

Without Heidi’s program, I wouldn’t be pregnant today. It took us 8 years to get pregnant. I had 3 failed IVFs. Thanks to FAM™, I got pregnant naturally.”

- Gabi S.

## Myth # 2

“If you've been TTC for 6-12 months without success, your next next step and/or only option is IVF (or other fertility treatment)”



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**Did your doctor  
consider any other  
solutions besides  
fertility treatment?**

Type YES or NO :)

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Steps are skipped and issues overlooked.

Fertility treatment is then like trying  
to get water from a stone.

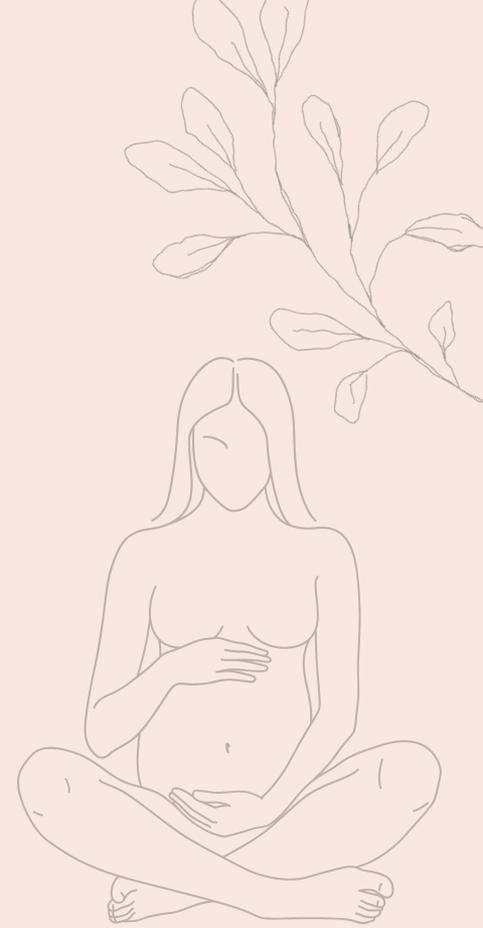
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For instance, were the following  
circumstances considered  
BEFORE suggesting fertility treatment?

## Years of Birth Control Use

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- Do you need to detox?
- Do you need to regulate your cycle?



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# Underlying Issues

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Such as:

- Endometriosis
- Nutritional deficiencies
- Hormone imbalances
- Irregular cycles
- Uterine health

What can you do to help manage or overcome these and successfully conceive?

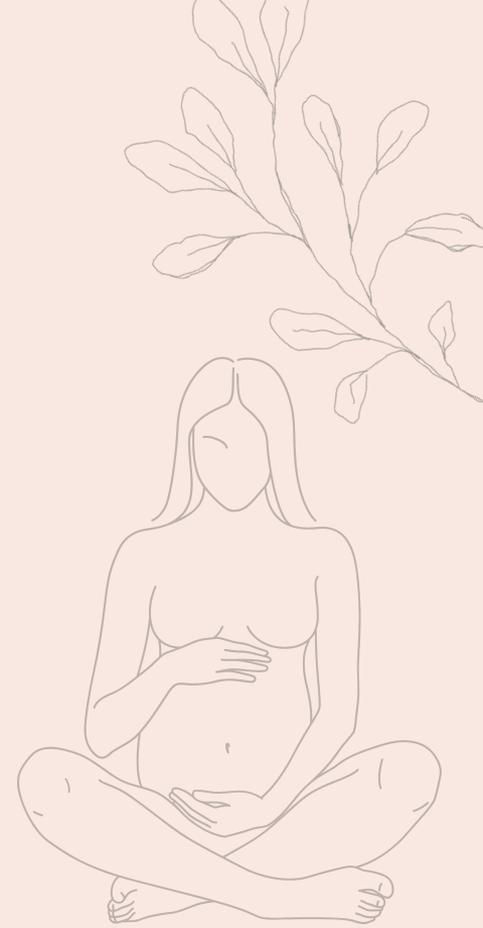


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## Lifestyle and Dietary Habits

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Assessing what lifestyle factors may be affecting your fertility and how to change them.



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**Did your doctor  
tell you the risks  
of fertility drugs?**

Type YES or NO :)

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

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Your doctor may not tell you the risks.

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

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

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Remember, you and your body are resilient.

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

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



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Fertility treatments  
also come with risks.

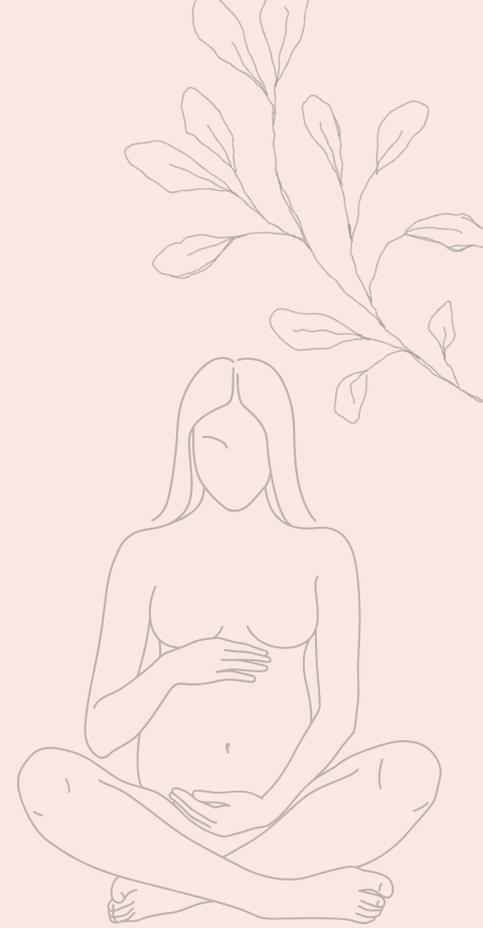


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## These risks include:

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- hyperstimulation of the ovaries
- dangerous allergic reactions
- abnormal growths



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Synthetic hormones  
increase your risk for cancers.

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

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

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I don't want to scare you.

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

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Sometimes they are necessary and helpful.

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But they should be used as a last resort.

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

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

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

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

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

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

HEIDI *brockmyre*

**More good news...**

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

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

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# Antonella's Story

- Got off the pill after years, wasn't ovulating, possible PCOS
- Fertility specialist recommended IUI
- He gave her fertility drugs to force ovulation
- She STILL didn't ovulate so he told her she had to do IVF
- Followed my method and started ovulating and got pregnant within months!



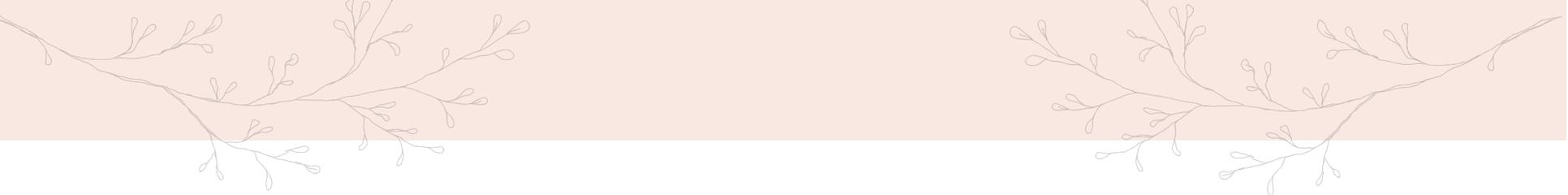
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## Myth # 3

“Holistic methods don’t work.”

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

(Type YES or NO in the chat box.)

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You may be skeptical.

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

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

Maybe your doctor is open-minded  
about holistic methods,  
but doesn't know a lot about them.

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

HEIDI *brockmyre*

While some people can come up with fake treatments and call them “holistic,” the method I’m showing you today is rooted in real evidence and hard science. It truly is medicine.

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

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**Here's why...**

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

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This often doesn't work for treating infertility.

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

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

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Fertility treatment  
may seem like a  
quick fix.



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Everyone wants a quick fix.

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But quick fixes aren't guaranteed.

Sometimes quick fixes cause more problems.

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Then those problems need fixing, too.

Fertility treatments can make things worse  
and take more precious time.

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

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

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

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Sometimes they don't take long at all.  
Sometimes they are the shortest path to success!

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Either way,  
the goal is achieving sustainable health.

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

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Your body is actually wise.

HEIDI *brockmyre*

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

Your body is protecting you and your future baby.

HEIDI *brockmyre*

Your body is waiting for the right time.

HEIDI *brockmyre*

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

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You can get there.

HEIDI *brockmyre*

# Brittany's Story



- TTC naturally for 1 year after one tube removed due to an ectopic pregnancy
- She tried some things on her own, like essential oils, massage and supplements but nothing really changed
- Dr. recommended fertility treatment but she wanted to avoid drugs and invasive procedures
- Using my method, she prepared her body and established a fertile cycle
- Got pregnant naturally within just a few months!

But not all holistic methods are created equally.

There are many trendy  
health fads that can be harmful.

HEIDI *brockmyre*

You need to use a  
proven, trusted holistic method.

HEIDI *brockmyre*

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

HEIDI *brockmyre*

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



HEIDI brockmyre

It is not a trendy health fad.

HEIDI *brockmyre*

Hundreds of studies have proved it  
effective for countless conditions.

HEIDI *brockmyre*

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

HEIDI *brockmyre*

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

HEIDI *brockmyre*

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

HEIDI *brockmyre*

I've personally seen it work miracles.

HEIDI *brockmyre*

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

HEIDI *brockmyre*



**Amy Brudnyak**

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 Asian 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!

Asian

**Love** · **Reply** · 20h · Edited



HEIDI brockmyre



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

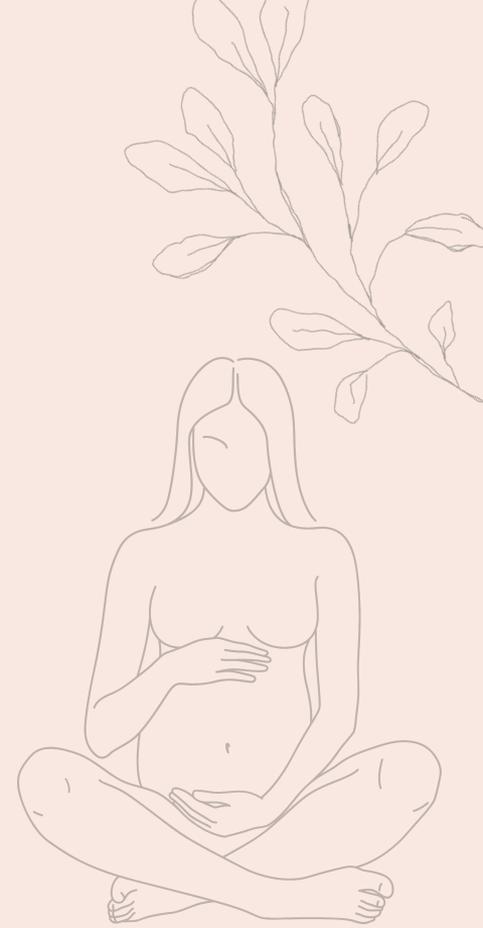
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# To recap, here's what you learned...

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## 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.

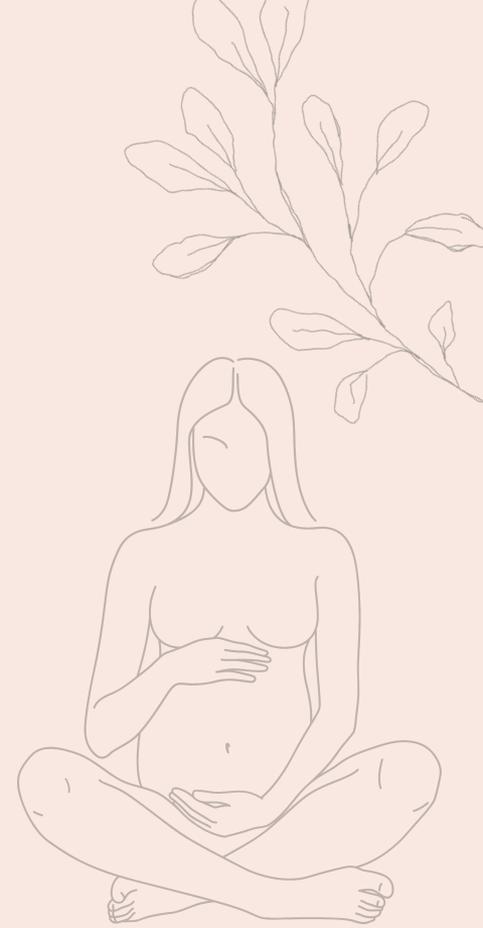


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# To recap, here's what you learned...

## Myth Buster # 2

Appropriate medical diagnosis/treatment is necessary to rule out things like blocked tubes. HOWEVER, before jumping into IUI or IVF, there are several things that can get the body back on track that haven't been addressed and NEED to be addressed even if pursuing IUI/IVF.



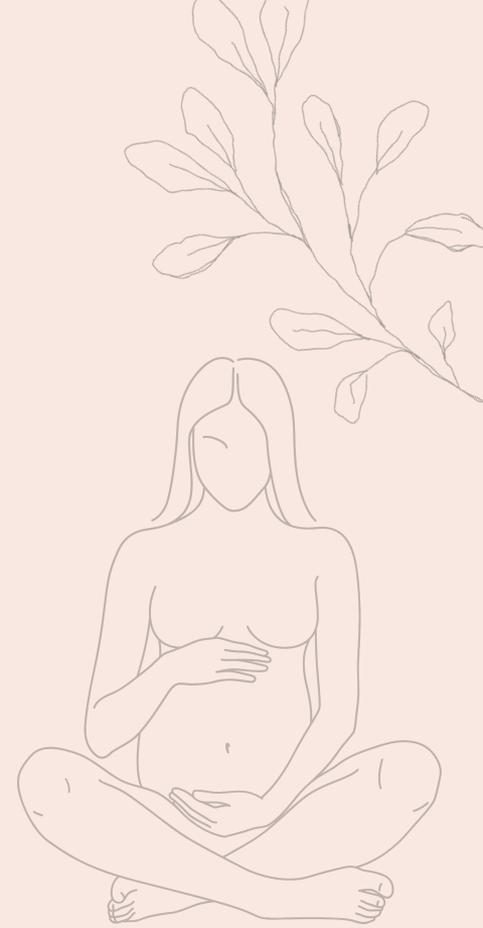
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## To recap, here's what you learned...

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### 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.



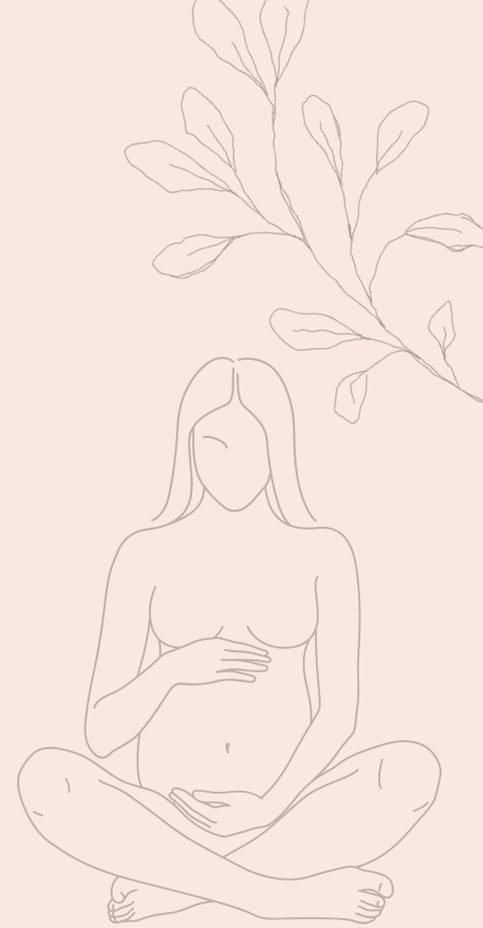
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## Bonus Myth # 4

---

You have to spend \$10,000 - \$15,000 to get pregnant.

**The average window for pregnancy using my program is about 3 to 6 months.**



HEIDI *brockmyre*

A minimalist line drawing of a pregnant woman in profile, facing right. She is wearing a long-sleeved top and pants. Her right hand is resting on her belly. The drawing is light gray and occupies the left side of the frame.

Are you ready to...  
be more fertile NOW so  
you can finally hold your  
sweet baby in your arms?

HEIDI *brockmyre*



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

HEIDI *brockmyre*



Are you ready to...  
use a proven holistic method in  
addition to what your doctors  
recommend?

HEIDI *brockmyre*

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



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# 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.

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## 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.

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## Step 1 - Cycle Activation

So does your egg quantity.



## Step 1 - Cycle Activation

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



## Step 1 - Cycle Activation

Your cycle needs to be activated  
to have a lasting pregnancy.



## Step 1 - Cycle Activation

Your cycle needs to be activated for fertility treatment success.



## Step 1 - Cycle Activation

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

# Rita's Story

- 42 year old surgeon, failed IVF cycle
- Told she had bad eggs and not many left (Poor Egg Quality and Diminished Ovarian Reserve ) and low AMH
- Recommended that she use an egg donor
- Balanced her cycle with my method
- She got pregnant naturally within 2 months!





**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

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## Step 2 - Pregnancy Priming

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

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## 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.



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

Inbox x

heidi@heidibrockmyre.com x



**Lisa Marko**

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 Ra **Marko**

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## 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.

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## Step 3 - Pregnancy Path Tracking

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

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## 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.



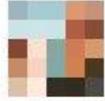
## Step 3 - Pregnancy Path Tracking

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

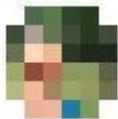


**Bethany** ■ ■ ■ I am over the moon today! I am on day 2 of my period, and I have not taken any pain killers yesterday or today. I have energy and mild (mangeable) cramping, which is night and day from how my periods have been my whole life!! Normally I'm practically overdosing on painkillers, writhing 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



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**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

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## Step 4 - Keep-the-Faith Mindset

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

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## Step 4 - Keep-the-Faith Mindset

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



## 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.

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## 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



**Anna Kostyuchek** 🖐️ 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



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## To Recap

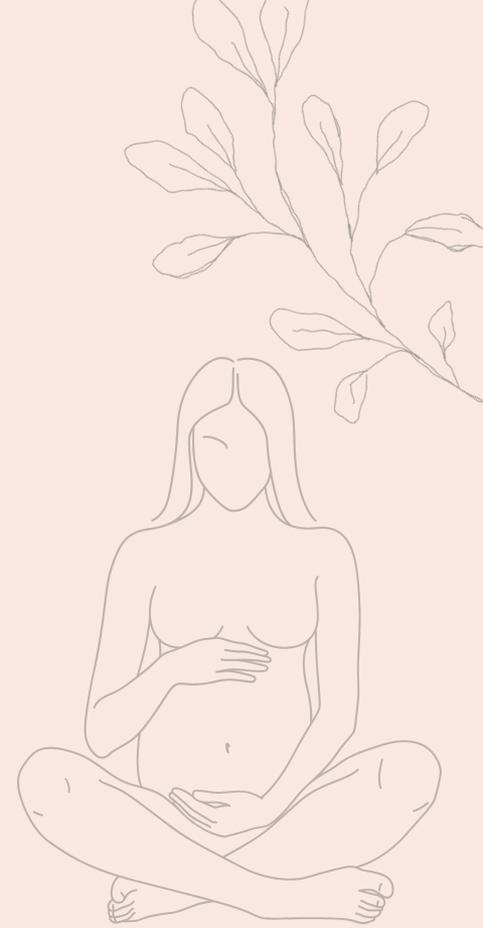
# 4 Step Method to Reset Your Fertility...

-  **Step 1:** Cycle Activation
-  **Step 2:** Pregnancy Priming
-  **Step 3:** Pregnancy Path Tracking
-  **Step 4:** Keep-The-Faith Mindset

# This can work for you 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

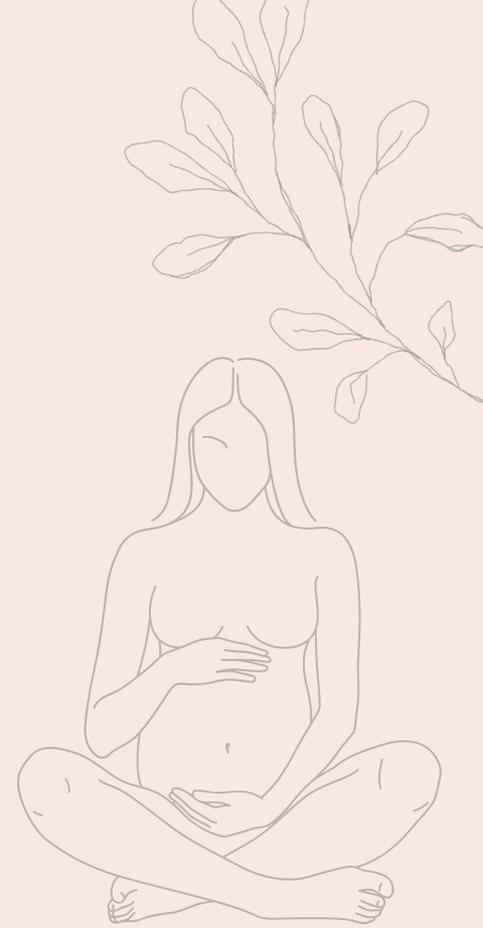


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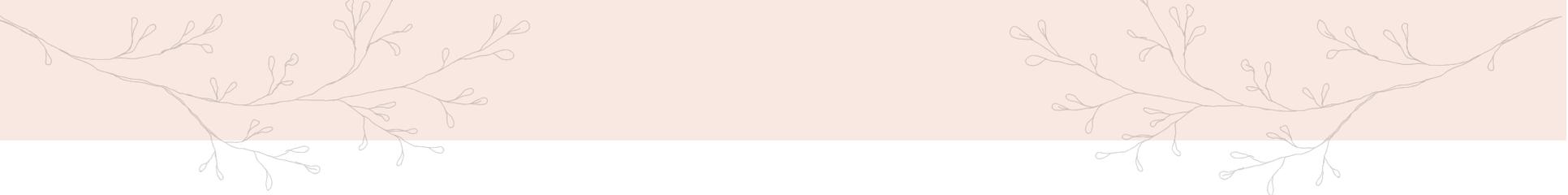
## If you don't take action...

---

- 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



HEIDI *brockmyre*



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

(Type YES or NO in the chat box.)

HEIDI *brockmyre*

Results don't happen on their own.

HEIDI *brockmyre*

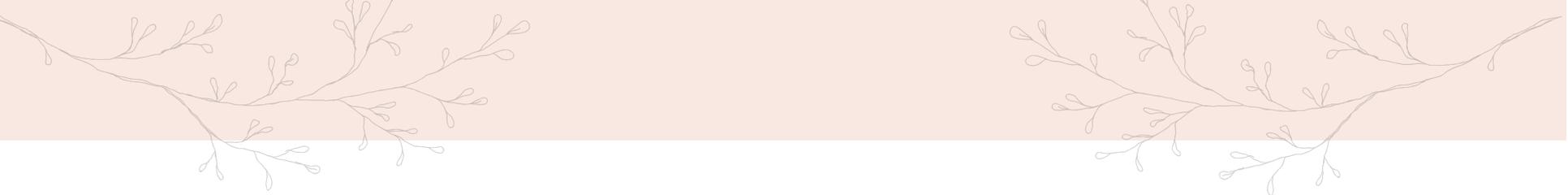
Each of my clients got results because they followed my step-by-step method.

HEIDI *brockmyre*

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

It's been proven to work by my clients.

HEIDI *brockmyre*



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!)

HEIDI *brockmyre*



If my other clients did, you can too!

HEIDI *brockmyre*



You don't have to figure it out on your own!

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*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.

HEIDI *brockmyre*



Want to hear how I can help you?

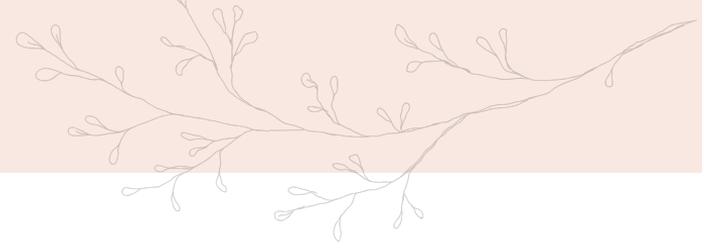
(Type YES or NO in the chat box.)

HEIDI *brockmyre*

# Introducing the Fertility Activation Method™



HEIDI brockmyre



Doors are open now!

Imagine getting pregnant  
in just weeks!

HEIDI *brockmyre*

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



HEIDI *brockmyre*



## Module 1

# Cycle Activation Pressure Point 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!



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## Module 1

# Cycle Activation Pressure Point Protocols

Phase 1: Menses Activation Protocol

Phase 2: Follicular Activation Protocol

Phase 3: Ovulation Activation Protocol

Phase 4: Implantation Activation Protocol



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## Module 1

# Cycle Activation Pressure Point Protocols

Repeat every cycle until you're pregnant!

- 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.



HEIDI brockmyre

# These protocols are clinically proven!

- Clinically tested pressure points used on hundreds of my patients for almost 15 years
- Easy for anyone to do at home anytime and anywhere in the world
- Ancient Chinese medical wisdom delivered to you through modern technology



HEIDI *brockmyre*

# Nadene'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.”

HEIDI brockmyre



Carmen Thomas

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!](#)

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.

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## Module 2

# Fertility Activation Wellness

Toolkit for priming  
your body and womb  
for pregnancy.



HEIDI brockmyre



## Module 2

# Fertility Activation Wellness

### Includes:

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



HEIDI brockmyre



**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



HEIDI brockmyre



# Module 3

## Empowered Fertility Tracking

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



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# Module 3

## Empowered Fertility Tracking

Get pregnant faster with  
Done-for-You Fertility Tracking:

- Cycle trackers
- Checklists
- Calendars



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HEIDI brockmyre

# Diane's Story

“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.



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## Module 4

# Fertility Activation Mindset

### Includes:

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



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# Amna's Story

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

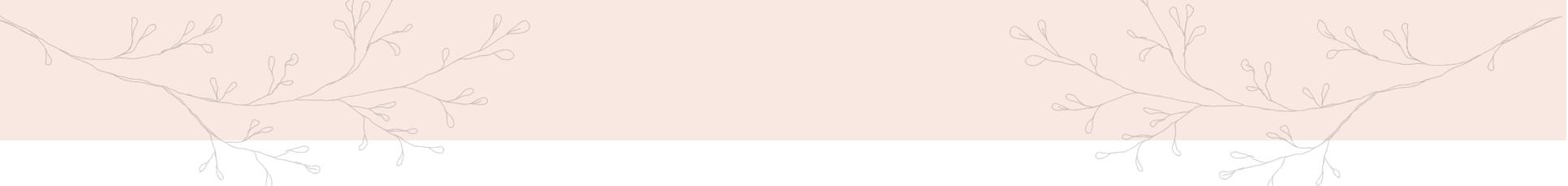
My FSH was high, my cycles were short and irregular and my period only lasted 1 day.

With FAM™, I managed my stress levels and 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!”



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

- Module 1: Fertility Activation Method™ Protocols (\$4,997 Value)
- Module 2: Empowered Fertility Tracking™ (\$397 Value)
- Module 3: Fertility Activation Wellness™ (\$997 Value)
- Module 4: Fertility Activation Mindset™ (\$397 Value)

Worth: \$6,788

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**What else might you need to succeed?**

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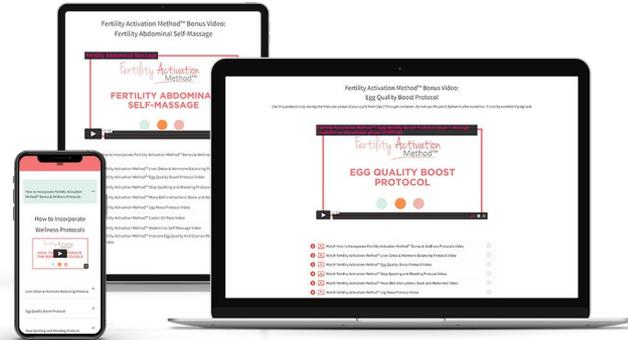
I want to make sure ALL the bases covered!  
This means I've included several incredible...

**Bonuses!**

# Bonus #1

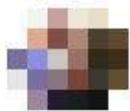
## 3 Quick Fertility Boost Pressure Point Protocols

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



(\$297 Value)

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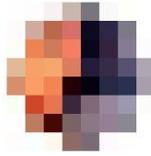
**Erika**

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



HEIDI *brockmyre*



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 😊)



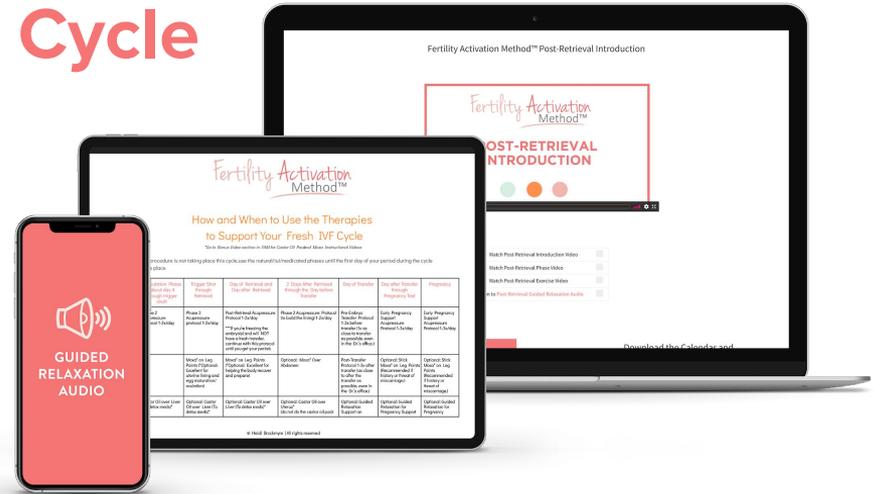
8 hrs Love Reply More

HEIDI brockmyre

# Bonus #2

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

- Retrieval Success Pressure Point Protocol
- Embryo Transfer Success Pressure Point Protocols
- Fertility Treatment Planner



(\$1997 Value)

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**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



HEIDI brockmyre

From Erika Abordo-Laino to

10:16 AM

Everyone:

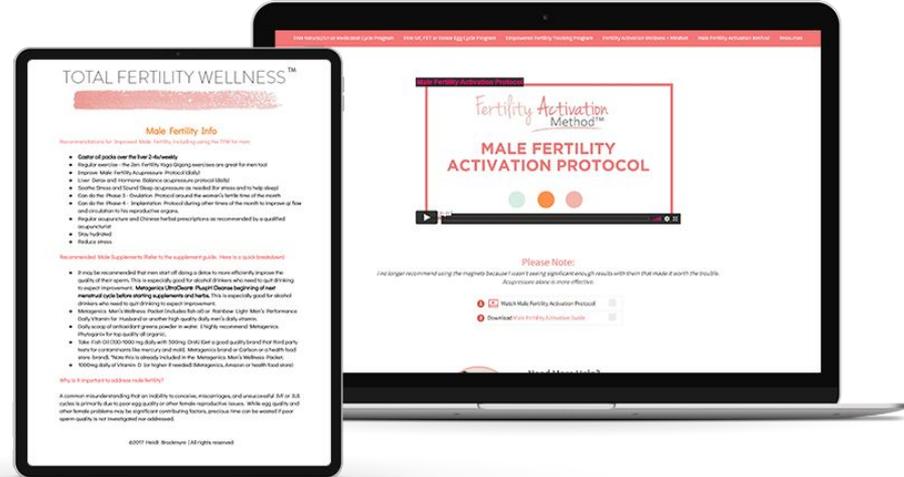
I'm doing timed cycle my Amh in 2018 was .  
37 and .6 in June with now it's 1.07  
yesterday. I'm so happy and have 16.5  
dominant follicle. so thanks Heidi! I tried the

HEIDI brockmyre

# Bonus #3

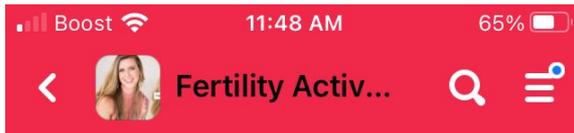
## Male Fertility Activation System

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



(\$597 Value)

HEIDI brockmyre



Kristin F. [redacted]

2d · [redacted]

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!



HEIDI brockmyre

# Bonus #4

## Pregnancy Support Protocol

My clinically proven  
pressure point protocol to  
help your pregnancy stick!

(\$297 Value)



HEIDI brockmyre

# Bonus #5

## Private Support Group

Daily guided support in the  
Members-Only FAM™  
Facebook Group

(\$597 Value)



HEIDI brockmyre

# 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!”

HEIDI *brockmyre*

You'll get **immediate lifetime** access to the **entire system!**



HEIDI brockmyre

# So you will 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!** Pregnancy Support Protocol

**Bonus!** Private FAM™ Facebook Support Group Access



WORTH OVER \$12,000

HEIDI brockmyre

# Don't Panic!

This program is NOT \$12,000 or even close.



# PAY IN FULL OPTION

**BEST VALUE**  
Single Payment  
**\$1497**

HEIDI *brockmyre*

PAY IN FULL BONUS!

Downloadable  
Zen Fertility Exercise  
Series!



HEIDI *brockmyre*

# PAYMENT PLAN OPTION

4 x Monthly  
Payments  
**\$437**

HEIDI *brockmyre*





# The cost is minimal compared to:

⇒ Fertility treatments (or repeated treatments)  
(Savings \$10K-50K)

⇒ Daily Acupuncture Treatments  
(Savings \$6K-10K)

⇒ Tuition for a Masters Degree in Chinese Medicine  
(Savings of \$50K-100K)

# Fast Action Bonus

Only if you buy NOW!

- 12 Weeks of Live Video Group Coaching
- Live Mentorship from my FAM™ Certified Coach!



(\$1997 Value)

HEIDI brockmyre

It takes 3 months to see changes in your body.

THIS is the benefit of the getting personalized group Zoom coaching support for that duration.



HEIDI brockmyre

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



HEIDI *brockmyre*

If all this did was increase  
your energy,  
balance your hormones,  
improve your digestion,  
help you sleep better and  
give you a sense of control  
on this journey,  
would that be worth it?



HEIDI *brockmyre*

If all this did was give you a community of women to help each other succeed on this journey and get the support you need, would that be worth it?



HEIDI *brockmyre*

# Miriam's Story

After trying for two years, she joined my program in 2014 and finally got pregnant naturally with her first child.

When they were trying for their second child, she was able to utilize the IVF donor protocol steps and guidance in the FAM™ program and was successful on the first try.



HEIDI *brockmyre*

# Miriam's Story



Miriam's two blessings -  
Rebecca and Lennon.

She says that her family is  
now complete.

HEIDI *brockmyre*

# Miriam's Story



Her testimony is one of many proofs that the program stands the test of time.

You can use the program to help you conceive multiple babies, but without having to pay for it again for each baby because you get lifetime access.

You can't say that about IVF!

HEIDI *brockmyre*

# 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

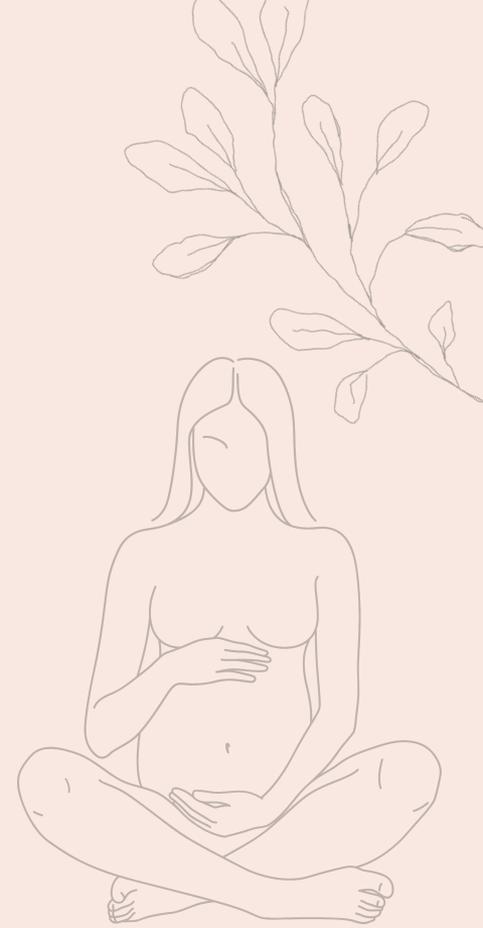


HEIDI *brockmyre*

# Who's NOT a good fit?

---

- If you've gone through menopause and/or over 50 years old
- If both of your tubes are severely blocked and you are NOT pursuing medical intervention (we can help some cases of blocked tubes)
- If you're not willing to actually follow the program and commit to your health.



HEIDI *brockmyre*

# To recap, you'll get...

**Module 1** Fertility Activation Method™ 4 Phase Protocols

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**Module 3** Empowered Fertility Tracking™ Program

**Module 4** Fertility Activation Mindset™ Kit

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**Bonus!** Private FAM™ Facebook Support Group Access



WORTH OVER \$12,000

**\$437**  
**x4**

or

**\$1497 x1**

Plus  
Download  
of  
Exercises

HEIDI brockmyre

# To recap, you'll get...

- **Fast Action Bonus of:**

**12 Weeks of LIVE coaching**

\*only if you buy NOW

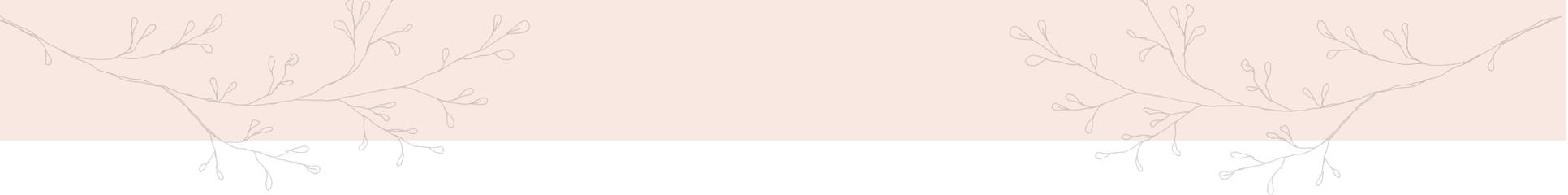
- **Our downloadable exercise videos**

\*only in you pay in FULL

I'd like to introduce  
you to FAM™  
Certified Coach and  
FAM™ Success  
Story, **Jen Smith.**



HEIDI *brockmyre*



**This is YOUR time.**

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

HEIDI *brockmyre*

Doors to FAM™ are open for a limited time.  
(5 days only.)

HEIDI *brockmyre*

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

### Add TOTAL PREGNANCY WELLNESS™!

Your journey doesn't end with a positive test result, plan now for your healthy pregnancy after using the FAM with a special price of only \$497 (Normally \$897- Savings of \$400!).

#### Choose a pricing option

1 payment of \$1497  
(Best value!)  
\$1497.00



4 payments of \$437  
(Most flexible!)  
4x \$437.00



#### Payment information

Credit card



PayPal



Card number



MM / YY CVC

PLACE ORDER NOW



*hypothyroid. I tried many types of holistic medicine and was running out of time – the doctor even recommended an egg donor as the best option. I felt pressured and had 2 failed IVF cycles. I **started the FAM program and now I'm 8 weeks pregnant.**"*

Shannon / Success Story



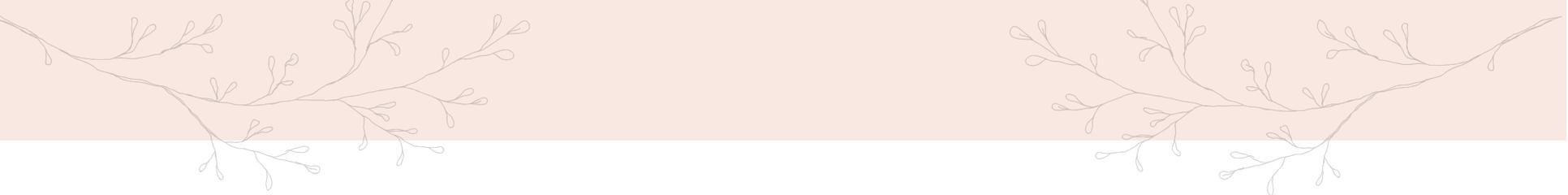
*"At 36, I had 6 miscarriages immediately after a positive pregnancy test. I was also dealing with extreme work stress and digestive challenges. I used the Fertility Activation Method program for 3 months to prepare my body and I **finally had a successful pregnancy** and gave birth to a healthy baby girl!"*

Val / Success Story

# What happens when you go to the checkout page?

## Click the Link to Pay Securely with Credit Card Or PayPal

HEIDI brockmyre



# What happens after you pay?

- Within the hour, you receive an email with login credentials to the FAM program
- You get immediate lifetime access

# Fast Action Bonus

Only if you buy NOW!

- 12 Weeks of Live Video Group Coaching
- Live Mentorship from my FAM™ Certified Coach!

(\$1997 Value)



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# FAQs!

**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.

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**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.

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**Q: I don't understand how it works. Is the program easy to do?**

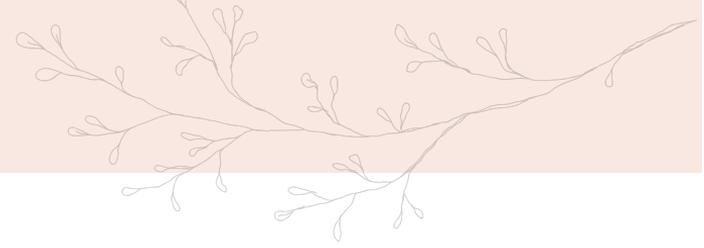
**A:** Yes! ANYONE can do it from anywhere! The program is super easy to follow, even if you have zero experience with acupressure. You just follow along with the instructional videos while laying around on your bed or couch! Plus my team will make sure you know where and how to begin and follow each step of the program. We're here for you!

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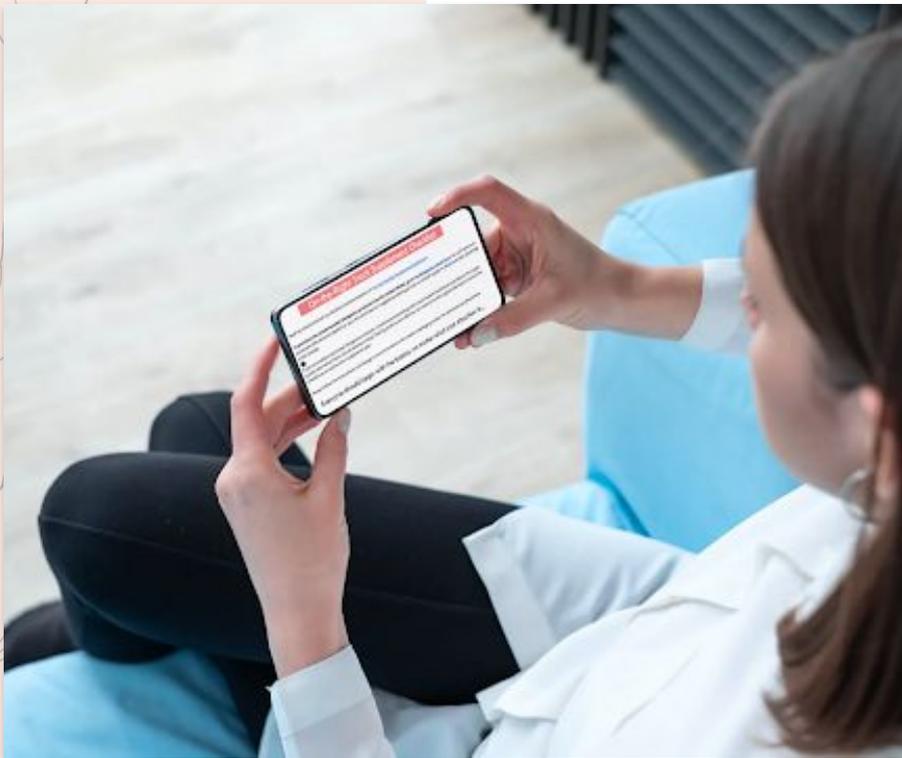
**Live Q&A**  
starting soon

HEIDI *brockmyre*



**Got questions?**  
Type them in the chatbox

HEIDI *brockmyre*



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

## On-the-Right-Track Supplement Checklist

Download at:  
[Right-Track-Checklist.com](https://Right-Track-Checklist.com)

(\$60 Value)

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**Join the program now!**



Get started for only  
\$437 x 4 with the  
payment plan.

HEIDI *brockmyre*

# You'll get...

- **Fast Action Bonus of  
12 Weeks of LIVE coaching**  
\*only if you buy NOW
- **Our downloadable exercise videos**  
\*only in you pay in FULL

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