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?



### **THANK YOU!**

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.



#### **Before We Start:**

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

## Why are we all here?

## **Babies!**







Giggling, running, playing, learning, and growing.

# You're in the right place if...

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



## You're in the right place if...

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

## You're in the right place if...

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

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

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

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.

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.



### My promise to you...

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



## My promise to you...

Nothing I will teach you is based on theory.

## My promise to you...

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

You give yourself and me this time to help you.

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

You treat me and others with respect in the chat box.

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.

## 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 <u>now</u> than when you were younger)



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

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

Get the trusted guidance you need!



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

How my method can help your specific case during a Q&A session



#### 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.

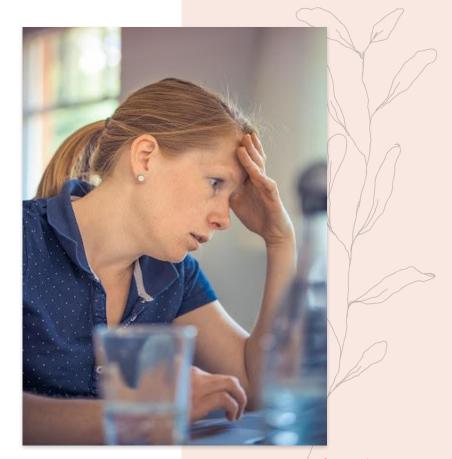
(\$60 Value)

# Who's ready to change their situation today?

Type YES in the chat box if you are :)

#### **Meet Jane**

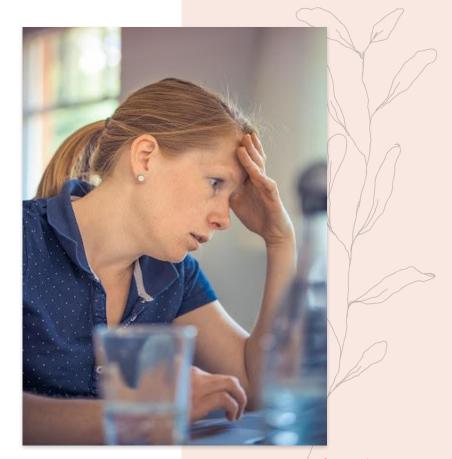
Jane has been prioritizing her physical health and fertility but is mentally and emotionally exhausted that her efforts haven't paid off with a positive pregnancy test yet.



#### **Meet Jane**

This is causing financial and relationship stress.

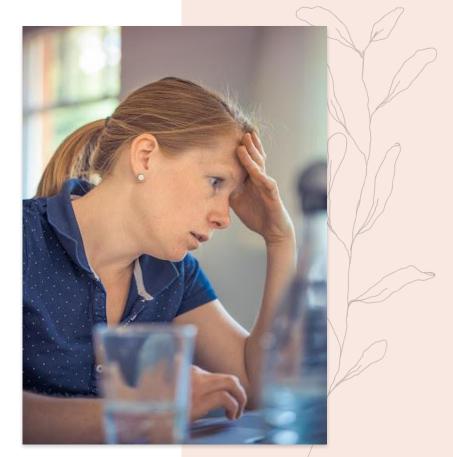
She's listening to the doctors but their solutions are not answering her problems (and sometimes, even creating MORE problems).



#### **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.



## Can you relate to Jane?

Type YES in the chat box if you can:)



#### **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.



#### **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







Jane - Choice A

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



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

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

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



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!)



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







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

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





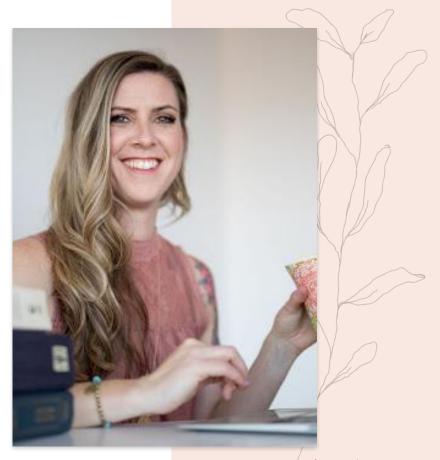


I recently got married and I am excited to welcome my new husband and his kids into our beautiful, blended family.

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

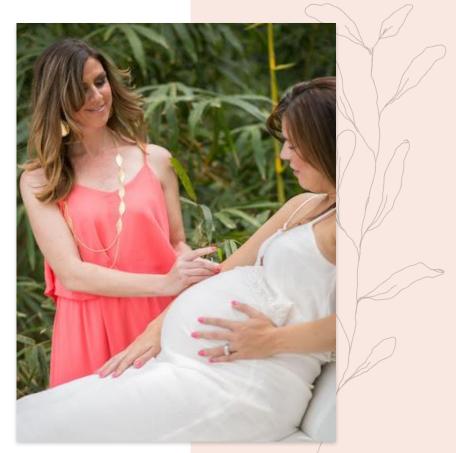
Masters of Science in Traditional Chinese Medicine &

CA State Board Licensed +
Nationally Licensed
Practitioner of Acupuncture
and Chinese Medicine



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.



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



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



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

























HEIDI brockmyre

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



THE HUFFINGTON POST







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

# Before I created my 4 step method...

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

# Before I created my 4 step method...

It broke my heart seeing patients feel sad and frustrated.

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

Emily came to me after her second failed IVF cycle.

She was 41 years old.

Her doctors had given up hope.

They told her she had to use an egg donor.

Emily felt crushed.

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

Emily and her husband were skeptical about holistic medicine.

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

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

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

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

Emily decided she would try one more IVF cycle with her own eggs.

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

We began her treatment plan but progress was slow.

She felt helpless, frustrated and out of control.

One day, she asked me,

"What can I do to make better progress?"

I knew that she really NEEDED to do things at home <u>during her daily routine</u> to make faster progress.

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

The clinical methods I used took years of training, clinical expertise and clear instructions.

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

She was so grateful.

She diligently followed my instructions.

And it started to work wonders.

We noticed huge improvements.

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

After two cycles following my method, she waited for her period to start so she can do another IVF cycle.

But Emily never made it back to the fertility doctor.

Emily found out she was pregnant that month.

Emily went on to have a healthy baby boy named Eli.

Eli is 7 years old now.



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

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

My success rates improved.

My patients felt happier and in control.

#### And I was happy to be getting more baby pictures!





## 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



increased from 6.50mm to 8mm ee 35

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

Like · Reply · Message · 2d

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



HI Heidi.

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

**(1)** 2



Hellol 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



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

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

#### 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 <u>finally</u> get pregnant without expensive fertility treatments (or make sure your next one works).

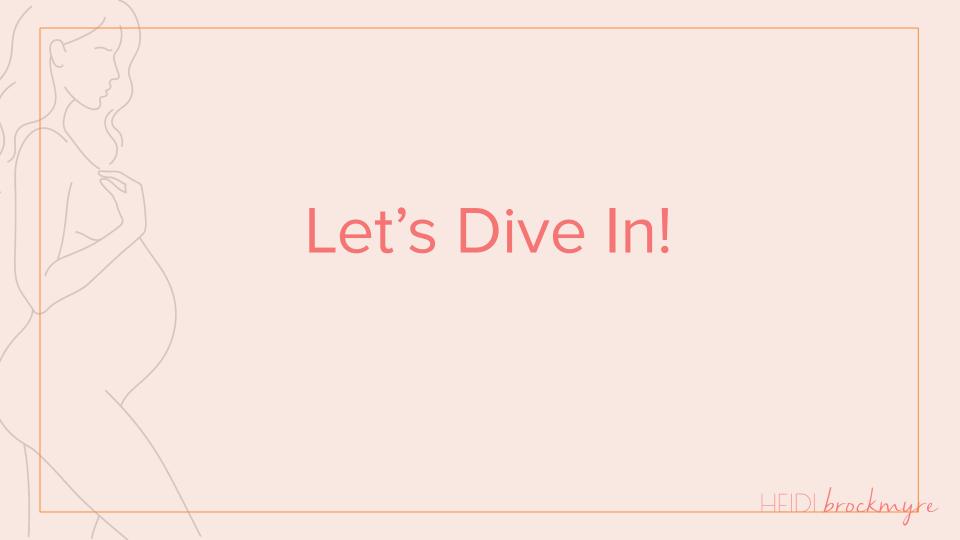
#### Imagine if...

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

## Imagine if...

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

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





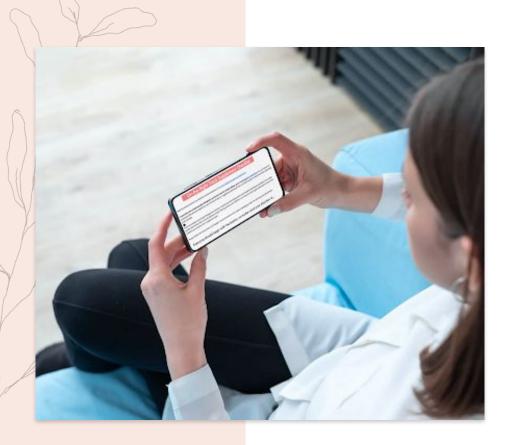
#### **30-Minute Q&A Session**



## \$300 off the FAM Program



### One Live Accupoint Walkthrough/Demo



## 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)

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





#### **Myth # 1**

"You're too old."

"You're eggs are bad"

"You don't have enough eggs left."

### Have you been told one of these?

(Type YES or NO in the chat box.)

Your health and your fertility are <u>resilient!</u> Some doctors assume that your eggs and age are the problem when <u>it may be something else</u>.

# The real issue is often fixable with the right knowledge. You can improve your egg quality and egg quantity.

It's important to address what's affecting your egg quantity and quality, if that <u>is</u> the problem. I've helped many women become <u>more fertile in their 40's</u> than they were in their 30's.

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



Also, male factor infertility is often overlooked and unaddressed.

Male factor infertility can also be improved.

The point is, most things can be addressed.

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

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

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

If you don't address your health issues now,
more serious problems may develop in time. These issues
may include: cancer, autoimmune disorders and/or difficult
menopause

# Here's the good news...

THE HELD STATES OF THE STATES

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



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 10 years 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





"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)"





Did your doctor consider any other solutions besides fertility treatment?

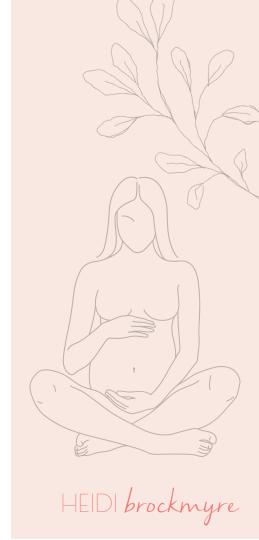
Type YES or NO:)

# Steps are skipped and issues overlooked.

Fertility treatment is then like trying to get water from a stone. For instance, were the following circumstances considered BEFORE suggesting fertility treatment?

#### **Years of Birth Control Use**

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



#### **Underlying Issues**

#### Such as:

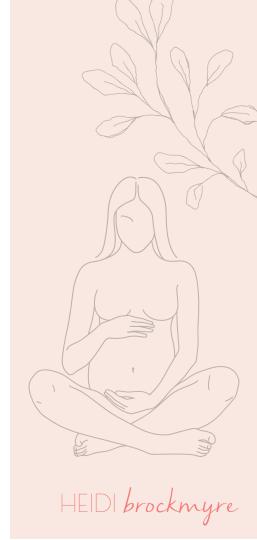
- Endometriosis
- Nutritional deficiencies
- Hormone imbalances
- Irregular cycles
- Uterine health

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



#### **Lifestyle and Dietary Habits**

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





Did your doctor tell you the risks of fertility drugs?

Type YES or NO:)

Don't feel bad if you didn't know. Your doctor may not have told you the risks. It's important for you to be aware of the risks so you can make the <u>best</u> decision for yourself.

Also, rest assured that you <u>can</u> help your body recover from medications. Remember, you and your body are resilient.

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

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



Fertility treatments also come with risks.



#### These risks include:

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



# Synthetic hormones increase your risk for cancers.

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

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



I don't want to scare you.

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

Sometimes they are necessary and helpful. But they should be used as a last resort.

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

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

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

That means you can use less medication because they can work better and quicker. AND If you need to use fertility drugs, <u>less is safer</u>.

### More good news...

My method teaches you how to address the root of your health and fertility issues. My method also teaches you how to help your body recover from meds you've taken.



## **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!



# Myth #3

"Natural/Holistic methods don't work."

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

(Type YES or NO in the chat box.)

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

Your doctor may have said something negative about a natural or holistic approach. Maybe your doctor is open-minded about natural or holistic methods, but doesn't know a lot about them.

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

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.

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

## Here's why...

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

This often doesn't work for treating infertility. For example, medications force your body to ovulate more eggs.

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

Fertility treatment may seem like a quick fix.



HEIDI brockmyre

Everyone wants a quick fix. But quick fixes aren't guaranteed.

Sometimes quick fixes cause more problems, and then those problems need fixing too.

Fertility treatments can make things worse and take more precious time. They're expensive and, more often than not, they don't work according to statistics.

Holistic methods restore your health and bring your body back into <u>balance</u>. Chinese medicine understands the energetics of the body and the mind-body connection whereas conventional medicine does not. And so can be effective at naturally restoring your fertility.

Sometimes natural or holistic methods take longer, but they have <u>long lasting POSITIVE effects.</u>

Sometimes they don't take long at all.

Sometimes they are the shortest path to success!

## Either way, the goal is achieving sustainable health.

You may think your body is broken because you're not yet pregnant. Your body is actually wise!

It knows it needs more resources before it's ready to be pregnant. Your body is protecting you and your future baby.

Your body is waiting for the right time. When you give your body what it needs, your body will want to fall pregnant.



You <u>can</u> get there.

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## **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!

HEIDI brockmyre

But not all natural or holistic methods are created equally. There are many trendy health fads that can be harmful.

You need to use a **proven**, trusted holistic method. That's why I base my method on Traditional Asian Medicine.

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



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It is not a trendy health fad. Hundreds of studies have proved it effective for countless conditions.

Many doctors and hospitals now integrate
Asian medicine in their treatment programs.
Including treatment centers for cancer, addiction, stroke recovery, fertility, pain and more.

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

I've personally seen it work miracles. On everything from stroke recovery, miscarriage prevention, migraines, IBS, insomnia, PTSD, stress, anxiety and more.



#### **Amy Brudnyak**

I'm 43 yrs old and found out today I'm 5weeks 3 days

i. 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!

Love · Reply · 20h · Edited





Wednesday win

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

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

#### Myth Buster # 1

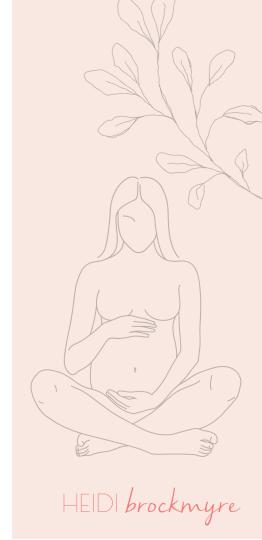
Your eggs may NOT be the issue. The real issue may be fixable. If it is your eggs, you CAN improve egg quality and quantity at any age.



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

#### Myth Buster # 2

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.



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

#### Myth Buster # 3

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



### 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.



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

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

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

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



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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

Stay Tuned: One Live Acupoint Demo





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



The foundation of your fertility relies on a balanced cycle.



By cycle, I mean day 1 of your period through day 1 of your <u>next</u> period.



#### It includes:

- your period
- pre-ovulation
- ovulation
- implantation



Your egg health depends on a balanced cycle.







So does your egg quantity.



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



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



Your cycle needs to be activated for fertility treatment success.



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!



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



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



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



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



You incorporate pregnancy priming lifestyle habits into your daily routine.



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 unsuccesful embryo transfers. I have one 2year-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. Lonly 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. Liust 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.



#### Re: (FAM) What's Working For You So Far? > Inbox x heidi@heidibrockmyre.com x



#### Lica Marko

4:58 AM (22 minutes ago)

to Heidi 🔻

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 Rate Marko

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

"If you can't measure it, you can't improve it."

"If you <u>can</u> measure it, you <u>can</u> improve it."

First you need to know <u>what</u> to measure and <u>how</u> to measure it.

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

There are <u>specific markers</u> to measure improvements with your fertility.

These specific markers also show you <u>exactly</u> what changes to make.

By tracking your progress, you feel <u>more</u> <u>confident</u> about what you are doing.

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



Bethany I 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



HEIDI brockmyre



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

HEIDI brockmyre

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

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

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

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

And it just doesn't feel good.

## Step 4 -Keep-the-Faith Mindset

You deserve to feel good on this journey.

## Step 4 -Keep-the-Faith Mindset

Sure, there will always be ups and downs.

# Step 4 - Keep-the-Faith Mindset

But they don't have to be so drastic.

# Step 4 - Keep-the-Faith Mindset

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

## Step 4 -Keep-the-Faith Mindset

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

# Step 4 - Keep-the-Faith Mindset

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

## Step 4 -Keep-the-Faith Mindset

This step encourages a new perspective and a calmer mind.

## Step 4 -Keep-the-Faith Mindset



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





### 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

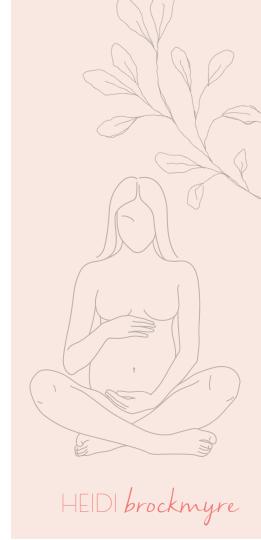
#### This can work for you you even if...

- 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



#### 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

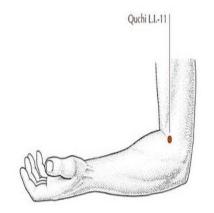




## Acupoint Demo Starts NOW!

#### **Large Intestine 11**

- Good one for priming for pregnancy
- Helps detox both the liver and the intestines
- Regulates digestion
- This point also helps regulate fluid metabolism in the body, which helps prevent or resolve cysts. And it helps to reduce inflammation by clearing heat from the body.
- When it's used with other points, it works even better.



### Do you want to <u>get pregnant now</u> more easily, <u>save</u> thousands of dollars, <u>avoid drugs</u>

(Type YES or NO in the chat box.)

and have a <u>healthier pregnancy</u>?

Results don't happen on their own.

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

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

It's been <u>proven</u> to work by my clients.

### If you can take away one thing...

I want you to know that <u>you CAN get pregnant</u> a healthier more affordable way.

(Even over 40!)

If my other clients did, you can too!

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



Jane - Choice A

Going it alone, still stressed out looking for answers.



Eva - Choice B

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

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

#### Want to hear how I can help you?

(Type YES or NO in the chat box.)

## Introducing the Fertility Activation Method™



Here was a series of the serie

#### Doors are open now!

Imagine getting pregnant in just weeks!

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



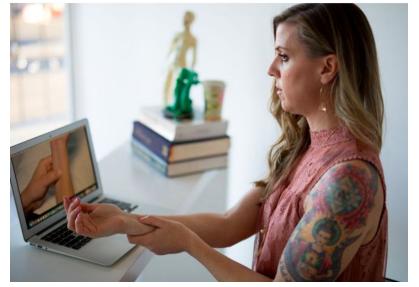
HEIDI brockmyre



#### **Module 1**

#### **Cycle Activation Pressure Point Protocols**

Short (5-10 min) and easy-to-follow instructional videos that guide you through activating fertility pressure points every day to balance your cycle until you get pregnant!



HEIDI brockmyre



#### **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





#### **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



### 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



#### \*\*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 <u>Frozen embryo transfer was</u> 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!



Katia 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





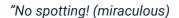
#### Adriana Bot

13:25

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







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.



My period (previously 1 day only) was longer

by 2 days.:)



Love · Reply · Message · 1d



## 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





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

Love · Reply · Message · 5d



# Module 3 Empowered Fertility Tracking

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



# Module 3 Empowered Fertility Tracking

Get pregnant faster with <a href="Done-for-You Fertility Tracking">Done-for-You Fertility Tracking</a>:

- Cycle trackers
- Checklists
- Calendars





### **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.



# Module 4 Fertility Activation Mindset

#### **Includes:**

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





#### **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!"

### 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<sup>™</sup> (\$397 Value)

Worth: \$6,788

## What else might you need to succeed?

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)



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

Love · Reply · 2d



#### Catherine

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

)



8 hrs Love Reply More

## 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)



#### **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 blastocyct stage!! With success on the first egg transfer, I am now 6 month pregnant!! Thanks so so so much to Heidi, I sincerely believe that the pressure points and supplement guide made all the difference. We were advised after our 3rd round of IVF to use an egg donor, but felt we should give it one more go, and thanks to the FAM it worked!! Xx

Love · Reply · 14h



#### From Erika Abordo-Laino to Everyone:

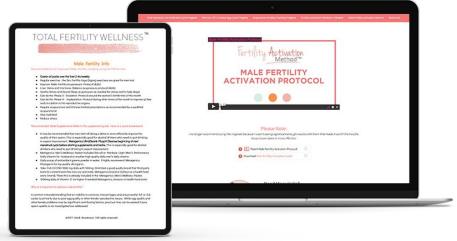
10:16 AM

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

# Bonus #3

Male Fertility Activation System

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



(\$597 Value)



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











# Bonus #4

#### **Pregnancy Support Protocol**

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

(\$297 Value)



### Bonus #5

#### **Private Support Group**

Daily guided support in the Members-Only FAM<sup>TM</sup>
Facebook Group



(\$597 Value)



### **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!"

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



# 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<sup>TM</sup> for Fertility Treatment Cycle

**Bonus!** Male Fertility Activation™ System

**Bonus!** Pregnancy Support Protocol

**Bonus!** Private FAM<sup>TM</sup> Facebook Support Group Access



**WORTH OVER \$12,000** 



#### **Don't Panic!**

This program is <u>NOT</u> \$12,000 or even close.



#### PAY IN FULL OPTION

Single Payment \$1,297

#### 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)



#### **PAYMENT PLAN OPTION -**

5 x Monthly
Payments
\$297



**BEST VALUE** 

Single Payment

\$997

Originally \$1,297



# **Fast Action Bonuses**

#### Only if you buy NOW!

- \$300 off!
- 12 Weeks of Live Video Group
   Coaching
- Live Mentorship from my FAM™
   Certified Coach!
- Downloadable exercise videos





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.



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?



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?



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?





#### 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<sup>TM</sup> program and was successful on the first try.





# Miriam's Story

Miriam's two blessings - Rebecca and Lennon.

She says that her family is now complete.







# 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 <u>lifetime access</u>.

You can't say that about IVF!

#### 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



#### 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.



## To recap, you'll get...

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

Module 2 Fertility Activation Wellness™ Kit

Module 3 Empowered Fertility Tracking™ Program

Module 4 Fertility Activation Mindset™ Kit

**Bonus!** Fertility Boost Protocols

**Bonus!** FAM™ for Fertility Treatment Cycle

**Bonus!** Male Fertility Activation™ System

**Bonus!** Pregnancy Support Protocol

**Bonus!** Private FAM<sup>TM</sup> Facebook Support Group Access



#### To recap, if you enroll NOW you'll get...

#### Fast Action Bonuses

\$300 OFF

only if you pay in FULL

12 Weeks of LIVE coaching

only if you buy NOW

Our downloadable exercise videos

only if you pay in FULL

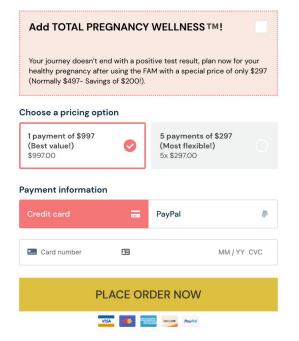
I'd like to introduce you to FAM<sup>TM</sup> Certified Coach and FAM<sup>TM</sup> Success Story, **Jen Smith**.



#### This is YOUR time.

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

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





## What happens when you go to the checkout page?

Click the Link to Pay Securely with Credit Card Or PayPal

#### 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!

- \$300 off!
- 12 Weeks of Live Video Group Coaching
- Live Mentorship from my FAM™ Certified Coach!



Downloadable exercise videos (\$1997 Value)

### 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  $FAM^{TM}$  member get pregnant was after the first month.

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



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

**A: It's doable!** I designed it for busy women. Who isn't busy? You can do the program for a minimum of 20 minutes a day. In less than 5 minutes or 10 minutes you can go through the protocol that will best support your fertility health. Let's be honest...if you don't have <u>that</u> much time, you probably don't have time for a baby.

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

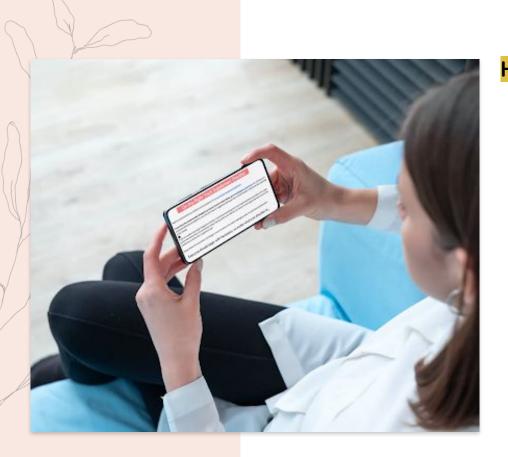
**A:** Yes! ANYONE can do it from anywhere! The program is super easy to follow, even if you have zero experience with acupressure. You just follow along with the instructional videos while laying around on your bed or couch! Plus my team will make sure you know where and how to begin and follow each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



# Live Q&A starting soon

The state of the s

## Got questions? Type them in the chatbox



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

## On-the-Right-Track Supplement Checklist

Download at: Right-Track-Checklist.com

(\$60 Value)

### Join the program now!



<u>\$297</u> x 5 with the payment plan.

## Enroll now and you'll get...

#### **Fast Action Bonuses of**

\$300 OFF

\*only in you buy NOW

12 Weeks of LIVE coaching

\*only if you buy NOW

Downloadable exercise videos

\*only in you pay in FULL

## To recap, you'll get...

Downloadable

Exercises

**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<sup>TM</sup> Facebook Support Group Access



**WORTH OVER \$12,000** 

\$297 x5

or



\$997