

0:01

Hello 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 is simple acupressure how to demo that you can try today. So you're gonna want to stay on for the whole class. Professionally, I'm Heidi Brockmyre MS LAC. And those fancy letters mean that I have a Master's of Science and traditional Chinese medicine, now referred to as East Asian medicine often and I'm also a California and nationally board licensed practitioner of acupuncture and East Asian medicine. I have over 10 years of clinical experience as a fertility specializing acupuncturist where I've helped hundreds of women and couples in my community conceive their babies. And I've also worked with two of the most successful reproductive endocrinologists in San Diego. So my proven 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. Also, stay tuned, I will be doing one live acupoint demo after the four step method.

1:52

So let's break down each step. Step one cycle activation is the most important step in this step. You balance each phase of your cycle to activate your fertility and the foundation of your fertility relies on a balanced cycle. By cycle I mean day one of your period through day one of your next period. And it includes your period pre ovulation, ovulation and implantation. So it's four different phases. Phase one is your period. Phase two is the follicular phase. Phase three is ovulation and phase four is implantation. In each phase needs a different type of support to be in balance, so that you can have a fully activated and fertile cycle. Your egg health also depends on a balanced cycle, a balanced cycle I call activated cycle.

2:39

Your egg quantity also depends on a balanced activated cycle. Your cycle needs to be activated and 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, and how healthy your uterus is for implantation. It's all connected. So we want one healthy activated fertile cycle.

3:07

And your cycle needs to be activated as well for fertility treatment success. And 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.

3:34

Step two is pregnancy priming and in this step, you prime your body and your womb to support your pregnancy. Because your body and your womb must be ready to support a healthy pregnancy. 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,

right nutrition, the right sleep habits, the right exercises are all very important. First important step number one, an activated healthy and fertile cycle. And that's what I teach in my program, how to incorporate the right daily lifestyle habits into your daily routine to support the foundation of your fertility, which is your cycle.

4:15

Step three is pregnancy path tracking. And this is incredibly important. It's more important than a lot of women 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. Measuring metrics is crucial for following that plan and meeting your goal. When it comes to being fertile. First you need to know what to measure and how to measure it. And that's the beauty of my method. When you know you're on the right path. You feel confident about being on that path and there are specific markers to measure improvements with your fertility. And these specific markers also show you exactly what changes to make.

5:09

Step four is to keep the faith mindset and in this step, you use tools to keep your faith while on your path to motherhood. And that is extremely important. After many disappointments, of course, it's difficult to believe in your body. And this causes more feelings of sadness, frustration, worry, anger, stress. And when you're overwhelmed by 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 of course, but they don't have to be so drastic. And the more centered you feel, the less stressed out you feel. And that is really important and the more relaxed you feel, the easier it is to balance your hormones, the easier it is to improve blood flow to your reproductive organs, and the easier it is to make healthier choices. By supporting your mindset. The acupuncture protocols can work better, your body can then do a better job of activating your fertility because stress won't be working against your efforts and making things worse, every step support step one, activating your fertility. It's not always easy, staying positive during this journey. I get that and it's never your fault. But this step encourages a new perspective and a calmer mind. This can work for you even if you've had failed fertility treatments or your doctor gave up on you or you're over 40, or you've miscarried before, you've already tried everything, you don't have time, you have a complicated case or unexplained infertility. Maybe you've never done anything like this before, maybe you're just starting out. Whatever the case, your fertility issues can't get better if you don't take action to help your body be in a position to fall pregnant. Your health issues could get worse, and you could feel more hopeless and helpless and stuck. And I don't want that for you. You don't want that for you. Well, there's only so much that I can share in this masterclass. So, would you like to hear how I can help you more? Yes, your answer was yes. Great.

7:07

Let me introduce you to my online program, the Fertility Activation Method. Doors are open now.

7:14

So imagine you getting pregnant in just a few weeks, I want to give you an inside look at what you'll do and each step of my online program as I said it's a little bit different. So I ask that you open your mind now and pay really close attention. There are four modules in the FAM program. However, module number one is the fertility activation acupressure protocols, and this is the main module of the program. It's the secret sauce, so to speak. It includes my clinically tested and research based acupressure protocols for having a healthy cycle which is the foundation of your fertility. The other three modules all support this main goal that gives 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 to stay on track with the acupressure protocols and give you direct feedback to show you how they're working.

8:10

So module one focuses on cycle activation. And in this first module, I'll give you the exact acupressure practices and protocols that you need to balance and support your body's cycle. Whether you're trying to conceive naturally or through fertility treatments, I teach you by video how to do the exact acupressure points you need to activate your fertility during each phase of your cycle. And then each cycle gets more fertile than the last until you're pregnant until you get that positive test. So whether you're using fertility treatment or trying naturally, the four phase protocols are used to prepare for and during your treatment cycle as well. And phase one is the menses activation protocol. Phase two is a follicular activation protocol. Phase three is the ovulation activation protocol. And phase four is the implantation activation protocol. And so you repeat these protocols every cycle until you're pregnant. And maybe some of you are wondering well, I don't have a cycle I you know, my cycle is really irregular, I haven't had a cycle for six months or a year or two years. Even if you don't have a cycle. You repeat these protocols to help your cycle return and each cycle gets more fertile than the last until you're pregnant. And this module supports natural and fertility treatment cycles. We've had somebody restore their cycle using this who didn't have a cycle for two years.

9:33

And then there's module two, which is the fertility activation wellness. This is the wellness module. It's a toolkit for priming your body and your womb for pregnancy. So it includes a dietary guide and meal plan with breakfast lunch, dinner and snacks. Chinese medicine based fertility exercises known as chi gong, which is basically like ancient Chinese yoga. And this module also includes wellness activation acupressure point protocol, so there's an immune boost protocol, which is obviously really important to stay in time. And in this module, you'll also find a digestive support protocol. Also really important for fertility to have a healthy digestion your healthy digestion basically feeds your egg quality and your hormone balance. And there's a sleep improvement protocol so you can get better sleep because that also affects your egg quality and your hormonal imbalances or balances so, and there's a home and Body Detox guide as well. And all of these tools will help the four phase acupressure protocols and module one to be more effective to be able to work their magic.

10:37

Module three is the empowered fertility trackers and training and 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 because remember when you can measure improvements you can have success.

11:07

Lastly, Module Four is a fertility activation mindset. And this module is my toolkit for staying positive and relaxed until you're pregnant. I know it's easier said than done right but with these tools like my guided fertility relaxations, fertility affirmations and emotional wellness journey, and my on the go stress relief, acupressure protocol, you will be shocked and how much better you feel and how much easier it is to manage these stress levels. I'm not is another success story. She was diagnosed with secondary infertility and she had been trying for three years at the age of 42. She had high FSH, her cycles were really short, and her period only lasted one day. But with the program she managed her stress levels and our FSH went down to a normal level five and her cycle was regulated and her period lasted longer, and she got pregnant after three months of being on the program. She's a perfect example of stress affecting hormones and fertility. And that's how this mindset module helps make the acupressure work better, immediate lifetime access to the entire system. And that means you'll get module one the Fertility Activation Method for phase acupressure protocols. These are research based acupressure protocols that will help you to restore your fertility. Then you've got module two the wellness kit. And these tools include daily fertility exercises, dietary and nutritional guidance to help the acupressure protocols to work and be more effective by getting your whole body healthy and strong and ready to support your pregnancy. As well as additional acupressure protocols to support your sleep, your digestion and your immune system. And then you have module three which is the tracking module so that you can see that you're making progress so that you keep doing the acupressure and you can see the amazing changes that it's having on your health and your fertility. And Module Four is the mindset kit and this will help you manage your stress levels so that the acupressure can also work better and you can make faster progress.

13:12

And then you have bonuses, amazing, five amazing bonuses. You have the the fertility boost acupressure protocols to improve your egg quality your cervical mucus and balance your hormones. And then you have the fertility the fam for fertility treatments cycle with research based acupressure protocols to support your retrieval and embryo transfer so that there are success and the male activation fertility activation system with acupressure to improve his sperm quality and count so he can successfully get you pregnant. And then the bonus pregnancy support acupuncture protocols so that your pregnancy sticks. And then you also have the private support group access to ask our team your questions when using the program and to get community support from women who understand what you're going through. That's bonus five, and all of this together is a total worth of over \$12,000 Don't panic. This program is not \$12,000 Although this program is so effective.

14:13

We wanted to make sure that the program was affordable for you because we know you've already spent so much on fertility treatments and you've been through so much disappointment. So we really want to turn this around for you and help you get pregnant now. And so the program cost is only \$1,597 and if you buy today, there is a special offer. So keep listening, I do understand that the full payment may not be the best fit for everyone. So 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 four five more monthly payments of \$297. So total of six monthly payments are \$297. 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, you want to click on the purchase link posted in this presentation to sign up and it will take you to the checkout page and you'll immediately access you'll get the info that you need via email right away to get started.

15:35

We also have a fast action bonus discount if you do choose the payment plan option. If you buy in this webinar, and you choose the payment plan, we will have only five monthly payments of \$297 rather than six monthly payments. So you will save up \$297. But you must sign up for the program on this masterclass.

15:56

Even with the fast action bonus savings, the pay-in-full option is still the best value, you'll save more money by paying in full then you do the payment plan. You will save an additional \$180 compared to choosing the payment plan. However the payment plan does offer you that financial flexibility.

16:15

So when you sign up for the fertility activation method, you'll already have everything you need to support your fertility to get pregnant. But if you're someone that really needs extra accountability and support, you need somebody you want somebody with their eyes on your case and encouragement that I recommend the 12 weeks group coaching add on. And with this group coaching add on, you're getting live mentorship for a full three months from our expert FAM certified coach, her name's Jen, she's amazing. You'll be on a weekly group live zoom calls with her so that she can answer your questions in person while on Zoom. But you know, face to face on Zoom. We are also so confident that the FAM program is going to work for you and at least double your chances of getting pregnant, since we've seen this work for so many women. So we're also offering support for your pregnancy because that's how confident we feel that it will work for you and you're going to need this pregnancy support.

17:16

So who's a good fit for this program? Well, any woman trying to conceive is a good fit, even if you're over 40, even if you have four egg quality, if you've had failed IVF or IUI cycles or your

doctors give up even if you have diminished ovarian reserve, you have PCOS, fibroids, polyps. Even if you have unexplained infertility, if you have low a major high FSH, low progesterone, if you have endometriosis if you've miscarried before, if you if you have other complicated conditions. If you want to have a baby, this is where you need to be.

17:48

Although we can help almost every woman who is trying to conceive no matter her issue, there are some cases when the fam program may not be a good fit for you. And these would include if you're over 50 and or have already completed menopause, or if both or if or if both of your tubes are severely blocked. And you do not plan on using medical intervention such as surgery or IVF. To overcome this, then this won't be a good fit for you. We can help you however, if only one tube is blocked, or if you're doing IVF and you want to support your cycle using fan for a better outcome. In some cases, if both of your tubes aren't severely blocked, and maybe blocked because of spasms or fluids, then the program might help you to conceive naturally. Lastly, FAM isn't a fit for you if you're not willing to actually make use of the program and follow it do the work. In that case, I wouldn't want you to waste your money and it's that work really it's very relaxing, you'll enjoy it. But if you're not going to do it, I don't want you to waste your money because the program can really only work if you commit to it. Doors to the FAM program are open for the next five days. You will continue to get the opportunity to join the program during this time, we'll send you follow up emails with the link to sign up. However, the fast action discounts are available only if you sign up now on this masterclass. So if you're ready to join, click on the link in this presentation. 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 the discounted price if you want to add those on, then on the next page after you've submitted that information, you will also be given an option to add on the Total Pregnancy Wellness program to your checkout cart for this special bundled price, a savings of \$400. So simply click on that if you would like to add that option. And once you purchase the program within the hour you receive an email with login credentials to the FAM online program and you get immediately immediate lifetime access so you can start doing the acupuncture protocols today, like within the next 5-10 minutes you can start taking control of your fertility and giving your body the support it needs today.

20:01

And just a reminder you need to buy now on this masterclass if you want the fast action bonus discounts of \$300 off. If you pay in full or you choose a payment plan, you'll make only five payments instead of \$297 instead of six payments of \$297. So once we hang up and the masterclass is over, this bonus won't be available anymore. So click on that link. And you can also save over \$800 by adding on these bonuses when you check out if you need that extra personalized support, then add on the group coaching calls for only \$297. And if you want the pregnancy support because this program works, then you can add that on now for just 497 a savings altogether of \$800. So that's a bundled savings.

Transcribed by <https://otter.ai>

