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Hello, it's Heidi Brockmyre here. Welcome to my four step fertility Reset Plan masterclass. This is where you're going to learn my proven baby making strategy that works even after failed IVF cycles or IUI cycles or miscarriages. Even if you're over 40, no matter how messed up you think your fertility is, I've seen it all. And I have helped at all, I've helped 1000s of women in all sorts of situation, get pregnant. So I'm really excited that you're here today. And I can't wait to share my four step fertility plan with you. I'm Heidi Brockmyre M S L A C, And those fancy letters stand for having a Master's of Science in traditional Chinese medicine, which is now often referred to as East Asian medicine. So sometimes you'll have to hear me say Asian medicine or East Asian medicine, sometimes I say Chinese medicine. I am a California State Board and nationally board licensed practitioner of acupuncture and Asian medicine. So I'm not just a self proclaimed fertility coach.

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I have credentials to add the expertise and clinical experience to back up what I teach. I have over 10 years of clinical experience as a fertility specializing acupuncturist and I've shadowed two of the most successful reproductive endocrinologist in San Diego. So let me introduce you to my online program, the Fertility Activation Method. Doors are open now, and you can imagine getting pregnant in just a few weeks, like so many of my clients did.

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I'm giving you an inside look at what you'll do in each step of my online program. As I said, it's a little bit different. You have not I'm, I'm like 99.99% sure you have not tried anything like this before, even if you've tried acupuncture, this is not the same thing. So I ask that you open your mind now and pay close attention to module one focuses on cycle activation. And in this first module, I'll give you the exact acupressure practices and protocols, you need to balance and support your body cycle, whether you're trying to conceive naturally or through fertility treatments. And I teach you via video how to do the exact pressure points, you need to activate your fertility during each phase of your cycle. And each cycle gets more fertile than the last cycle until you're pregnant. So see how easy it was to follow me when I was doing that accurate pressure demo. That's what this is like. It's easy to do. But it's really powerful. And it's very specific.

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And then you repeat doing these protocols every cycle until you are pregnant. Alright, so whether you're using assisted conception, or trying naturally, the four phase protocols are used to prepare you for and during your treatment cycle. So phase one is the menses activation protocol, and phase two is that follicular activation protocol, and phase three is the ovulation activation protocol, and phase four is the implementation activation protocol.

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Then you repeat, going through the cycle, every cycle until you're pregnant. So even if you don't have a cycle, you would repeat these protocols to help your cycle return and each cycle gets

more fertile than the last cycle until you're pregnant. And this module also supports natural and fertility treatments cycles to so if you're preparing for a fertility treatment, then you would still use this. These protocols are clinically proven. There are a series of clinically tested pressure points used on hundreds of my patients for almost 14 years. And the protocols are easy for anyone to do at home anytime, anywhere in the world. Think of them as ancient Chinese medical wisdom delivered to you through modern technology.

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Nadine, one of my fam success stories had to fail IVF and her doctor gave up on her. She had stage four endometriosis, polycystic ovaries hypothyroidism, and her age was only point three. She had had three miscarriages but she didn't give up. She followed my advice to the tee and now she's beautiful son who is her miracle and she says that she always has me to think. And then we have Carmen. She had been trying for four years. She had PCOS and MTHFR gene mutation and hypothyroidism, and she was my program and she had less pain during her periods for a short cycle length into a normal timeframe. So you can see that she activated her cycle, and then she had her frozen embryo transfer and it worked and she got pregnant. So she prepared herself and activated her cycle before going in

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To that F E T so that it was successful for her.

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And here are a few more testimonials of cycle improvements that my clients experienced from using the program. Results include increased uterine lining sickness, no clots, cramps, or pain during their menses, no spotting and a very short period lengthening by a full day, and there's so many more, they just can't all fit on the slide. I have tons of video testimonials as well on my website. And my client, Heidi, she has the same name as me, but it's not me, also said that the videos are really easy to follow and the protocols are soothing. She said she feels like a pro at finding the acupressure points because I explained it so well. And I think that's really helpful to know because I've had women tell me that they were afraid that they wouldn't know how to do it. But I reassure you, it's very easy to learn. And you can do these protocols while like lying on the couch. I just had a testimonial come in and she said she was like hanging out with her toddler and being able to do the protocols or watch TV or whatever.

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And then there's module two, which is a fertility activation wellness module. And this is the toolkit for priming your body and your womb for pregnancy. So we can activate your cycle on priming your body and boom magic. And this includes a dietary guide, fertility exercises, and wellness activation, acupressure point protocols. So there's an immune boost protocol, which is especially important in the same time. And in this module, you will also find a digestive support protocol, which includes that point that I just taught you and then other ones to make it even more effective, which is really it's so important to have healthy digestion for your fertility. It's the really the foundation of your fertility. And there's a sleep improvement protocol so that you can

get better sleep because that also is very important. Your sleep quality affects your egg quality as well as your hormones. And there's a home and Body Detox guide as well. And Rosie says that the immune boost and digestive acupressure protocols helped her recover from a stomach bug, and it's helped her rebalance.

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Module Three isn't important for empowered fertility trackers and training and it includes everything you need to measure your improvement and know that you're on the path to pregnancy. This module is all about giving you the power to get pregnant as quickly as possible. And to see the incredible changes that are happening in your body. It includes easy to use cycle trackers, calendars and checklists. And there are training videos to teach you how to track. And so when you can measure these improvements you have success. There's a self assessment tracker that will teach you so much it's easy to fill it up, it's going to teach you so much about what's going on with your body and with your fertility and help guide you along the way to know what you need to do exactly what you need to do to activate your cycle and prime your body. And you'll be so excited to like learn all this stuff about your body and understand it better and your fertility and see that you're having an impact on it.

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So Diane shares it after three years of trying it. 39 years old, she's pregnant after just using the fam program for three cycles. And she learned how to track her cycle which helped take her off the devastating emotional rollercoaster ride when she does get her period. And she had faith that what she was doing was helping. And by tracking your cycle, it's different than just keeping a BBT chart. That's part of it. You don't have to keep a BBT chart. But you can. I do encourage it but it's not like it's not you don't have to do it. But there's more to tracking your cycle than just the BBT chart or taking an ovulation test, just FYI.

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Lastly, we've got module four, which is the fertility activation mindset and this module is my toolkit for staying positive and relaxed until you are pregnant. I know it's easier said than done. But with these tools like my guide infertility relaxations, fertility affirmations emotional wellness journey journal and on the go stress relief protocol, you will be shocked at how much better you feel. I'm not as another success story. She was diagnosed with secondary infertility. She had been trying for three years at the age of 42. She had high FSH and her cycles were really short and her period only lasted a day. But with my program, she managed her stress levels and her FSH went down to a normal level of five and her cycle was regulated and her period lasted longer. And she got pregnant after three months on the program. And I never like to imply that women it's like well, it's your fault that you're having fertility issues because you're stressed out. Stress is a part of life and it's certainly a part of the fertility journey and being stressed out does not make me get it does not mean it's your fault. But there are ways that you can support yourself so that any stress or challenges have less of an impact on your health and well being.

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So here's what you're going to receive. You're going to get Module One which is Fertility Activation Method protocols. And this is worth about \$5,000. And Module two is the Empowered Fertility Tracking. And that's a value of about oops \$400.

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And then Module three is a Fertility Activation Wellness, and that's worth about \$1,000. And Module Four is a fertility Activation Mindset, which is valued at about \$400. And so these four modules are worth just about \$7,000.

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But what else might you need to succeed because I want to make sure that all the bases are covered. I want to make sure that you are a success story and I can brag about you in future webinars. So this means that I've also included several incredible bonuses, and bonus one is my fertility boost acupuncture protocols, which includes an egg quality boost protocol and a healthy cervical mucus protocol and a hormonal balance protocol. And these are a value of almost \$300.

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Erika shares that after being more consistent with acupuncture, that she noticed more cervical mucus. So that's really important as well for fertilization. And Catherine shared that her BBT chart showed improved results and her age level went from 1.9 to 3.5, and six months, which is a phenomenal improvement. And her BBT chart here is gorgeous. So we've had clients get pregnant with low age as well as clients who've improved their lowing age like Katherine did and then get pregnant, because I know a lot of you are concerned about having low image. And so bonus number two is my family for fertility treatment cycles, so that you have everything you need if and when you go through a fertility treatment cycle. And this includes acupuncture protocols to support your egg retrieval, as well as your embryo transfer. So there's protocol do before you have the transfer and right after you have the transfer to help it stick and it also comes with a fertility treatment planner so you don't know like what to do and when to do it before during an after your treatment. And this is a value of almost \$2,000.

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So and joined us after three failed rounds of IVF with getting no viable eggs. And in just three months after using fam she had three eggs make it to blastocyst. Her first embryo transfer was a success. And she credits my acupuncture protocols and supplement guidelines with her success. That's pretty awesome. And Erica says ah level increased from point three seven to 1.07. And she also reported a 16.5 dominant follicle which was a significant improvement from her results before using fam a when she wasn't growing a follicle very well. So I love getting these like black and white statistics to help you understand that this program really does work.

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Bonus number three is my male fertility activation system to improve your partner's sperm health and this includes a healthy sperm pressure point protocol and male fertility guide which

includes dietary recommendations and the supplements that he should be taken. And this is a value of almost \$600. So here's an awesome success story. Kristen was having low sperm motility issues but after using the program for four months, he went from having zero motility to having healthy normal motility and she was so excited that she was like in tears when she sent this message.

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And bonus number four is my pregnancy Support Protocol. And this is my clinically proven pressure point protocol to help your pregnancy stick, which is obviously really important, especially for those of you that have experienced miscarriage before I have a lot of clients experience miscarriage and they're just like so anxious once they get pregnant. And there, they are so happy to have something to support them to, you know, to support that pregnancy to sustain. But obviously the work doesn't stop when once you get pregnant, you need to keep supporting your body and supporting the baby. So that's a really important bonus. And bonus number five is 12 weeks of daily guided support in the members only fam Facebook group and this has value of almost \$600. So you will, you know be able to ask your questions and you'll be able to get support from other community members and compare notes and it's a really wonderful community. And Devin, she was 38 years old and had been trying to conceive for four years she had three failed IUI and two failed IVF cycles and she had an ectopic pregnancy and endometriosis she had been through a lot. Within just a few months of being my program, the fertility activation method, her egg count more than doubled from where it was three years ago and she finally had a successful IVF cycle. And when you sign up you'll get immediate lifetime access to the entire system.

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So you can use it for baby number one, baby number two, baby number three. There you have it as long as you need it and you get it right away. So you will get module one, the fertility activation method for phase protocols, module two, which is a fertility activation wellness kit, module three, the Empowered fertility tracking program module for the fertility activation mindset kit, bonus fertility booster protocols, including the egg quality boosts and hormone balancing and cervical mucus protocols. And you'll get the bonus fam for fertility treatment cycle, the bonus male fertility activation system, and the bonus pregnancy Support Protocol and the bonus private fertility activation methods Facebook support group access, and this is a total worth of over \$12,000. But don't panic, this program is not \$12,000 Not even close. But if you add the cost of IVF, whether you're protecting your investment in your family, or you're trying to find a more affordable way to boost your chances of pregnancy, this program is easily worth an additional \$10,000 or more on top of the inherent value of the program and all the bonuses, but the program cost is only \$1297. But if you buy today, there is a special offer. So keep listening. And this cost is really minimal compared to you know fertility treatments or repeated fertility treatments, we had someone who spent \$120,000 on fertility treatments \$80,000. So really 10 to 50 is the low end of fertility treatments, daily acupuncture treatments for like three months would be at least around six to \$10,000, not daily. Well, yeah, if you did daily, that would be at least six to \$10,000. And that will be for three months. Or if you were to decide to like while

getting a master's degree in Chinese medicine, so I can learn it all myself, you wouldn't have the clinical experience. But that would be like lots of student loans.

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And I understand that the full payment may not be a fit. So we did create a payment plan to help make this more accessible so that you can prioritize having your baby because I know you don't want to be stuck like Jane and you are more than ready. So you can get started today for just \$297 followed by four monthly payments of \$297 if you do the payment plan. So we have added the link to be able to purchase the program to this presentation. So you can click on that. But wait, we created this one time special offer of \$300 off if you pay in full rather than the payment plan. But it's only if you buy now on this webinar. And that means you will get the program for \$997 only. So \$300 off. But that's only if you buy on this webinar. So you can click the link in this presentation. And you can either choose to join with the payment plan and start for \$297. Or you can get \$300 off if you buy in the webinar. And you can get started for \$997 if you pay in full.

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Let's see. So I'm going to tell you about the fast action bonus. And this is also only if you buy in the webinar. So once we hang up in the master class is over, this won't be available anymore. But if you do decide to join the program, while we're still in this masterclass together, you're going to get \$300 off, like I said, and 12 weeks of live video group coaching calls, so that you're getting a live mentorship for a full three months from my fam certified coach Jen and she's really amazing. She actually used the program herself to get pregnant and get her cycle back. And so she's really passionate about helping women helping women get pregnant. And I personally trained her so she knows exactly how to support you and how to advise you to use this program. So if you're somebody who needs that hand holding and some ongoing personalized support and guidance, this is where you're going to get that it's 12 weeks of live video group coaching, you're also going to be there with other women who have very similar issues. You're going to learn so much from each other's questions and from just being in a community together. But you will get the personalized answer to your questions through this bonus. And this alone is a value of \$1997. And if you're not able to make the calls live, then we have a thread where you're able to submit your questions in advance to make sure that you're still getting your question personally answered. And then you get the recording of the call and you can watch it later. So to get this bonus, click on the link that's been posted here to sign up before the end of the webinar. So it takes three months to see changes in our bodies.

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Since the benefit of that group coaching for the duration of that three months to walk with you during these changes, you are fully supported as you navigate this.

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So who's a good fit for this program any woman trying to conceive is a good fit. And that's even if you're over 40 Even if you have poor egg quality, even if you've had failed IVF or IUI cycles, even if you have diminished ovarian reserve, PCOS, fibroid polyps if you have unexplained

infertility if you have low age or high FSH, if you have endometriosis, if you've miscarried before you have other complicated conditions. If you want to have a baby, this is where you need to be. Although we can help almost every woman who is trying to conceive no matter her issues, or some cases when the fam program may not be a good fit for you. These would include if you're over 50 and or you've already completed menopause, or

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your tubes are severely blocked or you don't have tubes, and you do not plan on using medical interventions such as surgery or IVF. To overcome this, we can help you if only one tube is blocked, or if you're doing IVF and you want to support your cycle using fam for a better outcome. In some cases, if both of your tubes aren't severely blocked and may be blocked because of spasm or fluids, then the fam program might help you to conceive naturally. But And lastly, fam is not a fit for you if you're not willing to actually make use of the program and follow it. In that case, I wouldn't want you to waste your money. After all, the program can only work if you use it to commit to it.

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So to recap, you'll get module one the fertility activation method for phase protocols, module two, the fertility activation wellness kit, module three the Empower fertility tracking program module for fertility activation mindset kit, and bonus fertility boost protocols including the egg quality, the cervical mucus and the hormone balancing protocols. Bonus fam for fertility treatment CYCLE BONUS male fertility activation system, the bonus pregnancy Support Protocol and the private fam Facebook support group access and this is worth over \$12,000. But you can save \$300 today and get it for only \$997 If you buy on the webinar, otherwise the price is \$1297. And

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if you buy now, you'll get the fast action bonuses \$300 off if you pay in full. And you'll if you buy now, whether you painful or do the payment plan, you will get 12 weeks of live coaching if you buy on the webinar. And so you'll get a full three months of personalized coaching and if you painful you'll also get our downloadable exercise videos. So again, to get this bonus, click on the link that has been posted here to sign up before the end of the webinar. In fact, I'd like to tell you about Jen real quick. She's our fan certified coach and she's a fan success story. Do use fan to get her period back after not having it for almost two years. Nothing The doctors did help her but within a few months of using my program, she got her period back and she started ovulating and then within just a few months after that she fell pregnant with her son and you can see him in the picture here. She was so committed to using the fam program and because it changed her life. She's so passionate about supporting our clients to have their dream family. She also has a background in the health care field is an occupational therapist. So she's well qualified as a health coach. And the ladies in the fam program love her and she loves them

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