



# ***The Fertility Guide***

***A practical, warm, no-fluff roadmap which has worked for 465 couples to restore body, mind, and womb energy for conception***

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**Disclaimer - This guide is intended for educational purposes only and does not substitute professional medical advice, diagnosis, or treatment. We recommend consulting your doctor and the YogBirth team to ensure these practices are safely and appropriately personalized for your unique health journey.**

# INTRODUCTION

*A gentle, holistic and science-supported roadmap for a healthy, confident and emotionally grounded pregnancy.*

Welcome, beautiful soul.

This guide is created to help you understand your fertility in the simplest, kindest way. It blends reproductive science with yoga therapy, Ayurveda, breathwork, emotional healing and energetic womb work.



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YogBirth believes:

When your **body**, **mind** and **energy field** feel safe, warm and supported, conception becomes easier and more natural.

## HOW TO USE THIS GUIDE

- Go straight to the condition that matches your symptoms
- Start with **Daily Foundations**
- Add rituals, supplements and diet changes slowly
- Use this guide alongside your doctor's plan
- Reassess your symptoms every 6 to 12 weeks

This guide is not a replacement for medical advice. It is your **holistic support system** — the part medicine often misses.

# THE CORE PRINCIPLE: BODY, MIND, ENERGY

## THE YOGBIRTH PHILOSOPHY MIND, BODY & SOUL



### 1. Body (the soil)

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Your hormones, ovulation, inflammation, digestion, and blood flow shape your fertile ground.

### 2. Mind (the gardener)

Stress, fear, overthinking and emotional memories influence hormones and ovulation.

### 3. Energy (the atmosphere)

Your womb opens when it feels safe.

Your heart and womb must communicate freely.

Your nervous system must shift from tension to receiving.

When these three align, fertility improves from the inside out.



# DAILY FOUNDATIONS — START TODAY

## Morning

- Warm lemon/cinnamon water
- 10 minutes fertility breathwork
- Protein-rich breakfast within 1 hour
- Sunlight exposure

## Day

- 20–30 minutes gentle movement
- Eat warm, freshly cooked meals
- Grounding practices for stress

## Evening

- Navel oil massage (2 minutes)
- Gentle stretching or Yoga Nidra
- Low screens before bed
- Sleep by 10 pm

These regulate insulin, calm cortisol, improve pelvic circulation and nourish your womb.

**Feeling confused about what your fertility needs right now? This 90-second quiz gives you gentle, personalised direction, not generic advice -**

<https://form.typeform.com/to/L6enqmmm>

**For personalised guidance with diet charts, herbs and routines: [Book your Free 1:1 consultation with us](#)**

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# CONDITION SECTIONS

Each condition uses the same headings so you can use content for teaching, reels, or handouts.

## OBESITY AND METABOLIC FERTILITY CHALLENGES

### What it is

Imagine your body has tiny helpers that carry messages. When there is too much soft body-cushion (fat), the helpers get confused and shout too many messages. This makes the body tired and the baby-seed (egg) gets mixed signals. Excess adipose tissue that alters hormone metabolism and raises inflammation.



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### How It Affects Fertility

- Excess estrogen from fat tissue can suppress ovulation
- Insulin resistance harms egg quality and increases androgen levels
- Chronic inflammation reduces uterine receptivity
- Increased miscarriage risk
- Lower success rates with natural conception and fertility treatments

### What Doctors Typically Do

Doctors assess metabolic health and fertility impact through:

- Tests: BMI, fasting glucose, fasting insulin, HOMA-IR, lipid profile, thyroid tests
- Lifestyle recommendations: diet and exercise planning
- Medications: metformin, GLP-1 agonists
- Referrals: bariatric specialist in severe cases
- Fertility support: ovulation induction or IVF when needed

### **Doctors usually emphasise:**

- “Weight loss of even 5–10 percent improves fertility outcomes.”
- “Insulin resistance must be addressed for sustainable hormonal balance.”
- “Inflammation plays a major role and requires holistic management.”

### **Medicines & Procedures — Benefits and Risks**

#### **Metformin**

Benefits: improves insulin sensitivity, may restart ovulation

Risks: gastrointestinal upset, B12 depletion with long-term use

#### **GLP-1 Agonists**

Benefits: appetite reduction, weight loss, better insulin control

Risks: nausea, vomiting, emotional side effects; cost and availability vary

#### **Hormonal Tablets**

Benefits: quick cycle regulation

Risks: may suppress natural ovulation when used long-term

### **Short-Term Gains & Long-Term Complications**

#### **Short-Term Gains**

- Improved insulin levels
- More regular cycles
- Reduced inflammation
- Better symptom control

#### **Possible Short-Term Side Effects**

- Digestive discomfort
- Fatigue
- Mood fluctuations

#### **Long-Term Complications If Root Causes Are Not Addressed**

- Persistent inflammation
- Medication dependence without metabolic correction
- Hormonal imbalance returning after stopping medication
- Nutritional deficiencies from aggressive dieting
- Cycle dependence on hormonal tablets

### **Emotional Patterns & Energetic Contributors**

- Feelings of shame, heaviness, or emotional protection
- Overworking or pushing oneself (masculine-dominant energy)
- Resistance to receiving support
- Pelvic stagnation or blocked downward energy flow (Apana Vayu imbalance).



# HOLISTIC FERTILITY HEALING PLAN FOR OBESITY

This plan is not just about “losing weight”; it’s about **releasing metabolic stagnation** (kapha imbalance), **cleansing inflammation**, and **reigniting the reproductive fire (agni + ojas)** that supports fertility.



## Root Understanding (Holistic View)

Obesity impacts fertility because it disrupts the **endocrine orchestra**:

- Excess body fat → higher estrogen → **anovulation** or irregular cycles
- Insulin resistance → **PCOS**, poor egg quality
- Inflammation → **uterine receptivity issues**
- Emotional weight → **low apana vayu flow (blocked pelvic energy)**

The plan focuses on 3 pillars:



**Fire (Agni)** – metabolic & digestive strength



**Flow (Apana Vayu)** – hormonal & reproductive balance



**Faith (Mind & Energy)** – emotional lightness & self-worth healing



## PHASE 1: DETOX & RESET (Weeks 1–4)

### ♦ Ayurvedic Cleansing Diet

**Goal:** Reduce inflammation, awaken sluggish metabolism, and detoxify hormones.

- Morning (6–8 AM):
  - Warm lemon water + pinch of turmeric & black pepper
  - Light walk in sunlight
- Breakfast:
  - Stewed apple with cinnamon or moong dal pancakes
- Lunch:
  - Khichari (mung dal + basmati rice + ghee + cumin, coriander, fennel)
  - Add sautéed leafy greens
- Dinner (before 7:30 PM):
  - Vegetable soup or dal + sautéed vegetables

- Avoid:
  - Cold/raw foods, dairy, sugar, wheat, caffeine, processed oils
- Sip **Triphala + CCF tea (cumin, coriander, fennel)** throughout the day.

**Why it works:** Balances *kapha dosha*, cleanses liver (hormone metabolism), reduces estrogen dominance, and resets insulin response.

#### ♦ Key Herbs

- **Triphala (½ tsp at bedtime)** – detox & bowel regularity
- **Guggulu** – mobilizes fat metabolism & improves insulin sensitivity
- **Shilajit or Ashwagandha** – restores energy post-weight loss, reduces stress

**Why:** Supports fat metabolism (meda dhatu), detoxes reproductive tissues (artava dhatu).

#### ♦ Yoga Therapy

Daily 30–40 min flow:

- *Surya Namaskar* (5–10 rounds, moderate pace)
- *Naukasana* (Boat pose) – strengthens core & metabolism
- *Malasana* (Squat) – activates apana vayu (pelvic flow)
- *Bhujangasana* (Cobra) – stimulates thyroid & hormonal balance

**Why:** Rebalances insulin & cortisol, improves circulation to ovaries, burns visceral fat.

#### ♦ Breathwork

- **Kapalabhati (3 rounds × 30 strokes)** – detoxifies and ignites metabolism
- **Nadi Shodhana (5–10 min)** – balances pituitary & thyroid hormones

**Follow this quick video tutorial - specially designed for fertility and first trimester pregnancy.**

<https://www.youtube.com/watch?v=38qsuO5oojk>

**Watch this video to know the right technique, there's a lot of misinformation around Kapalabhati, so please watch it very carefully at least twice**

<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>

♦ **Energy Cleansing Meditation: “Releasing Stored Weight & Emotions”**

**Practice (Evening, 15 min):**

1. Sit with one hand on heart, one on womb.
2. Inhale through nose; exhale slowly through mouth.
3. Visualize a grey mist (stagnant energy) leaving your body with every exhale.
4. See golden light filling your belly and womb.
5. Repeat:

“I release all that I no longer need. I am light, alive, and fertile.”

**Why:** Stored emotions often manifest as physical weight; this clears emotional heaviness from womb and digestive fire.

🌻 **PHASE 2: REBUILD & BALANCE HORMONES (Weeks 5–8)**

♦ **Fertility Hormone Support**

- **Shatavari (1 tsp/day)** – balances estrogen-progesterone
- **Cinnamon + fenugreek tea** – regulates insulin
- **Vitex (Chasteberry)** – improves ovulation & luteal phase

**Why:** Hormonal regulation restores cycle rhythm and fertility signaling.

♦ **Diet**

- Continue warm, grounding meals
- Add:
  - Flaxseed (omega-3, estrogen balance)
  - Beets & pomegranate (uterine blood flow)
  - Ginger & black pepper (digestive heat)
- Replace dinner with soup or light porridge twice/week to aid metabolic reset.

### ♦ **Yoga for Hormonal Balance**

- *Setu Bandhasana (Bridge pose)*
- *Supta Baddha Konasana (Reclined bound angle)*
- *Viparita Karani (Legs up wall)*
- *Utkatasana (Chair pose)*

**Why:** Improves circulation to reproductive glands, balances insulin, enhances ovary function.

### ♦ **Meditation: “Womb Light Recalibration” (15–20 min, before bed)**

Visualize a golden-pink light swirling in your womb area, melting away inflammation and heaviness.

Affirm:

“My womb is clear, balanced, and radiates health. Every breath brings my body closer to perfect hormonal harmony.”

**Why:** Reinforces subconscious safety → balances cortisol and reproductive hormones.

## 🌍 **PHASE 3: FERTILITY ACTIVATION (Weeks 9–12)**

### ♦ **Seed Cycling (to balance estrogen & progesterone)**

- **Days 1–14:** Flax + pumpkin seeds (support estrogen).
- **Days 15–28:** Sunflower + sesame seeds (support progesterone).

### ♦ **Supplements** Your Holistic Pregnancy Partner

- CoQ10 (200 mg) – egg quality & metabolic energy
- Omega-3s – anti-inflammatory
- Vit D3 + K2 – hormonal receptor sensitivity
- Chromium + Magnesium – insulin regulation



## ♦ Lifestyle & Rhythm

- Sleep: 10 PM–6 AM
- 30–40 min walk post dinner
- Dry brushing (garshana) before shower → stimulates lymphatic detox
- Avoid sitting long hours; gentle movement every 90 mins

## ♦ Energy Practice: “Heart–Womb Alignment” (Morning, 10 min)

1. Place right hand on heart, left on womb.
2. Inhale from heart → exhale to womb.
3. Visualize energy connection activating between the two.
4. Repeat:

“I love and trust my body. My womb and heart move in harmony toward new life.”

**Why:** Reconnects emotional self-worth with reproductive receptivity.

**Do this Alpha waves meditation before sleep to enhance sleep quality and rewire subconscious brain** <https://www.youtube.com/watch?v=C4nhl-hJr7A>



## Expected Outcomes (3–6 Months)

- Gradual healthy weight loss (3–6 kg avg)
- Regular ovulatory cycles
- Improved insulin sensitivity & reduced cravings
- Healthier uterine lining & hormonal stability
- Emotional lightness & renewed confidence

If you want a **super-specific, personalized plan** tailored to your unique medical history, hormone levels, emotional needs, and lifestyle. This custom roadmap will address your **stress levels, sleep quality, diet, movement**, and womb energy—bringing your body into alignment for conception.

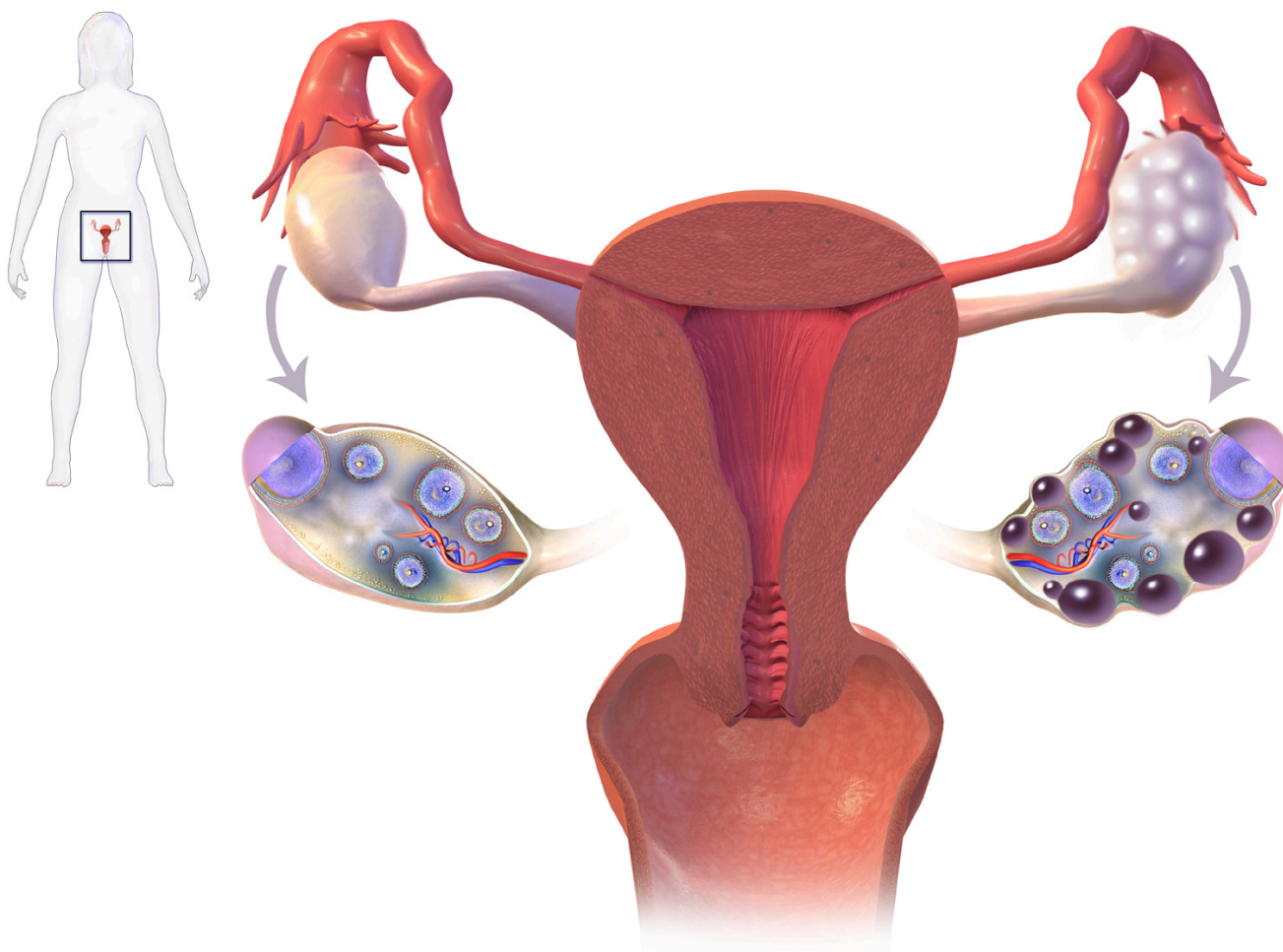
🌟 Ready to begin? [Book your personalized fertility healing consultation and custom plan here](#) and avail the benefit of limited time price drop.

**Free Bonus Gift - [Fertility Breathwork Plan](#)** that has helped 82% of the women in our community to conceive naturally.

# PCOS

## What it is

A hormonal and metabolic syndrome featuring insulin resistance, androgen excess, and disrupted ovulation. Your ovaries are like tiny egg-baskets. In PCOS, the baskets get confused because too many messages arrive at the same time. So instead of letting one egg grow, the baskets try to grow many little ones but don't finish the job.



## Polycystic Ovary Syndrome

### How it affects fertility

- Irregular or absent ovulation
- Poor follicle development and luteal insufficiency
- Increased risk of early pregnancy loss

### What doctors typically do

- Tests: fasting insulin, glucose, HOMA-IR, androgen panel, AMH, pelvic ultrasound
- Treatments: metformin, combined oral contraceptives for cycle control, letrozole or clomiphene for ovulation induction, referral for assisted reproduction when needed

### Medicines and procedures: benefits and risks

- Metformin improves insulin but can cause GI upset and vitamin B12 depletion.
- Oral contraceptives suppress bleeding quickly but can mask metabolic dysfunction and suppress natural ovulation long term.

## Short-term gains and long-term complications

Short-term: immediate cycle regulation and possible ovulation induction.

Long-term: medications may mask root causes; unresolved insulin resistance can worsen metabolic health; reliance on drugs without lifestyle repair reduces sustainable fertility.

## Emotional patterns and energetic contributors

- Perfectionism, urgency, chronic striving
- Masculine energy dominance: pushing rather than receiving
- Energetic block: pelvic tension and restricted apana vayu

# PCOS RESET: EXACT 5-STEP PLAN TO BOOST FERTILITY NATURALLY

**Why our approach is different:** instead of only cutting sugar and exercising, this plan targets four neglected drivers: ovarian cell health, insulin timing and circadian rhythm, vagal / stress recovery, and environmental hormone load. Each step includes what to do, why it matters, what to measure, and a simple timeline.

### 1. Detox + Metabolic Timing (not just “cut sugar”)

What to do daily

- Time-restricted eating aligned with your cycle: 12–10 hour eating window in follicular phase, shorten to 10–8 hours in luteal phase.
- Morning protocol: warm lemon water with turmeric + 10–15 min sunlight exposure for circadian reset.
- Remove endocrine disruptors: swap plastics for glass, avoid fragranced cosmetics, check personal-care labels.

Why it matters: improves insulin sensitivity by syncing metabolism to day/night and reduces continuous estrogenic load.

Measure: fasting insulin, fasting glucose, HOMA-IR at baseline and 8–12 weeks.

Timeline: metabolic shifts visible in 4–8 weeks; aim for improved fasting insulin by week

### 2. Ovarian Microenvironment + Mitochondrial Support (not just “take CoQ10”)

What to do

- Supplements (personalize after labs): CoQ10 (ubiquinol 200 mg), myo-inositol 2–4 g, Omega-3 EPA/DHA 1000 mg.
- Red light on lower abdomen 10 minutes daily and gentle abdominal massage to increase local circulation.
- 12–14 hour overnight fasting window 4–5 nights/week to promote cellular autophagy.

Why it matters: boosts mitochondrial energy in eggs, improves follicle quality instead of only focusing on ovulation frequency.

Measure: AMH and antral follicle count baseline and at 3 months for directional change; track cycle regularity.

Timeline: cellular energy improvements begin in 6–12 weeks; mitochondrial-related markers and egg quality signals after 3 months.

### 3. **Insulin & Androgen Reset via Targeted Nutrition (not “eat less carbs”)**

What to do

- Focus on low-glycemic whole foods + protein at every meal; include seeds (flax, pumpkin) for lignans and progesterone precursors.
- Strategic carbs around activity: higher on workout days, lower evening carbs.
- Add fermented foods for gut-hormone signaling and zinc/magnesium supplementation as indicated.

Why it matters: reduces hyperinsulinemia that drives androgen production and follicular arrest.

Measure: fasting insulin, free testosterone, SHBG at baseline and 8–12 weeks.

Timeline: hormone shifts often show by 8–12 weeks with consistent nutrition.

### 4. **Vagus + Nervous System Repatterning (not “meditate more”)**

What to do

- Daily 10 minutes: rhythm breathing (heart coherence 5:5), slow humming (Bhramari) for vagal tone, and 2-minute womb hand placement.
- Weekly practice: cold face splash or brief cold exposure to stimulate vagus.
- Add pelvic floor release: guided somatic pelvic work 1–2x weekly to remove pelvic holding.

Why it matters: improved vagal tone lowers cortisol, normalizes GnRH pulsatility, reduces inflammatory signaling that blocks ovulation and implantation.

Measure: subjective sleep quality, HRV if available, cortisol (salivary AM/PM) if clinically indicated.

Timeline: vagal tone and sleep benefits often within 2–4 weeks; hormonal pattern stabilization by 8–12 weeks.

### 5. **Precision Testing + Personalized Interventions (not one-size-fits-all)**

What to do

- Baseline panel: fasting insulin, glucose, HOMA-IR, free testosterone, SHBG, AMH, thyroid panel, vitamin D, ferritin, CRP.
- Re-test at 8–12 weeks and adjust supplements/diet based on results.
- If persistent androgenism or insulin resistance: escalate to targeted meds with an endocrinologist while continuing the lifestyle plan.

Why it matters: removes guesswork and targets the root physiological blockers unique to each person.

Timeline: diagnostic-driven changes by month 3 for a clear next step.

Daily practical routine (30–40 minutes total)

- AM: warm lemon + turmeric, sunlight 10 min, gentle pelvic flow (5–8 min).
- Midday: protein-rich lunch with low-glycemic carbs, movement.
- PM: red light 10 min or abdominal circulation work, heart-coherence breathing 10 min before bed.
- Night: 10–12 hour fasting window set by your phase.

Quick clinical outcomes to expect (8–12 weeks)

- Lower fasting insulin and improved HOMA-IR
- Reduced free testosterone and increased SHBG
- More consistent ovulation and better luteal phase function
- Improved sleep, lower PMS, less emotional reactivity

What makes this plan unique

- Focus on ovarian cell energy, not only cycle timing.
- Circadian-timed eating and sunlight to fix insulin at its source.
- Vagal rehabilitation plus pelvic release to treat nervous-system causes of anovulation.
- Precision testing to track progress and personalize next steps.

### **Clear CTA with measurable outcomes**

If you want a plan that replaces generic rules with targeted actions and measurable lab goals, book a personalized PCOS Reset. You'll receive:

- A 12-week roadmap tied to your labs and symptoms
- Exact supplements, timed nutrition plan, and nervous-system protocol
- Tests to order and milestones to hit (insulin, androgens, AMH, sleep/HRV)

Ready to begin? [Book your personalized fertility healing consultation and custom plan here](#) and avail the benefit of limited time price drop.

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**Free Bonus Gift 2:** Watch this video to know the right technique, there's a lot of misinformation around Kapalbhathi, so please watch it very carefully at least twice

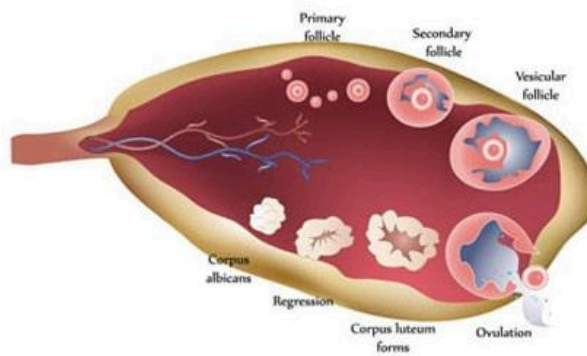
<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>



# LOW AMH AND EGG QUALITY DECLINE

## What it is

AMH is a marker of ovarian reserve. Low AMH indicates fewer eggs but not inevitability. Egg quality is influenced by mitochondrial health, blood flow, and oxidative stress.



## LOW AMH

### How it affects fertility

- Lower egg numbers and variable response to stimulation
- Increased emotional urgency and stress, which can suppress reproductive signalling

### What doctors typically do

- Tests: AMH, antral follicle count, FSH, estradiol
- Treatments: IVF with tailored stimulation, egg freezing, adjunct supplements like DHEA or CoQ10 in some protocols

### Medicines and procedures: benefits and risks

- High stimulation drugs increase follicle numbers but can raise inflammation and stress.
- DHEA and other adjuvants have mixed evidence and should be clinician-guided.

### Short-term gains and long-term complications

Short-term: higher egg yields in a given cycle.

Long-term: repeated aggressive stimulation may increase physical and emotional strain; interventions without improving mitochondrial health may limit benefit.

### Emotional patterns and energetic contributors

- Fear of scarcity, urgency, comparison with others
- Masculine rush energy overriding patient tending
- Energetic block: contracted ovarian field; need for slow, nourishing energy

## PHASE 1: Revive Ovarian Blood Flow + Hormonal Signaling

🎯 **Goal:** Improve reproductive circulation, strengthen HPO signaling, and prepare the ovaries to respond better during ovulation.

**Daily Practices (15–20 mins)**

**Yoga Poses (Hold 2–3 mins each)**

🧘 *Supta Baddha Konasana* (Reclining Butterfly) — Opens hips, calms mind

🧘 *Viparita Karani* (Legs Up the Wall) — Boosts ovarian blood flow

🧘 *Setu Bandhasana* (Bridge Pose) — Stimulates thyroid + pelvic region

**Breathwork:**

5 mins Nadi Shodhana — Balances nervous system

Video: <https://www.youtube.com/watch?v=38qsuO5oojk>

2 mins Kapalabhati — Supports abdominal organs

Video: <https://www.youtube.com/watch?v=V1bgNNjICM&t=31s>

🧬 **Why This Phase Matters**

Improves FSH/LH signaling

Boosts pelvic blood flow → nourishes developing follicles

Supports regular ovulation

## PHASE 2: Gentle Detox & Hormone Metabolism Support

🎯 **Goal:** Clear hormonal blocks, lower inflammation, and improve estrogen metabolism for better egg health.

**Nutrition + Lifestyle (21–30 days)**

**Fertility-Boosting Foods**

Cruciferous veggies — support estrogen detox

Beets, carrots, lemon water — liver support

Flax seeds — naturally balance estrogen

Filtered water — reduces toxin load

**Remove/Limit:**

Plastic, refined sugar, alcohol, non-organic dairy

**Gut & Liver Support:**

Dandelion or fennel tea

Triphala if constipated

Castor oil packs (2–3x/week)



## Why This Phase Matters

Clears xenoestrogens that block hormonal pathways  
Supports liver & gut, which control hormone clearance  
Lowers inflammation — a key fertility disruptor

## PHASE 3: Calm the Nervous System & Rewire Stress Response

 **Goal:** Shift your body into a state where conception feels safe — activating the parasympathetic, womb-nourishing mode.

### Daily Mind-Body Reset (10–15 mins)

#### Meditation (5–10 mins)

Guided fertility meditation or breath-focused mindfulness

Alpha wave sleep-repair audio: <https://www.youtube.com/watch?v=C4nhl-hJr7A>

#### Breath Practice (Before Bed):

4-7-8 breathing

Video: <https://www.youtube.com/watch?v=38qsuO5oojk>

#### Nervous System Nourishment:

Gratitude journaling (DM for link)

Morning sunlight

Warm self-abhyanga with sesame or castor oil

## Why This Phase Matters

Lower stress → better GnRH → stable ovulation  
Reduces fear patterns stored in the subconscious  
Enhances melatonin → protects egg quality

## BONUS: Evidence-Based Foundational Supplements

(Use under guidance.)

CoQ10 (Ubiquinol)

Myo-Inositol

Omega-3 (DHA)

Vitamin D

Methylated Prenatal

## TIMELINE TO FOLLOW

Phase 1 & 2 together for 21–30 days  
Phase 3 daily, ongoing  
Track ovulation by month 2

## 🔥 YOUR NEXT STEP (Clear CTA with Outcomes)

You now understand *what* to do — but how your body responds depends on **your hormone levels, medical history, emotional patterns, sleep, metabolism, and womb energy**.

✨ This is where a **personalized fertility healing plan** becomes life-changing.

**When you book your consultation, you'll receive a plan that helps you:**

- ✓ Understand your root fertility blockers
- ✓ Rebuild egg quality (even with low AMH)
- ✓ Regulate ovulation naturally
- ✓ Reduce inflammation + stress patterns
- ✓ Strengthen womb lining + hormonal rhythm
- ✓ Create a nervous system environment where conception feels safe

This is the level of precision women over 35 need — not generic advice.

If you want a **super-specific, personalized plan** tailored to your unique medical history, hormone levels, emotional needs, and lifestyle. This custom roadmap will address your **stress levels, sleep quality, diet, movement**, and womb energy—bringing your body into alignment for conception. ✨ Ready to begin? [Book your personalized fertility healing consultation and custom plan here and avail the benefit of limited time price drop.](#)

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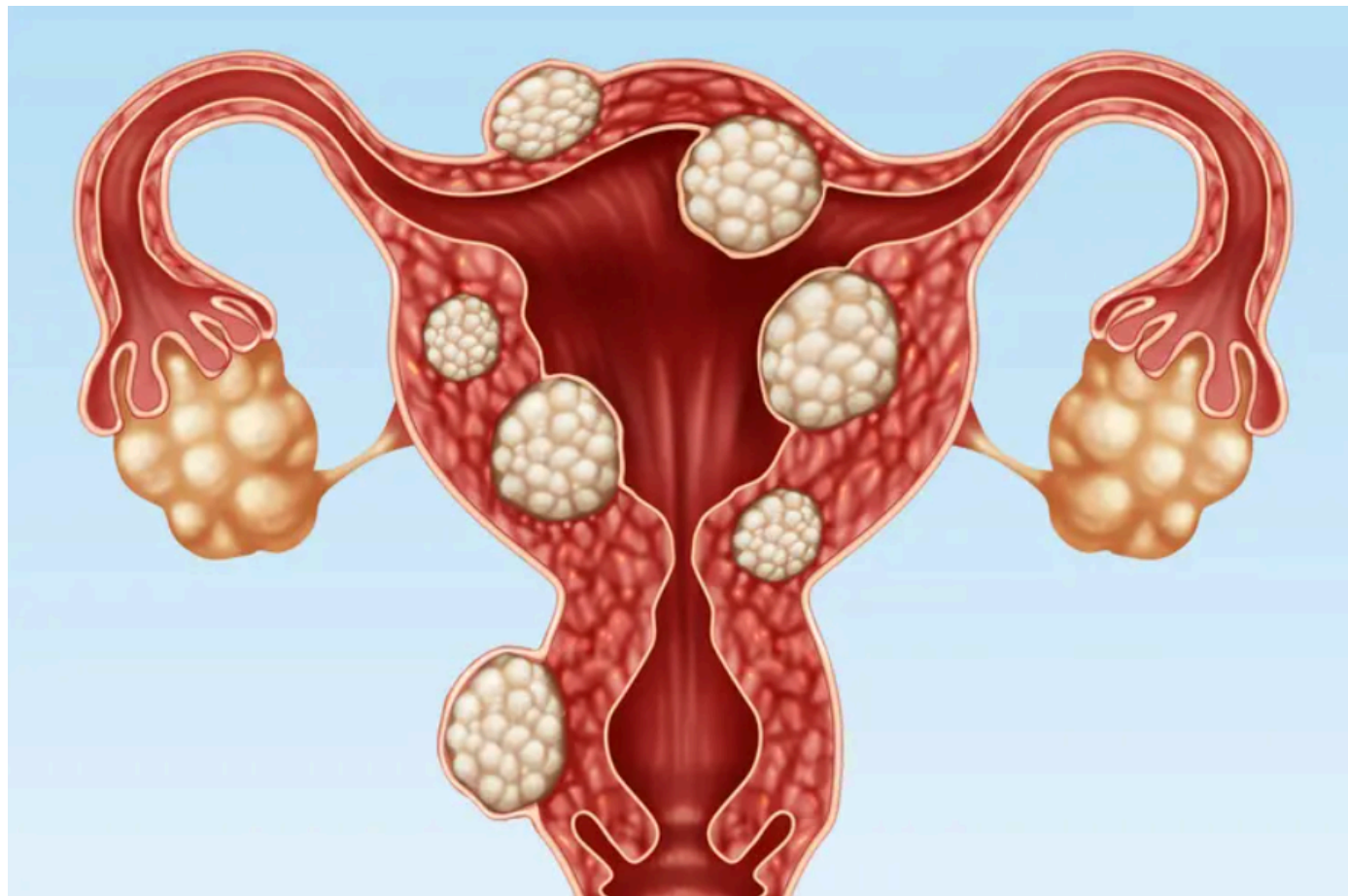
**If you are tired of trying everything, pause here. This 90-second fertility quiz helps you focus on what actually matters for *you* -**  
<https://form.typeform.com/to/L6enqmmm>

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# FIBROIDS

## What it is

Benign uterine growths are often associated with estrogen dominance, inflammation, or pelvic stagnation.



## How it affects fertility

- Distortion of the uterine cavity when submucosal or large
- Heavy bleeding, painful cycles, and reduced implantation potential

## What doctors typically do

- Diagnostic imaging, medical suppression with GnRH analogues, hormonal IUDs for bleeding control, myomectomy if fertility is affected, uterine artery embolisation in non-fertility cases

## Medicines and procedures: benefits and risks

- GnRH analogues shrink fibroids short term but cause menopausal symptoms and bone density concerns with prolonged use
- Surgery can restore cavity shape but may create scarring and adhesions

## Short-term gains and long-term complications

Short-term: symptom relief and temporary size reduction.

Long-term: recurrence is common unless root causes are addressed; surgery can leave adhesions that impair fertility.

## Emotional patterns and energetic contributors

- Suppressed anger and unexpressed creativity
- Energetic block: pelvic contraction and reduced circulation

# Holistic Healing Plan for Fibroids + Fertility

## Before going through the healing plan I want you to understand the root cause of Fibroid Occurrence

Fibroids = benign uterine growths often linked to:

- **Estrogen dominance** (high estrogen relative to progesterone)
- **Chronic inflammation** in the uterus
- **Poor circulation / stagnation** in pelvic area (blocked Apana Vayu in yogic terms)
- **Unresolved emotional patterns** (womb holding grief, anger, or trauma)

👉 Goal = **shrink fibroids, balance hormones, nourish womb lining, enhance implantation potential.**

## ✨ Daily Healing Practices

### 1. Diet & Nutrition (Anti-Fibroid + Fertility Diet)

**Focus:** Reduce estrogen dominance + inflammation; support progesterone + uterine health

- **Foods to include:**
  - Warm cooked vegetables (broccoli, kale, cauliflower → estrogen detox via liver)
  - Turmeric + ginger (anti-inflammatory)
  - Pomegranate + beetroot juice (blood flow, lining nourishment)
  - Soaked almonds + walnuts (hormone support)
  - Flaxseed (phytoestrogens that block stronger estrogen, balance hormones)
  - Ghee + sesame seeds (uterine lining nourishment per Ayurveda)
- **Foods to avoid:**
  - Dairy, red meat, refined sugar (increase inflammation + estrogen)
  - Caffeine + alcohol (stress liver, worsen estrogen dominance)

- Packaged/processed foods

**Why:** Fibroids thrive on estrogen + inflammation. Balancing the liver and gut helps metabolize estrogen more effectively.

## 2. Ayurvedic Herbs & Rituals

- **Shatavari:** Supports healthy estrogen-progesterone balance, uterine health.
- **Ashoka bark:** Classic herb for shrinking fibroids + strengthening uterus.
- **Triphala:** Gentle detox + supports gut health (estrogen detoxification).
- **Turmeric milk (golden milk):** Anti-inflammatory + supports liver function.
- **Castor Oil Packs** (3–4x/week on lower abdomen, avoid during period): Increase circulation, reduce stagnation, support detox of fibroid tissue.
- **Abhyanga (warm sesame oil massage):** Daily self-massage to reduce vata imbalance, improve circulation to pelvis.

**Why:** These herbs + rituals cleanse the womb, reduce inflammation, and restore balance to reproductive tissues (garbhashaya shuddhi in Ayurveda).

## 3. Yoga Therapy (30–40 min daily)

**Focus:** Increase pelvic circulation, balance apana vayu, reduce cortisol (stress hormones worsen fibroids).

- **Asanas:**
  - Supta Baddha Konasana (Reclined bound angle) – opens womb space
  - Malasana (Yogi squat) – activates apana vayu, pelvic circulation
  - Setu Bandhasana (Bridge pose) – stimulates pelvic organs
  - Viparita Karani (Legs up the wall) – increases uterine blood flow
  - Gentle twists – support detoxification + circulation
- **Avoid:** Intense inversions and high-impact exercises (can worsen pelvic stagnation).

**Why:** Movement + breath improves circulation to uterus, reduces pelvic congestion, restores apana vayu flow.

#### 4. Breathwork & Meditation (15–20 min daily)

- **Nadi Shodhana (Alternate nostril)** – balances hormones via nervous system regulation.
- **Bhramari (Humming breath)** – reduces stress hormones + calms uterus.
- **Kapalabhati (only if not bleeding heavily)** – supports detox + liver function.
- **Follow this quick video - specially designed for fertility and first trimester pregnancy.**  
<https://www.youtube.com/watch?v=38qsuO5oojk>

Watch this video to know the right technique, there's a lot of misinformation around Kapalabhati, so please watch it very carefully at least twice

<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>

- **Womb Healing Meditation:** Visualize fibroids dissolving, womb glowing with pink-golden light, affirmations:

“My womb is free, healthy, and ready to receive life.”

“Every breath brings healing to my uterus.”

**Why:** Stress and subconscious holding worsen fibroids. Breath resets the nervous system, improves oxygenation, and enhances hormonal alignment.

#### 5. Womb Steaming (Yoni Steam, 2–3x/month, post-period)

**Herbs:** Mugwort, basil, rosemary, lavender.

- Sit over gentle steam for 20 min → improves circulation, helps release stagnant tissue, reduces cramps.

**Why:** Steaming warms the uterus, dissolves fibroid stagnation, promotes cleansing, and prepares the womb for implantation.

#### 6. Emotional Healing Practices

- **Womb journaling prompts:**
  - “What am I holding in my womb that no longer serves me?”
  - “If my fibroids could speak, what would they say?”
- **Somatic release practices:** hip sways, pelvic dance to move blocked energy.
- **Affirmations:** “My womb is soft, fertile, and open to new life.”



**Why:** Fibroids often represent “unexpressed creation energy” or unresolved grief. Releasing this helps the womb feel safe and receptive.

## 7. Targeted Supplements (*confirm with practitioner*)

- **CoQ10 (200–300 mg/day)** – egg quality, mitochondrial energy.
- **Vit D3 + K2** – regulate hormones, immune health.
- **Omega-3s (EPA/DHA)** – anti-inflammatory.
- **Vit E + L-arginine** – improve uterine lining thickness & blood flow.

**Why:** Address nutrient deficiencies common in women with fibroids + PCOS, while directly supporting fertility outcomes.

### Suggested Healing Timeline

| Phase             | Focus                          | Practices                                                                                                |
|-------------------|--------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Weeks 1–4</b>  | Detox + Reduce Inflammation    | Clean diet, Triphala, castor packs, yoga hip openers, Nadi Shodhana                                      |
| <b>Weeks 5–8</b>  | Shrink Fibroids + Rebuild Womb | Shatavari, Ashoka, abhyanga, womb steam, fertility foods                                                 |
| <b>Weeks 9–12</b> | Fertility Activation           | Visualization, womb affirmations, supplements, gentle apana yoga flow, pomegranate/beet juice for lining |

### Expected Outcomes with Consistency

- Reduction in fibroid size + symptoms (lighter cycles, reduced cramps, less bloating)
- Improved uterine lining health (thicker, better blood flow)
- Balanced hormones (regular ovulation, less estrogen dominance)
- Calmer, more receptive womb environment for conception

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# FAILED IVF, WOMB RESTORATION

## What it is

When embryo transfer does not produce pregnancy. Causes include embryo quality, uterine receptivity, immune or inflammatory issues, or nervous system factors.



## How it affects fertility

- Uterine inflammation and lining fatigue
- Emotional trauma and nervous system shutdown
- Weakened receptive field and lower implantation potential

## What doctors typically do

- Re-evaluate embryo quality, consider endometrial testing such as ERA, perform biopsies, adjust stimulation protocols, or consider immune-directed therapies in select cases

## Medicines and procedures: benefits and risks

- High-dose hormones prepare the lining but can increase systemic inflammation and mood changes
- Repeated cycles without restoration raise fatigue and reduce responsiveness

## Short-term gains and long-term complications

Short-term: lining thickening and controlled timing for transfer.

Long-term: emotional and physical fatigue from repeated cycles, reduced responsiveness if the uterine environment remains inflamed.

## Emotional patterns and energetic contributors

- Grief, shame, fear of trying again
- Energetic block: heart-womb disconnection and reduced capacity to receive

## Holistic Healing Plan After Failed IVF – Womb Restoration & Receptivity Reset

A failed IVF can leave the body inflamed, the womb fatigued, and the heart carrying grief. This plan gently guides your system back into balance so your womb becomes receptive again.

### What usually blocks implantation even with healthy embryos:

- Uterine inflammation
- Hormone imbalance after stimulation
- Mitochondrial fatigue in ovarian and uterine cells
- Emotional contraction or grief
- High cortisol and nervous system overload

### This plan follows a simple flow:

- 1 Detox
- 2 Rebuild
- 3 Re-align
- 4 Re-activate fertility field

## 🌸 PHASE 1: DETOX & RESET (Weeks 1 to 4)

**Goal:** Reduce inflammation, clear medication residue, calm the nervous system.

### ♦ Ayurvedic Detox & Diet

Warm, easy-to-digest meals: kitchari, mung soups, spiced vegetables, turmeric-ginger tea.  
Add 1 tsp ghee daily for uterine lubrication.  
Avoid caffeine, sugar, red meat, dairy, alcohol.

### Herbs:

- Triphala at night
- Turmeric + black pepper
- Cumin–coriander–fennel tea

**Why this works:** Supports liver detox from IVF meds and reduces uterine inflammation.

### ♦ Yoga Therapy

Supta Baddha Konasana  
Viparita Karani  
Setu Bandhasana  
Balasana

- 20 minutes Yoga Nidra

**Why:** Restores pelvic circulation and relaxes adrenal stress after IVF.

#### ♦ **Breathwork**

- Nadi Shodhana – 10 mins
- Bhramari – 5 mins

Follow this fertility-safe tutorial:

<https://www.youtube.com/watch?v=38qsuO5oojk>

#### ♦ **Womb Release Meditation (Nightly, 15 mins)**

Visualize white-gold light clearing heaviness and soft pink light restoring safety.

Affirm: “My womb is healed, my body remembers its rhythm.”

## 🌸 **PHASE 2: REBUILD & NOURISH (Weeks 5 to 8)**

**Goal:** Restore hormones, rebuild lining, revive vitality.

#### ♦ **Fertility-Rebuilding Diet**

Add pomegranate, beetroot, dates, figs, soaked almonds, sesame seeds.

Ensure warm, grounding, iron-rich meals.

**Why:** Nourishes blood, lining, and hormones.

#### ♦ **Herbs**

Shatavari

Ashwagandha

Lodhra + Ashoka

**Why:** Restores endocrine balance and heals uterine micro-inflammation.

#### ♦ **Rituals**

Castor oil packs (3×/week, avoid during periods)

Warm sesame oil abhyanga

Womb steaming twice a month

#### ♦ **Meditation: “Golden Womb Rebuilding”**

Visualize golden light repairing the womb.

Alpha waves meditation for sleep:

<https://www.youtube.com/watch?v=C4nhl-hJr7A>

## **PHASE 3: RE-ALIGN & ACTIVATE (Weeks 9 to 12)**

**Goal: Restore hormonal rhythm, emotional alignment, and womb receptivity.**

### ♦ **Hormone Support**

Seed cycling  
Vitamin E  
L-arginine  
CoQ10  
Magnesium  
B-complex

### ♦ **Yoga Flow**

Bridge pose, side-angle stretch, cat–cow, gentle pelvic rotations.  
Evening Supta Virasana for 10 mins.

**Why:** Encourages healthy ovarian and uterine function.

### ♦ **Heart–Womb Meditation**

Hand on heart + hand on womb.

Visualize a pink-gold current connecting them.

Repeat: “My heart trusts. My womb receives. My body is safe.”

### ♦ **Lifestyle**

7 to 8 hours sleep  
Sunlight walk  
Digital detox from TTC content  
Journaling reflection



## **EXPECTED OUTCOMES After 3 Months**

- Balanced estrogen–progesterone levels
- Improved uterine lining thickness & receptivity
- Lower inflammation and calmer immune response
- Nervous system regulation and emotional stability
- A womb field that feels soft, open, and ready for conception

## ♥ NEXT STEP: Personalised Healing for Your Body's Exact Needs

This plan is powerful, but your body needs *precision* after failed IVF — not guesswork.

Your hormones, lining health, stress patterns, sleep cycles, and womb energy all interact differently depending on:

- IVF medications used
- Egg/embryo quality
- Inflammation levels
- Emotional triggers
- Lifestyle stressors

When we create your **personalized fertility healing roadmap**, the goal is clear:

- 👉 Rebuild your womb in a way that directly improves implantation chances
- 👉 Restore hormonal balance specific to *your* IVF history
- 👉 Lower stress patterns blocking conception
- 👉 Re-align emotional + energetic receptivity
- 👉 Prepare your body for natural conception or next cycle with higher confidence

If you want a **super-specific, personalized plan** tailored to your unique medical history, hormone levels, emotional needs, and lifestyle. This custom roadmap will address your **stress levels, sleep quality, diet, movement**, and womb energy—bringing your body into alignment for conception. ✨ Ready to begin? [Book your personalized fertility healing consultation and custom plan here](#) and avail the benefit of limited time price drop.

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# FAILED IUI, RECEPTIVITY RESET

## What it is

When insemination does not result in pregnancy despite adequate sperm and ovulation, usually indicating a timing or uterine receptivity issue.



## How it affects fertility

- Thin lining or unsuitable implantation window
- Stress and conditioned fear response after repeated failures

## What doctors typically do

- Monitor follicle development and ovulation timing by ultrasound, add luteal progesterone support, and evaluate for infection or structural problems if failures repeat

## Medicines and procedures: benefits and risks

- Progesterone supports implantation for an individual cycle but does not address underlying lining health long term

## Short-term gains and long-term complications

Short-term: increased chance for a single cycle with progesterone support.

Long-term: repeated hormonal support without addressing lining health masks the root problem.

## Emotional patterns and energetic contributors

- Feeling not ready to receive, fear of loss
- Energetic block: closed heart-womb channel

# Holistic Healing Plan for Failed IUI — Womb Reset & Fertility Activation

## Understanding the science behind failed IUI

A failed IUI often reflects a mix of:

- **Uterine receptivity issues** (inflammation, poor lining nourishment, blocked energy)
- **Hormonal imbalance** (low progesterone, high cortisol, or estrogen dominance)
- **Stress + emotional contraction** (the body doesn't feel "safe to receive")
- **Energetic residue** from medical intervention (trauma, disappointment, or cellular memory of failure)

The goal is to **cleanse, rebuild, and re-align** body + mind + womb field.

### **PHASE 1: CLEAR + CALM (Weeks 1–3)**

#### ♦ **Diet & Ayurvedic Detox**

- Start with **warm, anti-inflammatory diet**:
  - Kitchari, cooked vegetables, ghee, cumin-coriander-fennel tea
  - Avoid caffeine, cold foods, processed sugar, and dairy
- Add **Triphala (1/2 tsp in warm water at night)** – gentle detox for liver & gut (clears hormone residue)
- **Golden milk (turmeric + nutmeg)** at bedtime – anti-inflammatory + calming

**Why:** Failed IUI can leave high estrogen + inflammation. Detox resets hormonal rhythm and clears emotional heaviness through the gut-liver axis.

#### ♦ **Herbs & Supplements**

- **Ashwagandha** – lowers cortisol, rebuilds reproductive tissue
- **Shatavari** – balances estrogen-progesterone, supports ovary & uterus
- **Vit D + CoQ10 + Omega-3s** – for egg health & lining support

**Why:** Restores nourishment after ovarian stimulation drugs and brings adrenal calm.

♦ **Yoga & Movement**

- Daily **Apana Vayu flow** (20–30 mins):
  - Baddha Konasana (Butterfly)
  - Malasana (Yogi squat)
  - Supta Baddha Konasana (Reclined butterfly)
  - Viparita Karani (Legs up wall)

**Why:** Promotes pelvic circulation + grounds energy downward (essential for hormonal balance).

♦ **Breathwork**

- **Nadi Shodhana (Alternate nostril breathing, 10 min)** – rebalance nervous system
- **Bhramari (Humming breath, 5 min)** – reduce cortisol + uterine inflammation
- **Follow this quick video tutorial - specially designed for fertility and first trimester pregnancy.**  
<https://www.youtube.com/watch?v=38qsuO5oojk>
- **Watch this video to know the right technique, there's a lot of misinformation around Kapalabhati, so please watch it very carefully at least twice**  
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♦ **Energy Cleansing Meditation: “Release the Failure Imprint”**

**Practice (15 min nightly):**

1. Sit or lie with one hand on your heart, one on your womb.
2. Inhale deeply, exhale through the mouth.
3. Visualize a *soft golden light* entering through your crown, flowing into your womb.
4. As you exhale, imagine grey mist leaving—representing disappointment, sadness, or fear.
5. Say silently:

“I release all residue from my past attempts. My womb is clear, open, and ready to receive new life.”

6. End with gratitude to your body for showing resilience.

**Why:** After failed cycles, cellular memory of loss stays imprinted in the womb energy field. This meditation purifies it, helping the womb feel safe and receptive again.

## 🌻 **PHASE 2: REBUILD + NOURISH (Weeks 4–8)**

### ♦ **Fertility Diet**

- Warm nourishing meals: soups, khichdi, cooked carrots, beets, yams, black sesame, soaked almonds
- Add **pomegranate juice (1/2 cup/day)** for uterine lining
- **Fennel + ginger tea** to improve digestion & estrogen metabolism

**Why:** Nutritional nourishment rebuilds blood, ojas (vitality), and lining thickness.

### ♦ **Ayurvedic Womb Rituals**

- **Castor oil packs (3x/week, before ovulation)** – detoxify uterus & increase blood flow
- **Abhyanga (warm sesame oil massage, daily)** – relaxes adrenals + improves reproductive circulation

**Why:** These practices cleanse energy stagnation and reestablish connection to feminine rhythm.

### ♦ **Supplements (if continuing)**

- **L-Arginine + Vit E** – improve uterine lining & blood flow
- **B-Complex** – progesterone & mood regulation

### ♦ **Meditation for Receptivity: “Womb Garden Visualization”**

**Practice (Morning or Before Bed, 15–20 mins):**

1. Place both palms over womb.
2. Visualize your womb as a soft garden soil being nourished by sunlight and gentle rain.
3. With each inhale, golden light flows into the womb; with each exhale, the soil becomes richer and softer.
4. Repeat silently:

“I am fertile soil. I receive with ease and nurture with love.”

5. Feel peace and readiness expanding in the lower belly.

## **PHASE 3: ACTIVATE + ALIGN (Weeks 9–12)**

### ♦ **Hormonal Support**

- Continue **Shatavari** + **Ashwagandha**, shift to **Vitex (Chasteberry)** if luteal phase weakness suspected.
- Practice **seed cycling** (flax + pumpkin seeds follicular, sunflower + sesame luteal).

**Why:** Naturally balances estrogen and progesterone cycles for stronger ovulation & luteal phase.

### ♦ **Energy & Breath Practice: “Heart–Womb Connection”**

- Sit upright, one hand on heart, one on womb.
- Inhale from heart → exhale into womb, creating a channel of light.
- Visualize love flowing down; visualize womb glowing in pink-golden warmth.
- Repeat: “My heart trusts, my womb receives.”

**Why:** Energetic disconnection between heart and womb after failed conception creates inner resistance. This reconnects emotional love with biological readiness.

### ♦ **Lifestyle Alignment**

- Prioritize **7–8 hrs sleep**
- Do this Alpha waves meditation to enhance sleep quality and rewire subconscious brain  
<https://www.youtube.com/watch?v=C4nhl-hJr7A>
- **Gentle sunlight exposure** (vitamin D + circadian rhythm)
- **Digital & emotional detox** from TTC stress forums—replace with soothing activities like art, journaling, gardening

### **Expected Outcomes in 8–12 Weeks**

- Hormonal rebalance (reduced PMS, better ovulation)
- Healthier uterine lining & blood flow
- Emotional calm, restored self-trust
- Energy field cleansed, womb “receptive” again
- Readiness for next IUI/IVF cycle with higher implantation potential

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## 10. LOW PROGESTERONE AND LUTEAL PHASE WEAKNESS

### What it is

Insufficient progesterone production after ovulation that impairs the uterine lining's ability to sustain implantation.



### How it affects fertility

- Short luteal phase and spotting in the second half of cycle
- Increased risk of early pregnancy loss

### What doctors typically do

- Mid-luteal progesterone testing and progesterone supplementation orally or vaginally

### Medicines and procedures: benefits and risks

- Vaginal or oral progesterone supports implantation in assisted cycles but does not correct weak ovulation drivers such as cortisol or thyroid dysfunction

### Short-term gains and long-term complications

Short-term: supports implantation in the immediate cycle.

Long-term: reliance on progesterone without addressing ovulation quality, cortisol, or thyroid issues may not prevent recurrence.

### Emotional patterns and energetic contributors

- Feeling unsafe and hypervigilant
- Energetic block: lack of warmth and receptive energy in the lower abdomen





# Holistic Healing Plan to Improve Progesterone & Fertility

👉 Goal = **support ovulation + nourish corpus luteum + reduce estrogen dominance + calm stress axis.**

## ✨ Daily Healing Practices

### 1. Fertility Diet for Progesterone

**Focus:** Support ovulation, reduce estrogen dominance, balance blood sugar

- **Progesterone-boosting foods:**

- Pumpkin seeds, sunflower seeds, sesame seeds (zinc + magnesium = progesterone cofactors)
- Avocados, olive oil, ghee (healthy fats for hormone production)
- Leafy greens, bananas, walnuts (Vit B6 → helps luteal progesterone)
- Pomegranate + beetroot (uterine blood flow)
- Lentils, beans, grass-fed meats (protein for hormone synthesis)

- **Avoid:** refined sugar, alcohol, caffeine, soy (all increase estrogen dominance & stress adrenals)

**Why it works:** Cholesterol + B-vitamins + minerals = raw materials for progesterone. Balanced diet prevents insulin spikes which suppress ovulation.

### 2. Ayurvedic Herbs & Rituals

- **Shatavari:** nourishes endometrium, balances estrogen-progesterone axis
- **Ashwagandha:** reduces cortisol → frees up progesterone precursors
- **Vitex (Chasteberry):** supports pituitary signaling (FSH/LH), strengthens corpus luteum → higher progesterone output
- **Triphala:** supports liver detox → removes excess estrogen that competes with progesterone
- **Abhyanga (warm sesame oil massage):** balances vata, improves circulation to reproductive organs

- **Castor oil packs** (pre-ovulation only): detox + circulation → supports stronger ovulation

**Why:** Herbs + rituals regulate the HPO axis (hypothalamus-pituitary-ovarian), reduce stress, and create optimal conditions for corpus luteum to produce progesterone.

### 3. Yoga Therapy (20–30 min daily)

**Focus:** Apana vayu flow, stress regulation, ovarian stimulation

- **Asanas:**
  - Supta Baddha Konasana (Reclined bound angle) – increases blood flow to ovaries & uterus
  - Setu Bandhasana (Bridge pose) – supports corpus luteum function
  - Viparita Karani (Legs up wall) – calms nervous system, improves circulation
  - Cat-Cow + gentle twists – stimulate ovarian energy flow
- **Sequence:** Morning gentle energizing, evening restorative

**Why:** Improves circulation to ovaries + calms cortisol, both essential for progesterone.

### 4. Breathwork & Meditation (15–20 min daily)

- **Nadi Shodhana (Alternate nostril)** – balances pituitary-hypothalamus signals
- **Bhramari (Humming breath)** – reduces cortisol, boosts vagal tone → indirectly supports progesterone
- **Deep belly breathing into womb** – visualize corpus luteum glowing golden, releasing progesterone steadily
- **Affirmations:**

“My ovulation is strong, and my body produces abundant progesterone.”

“My womb is safe, nourished, and ready to receive.”

- Follow this quick video - specially designed for fertility and first trimester pregnancy.  
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- Watch this video to know the right technique, there's a lot of misinformation around Kapalhati, so please watch it very carefully at least twice  
<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>

**Why:** Stress steals progesterone. Breathwork resets nervous system and enhances reproductive hormone balance.

## 5. Cycle-Specific Support

- **Follicular Phase (Day 1–14):** Focus on building follicle quality (protein, CoQ10, circulation yoga, castor packs)
- **Ovulation (Day 14–16):** Rest, reduce stress, fertile diet, gentle breathwork
- **Luteal Phase (Day 16–28):**
  - Switch to warming, nourishing foods (soups, root veggies, ghee, sesame, warm teas)
  - Avoid over-exercise
  - Emphasize Vitex, Ashwagandha, Shatavari
  - Womb meditations for receptivity

**Why:** Progesterone only rises after ovulation → luteal care is critical.

## 6. Supplements *(to be discussed with practitioner)*

- **Vit B6 (50 mg/day)** → supports progesterone synthesis
- **Magnesium glycinate (300–400 mg/day)** → relaxes uterus, supports luteal phase
- **Zinc (20–30 mg/day)** → needed for corpus luteum
- **Vit E (400 IU/day)** → improves luteal function & uterine lining
- **Omega-3s (EPA/DHA)** → anti-inflammatory, hormone production

**Why:** These nutrients are direct cofactors in progesterone synthesis.

## 7. Emotional & Womb Healing

- **Womb journaling:** “What do I need to feel safe to receive?”
- **Guided womb healing meditations** (visualizing corpus luteum as a golden sun shining in ovary, nourishing uterus)
- **Womb steaming (yoni steam, 2x/month pre-ovulation)** with mugwort + basil → increases circulation, warmth

**Why:** Emotional safety = hormonal receptivity. Progesterone is the “calm, nurturing” hormone, so body must feel safe to produce it.

## 3-Month Healing Roadmap

| Phase   | Focus                          | Key Practices                                                                  |
|---------|--------------------------------|--------------------------------------------------------------------------------|
| Month 1 | Reset hormones & reduce stress | Anti-inflammatory diet, breathwork, castor packs, Ashwagandha, yoga            |
| Month 2 | Support ovulation quality      | Shatavari, Vitex, B6 + Zinc, follicular yoga, womb meditations                 |
| Month 3 | Strengthen luteal phase        | Warm diet, womb affirmations, Vit E, restorative yoga, luteal ritual practices |

### Expected Outcomes

- Stronger ovulation & luteal phase
- Fewer PMS symptoms (progesterone calms body/mind)
- Improved basal body temperature patterns (sustained rise after ovulation)
- Thicker, healthier uterine lining
- Higher chances of implantation & early pregnancy stability

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# HYPOTHYROIDISM AND FERTILITY

## What it is

Insufficient thyroid hormone output that slows metabolism and interferes with menstrual regularity and ovulation.



## How it affects fertility

- Irregular cycles, anovulation, reduced conception probability, and higher miscarriage risk when uncontrolled

## What doctors typically do

- Lab tests: TSH, free T4, free T3, thyroid antibodies
- Levothyroxine replacement and monitoring

## Medicines and procedures: benefits and risks

- Thyroid hormone replacement is essential when indicated. Inappropriate dosing can cause palpitations or bone loss. Medication must be combined with nutrient and stress support for optimal results.

## Short-term gains and long-term complications

Short-term: restored hormone levels and improved cycle regulation when dosed correctly.

Long-term: unresolved nutrient deficiencies and high stress can impair T4 to T3 conversion and long-term reproductive function.

## Emotional patterns and energetic contributors

- Chronic overwhelm, low motivation, suppressed expression
- Energetic block: weakened metabolic fire and throat-womb communication

# YogBirth protocol

## **Step 1: RESET & RESTORE (Weeks 1–4)**

**Goal:** Calm your nervous system, reduce inflammation, and support thyroid balance.

### **Yoga**

- **Style:** Gentle Hatha + Restorative
- **Poses:** Cat-Cow, Fish Pose, Shoulder Stand (3–4x/week, 20–30 mins)
- Stimulates thyroid and increases pelvic circulation

### **Breathwork**

- **Bhramari (Bee Breath) + Nadi Shodhana (Alternate Nostril)**
- Practice 10 minutes every morning

### **Meditation**

- **Yoga Nidra** 3x/week before sleep
- Calms adrenals and improves hormonal rhythms

### **Diet & Lifestyle**

- **Warm, anti-inflammatory meals** — gluten-free, dairy-free, no raw crucifers
- Add: cooked greens, pumpkin seeds, Brazil nuts (selenium), ghee
- **Castor oil packs** on liver and womb area — 3x/week
- Prioritize 8+ hours of sleep, early bedtime

## **Step 2: NOURISH & REBUILD (Weeks 5–8)**

**Goal:** Improve ovulation, hormone balance, and egg quality.

### **Yoga**

- **Style:** Fertility-focused flows
- **Poses:** Butterfly, Pigeon, Bridge, Pelvic Tilts
- Practice 5x/week, 30–40 minutes



## ✓ **Breathwork**

- **Kapalabhati** (only if TSH < 3.0)
- **Ujjayi** if feeling anxious or tired
- 10–15 mins/day

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## ✓ **Meditation**

- **Womb visualizations:** Focus on ovaries, uterus, inner calm
- Add affirmations: “My body is wise. My womb is ready.”

## ✓ **Healing Therapies**

- **Abhyanga (self-oil massage)** with sesame oil – 3x/week
- **Seed Cycling:**
  - Days 1–14: Flax + Pumpkin
  - Days 15–28: Sesame + Sunflower
- Add: Ashwagandha, Maca, Iron-rich foods, Vitamin D, Zinc

## 🌍 **Step 3: ALIGN & ACTIVATE (Weeks 9–12)**

**Goal:** Synchronize with your fertility window and prepare for conscious conception.

## ✓ **Yoga**

- **Style:** Lunar + Womb Yoga
- Include Squats, Spinal Twists, Legs-up-the-Wall, Pelvic Circles
- Practice 6x/week, 30–40 minutes

## ✓ **Breathwork**

- **Full Yogic Breath** with gentle retention (Kumbhaka) before ovulation
- 10 mins/day, especially on cycle days 10–14

- Follow this quick video - specially designed for fertility and first trimester pregnancy.

<https://www.youtube.com/watch?v=38qsuO5oojk>

### ✓ Meditation

- **Daily womb talks:** Connect emotionally with your uterus and eggs
- Visualize: uterine lining, healthy ovulation, receiving soul energy
- Practice morning or bedtime

### ✓ Diet & Lifestyle

- Continue warm, nourishing foods
- Add: Royal Jelly, CoQ10, berries, omega-3s
- **Moon journaling:** Track emotional + womb shifts
- Optional: Reiki, Acupuncture, or Emotional Release Therapy

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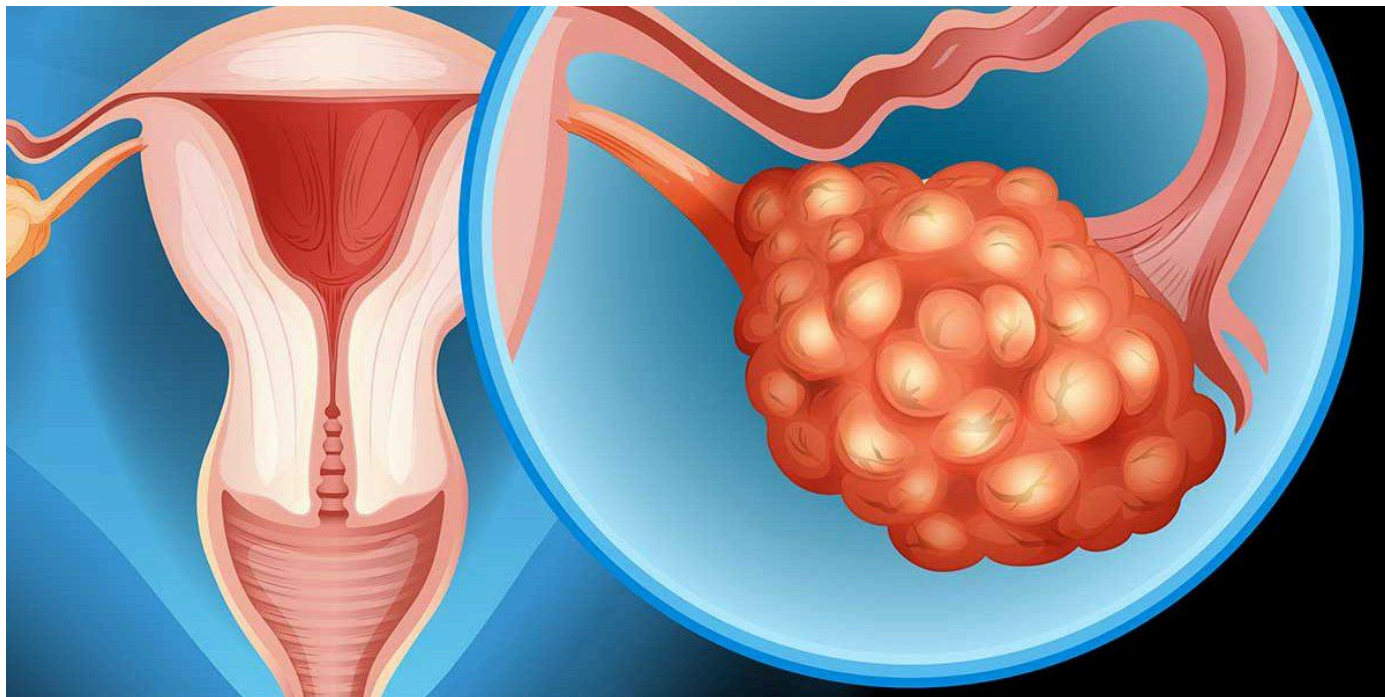
**Free Bonus Gift 2 -** Watch this video to know the right technique, there's a lot of misinformation around Kapalbhathi, so please watch it very carefully at least twice

<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>

# OVARIAN CYSTS

## What it is

Functional cysts are fluid-filled follicles that fail to ovulate and usually resolve on their own. Other cysts include endometriomas and dermoid cysts which are structural and may persist.



## How it affects fertility

- Functional cysts usually do not impair fertility long term but can disrupt cycles.
- Endometriomas can reduce ovarian reserve if large or surgically removed.
- Large cysts may change ovulation patterns or cause pain that impacts sexual frequency.

## What doctors typically do

- Ultrasound monitoring to classify cyst type.
- Expectant management for small functional cysts.
- Hormonal suppression to prevent recurrence for some cyst types.
- Surgical removal if cysts are large, persistent, painful, or suspicious.

## Medicines and procedures: benefits and risks

- Hormonal contraception reduces functional cyst formation but may mask ovulatory function.
- Laparoscopic surgery removes problematic cysts and relieves symptoms but can remove healthy ovarian tissue and reduce reserve if not conservative.

## Short-term gains and long-term complications

- Short-term: pain relief and restored anatomy after surgery.
- Long-term: risk of adhesion formation, potential reduction in ovarian reserve after surgery, recurrence for some cyst types.

## Emotional patterns and energetic contributors

- Anxiety about surgeries and loss of ovarian tissue.
- Energetic block: tension around ovarian centres and fear of scarcity.

# YogBirth protocol

## **Step 1: RESET & RESTORE (Weeks 1–4)**

**Goal:** Calm the nervous system, reduce inflammation, support hormonal communication, and allow functional cysts the space to resolve naturally where possible.

### **Yoga**

**Style:** Gentle Hatha + Restorative

**Frequency:** 3–4x/week, 20–30 minutes

#### **Focus Poses:**

- Cat–Cow
- Supported Fish Pose
- Gentle Shoulder Stand or Legs-up-the-Wall (only if pain-free and practitioner-approved)

#### **Why:**

Improves pelvic circulation, supports thyroid and pituitary signalling, and reduces stagnation without stressing the ovaries.

### **Breathwork**

- Bhramari (Bee Breath)
- Nadi Shodhana (Alternate Nostril)

**Practice:** 10 minutes every morning

#### **Why:**

Calms the stress response, reduces cortisol-driven hormonal disruption, and supports ovulatory signalling.

### **Meditation**

- Yoga Nidra before sleep, 3x/week

#### **Why:**

Downregulates adrenal stress and supports hormonal rhythm repair.

### **Diet & Lifestyle**

- Warm, anti-inflammatory meals

- Gluten-free and dairy-free during active inflammation
- Avoid refined sugar and cold, raw foods

### **Add:**

- Cooked greens
- Pumpkin seeds
- Brazil nuts (selenium support)
- Ghee in moderation

### **Lifestyle:**

- Castor oil packs on liver and womb area, 2–3x/week if tolerated
- Minimum 8 hours of sleep, early bedtime

### **Step 2: NOURISH & REBUILD (Weeks 5–8)**

**Goal:** Support ovulation, rebalance hormones, and improve ovarian tissue health once inflammation and pain are stable.

### **Yoga**

**Style:** Fertility-focused gentle flows

**Frequency:** 5x/week, 30–40 minutes

### **Focus Poses:**

- Butterfly
- Supported Pigeon
- Bridge Pose
- Pelvic Tilts

### **Why:**

Encourages ovarian circulation, releases pelvic tension, and supports follicular health.

### **Breathwork**

- Kapalbhati only if pain-free, no active cyst pain, and TSH < 3.0

- Ujjayi Breath if fatigue or anxiety is present

**Practice:** 10–15 minutes daily

⚠ **Important:** Kapalbhata must be done correctly.

Watch carefully at least twice before practising:

<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>

### ✓ **Meditation**

- Womb visualisations focusing gently on ovaries and uterus
- Affirmations:  
“My body is wise.”  
“My hormones are finding balance.”

### ✓ **Healing Therapies**

- Abhyanga with warm sesame oil, 3x/week

### **Seed Cycling:**

- Days 1–14: Flax + Pumpkin
- Days 15–28: Sesame + Sunflower

### **Nutritional Support:**

- Iron-rich foods
- Vitamin D
- Zinc
- Ashwagandha or other herbs only under practitioner guidance

### 🌍 **Step 3: ALIGN & ACTIVATE (Weeks 9–12)**

**Goal:** Support healthy cycles, monitor cyst resolution, and prepare the body for conception where appropriate.

### ✓ **Yoga**

**Style:** Lunar + Womb Yoga

**Frequency:** 5–6x/week, 30–40 minutes

**Focus Poses:**



- Supported Squats
- Gentle Spinal Twists (only if pain-free)
- Legs-up-the-Wall
- Pelvic Circles

### ✓ **Breathwork**

- Full Yogic Breath
- Gentle Kumbhaka before ovulation (only if comfortable)

**Practice:** 10 minutes daily, especially cycle days 10–14

**Follow this fertility-safe breathwork video:**

<https://www.youtube.com/watch?v=38qsuO5oojk>

### ✓ **Meditation**

- Daily Womb Talks
- Visualisations of healthy ovarian function and balanced cycles
- Practice morning or bedtime

### ✓ **Diet & Lifestyle**

- Continue warm, nourishing foods
- Add antioxidant support:
  - Berries
  - Omega-3s
  - CoQ10
- Moon journaling to track physical and emotional changes

### **Optional Support:**

- Reiki
- Acupuncture

- Emotional release therapies

## **Medical Coordination & Safety**

- Functional cysts are observed for 1–3 cycles alongside YogBirth foundations where safe
- If surgery is advised, YogBirth supports prehabilitation through nutrition, vitamin D, iron optimisation, and nervous system regulation
- Fertility-preserving approaches are always prioritised in coordination with medical professionals

## **Expected Timeline:**

- Functional cyst improvement often seen within 8–12 weeks
- Surgical recovery timelines vary and are supported post-procedure through YogBirth protocols

## **Your Next Step**

At YogBirth, we go beyond general wellness. Your next step is a **fully personalised fertility and hormonal healing plan**, created using your medical history, scan findings, hormone levels, emotional patterns, stress load, sleep quality, diet, and womb energy.

This custom roadmap supports your body in resolving cyst patterns sustainably and restoring confidence in your cycles.

 [\*\*Book your personalised fertility healing consultation and custom plan here\*\*](#)  
Limited-time price drop available.

## **Free Bonus Gifts**

 **Bonus 1:** Fertility Breathwork Plan

Helped 82 percent of women in our community conceive naturally

 **Bonus 2:** Kapalbhati Technique Safety Video

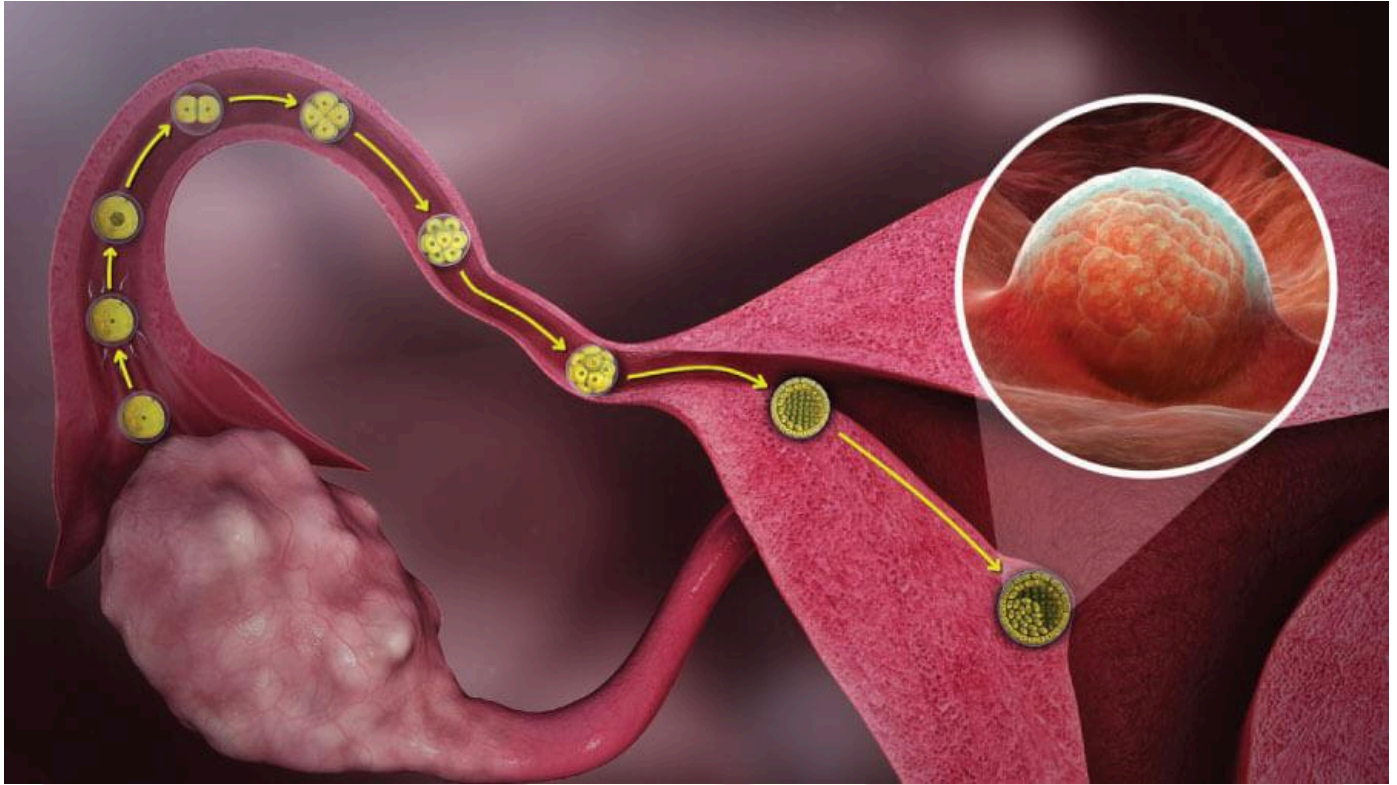
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# BLOCKED FALLOPIAN TUBES

## What it is

Partial or complete obstruction of one or both fallopian tubes from scarring, infection, endometriosis, or prior surgery.



## How it affects fertility

- Prevents egg and sperm meeting when blockage is bilateral.
- Hydrosalpinx (fluid-filled tube) can create an inflammatory environment that reduces implantation even with IVF.

## What doctors typically do

- Tests: hysterosalpingogram, saline sonogram, diagnostic laparoscopy.
- Treatments: laparoscopic tubal surgery to remove adhesions, tubal cannulation for proximal blockages, or bypass to IVF when repair is not feasible. Salpingectomy is advised for hydrosalpinx before IVF.

## Medicines and procedures: benefits and risks

- Surgical repair may restore natural fertility but can fail or create adhesions.
- IVF bypasses tubes but costs more and involves ovarian stimulation. Removing a hydrosalpinx before IVF improves pregnancy rates but is an operation.

## Short-term gains and long-term complications

- Short-term: restored tubal patency in successful repairs.
- Long-term: risk of persistent scarring, repeat ectopic pregnancy risk if partially damaged.

## Emotional patterns and energetic contributors

- Feeling blocked, delayed, or stuck in life plans.
- Energetic block: literal blockage in the pelvic and downward flow.

# YogBirth protocol

## Step 1: RESET & SOFTEN (Weeks 1–4)

**Goal:** Reduce inflammation, calm protective tension in the pelvis, and assess medical repairability with clarity.

### ✓ Medical Pre-Assessment

- Coordinate with a gynaecologist or fertility surgeon to assess:
  - Location of blockage (proximal, distal, unilateral or bilateral)
  - Cause (infection, endometriosis, surgery, adhesions)
  - Repairability vs IVF recommendation

#### Why:

Not all blockages are reversible. Clear diagnosis prevents wasted time and emotional strain.

### ✓ Diet & Internal Environment

- Warm, anti-inflammatory meals
- Eliminate refined sugar and ultra-processed foods
- Reduce inflammatory triggers such as excess dairy when pain or infection history is present

#### Supportive foods:

- Cooked vegetables
- Healthy fats (ghee, olive oil)
- Turmeric, ginger, cumin

### ✓ Healing Therapies

- Castor oil packs on lower abdomen and pelvic area, 3x/week if medically cleared
- Gentle pelvic lymphatic drainage techniques

#### Why:

Supports circulation, reduces stagnation, and encourages tissue softening where adhesions are mild.

## ✓ **Breathwork**

- Guided pelvic softening visualisations
- Slow nasal breathing with extended exhales

**Practice:** 10 minutes daily

### **Why:**

Reduces guarding, fear and unconscious holding patterns around the pelvis that restrict blood flow and tissue responsiveness.

## ✓ **Yoga**

**Style:** Gentle pelvic mobilisation

**Frequency:** 3–4x/week, 20–30 minutes

### **Focus Poses:**

- Cat–Cow
- Pelvic Tilts
- Supported Bridge

⚠ No deep twists or strong inversions during this phase.

## 🌸 **Step 2: NOURISH & MOBILISE (Weeks 5–8)**

**Goal:** Improve pelvic circulation, support tubal health where possible, and optimise hormonal and uterine readiness.

## ✓ **Yoga**

**Style:** Fertility-safe, circulation-focused flows

**Frequency:** 4–5x/week, 30–40 minutes

### **Focus Poses:**

- Butterfly
- Supported Squats
- Gentle Hip Openers
- Legs-up-the-Wall



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**Why:**

Enhances pelvic blood flow and encourages mobility without stressing the reproductive organs.

**✓ Breathwork**

- Ujjayi Breath for sustained circulation
- Gentle Full Yogic Breath into the lower abdomen

**Practice:** 10–15 minutes daily

**✓ Meditation**

- Tubal visualisations focusing on softness, openness and flow
- Affirmations:  
“My body is safe.”  
“Flow and receptivity are returning.”

**✓ Nutrition & Support**

- Anti-inflammatory nutrients
- Omega-3 fatty acids
- Vitamin D and iron if deficient
- Practitioner-guided herbs only, based on medical history

**🌍 Step 3: ALIGN & PREPARE (Weeks 9–12)**

**Goal:** Align with the chosen fertility pathway and prepare the womb environment for conception or transfer.

**✓ If Surgical Repair Is Chosen**

- Continue YogBirth foundations pre- and post-surgery
- Focus on nervous system regulation, tissue healing, and scar release
- Supported inversions and deeper pelvic work only after medical clearance

**Outcome Assessment:**

- Surgical repair outcomes typically assessed at 3–6 months



## ✓ If IVF Is Chosen

- Use YogBirth protocols for 8–12 weeks prior to embryo transfer where possible

### Focus:

- Endometrial receptivity
- Hormonal stability
- Emotional regulation
- Pelvic circulation and uterine blood flow

### Why:

While IVF bypasses the tubes, implantation and pregnancy still depend entirely on womb health.

## ✓ Yoga

**Style:** Womb-centred, lunar flows

**Frequency:** 5–6x/week, 30–40 minutes

## ✓ Breathwork

- Fertility-specific Full Yogic Breath
- Gentle retention before ovulation or transfer, only if comfortable

## ✓ Meditation

- Daily womb talks
- Visualise implantation, nourishment and safety

## 🕒 Timeline & Expectations

- Tubal repair outcomes reviewed at 3–6 months
- IVF offers a more immediate bypass once the uterine environment is optimised
- YogBirth supports both paths by strengthening the internal conditions required for success

## 🌸 Your Next Step

Blocked tubes require clarity, precision and emotional steadiness. YogBirth creates a **super-specific, personalised fertility plan** based on your scans, surgical opinions, hormone levels, stress patterns, emotional history and lifestyle.

This ensures you do not just choose a path, but prepare your body fully for it.

👉 [\*\*Book your personalised fertility healing consultation and custom plan here\*\*](#)

Limited-time price drop available.

# AMENORRHOEA

## What it is

Absence of menstruation for three months or more in a woman who previously menstruated, or six months if cycles were irregular. Causes range from low weight and excessive exercise to functional hypothalamic amenorrhoea, PCOS variants, thyroid dysfunction, high prolactin, or ovarian failure.



## How it affects fertility

- Anovulation and absent luteal phases make conception impossible without inducing ovulation or restoring cycles.

## What doctors typically do

- Comprehensive evaluation: pregnancy test, TSH, prolactin, FSH, LH, oestrogen, adrenal testing, assessment of eating/exercise patterns.
- Treatments: address weight/nutritional deficits, reduce excessive exercise, replace hormones if needed, consider ovulation induction with letrozole/clomiphene or gonadotropins when appropriate.

## Medicines and procedures: benefits and risks

- Oestrogen-progestin replacement restores bleeding but does not necessarily restore ovulation.
- Ovulation induction can produce pregnancy but underlying drivers must be addressed to sustain cycles.

## Short-term gains and long-term complications

- Short-term: withdrawal bleed or ovulation induction success.
- Long-term: bone density loss with prolonged low oestrogen, emotional stress if drivers are not addressed.

## Emotional patterns and energetic contributors

- Perfectionism, control, fear of slowing down, body distrust.
- Energetic block: contraction and overactive sympathetic tone preventing reproductive signalling.

## YogBirth Protocol for Amenorrhea (Absent Periods)

### **Step 1: RESET & REPLENISH (Weeks 1–4)**

**Goal:** Signal safety to the body, reduce cortisol dominance, and begin restoring energy availability.

Amenorrhea is often the body's protective response to perceived threat, under-fuelling, overexertion, or chronic stress. The first priority is not stimulation, but safety.

#### **Nervous System Regulation**

- Daily calming breathwork to reduce cortisol
- Slow nasal breathing with extended exhales
- Guided safety-based visualisations

**Practice:** 10–15 minutes daily

#### **Why:**

When the nervous system feels unsafe, the body conserves energy and suppresses ovulation and menstruation.

#### **Nutrition Foundations**

- Increase total caloric intake gradually and consistently
- Eat every 3–4 hours to stabilise blood sugar
- Prioritise warm, easy-to-digest meals

#### **Include:**

- Healthy fats: ghee, coconut oil, olive oil
- Quality proteins: lentils, eggs, fish, well-cooked meats if suitable
- Complex carbohydrates: rice, sweet potatoes, oats

## ✓ Movement

### Shift away from:

- High-intensity workouts
- Long endurance training
- Excessive cardio

### Replace with:

- Restorative yoga
- Gentle mobility
- Short, supportive strength work

**Frequency:** 3–4x/week, 20–30 minutes

## ✓ Lifestyle

- Reduce caffeine
- Prioritise rest and unstructured downtime
- Sleep 8–9 hours where possible

## 🌸 Step 2: NOURISH & REBUILD (Weeks 5–8)

**Goal:** Restore metabolic confidence, support hormonal communication, and prepare the body to restart ovulation.

## ✓ Yoga

**Style:** Nourishing, grounding practices

**Frequency:** 4–5x/week, 30–40 minutes

### Focus Poses:

- Supported Bridge
- Butterfly
- Child's Pose
- Gentle Squats

**Why:**

Supports pelvic circulation without increasing stress load.

**✓ Breathwork**

- Ujjayi Breath for gentle hormonal support
- Full Yogic Breath into the lower abdomen

**Practice:** 10 minutes daily

**✓ Meditation**

- Womb and cycle visualisations
- Affirmations:  
“My body has enough.”  
“It is safe to menstruate.”

**✓ Ayurveda & Rejuvenation**

- Rasayana support under practitioner guidance
- Shatavari and nourishing oils where appropriate
- Abhyanga with warm sesame oil, 3x/week

**Why:**

Rebuilds depleted tissues and supports endocrine resilience.

**✓ Emotional & Psychological Support**

- Address perfectionism, food restriction, or exercise compulsion
- Work with a qualified therapist if eating disorder patterns are present

**🌍 Step 3: ALIGN & RESTORE RHYTHM (Weeks 9–12)**

**Goal:** Encourage natural cycle signalling and support sustainable menstrual return.

**✓ Yoga**

**Style:** Cycle-aware, grounding flows

**Frequency:** 5x/week, 30–40 minutes

## Include:

- Pelvic Tilts
- Gentle Hip Openers
- Legs-up-the-Wall

## ✓ **Breathwork**

- Full Yogic Breath
- Gentle breath retention only if the body feels rested and stable

## ✓ **Meditation**

- Daily womb talks focused on rhythm and trust
- Visualise hormonal communication restarting gently

## ✓ **Diet & Lifestyle**

- Maintain adequate calories and regular meals
- Continue prioritising fats, proteins and carbohydrates
- Track energy, sleep and hunger cues rather than weight

## 🕒 **Timeline & Expectations**

- Nervous system shifts often felt within days to weeks
- Hormonal signalling may begin restoring within 4–8 weeks
- Menstrual return commonly occurs within 8–12 weeks once energy balance is consistently restored
- Timelines vary and patience is essential

## 🌻 **Your Next Step**

Amenorrhea requires gentleness, nourishment and emotional safety, not pressure. YogBirth creates a **fully personalised recovery and fertility plan** based on your medical history, stress load, nutrition patterns, movement habits, emotional landscape and hormonal markers.

This approach helps your body feel safe enough to resume its natural rhythm.



👉 [Book your personalised fertility consultation and custom plan here](#)

Limited-time price drop available.

### 🎁 **Free Bonus Gifts**

🎁 **Bonus 1:** Fertility Breathwork Plan

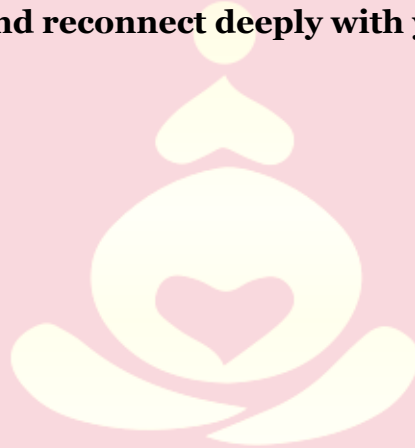
Helped 82 percent of women in our community conceive naturally

🎁 **Bonus 2:** Cycle Restoration Safety Guide

Designed for amenorrhea and low-energy states

**If you are tired of trying everything, pause here. This 90-second fertility quiz helps you focus on what actually matters for *you* - <https://form.typeform.com/to/L6enqmmm>**

**Not just conception, but true feminine healing. Join [Fertility Miracles](#) to restore cycles, calm inflammation, and reconnect deeply with your womb -**



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# ENDOMETRIOSIS

## What it is

Imagine your tummy has a garden. The lining that belongs inside the tummy-house (the uterus) is like soft grass that should stay inside the house. In endometriosis, some of that grass grows outside the house in places it should not be, like on the floor or the walls. That makes the garden sore, angry and sticky, and it can make tummy pain and make it harder for a seed (an egg) to plant.



## How it affects fertility

- Endometriosis can distort pelvic anatomy, impair egg quality via inflammatory milieu, and reduce implantation rates.
- Thin endometrium (commonly defined as  $<7$  mm on ultrasound) may reduce implantation likelihood and increase miscarriage risk.
- Tummy hurts a lot during your monthly bleed.
- Walking, playing or sleeping might feel harder because of the pain.
- You might feel tired, sad or grumpy.

## What doctors typically do

- Endometriosis: diagnostic laparoscopy to confirm and remove lesions if needed, pain management, hormonal suppression to reduce lesions.
- Thin lining: evaluate oestrogen status, uterine pathology (polyps, adhesions), and blood flow. Treatments include oestrogen therapy, vaginal or intrauterine oestrogen, sildenafil or vasodilators in some protocols, and hysteroscopic correction of intrauterine adhesions.

## **Medicines and procedures: benefits and risks**

- Suppression for endometriosis reduces pain but can suppress ovulation and delay conception while on medication. Surgery can improve pain and fertility but risks adhesions.
- Therapies to thicken lining may work transiently; progesterone support is used in luteal phase.

## **Short-term gains and long-term complications**

- Short-term: symptom relief and improved lining with targeted treatments.
- Long-term: recurrence of endometriosis without addressing systemic inflammation; surgical interventions can lead to adhesions if not conservative.

## **Emotional patterns and energetic contributors**

- Chronic pain often brings grief, frustration and a sense of betrayal by the body.
- Energetic block: narrowed pelvic field and guardedness around receiving.

## **Tests and Why They Are Done**

### **Ultrasound (USG)**

A scan that shows the uterus and ovaries. It helps identify cysts, fibroids or signs that may suggest endometriosis.

### **Pelvic Examination**

The doctor gently checks for areas that feel painful, tender or irregular, which may indicate inflammation or deep lesions.

### **Laparoscopy (if required)**

A minimally invasive procedure using a small camera to directly see and diagnose endometriosis. It is the only way to confirm the condition with certainty.

### **Blood Tests (Inflammation Markers)**

Tests such as CRP or ESR show if your body is experiencing inflammation, which commonly occurs with endometriosis.

### **Vitamin D Levels**

Low vitamin D is associated with higher inflammation, hormonal imbalance and poor reproductive function. Correcting levels helps overall fertility.

### **CBC (Complete Blood Count)**

Checks for anaemia or low blood levels, especially if periods are heavy. Low iron can affect energy, ovulation and overall fertility.

### **Hormonal Profile**

Assesses whether ovarian hormones, stress hormones and ovulation signals are functioning normally. Endometriosis can disrupt hormonal rhythms.

## How These Tests Help Fertility

- They help identify inflammation or structural problems affecting egg quality and implantation.
- They reveal hormonal imbalances that may interfere with ovulation.
- They show whether nutrient levels (like iron and vitamin D) are strong enough to support healthy cycles.
- They guide the right treatment plan so the uterus can become a more receptive environment for pregnancy.

### Ayurvedic rituals and simple self-care

- Castor oil packs — a warm oil cloth on the lower belly to help the area feel softer and move more.
- Abhyanga (full body oil massage) — a warm oil rub on the body to help blood and warmth flow.
- Navel massage — a small gentle rub on the belly button to comfort the tummy garden.
- Shatkarma (cleansing practices) and Panchakarma (deep Ayurvedic detox) — these are like spring cleaning for the body; they help clear stuck stuff when done with a trained practitioner.

### Supplements and supportive herbs

We use supplements that help calm inflammation and support eggs and lining. See the detailed supplement list for doses and combinations. For endometriosis some commonly used supports include omega-3, vitamin D, vitamin E, NAC (N-acetyl cysteine), and specific herbal formulas.

[See the supplement file for full guidance.](#)



## 5-STEP FERTILITY RESET PLAN

*For women with Endo & Hypothyroid trying to conceive naturally*

### ✓ Step 1: Womb Yoga & Fertility Breathwork

**Goal:** Reduce pelvic inflammation, balance hormones, improve blood flow to ovaries + uterus, and regulate thyroid-adrenal function.



#### Daily Practice (15–20 min)

- **Yin poses:** Supta Baddha Konasana, Legs Up the Wall, Child's Pose
- **Breathwork:**
  - *Nadi Shodhana* – alternate nostril to calm the nervous system
  - *Kumbhaka* – breath retention (4-16-8) to activate stem cells
  - *Bhramari* – humming breath to increase nitric oxide and calm inflammation

 **Science Says:** Yoga reduces IL-6 & CRP (inflammation); breath retention increases circulating stem cells; breathwork supports thyroid health by calming HPA axis.

- **Bonus Gift** - specially designed for fertility and first trimester pregnancy.  
<https://www.youtube.com/watch?v=38qsuO5oojk>

## ✅ **Step 2: Gentle Detox to Reduce Estrogen Dominance & Autoimmune Load**

**Goal:** Clear excess estrogen (driving endometriosis), improve liver function, and reduce gut inflammation impacting thyroid.

### **What to Do:**

- Drink warm lemon water + turmeric daily
- Add *flaxseed*, cruciferous veggies (broccoli, kale), and beets
- Use **castor oil packs** on liver + lower abdomen 3x/week
- Take **Triphala** or **magnesium citrate** for healthy bowel movements
- Avoid plastics, soy, non-organic meat (xenoestrogens)

 **Science Says:** Estrogen detox via liver is impaired in endo; castor oil enhances lymph flow and reduces inflammation; gut health is crucial for thyroid T4→T3 conversion.

## ✅ **Step 3: Mitochondrial & Egg Quality Support**

**Goal:** Regenerate damaged tissue, boost cellular energy in eggs, and support high-quality ovulation.

### **Supplements + Practices:**

- **CoQ10 (ubiquinol)** – 200 mg/day
- **PQQ** – stimulates mitochondrial biogenesis
- **Omega-3s** – anti-inflammatory, egg quality booster
- **Red light therapy** (660nm) on womb area: 10 min/day
- **12–14 hr overnight fast:** supports stem cell regeneration (autophagy)

 **Science Says:** Mitochondrial health is essential for egg viability. CoQ10 improves fertility outcomes. Fasting triggers tissue repair and stem cell production.

## ✅ Step 4: Nervous System Reset & Womb Healing Meditation

**Goal:** Calm cortisol, reduce autoimmune flare-ups, and create a fertile, receptive mental state.

### 🧘 Daily Mind-Body Ritual (10 min):

- **Heart Coherence Breathing** (inhale 5s, exhale 5s)
- **Guided Womb Meditation:** Visualize warmth, healing, and cellular renewal in the womb
- **Gratitude Journaling:** Write 3 things your body did well today

📖 *Science Says:* Cortisol suppresses ovulation + thyroid hormone conversion. Meditation reduces IL-6, CRP, and improves hormonal regulation via HPO axis.

## ✅ Step 5: Hormonal Nourishment & Fertility Nutrition

**Goal:** Balance thyroid and sex hormones, support regular ovulation, and reduce systemic inflammation.

### 🥗 Nutrition Plan:

- **YES:**
  - Wild fish, seaweed, Brazil nuts (selenium)
  - Organic leafy greens, berries, turmeric
  - Fermented foods: sauerkraut, kefir, miso
  - Gluten-free grains (esp. if Hashimoto's present)
- **AVOID:**
  - Refined sugar, seed oils, alcohol
  - Soy and dairy (hormonal disruptors)
  - Gluten (triggers in autoimmune thyroid cases)

## 🔄 Suggested Timeline

| Week | Focus                                                          |
|------|----------------------------------------------------------------|
| 1-4  | Detox, yoga + breathwork, foundational nutrition               |
| 5-8  | Add mitochondrial support + red light                          |
| 9-12 | Refine cycle tracking, deepen meditation                       |
| 12+  | Monitor for ovulation, cycle length, TSH, inflammation markers |

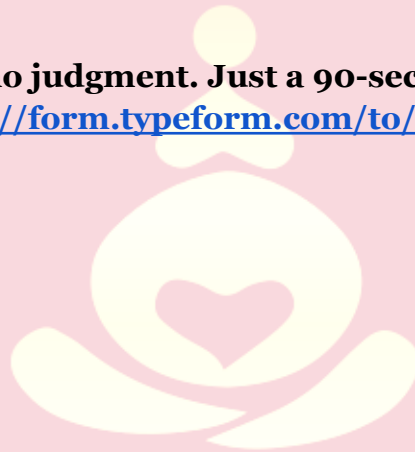
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**No right or wrong answers, no judgment. Just a 90-second fertility check-in with personalised insights** - <https://form.typeform.com/to/L6enqmmm>



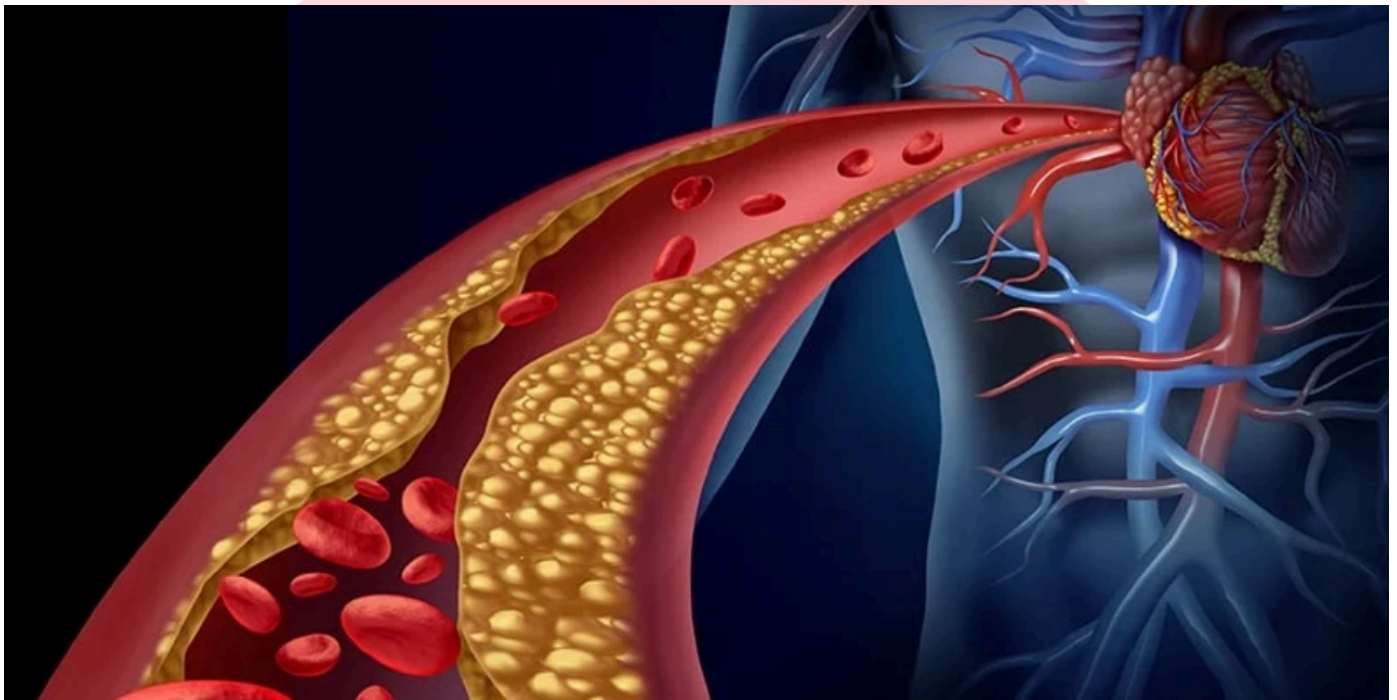
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# LOW ENDOMETRIAL THICKNESS (THIN UTERINE LINING)

## What it is

Think of the inside of the tummy-house (uterus) as a soft, warm mattress where a baby seed snuggles in. Endometrial thickness means how thick and cushy that mattress is. If the mattress is too thin, the seed cannot get comfy and may not stay. In simple words, the endometrial lining is the soft tissue inside the uterus that grows each month to prepare for implantation. When this lining is too thin (usually below 7–8 mm around ovulation or embryo transfer), it becomes difficult for an embryo to attach securely and grow.



## What you might notice (simple)

- Trouble getting pregnant.
- Maybe light spotting or different monthly flow.

## How It Affects Fertility

- Lower chance of implantation
- Higher risk of early chemical pregnancies
- Embryos may fail to attach or attach weakly
- IVF cycles may be cancelled due to poor lining response
- Luteal phase may feel unstable (spotting, short cycles)

## Medicines & Procedures: Benefits and Risks

### Estrogen Therapy

**Benefits:** helps build the lining effectively

**Risks:** bloating, headaches, emotional sensitivity

## **Vasodilators (Sildenafil, Aspirin)**

**Benefits:** improved uterine blood flow

**Risks:** dizziness, mild bleeding risk (rare)

## **PRP Infusions**

**Benefits:** may help in severe thin-lining cases

**Risks:** cost, discomfort, mixed evidence

## **Hysteroscopy**

**Benefits:** identifies and removes physical barriers

**Risks:** minor infection, rare scarring

## **Short-Term Gains & Long-Term Complications**

### **Short-term gains:**

- Temporary thickening of the lining
- Improved implantation potential
- Better preparation for IVF cycles

### **Long-term challenges if root causes aren't addressed:**

- Lining may remain thin cycle after cycle
- Recurrent implantation failure
- Higher emotional stress
- Hormone imbalance persists
- Poor blood flow to the uterus continues

This is why a holistic approach is essential.

## **Emotional Patterns & Energetic Contributors**

Women with thin lining often experience:

- Feeling “not ready” or “not receptive”
- A sense of emptiness or inadequacy
- Over-control, mental overactivity
- Difficulty trusting their body
- A contracted pelvic energy field
- Weak heart–womb communication

Energetically, thin lining is often linked to:

- Low warmth in the womb
- Poor downward flow (Apana Vayu imbalance)
- Emotional shut-down or protection patterns

## What Doctors Typically Say or Do

Doctors usually evaluate the lining over multiple cycles to understand whether it improves or remains persistently thin.

They may recommend:

### 1. Estrogen Support

- Oral or vaginal estrogen
  - Estrogen patches
  - Estrogen injections (in IVF cycles)
- These help to stimulate endometrial growth.

### 2. Blood Flow Enhancers

- Sildenafil (Viagra)
  - Low-dose aspirin
  - Pentoxifylline
- These may be used to improve uterine blood flow.

### 3. Hysteroscopy

To check and treat:

- Polyps
- Scar tissue (Asherman's syndrome)
- Chronic endometritis

This is crucial because structural issues can prevent lining growth.

### 4. Intrauterine Treatments (in some clinics)

- G-CSF (granulocyte colony-stimulating factor)
  - Platelet-rich plasma (PRP) infusion
- Used in difficult-to-grow linings, especially before IVF.

### 5. Additional Hormonal Evaluation

- Estrogen, progesterone, prolactin, thyroid function
- Luteal-phase support if needed

Most doctors emphasise:

- “The lining must reach a certain thickness for a healthy implantation.”
- “We need to check for any structural issues preventing normal growth.”
- “Blood flow and hormones play key roles.”

# Tests and Why They Are Done

## Transvaginal Ultrasound

Provides a clear measurement of endometrial thickness and texture, which is essential for understanding implantation readiness.

## Hormone Tests

### Estrogen (Oestrogen)

Shows whether the body is producing enough estrogen to build the uterine lining. Low levels often cause thin lining.

### Progesterone

Indicates whether the lining is stabilised after ovulation. Low levels can cause poor implantation or early shedding.

### FSH & LH

These pituitary hormones guide egg development and ovulation. If they are imbalanced, lining growth can also be affected.

### AMH (Anti-Müllerian Hormone)

Shows ovarian reserve. Low egg reserve may influence how well the lining responds to hormonal signals.

### Thyroid Function (TSH, T3, T4)

Thyroid hormones regulate metabolism and reproductive function. A sluggish thyroid slows endometrial growth.

### Vitamin D Levels

Vitamin D supports hormonal balance, immune regulation, and endometrial development. Low levels can contribute to thin lining.

### Hysteroscopy (if needed)

A small camera is inserted into the uterus to look for polyps, adhesions or scarring that may prevent the lining from thickening properly.

### Endometrial Biopsy (if needed)

A tiny sample of the lining is taken to assess whether the cells are healthy, receptive and developing at the correct phase of the cycle.

### Semen Analysis (Partner Test)

Ensures the sperm quality is good, as both partners' health affects timing, implantation and overall conception rates.

## Why These Tests Matter

- Ultrasound shows actual thickness and texture of the lining.
- Hormone tests reveal whether the body is producing the signals required for lining growth.
- Vitamin and blood tests check if the body has enough resources to support implantation.
- Hysteroscopy and biopsy detect hidden issues like scarring or inflammation that block the lining from developing properly.

## How Improving These Factors Supports Pregnancy

- A thicker, healthier lining increases the chance of successful implantation.
- Balanced hormones ensure the lining grows at the right time and stays stable.
- Optimised nutrient levels support cell growth, repair and blood flow.
- Removing adhesions or treating abnormalities helps create a receptive, healthy environment for the embryo to attach and grow.

## YogBirth Protocol for Low Endometrial Thickness

### 1. Nutrition for Lining Growth

- Warm, cooked meals to improve circulation
- Beetroot and pomegranate daily (increase nitric oxide)
- Healthy fats: ghee, sesame oil, olive oil
- Iron-rich foods: dates, leafy greens, black sesame
- Avoid cold, raw foods that slow blood flow

### 2. Supplements (as per your clinical supplement list)

- L-Arginine — improves uterine blood flow
- Vitamin E — improves lining thickness and vascularity
- Omega-3 fatty acids — reduces inflammation and improves cellular health
- CoQ10 — supports mitochondrial function of uterine cells
- Vitamin D — supports immune and hormonal alignment
- Iron — if anaemic (based on CBC)

### 3. Ayurvedic rituals and self-care

- **Castor oil packs** (preconception only): 3–4 times weekly for circulation
- **Abhyanga (warm oil full-body massage)** to increase warmth and flow
- **Navel oiling** at night for digestive and reproductive support
- **Gentle heat therapy** on lower abdomen
- **Shatkarma and Panchakarma** (professional practitioner only) to remove toxins and stagnant energy

#### 4. Yoga Therapy

Poses focusing on pelvic circulation:

- Supta Baddha Konasana
- Malasana
- Supported Bridge Pose
- Cat–Cow
- Gentle hip openers
- Viparita Karani (legs up wall)

#### 5. Breathwork & Energetic Practices

- Bhramari to calm the nervous system
- Anulom Vilom for hormonal balance
- Deep belly breathing to warm and nourish the womb
- Heart–womb connection meditations
- Visualisation of warm, rich blood flow entering the uterus

#### 6. Timeline Expectations

- Initial improvement: 3–6 weeks
- Significant changes: 6–12 weeks
- Lining thickness responds best when:
  - Stress reduces
  - Blood flow increases
  - Nutrition and hormones harmonise
  - Emotional safety improves

**Heal your fertility at the root, not just the symptoms. [Access the Fertility Miracles course for cycle balance, hormone healing, and deep womb restoration.](#)**

YOGA BIRTH  
Your Holistic Pregnancy Partner



# MALE FERTILITY PROBLEMS

***Male-factor fertility issues contribute to nearly 40–50 percent of all conception challenges. Strengthening male reproductive health significantly improves natural conception, IUI and IVF outcomes.***

## What It Is

Male fertility problems occur when sperm cannot be produced in adequate quantity, quality or strength, or when hormonal, lifestyle or structural issues affect sexual or reproductive function.



## Healthy fertility in men requires:

- enough sperm,
- sperm that swim well,
- sperm with normal shape and DNA,
- proper hormonal balance,
- healthy testicular and vascular function,
- stable nervous system and sexual confidence.

## Most Common Male Fertility Problems

**These are the issues seen most frequently:**

### 1. Low Sperm Count (Oligospermia)

Fewer sperm than normal.

### 2. Low Motility

Sperm cannot swim fast or straight enough to meet the egg.

### 3. Abnormal Morphology

Sperm shape is abnormal, reducing the ability to fertilise the egg.



#### **4. Varicocele**

Dilated veins in the scrotum causing heat, oxidative stress and reduced sperm quality.

#### **5. Hormonal Imbalance**

Low testosterone, thyroid dysfunction, high prolactin or pituitary issues.

#### **6. High DNA Fragmentation**

Sperm DNA is damaged, affecting embryo development and increasing miscarriage risk.

#### **7. Lifestyle Causes**

Smoking, alcohol, stress, long sitting hours, heat exposure, poor sleep, obesity.

#### **8. Chronic Medical Issues**

Diabetes, thyroid problems, metabolic syndrome.

#### **9. Erectile Dysfunction / Ejaculation Disorders**

Reduced sexual confidence or timing difficulties.

#### **10. Infections**

Prostatitis, STIs, or untreated urinary infections affecting sperm health.

#### **How It Affects Fertility**

- Decreased chances of natural conception
- Poor embryo quality
- Higher miscarriage risk
- Reduced success rates of IUI, IVF and ICSI
- Difficulty with timing intercourse
- Lower libido and performance anxiety
- Emotional strain on the couple

**Your fertility journey is unique, your guidance should be too. Take this 90-second quiz for personalised next steps - <https://form.typeform.com/to/L6enqmmm>**

## What Doctors Typically Say or Do

**Doctors focus on finding reversible causes and improving sperm production and quality.**

### **Typical recommendations include:**

- Semen analysis + DNA fragmentation test
- Hormone correction (if needed)
- Lifestyle improvements (quit smoking, reduce alcohol, stress reduction)
- Antioxidant supplements
- Treat infections
- Consider varicocele repair
- Assistive reproductive techniques (IUI, IVF, ICSI)

### **Doctors often emphasise:**

- “Sperm regenerate every 72–90 days — improvements take 3 months.”
- “Male fertility is equally important as female fertility.”
- “Small improvements in sperm quality significantly improve conception rates.”

## **Medicines & Procedures — Benefits and Risks**

### **Clomiphene / Letrozole (for hormonal imbalance)**

**Benefits:** boosts testosterone and sperm production

**Risks:** mood swings, acne, irritability

### **Antioxidants (doctor-guided)**

**Benefits:** reduce oxidative stress, improve motility

**Risks:** overuse can create imbalance

### **FSH / HCG Hormone Injections**

**Benefits:** helpful for true hypogonadism

**Risks:** costly, requires long-term use

### **Antibiotics**

**Benefits:** treat infections impacting sperm

**Risks:** side effects, recurrence possible

### **Varicocele Surgery**

**Benefits:** permanent improvement in many men

**Risks:** not beneficial in all cases, requires recovery time

### **ICSI (Intracytoplasmic Sperm Injection)**

**Benefits:** helps fertilisation when sperm quality is very low

**Risks:** emotional + financial burden, does not fix root causes

## **Short-Term Gains & Long-Term Complications**

### **Short-Term Gains**

- Increased motility
- Reduced inflammation
- Improved libido and sexual function
- Better hormonal balance

### **Long-Term Complications if Untreated**

- Persistent low sperm quality
- Higher miscarriage or failed IVF cycles
- Emotional distancing or low self-esteem
- Worsening metabolic and hormonal imbalance
- Progressive DNA fragmentation

## **Emotional Patterns & Energetic Contributors**

### **Emotional Patterns**

- Shame, guilt, silence
- Feeling “not enough”
- Performance anxiety
- Emotional withdrawal

### **Energetic Contributors**

- Excess heat in pelvic region
- Blocked masculine energy flow

**Supporting men emotionally is as essential as supporting them physically.**

**Tests to Be Done** Your Holistic Pregnancy Partner

### **Primary Male Fertility Tests**

- Semen Analysis: count, motility, morphology
- DNA Fragmentation Test: assesses sperm DNA health
- Hormone Profile:
  - Testosterone
  - FSH
  - LH
  - Prolactin
  - Thyroid panel
- Scrotal Ultrasound: checks for varicocele or abnormalities
- Sperm Culture & STI Screening: checks infections
- Metabolic Profile: lipids, HbA1c, fasting insulin

## Why These Tests Matter

- Semen analysis shows the actual functional ability of sperm.
- DNA fragmentation is critical for embryo quality and miscarriage risk.
- Hormonal evaluation shows whether the body is signalling correctly for sperm production.
- Ultrasound detects varicocele, a reversible cause of infertility.
- Infection tests reveal inflammatory causes of poor sperm quality.
- Thyroid and metabolic tests identify systemic issues affecting sperm.

Together, these tests create a complete roadmap for improvement.

## How Improving These Supports Pregnancy

- Stronger, healthier sperm improves natural conception chances.
- Better DNA quality helps form stronger embryos.
- Balanced hormones support libido, energy and sexual connection.
- Reduced inflammation improves embryo development and implantation.
- Sperm improvements significantly increase IVF and ICSI success rates.

When male fertility improves, the entire fertility journey becomes smoother, quicker and emotionally lighter.

## YogBirth Protocol — Male Fertility Strengthening

### A. Nutrition

- Warm cooked meals
- Zinc-rich foods: pumpkin seeds, nuts
- Antioxidant foods: berries, citrus, pomegranate
- Omega-rich foods: seeds, walnuts, avocados
- High-quality protein
- Reduce caffeine, smoking, alcohol
- Avoid heat exposure (hot tubs, sauna, laptops on lap)

### B. Supplements

- CoQ10 (Ubiquinol) — improves motility and energy
- Omega-3 — reduces inflammation
- Vitamin D — supports testosterone and sperm health
- Zinc — essential for sperm formation
- Vitamin C & E — reduce DNA damage
- Ashwagandha — improves semen count and motility
- L-Carnitine — enhances motility
- Shilajit (purified) — boosts sperm count and stamina

**(All supplements used under clinician guidance.)**

### C. Ayurveda-Based Rituals

- Abhyanga (warm oil body massage) to reduce stress and heat
- Navel oiling to strengthen digestive and reproductive energy
- Panchakarma detox for chronic inflammation or metabolic issues
- Shirodhara for deep nervous system regulation
- Herbal support: Ashwagandha, Gokshura, Kapikacchu

### D. Yoga Therapy for Men

- Hip-opening postures
- Pelvic circulation poses
- Strength training (moderate intensity)
- Avoid long cycling sessions
- Core strengthening
- Relaxation practices before sleep

### E. Breathwork & Energetics

- Bhramari for stress reduction
- Diaphragmatic belly breathing
- Anulom Vilom to balance hormones
- Sexual energy grounding
- Partner connection practices

### F. Timeline

- First changes: 4–6 weeks
- Strong improvements: 8–12 weeks
- Sperm cycle: 72–90 days
- Best results when both partners participate together

### ☀ CTA — MALE FERTILITY SUPPORT

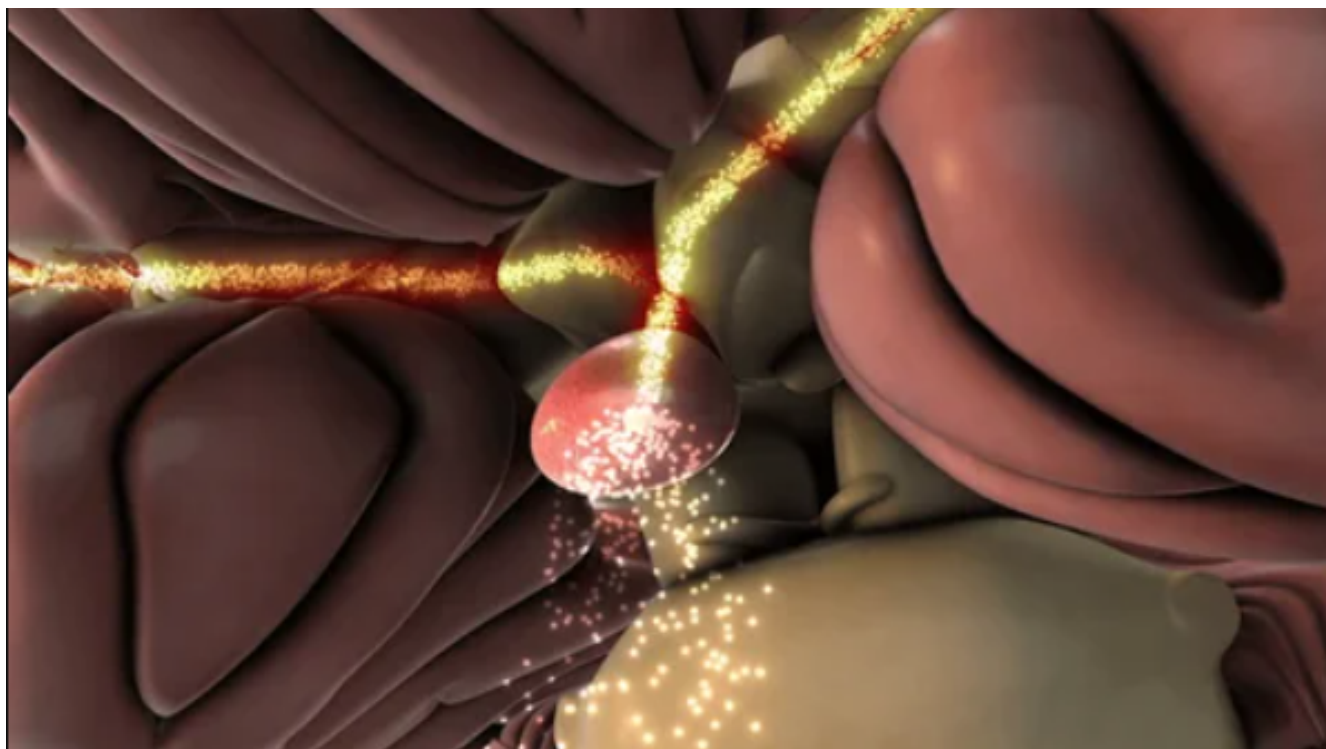
To help men improve sperm quality, hormone balance and reproductive health naturally:

✓ [Book a 1:1 consultation with us](#)

✓ Explore the [Fertility Miracles Program](#)

✓ Join us for a personalised VIP 1:1 Fertility Planning Call

## QUICK HORMONE PRIMER



### Holistic Healing Plan for Hormonal Balance & Fertility

#### 1. FSH (Follicle Stimulating Hormone)

**Issue when imbalanced:** Too high → poor ovarian reserve; Too low → weak follicle stimulation.

**Goal:** Support ovarian health + improve egg quality.

#### **Practices:**

- **Diet:**
  - Antioxidant-rich foods (blueberries, spinach, walnuts, pomegranate)
  - Protein with each meal (supports ovarian reserve)
  - CoQ10 (via foods like mackerel, organ meats or supplement) → improves egg mitochondrial energy.
- **Herbs:** *Shatavari* (nourishes ovaries), *Maca root* (pituitary support).

- **Yoga:**

- Supta Baddha Konasana (Reclined butterfly) → improves blood flow to ovaries.
- Malasana (squat) → stimulates apana vayu for ovarian energy.

- **Breathwork:** Nadi Shodhana (alternate nostril) → balances pituitary signaling (FSH comes from pituitary).

**Why:** FSH health = follicle growth → strong ovulation → better chance of conception.

## 2. LH (Luteinizing Hormone)

**Issue when imbalanced:** Too high (common in PCOS) → immature ovulation; Too low → no ovulation.

**Goal:** Ensure proper mid-cycle surge for ovulation.

### **Practices:**

- **Diet:**

- Stabilize blood sugar (low-glycemic diet, avoid refined carbs).
- Cinnamon + fenugreek → improve insulin sensitivity, lowering excessive LH in PCOS.

- **Herbs:** *Vitex (Chasteberry)* → regulates LH surge and luteal phase.

- **Yoga:**

- Setu Bandhasana (Bridge pose) → balances pituitary-ovarian axis.
- Gentle twists → detox liver (which clears excess hormones).

- **Breathwork:** Kapalabhati (pre-ovulation only) → stimulates pituitary-hypothalamus communication.

**Why:** Correct LH timing ensures proper ovulation → essential for natural conception or IVF success.

- Follow this quick video - specially designed for fertility and first trimester pregnancy.  
<https://www.youtube.com/watch?v=38qsuO5oojk>
- Watch this video to know the right technique, there's a lot of misinformation around Kapalabhati, so please watch it very carefully at least twice  
<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>



### 3. Estrogen

**Issue when imbalanced:** Too high (estrogen dominance → fibroids, endometriosis, PMS); Too low → thin lining, poor ovulation.

**Goal:** Balance estrogen → strong follicle growth, thick uterine lining.

#### **Practices:**

- **Diet:**

- Cruciferous veggies (broccoli, kale, cabbage) → help liver clear excess estrogen.
- Flaxseeds (phytoestrogens → regulate estrogen swings).
- Warm foods (soups, stews, herbal teas) to nourish lining.

- **Herbs:** *Ashoka bark* (balances female cycle), *Turmeric* (anti-inflammatory estrogen balancer).

- **Yoga:**

- Bhujangasana (Cobra pose) → improves blood flow to uterus.
- Paschimottanasana (Forward bend) → relaxes and nourishes uterus.

- **Rituals:** Castor oil packs (pre-ovulation) → increase uterine blood flow + help estrogen build lining.

**Why:** Balanced estrogen → healthy follicles, fertile cervical mucus, thick endometrium for embryo to implant.

### 4. Progesterone

**Issue when imbalanced:** Low progesterone → luteal phase defects, early miscarriage, PMS, spotting.

**Goal:** Strengthen corpus luteum → maintain lining & early pregnancy.

#### **Practices:**

- **Diet:**

- Pumpkin & sunflower seeds (seed cycling in luteal phase).
- Avocados, ghee, coconut oil (healthy fats = raw material for progesterone).
- Vitamin B6 foods (bananas, chickpeas, salmon).

- **Herbs:** *Vitex* (stimulates corpus luteum), *Ashwagandha* (lowers cortisol so progesterone can rise).
- **Yoga:**
  - Viparita Karani (Legs up wall) → improves uterine blood flow during luteal phase.
  - Supported Supta Baddha Konasana → calms womb.
- **Meditation:** Visualize corpus luteum glowing golden, filling uterus with warmth & safety.

**Why:** Progesterone = “pregnancy hormone” → makes womb receptive, sustains embryo until placenta develops.

## 5. Cortisol (Stress Hormone)

**Issue when imbalanced:** High cortisol steals from progesterone pathways (“pregnenolone steal”).

**Goal:** Lower stress response → free up hormonal balance.

### **Practices:**

- **Daily Yoga Nidra (20 min)** → deep nervous system reset.
- **Bhramari pranayama (Humming breath, 5–7 min)** → vagus nerve activation.
- **Evening ritual:** screen-free, chamomile tea, journaling to release worries.

**Why:** Lower cortisol → progesterone and estrogen stay balanced → improved fertility.

## 6. Insulin

**Issue when imbalanced:** Insulin resistance (common in PCOS) → high androgens → ovulation problems.

**Goal:** Improve insulin sensitivity.

### **Practices:**

- **Diet:** Small, balanced meals with protein + healthy fat + fiber. Avoid refined carbs.
- **Exercise:** 20–30 min brisk walk post meals.
- **Herbs:** Cinnamon, fenugreek, berberine (if guided by practitioner).

**Why:** Balanced insulin → balanced androgens → normal ovulation + hormone cycles.

## 7. Thyroid Hormones (TSH, T3, T4)

**Issue when imbalanced:** Low thyroid → anovulation, miscarriage risk.

**Goal:** Support thyroid health.

### Practices:

- **Diet:** Iodine-rich foods (seaweed, eggs, sesame seeds), selenium (Brazil nuts).
- **Stress management:** reduces autoimmune thyroid flare.
- **Herbs:** Ashwagandha supports thyroid regulation.

**Why:** Healthy thyroid hormones regulate cycle rhythm and fertility hormone

To truly support your fertility journey, we go beyond general wellness. Our next step is to create a **super-specific, personalized plan** tailored to your unique medical history, hormone levels, emotional needs, and lifestyle. This custom roadmap will address your **stress levels, sleep quality, diet, movement**, and womb energy—bringing your body into alignment for conception.

🌟 **Ready to begin?** [Book your personalized fertility breakthrough session and custom plan here](#) and avail the benefit of limited time price drop.

**Free Bonus Gift** - [Fertility Breathwork Plan](#) that has helped 82% of the women in our community to conceive naturally.

**Free Bonus Gift 2:** Watch this video to know the right technique, there's a lot of misinformation around Kapalbhata, so please watch it very carefully at least twice  
<https://www.youtube.com/watch?v=V1bgNNjIICM&t=31s>



## 3-Month Hormonal Healing Roadmap

| Month | Focus                | Practices                                                                            |
|-------|----------------------|--------------------------------------------------------------------------------------|
| 1     | Detox & Reset        | Liver cleanse foods, castor oil packs, Nadi Shodhana, Triphala                       |
| 2     | Rebuild Hormones     | Shatavari, Vitex, flaxseeds, follicular yoga, stress management                      |
| 3     | Fertility Activation | Seed cycling, womb meditation, luteal-phase progesterone support, Bhramari pranayama |

# Preconception health checkup - tests and why

## When to test

For best accuracy, please schedule these tests after day 10 of your menstrual cycle, unless your clinician advises otherwise. This timing helps with clearer interpretation of many cycle-related hormones.

## For her — core tests and purpose

- **Complete blood routine (CBC)**  
checks overall health, haemoglobin and infection markers, and identifies anaemia that can affect conception and pregnancy.
- **Hormonal assay: FSH, LH, prolactin, oestrogen**  
assesses ovarian reserve, ovulatory signals and hormonal imbalances that directly affect ovulation and cycle regularity.
- **Thyroid profile (TSH, free T4, optional free T3 and antibodies if indicated)**  
thyroid dysfunction disrupts cycles and implantation and raises miscarriage risk, so optimisation is essential for fertility.
- **Liver function tests (LFT)**  
liver health affects hormone metabolism and detoxification; abnormal results may change medication or supplement choices.
- **Urine routine**  
screens for infection and metabolic issues that can affect fertility and pregnancy safety.
- **AMH (anti-Mullerian hormone)**  
a marker of ovarian reserve that helps estimate egg quantity and informs planning and timelines.
- **Vitamin D**  
low levels are common and linked to poorer reproductive outcomes; reflectionn supports immune and hormonal health.
- **Vitamin B12**  
important for egg quality, energy, nervous system function and for early neural development in pregnancy.
- **Serum calcium**  
checks bone and metabolic health and helps guide dietary and supplement choices before pregnancy.

- **Ultrasound (USG) of abdomen and pelvis**  
visualises uterus and ovaries for fibroids, cysts, endometriosis signs and antral follicle assessment.

## For him — core tests and purpose

- **Semen analysis**  
evaluates sperm count, motility and morphology, which are the primary drivers of natural conception success.
- **Lipid profile**  
metabolic health influences sperm quality and general wellbeing; abnormal lipids can point to insulin resistance or inflammation.
- **TSH (thyroid screen)**  
thyroid issues in men can affect libido and sperm quality, so simple screening helps identify reversible causes.
- **Complete blood routine (CBC)**  
screens for anaemia or infection and gives a snapshot of systemic health that can influence fertility.
- **Liver function tests (LFT)**  
liver health affects hormone balance and toxin handling, both of which can influence sperm production and quality.



YOGBIRTH  
Your Holistic Pregnancy Partner



# Testimonials

We have gently supported many mothers just like you through their fertility and pregnancy journeys, helping them feel safe, confident, and deeply cared for.



It would be our honour at YogBirth to walk beside you too and support you with the same love, wisdom, and commitment.

We'd be honoured to support your journey.

**We also support women in the fertility stage and conduct dedicated fertility healing and preparation sessions.**

# REAL EXPERIENCES FROM OUR YOGBIRTH COMMUNITY

< 384  Sofia Prenconception... online

Yogbirth team: I am incredibly happy to say: I have good news 🙏

I still can't believe this 🙏🙏  
I'm 6 weeks pregnant! For years, I battled with thyroid fluctuations. My TSH would never stabilize, and every doctor told me it was the reason I couldn't conceive. I was always tired, always foggy. But YogBirth approached it from the gut, from the breath, from the mind. Your focus on inflammation, sleep rhythms, and hormone alignment changed everything.

In month 2, my thyroid reports came back NORMAL for the first time in years. You have changed my life in the most sacred way ❤️❤️🙏

Edited: 1:42 PM

< 383  Mehreen Prenconception... online

Hi Aman and Zo. I'm writing this with trembling hands and a full heart. My AMH was 0.4 when I joined YogBirth. Every clinic I went to said 'go straight for IVF, you don't have time.' I felt broken, and hopeless. But your program made me feel seen again. The rituals, meditations, food combinations, specific breathing techniques all of it felt like my body was being given a second chance. I followed every step with faith, and slowly, I began feeling different. More alive, more balanced. And today, I saw two pink lines. Naturally conceived!!

I still can't stop crying. Thank you for giving me back hope, healing, and now, motherhood.

1:07 PM

< 384  Debbie Prenconception... online

Guys! We did it!

I say we because you made this happen! 🙏🙏🙏 I've battled endometriosis for over a decade now. I never imagined that natural conception was even possible for me. Every practice, foods, and breathwork given by you were unlike anything I'd experienced.

And today, for the first time in 7 years, I saw a positive test. My husband and I just held each other and cried. ❤️🙏  
Thank you for teaching me that healing is possible 🙏🙏🙏

1:40 PM

< 384  Jasmita Prenconception... online

Aman, you know how at 39, I was told I was 'borderline too late' by multiple doctors. It broke something inside me.

But YogBirth came into my life when I had emotionally given up. Your program didn't just focus on fertility, it focused on me.

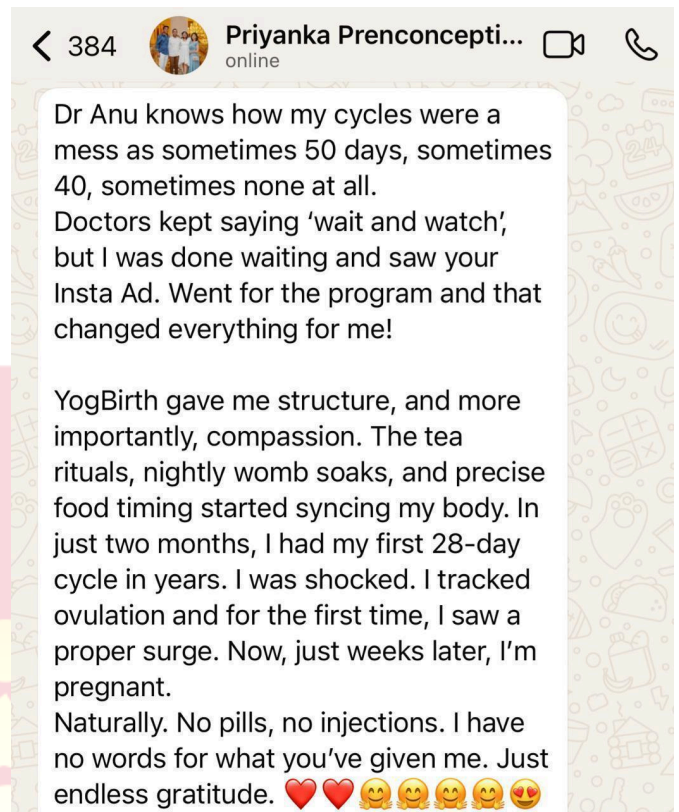
The movement flows, the targeted food therapy, and the calming mindset rituals gave me back a part of myself I didn't even know I had lost!!!!

My cycles became regular for the first time in 6 years. And this morning, I got a positive pregnancy test. I keep looking at it to make sure it's real.

Thank you for being the light in my tunnel. ❤️❤️❤️❤️

1:40 PM





## FINAL WORD

Modern medicine is valuable for diagnosis, monitoring and managing immediate risks. YogBirth focuses on what medicine often cannot address deeply enough: restoring the body's internal intelligence so conception, pregnancy and birth unfold with greater safety, calm and physiological alignment.

YogBirth works at the root level of the reproductive system by rebuilding the internal ecosystem required for life to begin and thrive. Our work centres on regulating the nervous system, restoring hormonal communication, improving pelvic and uterine circulation, strengthening digestion and tissue nourishment, and creating emotional and energetic stability within the womb.

Through structured breathwork, YogBirth calms chronic stress patterns that suppress ovulation, implantation and hormonal balance. When the nervous system feels safe, the body naturally prioritises reproduction. Targeted yoga therapy improves blood flow to the uterus and ovaries, supports endocrine glands, and releases long-held tension in the pelvis, hips and lower back that can restrict circulation and receptivity.

Ayurvedic principles are used to nourish reproductive tissues, correct metabolic imbalances, support detoxification, and establish daily rhythms that align with hormonal cycles. Energetic and meditative practices work at a deeper level, organising subconscious stress, fear and stored emotional patterns that influence the womb environment and hormonal signalling.

Together, these layers of work rebuild a womb environment that is stable, receptive and capable of sustaining life, not just temporarily, but long term.

While medicines may be necessary to manage symptoms or stabilise conditions at certain stages, YogBirth focuses on why those symptoms arise in the first place. Our approach supports the body in healing sustainably by addressing root causes rather than suppressing signals.

When medical intervention is required, it should be followed appropriately. As the body regains balance and resilience, YogBirth's guidance helps women transition toward a more self-regulated, supported and naturally aligned state, reducing dependency and strengthening confidence in the body's innate capacity.

YogBirth does not replace medicine. It completes the healing process by doing the deeper work that allows medicine to become supportive rather than permanent.

## Join the YogBirth Community

- Join our VIP Holistic Fertility and Preconception Coaching and prepare your body for a healthier conception journey: personalised guidance, lifestyle reset, nutrition and mind-body healing. [Book a call here](#)
- Not ready to deep dive yet? Click here to access our pre-recorded **Fertility Miracles Course** - [Link](#)
- Mothers across the world learn daily from our guidance on:
  - ✨ Prenatal yoga
  - ✨ Garbha Sanskar
  - ✨ Breathwork for calm and balance
  - ✨ Pregnancy nutrition
  - ✨ Emotional strength and confidence
  - ✨ Labour preparation
  - ✨ Fertility healing

A supportive community, gentle wisdom, and care for you and your baby.

### Follow us here:

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👉 LinkedIn: [YogBirth](#)

### Get in touch with us -

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