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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 pregnancy strategy that works. Even after failed fertility treatments or miscarriages. Even if you're over 40. Even if your doctor has given up on you! You're also going to get my supplement guide checklist and I'll show you a simple acupressure how to demo that you can try today, so you will definitely want to stay on for this whole class. And for those of you that are watching the replay recording of this class later, you can still ask questions in the chat box and we will email you the answer. But please wait until the end of the masterclass I will tell you the best time to put your question in the chat box. So we make sure that it's not overlooked.

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I present to you my four simple steps that you can take now to reset your fertility and get pregnant faster, healthier and more comfortable when. So my four step method includes step one cycle activation, step two pregnancy priming, step three pregnancy path tracking and step four, the keep the faith mindset.

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So the most important step for restoring your fertility so that you can get pregnant is activating your cycle. That's step number one. I show my clients how to do this in the Fertility Activation Method by giving themselves acupressure protocols that create a healthy cycle. And that's why I want to give you this acupressure demo in just a moment. The other three steps all play supporting roles in having a healthy cycle as you can see in this chart. So to have healthy fertility, you need your body and your mind all supporting your fertility and you need to be able to track progress and know that you're on the right track. And so that you can keep moving forward and doing all of the things that are helping.

2:09

So let's break down each step. Step one cycle activation, the most important step! In this step, you balance each phase of your cycle to activate your fertility. The foundation of your fertility relies on a balanced healthy, well I like to call, an activated cycle. So by cycle I mean day one of your period through day one of your next period, and that includes your period, pre ovulation, ovulation and implantation, so it's four different phases. So phase one is your period. And phase two is the follicular phase that's leading up to ovulation your egg is maturing, phase three is ovulation and phase four is implantation. Or if you're not pregnant, then phase four is PMS. Each phase needs a different type of support to be in balance, so that you have a fully activated and fertile cycle. Your egg health depends on a balanced cycle, and so does your egg quality quantity and your ovarian reserve, how many eggs that your ovaries are recruiting for ovulation each month. Your cycle needs to be activated & in balance for implantation to happen as well. And your cycle needs to be activated to have a lasting pregnancy. Your period has an impact on how healthy your eggs are. Your period has an impact on how healthy your uterus is. So how successful implantation can be it's all connected. So we want one healthy activated cycle. And when you have this you have fertility, it is the foundation of your fertility. Your cycle also needs to be active activated to have success with fertility treatment.

4:05

Once your cycle is tuned up, your body is ready for pregnancy and that's whether you're trying naturally or with fertility treatments. In my program, the Fertility Activation Method, I teach my clients how to do this by giving themselves acupressure at home every day, following my clinically proven protocols for regulating your cycle to activate your fertility.

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Step two is pregnancy priming and in this step, you prime your body and your womb to support your pregnancy. Your body and womb must be ready to support a healthy pregnancy. And the right daily habits can help your body's readiness for pregnancy. So you incorporate pregnancy priming lifestyle habits into your daily routine. For instance, the right diet and nutrition, the right sleep habits and the right exercises are all important for supporting step number one, which is an activated healthy and fertile set. I call. And that's what I teach. In my program, I teach you how to incorporate the right lifestyle habits into your daily routine to support the foundation of your fertility, which is your cycle. And with consistency, your body and your womb have what they need to succeed. If your body isn't strong enough to be pregnant, you may activate your fertility and have a healthy cycle. But then you might have a miscarriage because your body can't support it.

5:28

So step three is pregnancy path tracking. And this is incredibly important, it's more important than a lot of women really give credit to or even think of. And this is when you track your progress. So that even if you're not pregnant this month, you know that you're on the path to pregnancy, there's a quote that says, if you can't measure it, you can't improve it. And I like to switch that around and say, if you can measure it, you can improve it. It's like creating a budget for yourself. When you've got a plan, you feel good, because you know that you can achieve your goal. And measuring those metrics is crucial for following that plan and meeting your goal. And when it comes to being fertile, it's the same thing. First, you need to know what to measure and how to measure it. And that's the beauty of my method. And it's different than just, you know, tracking a BBT chart, although that is part of it. And that is helpful. But there are other ways that you can track with Chinese medicine tools, and Chinese medicine, markers. And that's what I teach in my program. So when you know that you're on the right path, you feel confident about being on that path.

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And there are specific markers that also that show exactly what changes to make or what improvements you're making by following the method. And by tracking progress, then you feel more confident about what you're doing. And you'll keep doing the acupressure and the other modalities in the program. And this step is so important for supporting step number one, your primary goal of activating your cycle, because if you don't stay consistent, you'll fall off track. And if you stay consistent, you'll get results that will lead to you getting pregnant faster. If you know what you're doing is working, you won't feel so devastated by the time you get your period or negative pregnancy tests. Because in the meantime, you're going to know it's okay. I got my

period this month. But I've seen all these other improvements. And I know that I'm on the path and it's just a matter of time because my cycle is getting healthier, it's getting fertile and activated. My body is getting stronger, and you'll keep going and your fertility will get stronger and stronger and stronger by keeping up with step number one until you get that positive pregnancy test. So that the need for example, was over the moon she got her period. But she didn't have to take any painkillers, which is night and day from what her periods have been her entire life when she was writhing in pain in bed unable to work. And she said the only explanation is following my method also cleared up a chronic yeast infection that she had had after a previous miscarriage. And now she's sleeping better and she's super optimistic that she's on the right path towards having her baby. It's so important to keep up the protocols so that they can work for you until you get the ultimate feedback, which is of course your positive pregnancy test.

8:20

Step four is to keep the whoops phase mindset in this step, you use tools to keep your faithful on your path to motherhood. And that is extremely important, because of course ever many disappointments, it's difficult to believe in your body. And this causes feelings of sadness and frustration and worry and anger and jealousy. And when you're overwhelmed by these difficult feelings, it's harder to stay motivated. And of course it just doesn't feel good and you deserve to feel good on this journey. There's always going to be ups and downs, but they don't have to be so drastic, because the more centered you feel, the less stressed out you feel and the more relaxed you feel. The less stressed out you are, the easier it is to balance your hormones and the easier it is to improve blood flow to your reproductive organs. And the easier it is to make healthier choices that will support step number one activating your fertility.

9:17

So there are four modules in the FAM program, however module 1 which is the fertility activation acupressure protocol is the main module of the program. It's the secret sauce, so to speak. It's the core of the program. It includes my clinically tested and research based acupressure protocols for having a healthy cycle, which is again the foundation of your fertility. The other three modules all support this main goal. They give you tools for supporting your body and your mind so that the acupressure protocols can be more effective and work their magic. The tracking module helps you also stay on track with the acupressure protocols and give you direct feedback to show you how they're working. So 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, I teach you by video how to do the exact pressure acupressure points that you need to activate your fertility during each phase of your cycle. And then each cycle gets more fertile than the last cycle that was it builds upon each other until you're pregnant until that positive pregnancy test. So whether you're using assisted conception, fertility treatments, or you're trying naturally, the four phase protocols are used to prepare for and during your treatment cycle. Phase one is the menses activation protocol. Phase two is the follicular activation protocol. Phase three is the ovulation activation protocol. And phase four is the implementation activation protocol. So phase one is so that you're having a healthy period and clearing out your uterus

and the phase two Acupressure is so that you have a healthy egg that matures in a healthy way for ovulation and then the phase three acupressure so that you have healthy ovulation so that in fertilization, and then phase four is so that you have pausing implantation. And then you repeat every cycle until you're pregnant. So you do the four phase protocols throughout your cycle. And then you know, you get your period. And then you do it again. And or maybe you don't get your period, I do have some clients who get pregnant the first cycle.

11:39

You repeat doing these to build up the health of your cycle activated until you get pregnant. And so for those of you even if you don't have a cycle, let's say you haven't had a cycle for six months or a year, I've had a client and to have a cycle for two years. And you still use these four phase protocols. You repeat these protocols until your cycle returns. And we've had we've helped women use this protocols to get your body back into the rhythm to get your cycle of return. And then of course it cycle gets more fertile than the last until you're pregnant. This module supports both natural and fertility treatment cycles that helps you to prepare for fertility treatment. If you are doing that, these protocols are clinically proven. They are a series of clinically tested pressure points that were used on hundreds of hundreds of my clients for almost 15 years. The protocols are easy for anyone to do at home anytime and anywhere in the world. And think of them as ancient Chinese medical wisdom delivered to you through modern technology. The protocols are also based on clinically resort research to Accupoint protocols that were proven to improve certain fertility markers.

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Then there's module two, which is a fertility activation wellness. And this is the toolkit for priming your body and your womb for pregnancy, getting your body nice and healthy and strong so it is ready for pregnancy and it can hold that pregnancy. It includes a dietary guide and fertility exercises and wellness activation acupressure protocols. So there's an acupressure protocol to strengthen your immune system. And that's obviously really important in this day and time. There's also a digestive support protocol, which is really important because digestion is like also the foundation of your fertility. It feeds your fertility, literally. And so there's an acupressure protocol for that because I know a lot of women have digestive issues and then there's a sleep improvement protocol because sleep affects your egg quality as well as your hormonal balance as well as your body's ability to hold on to a pregnancy because it needs that strength, that restoration that you get from sleep. There's also a home and Body Detox guide as well. So all of these tools will help the four phase acupressure protocols and module one to be more effective and work their magic. Rosie says that the immune immune boost and digestive acupressure protocols helped her recover from a stomach bug and it's helped her to rebalance. And this is important because the stomach bug could have had a longer negative impact on her fertility if she wasn't able to support her body to recover. And that's the point of this module to make sure that your body is supporting your fertility not causing more problems that are taking away from your fertility.

14:29

Module three is the Empowered fertility tracking and training and includes everything you need to measure your improvements 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 and calendars and checklists and there are training videos to teach you how to track so that you can measure those improvements because when you measure improvements you can have success later.

15:00

So the Module Four is a fertility activation mindset. And this module is my toolkit for staying positive and relaxed until you're pregnant. You know, that's easier said than done. But with these tools like my guide infertility relaxations, fertility affirmations, emotional wellness journal and on the go stress relief protocol, you'll be shocked at how much better you feel.

15:22

So here's what you're going to receive you're going to get the module one which is the fertility activation method and the four phase acupressure protocols. These are research based acupressure protocols that will help you to restore your fertility and this is worth about \$5,000. Module two is a fertility activation wellness. And these tools help the acupressure protocols to be more effective by getting the rest of your body healthy and strong and ready for pregnancy. And they're worth about \$1,000.

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And Module three is the Empowered fertility tracking so that you can see you're making progress and so that we keep doing it. And that's a value of about \$700. And then Module Four is a fertility activation mindset and this will help you to manage stress levels so that the acupressure can work better, which is a value of about \$400. So altogether these modules are worth about \$7,500. So you'll get module one the fertility activation methods or FAM protocols, these research based acupressure protocols that will help you restore your fertility. Then Module Two, the wellness kit and these tools, will help the acupressure protocols to be more effective by getting your whole body healthy and strong and ready to support your pregnancy. Module three is tracking so that you can see that you're making progress so that you keep doing the acupressure and Module Four is the mindset tools. This will help you to manage your stress levels so that the acupressure can also work better and it can then you can make faster progress. And then you'll get the fertility boost acupressure protocols to improve your egg quality your cervical mucus and balance your hormones.

17:01

Then the bonus FAM for fertility treatments cycle with research based acupressure acupressure protocols to support your retrieval and embryo transfer so that there is success and the male activation male fertility activation with acupressure to improve his sperm quality and count so that he can successfully get you pregnant. And the bonus pregnancy support acupressure protocol. So your pregnancy sticks, and the private fam Facebook group access to ask our team your questions when you're using the program and to get community support from women who understand what you're going through. And altogether, this is a total worth of over \$12,000 Don't

panic. This is not \$12,000 or even close. Although this program is so effective. We're not charging \$12,000 We wanted to make sure this program is affordable for you because we know you've already spent so much on fertility treatments, and you've been through so much disappointment, we really want to turn this around for you and help you get pregnant now. So the program cost is only \$1597. If you buy today, there is a special offer, an additional discount. So keep listening, I do understand the full payment may not be the best fit for everyone. We did create a payment plan to help make this more accessible. So that you can prioritize having your baby now you can get started today for just \$297 followed by five more monthly payments. But wait, we created this one time \$300 off fast action bonus discount when you pay in full. This is available only if you buy now on this class. That means you will get the program for only \$1297 instead of \$1597. So to sign up for the program, click on the link that's posted in this presentation now to sign up and it will take you to the checkout page and you'll immediately get the info that you need via email to get started. Once you sign up for the program. We also have a fast action bonus discount if you choose the payment plan option. If you buy on this webinar and choose the payment plan, you will have only five monthly payments of \$297 rather than six monthly payments do we'll save \$297. But you must sign up for the program on this class to get these fast action bonus discounts.

19:27

So who's a good fit for this program? Any woman trying to conceive is a good fit and it's even if you're over 40 Even if you have poor egg quality even if you've had failed IVF or IUI cycles or your doctors gave up even if you have diminished ovarian reserve you have PCOS, fibroids, polyps, even if you have an unexplained infertility, infertility, if you have low a major high FSH, if you have endometriosis, if you've miscarried before, or if you have other complicated conditions. If you want to have a baby, this is where we need to be although we can help them With every woman who was trying to conceive no matter her issues, there are 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 if both of your tubes are severely blocked and you don't want to 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 your tubes aren't severely blocked, and may be blocked because of spasm or fluids, then the fam program might be able to help you conceive naturally. Lastly, family sniff if you if you're not willing to actually make use of the program and follow it. In that case, I want you to waste your money because the program can only work if you commit to doing it.

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So if you're ready to join, you can click the link on this presentation and when you go to the checkout page, you can choose which payment option you prefer and pay securely with either a credit card or PayPal, you can check the box to add on the 12 weeks of group coaching calls at very discounted price. Then you will also be given an option to add my program that total pregnancy wellness to your checkout cart for the special bundled price. You simply simply click on the green box if you'd like to add that option.

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