

THE FERTILE LIFE METHOD



Fertile Life

FERTILITY IS YOUR NATURAL STATE



DR KIRSTEN WOLFE

CHINESE MEDICINE

TESTIMONIALS

Whilst we would love to share them with you, we can't. Registered health professionals are prohibited by law from using testimonials of any sort under APHRA. The Australian and Chinese Medicine Association's (AACMA) code of ethics also prohibits the use of testimonials by members. For this reason there are no testimonials in this book

DISCLAIMER

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*“Gratitude can transform common days into thanksgivings,
turn routine jobs into joy and changed opportunities into blessings.”*

– William Arthur Ward

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Whilst the journey of developing the book from nothing to print took a short time, 9 months in fact – just like growing a baby! It is years of research, clinical practice and my heart and soul that are in the pages. I am humbled and thankful to all my patients for allowing me to be a part of their journey towards parenthood. I love my job, it feeds my soul... nothing is better than your patients telling you that they are pregnant, or cheekily giving you their BBT chart and waiting for you to work it out! Deepest love and gratitude to Shane, my love who keeps me sane & looks after me when I am way too busy. Lastly yet importantly to my two boys Seb & Felix who inspire me everyday.



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Chinese Medicine

FOREWORD

Chinese medical theory and practice is based upon a sophisticated diagnostic and therapeutic body of knowledge that has evolved over at least two thousand years and through many historical traditions. The present body of knowledge is the result of many of these traditions and practices having been amalgamated into a more coherent and structured system, commonly known as Chinese Medicine (CM). The diagnostic categories of CM describe recurring clinical patterns, taking into account both subjective symptoms and objective signs. These diagnostic categories have been used with relative consistency over twenty centuries of recorded clinical practice. This rich clinical legacy is now well recognised throughout the world and the Australian federal government has recently legislated to register CM as a health-care profession.

According to the CM paradigm, both health and disease are defined by specific characteristics. These include not only the absence or presence of discomfort and pain, regularity of sleep, digestive, respiratory, sexual and other behaviours but also observable qualities in the patient's mental function and demeanour as well as the pulse, tongue, skin, hair and other physical attributes. In this way, CM is an holistic form of medicine, which views the interaction between the mind, body and spirit as an integral part of the disease pattern and the restoration of health.

CM shares some ideas with other forms of complementary medicine, including belief in a strong interrelationship between the environment and bodily function and an understanding of illness as starting with an imbalance of energy or 'vital force'. This is defined as Qi, a fundamental substance that has the potential to activate all bodily functions and therefore is an essential force requiring manipulation in the process of restoring health. Underpinning this vital flow of Qi is the ancient philosophical concept of Yin and Yang. This concept is a sophisticated interpretation of the natural forces operating within both the external environment of nature and the internal environment of living beings.



Disease occurs when the relevant healthy balance of Yin and Yang is affected. This imbalance may occur as a result of external influences such as environmental factors, pathogens, dietary irregularities and/or internal stress-related emotional problems which may result from lifestyle irregularities. The CM view is that it is often a combination of these external and internal influences that may lead to ill health.

Treatment is aimed at restoring the vital balance of Yin and Yang within a holistic framework by assisting the person's innate physiological and, where appropriate, psychological powers of healing. Classical Chinese Acupuncture helps to circulate Qi or life force through a meridian or channel network. This network connects external acupuncture points with internal organ functions. Acupuncture techniques utilise the insertion of very fine acupuncture needles placed in strategically important points. In this way blockages of Qi (life force) which help to cause disharmony are cleared, this clearing of energy blockages then assists the natural healing mechanism within the body to be restored to a more healthy state. Chinese Medicine physicians also consider lifestyle, dietary, environmental and emotional factors as part of the assessment and treatment of disease.

CM also places a strong emphasis on disease prevention and health maintenance and the empowerment of clients to play an active role in their own health. Clients are encouraged to learn about the many factors influencing their health and to have regular treatment to maintain Yin / Yang balance.

David Benn MEd., B.Ac., B.A

Chinese Medicine has been used for 2000 years successfully treating infertility and many other obstetric disorders. Many of the world's population uses Chinese Medicine as their main form of health care. We work harmoniously with the mind and body to establish a more normal equilibrium, conducive for conception. CM can be used as a stand-alone, natural, drug-free treatment option to enhance fertility and treat both medically explained and unexplained infertility. It can also be safely used in conjunction with conventional Western Medical fertility treatment including IVF. It has been shown in clinical trials to increase the effectiveness of IVF, ICSI and ART procedures. With the use of proven protocols Acupuncture has an added bonus for fertility treatment patients: it reduces the side effects of fertility treatments, including nausea, weight gain and mood swings whilst reducing stress.



The Fertile Life Method

INTRODUCTION

“Your body has the innate natural potential to create a healthy baby. All you have to do is put it in the right place to do so both physically and emotionally”

Everyone starts their fertility journey from different places. Some of you are reading this book at the beginning of your journey, full of hopes and dreams. Some already have a child and are suffering from secondary infertility. Some have been trying for a while and would simply like some help. And others have been on this road a long time and tried everything from standing on their head after sex to the emotional rollercoaster of IVF.

We know that many couples trying to conceive feel that time is running out. This sense of urgency is common. So if you have felt anxious or powerless on your conception journey thus far, you are certainly not alone. We understand and we empathise.

My team and I have seen all of these types of journeys in the clinic, and what I want you to know is that there is always hope to dare to dream for a child.

From a Chinese Medical perspective, when your body, mind and spirit are healthy and in balance, your natural state is FERTILITY!

For many this can be achieved easily with adjustments to your lifestyle. But it will take inner strength for you to look at yourself objectively and acknowledge the changes that need to be made. There is a Chinese saying ‘cultivating the soil before you plant the seed’. As a farmer spends months preparing the soil for planting, so must we. You will need to tend the soil and create a healthy environment so that conception can occur. With respect to fertility, cultivating the soil means giving the body, ovaries, sperm and uterine lining all the nutrients it needs for the embryo to implant and begin life. My team and I are here to guide you and be with you every step of the way.

I know that some of you have been told that you can’t get pregnant, or that your chances are very low from a western medical perspective. From my experience of helping



thousands of couples on their fertility journey, I know that there is always hope. The human body and spirit has an amazing ability to get back to nature, back into balance (with or without working with IVF) and become fertile.

Too often in this day and age we are busy doing! When we struggle to become pregnant, we become busy “doing our infertility” – googling everything, controlling everything, always creating a plan of what to do next when this month doesn’t work.

As part of The Fertile Life Programme we ask you to stop, to feel what you are feeling now and to trust in the process. The heart must connect to the womb for life to occur. What are you doing to nurture yourself? How often are you doing this? If not, what is stopping you from starting now to put yourself first?

Our Fertile Life Method is about you and your practitioner working together.

The Method requires you to make the changes that are asked – get the tests that we request, make changes in your diet, slowdown in your life, be quiet and sit with yourself and all your emotions.

I am repeatedly asked by patients about our success rate, and the odds of them falling pregnant. Whilst it is a fair question, there is no straight forward answer. Fertility comes with so many variables. But what I can confirm is that the people who most often find success are those who have put in the hard work; eaten well, reduced stress, taken care of themselves and committed fully to making changes recommended by our practitioners.

Unfortunately, not everyone who comes to our practice is willing to commit and work hard. The reasons are many: they don’t have time, the lifestyle changes are an inconvenience, they don’t believe in it, they know someone who knows someone who said...

Good health is good for everything, so there are no losers with our program, except the ones who don’t fully commit and give up too soon.

This book outlines the fertility secrets that I share with all of my patients. We wish you every success and look forward to being part of your journey.

Best Wishes

Kirsten Wolfe



THE FERTILE LIFE METHOD

Even though infertility is affecting more and more couples these days, the good news is that very few people are actually clinically infertile. Most women and their partners are simply not physically or emotionally in good reproductive health.

The Fertile Life Method is a devoted treatment and training program for infertility, pregnancy and birth support. It aims to help both couples and individuals conceive, sustain a full term pregnancy, and deliver a healthy child.

The power of our treatment plan is that it draws on the best of both eastern and western medicine in order to enhance fertility. Happily, the strengths of western medicine are in the areas in which eastern medicine is weak, and vice versa. By drawing on both practices, we have a more complete understanding of fertility.

We use an integrated mind-body medicine technique. With our method, Chinese medicine provides the framework, with western results and diagnosis providing a critical role in the administering of treatment.

No matter what your individual circumstances are, The Fertile Life Method can help you to enhance your reproductive health.

Your Fertile Life (FL) practitioner will use all of the information gathered from you and your partner to prepare an individual treatment plan based on your health picture. This plan will support you both to address underlying health issues, balance your system and create wellness. It will assist you on your conception journey whether you are seeking an all-natural solution, or pursuing assisted reproductive therapies.

Your practitioner will help you:

- Understand your hormones and your menstrual cycle
- Understand your basal body temperature chart
- Understand the fertility process



- Understand your body better
- Get your hormones into balance
- Regulate ovulation
- Enhance egg quality and production
- Improve the quality of your cervical mucus and endometrium
- Strive for optimum health and well being
- Manage stress and emotional well being
- Manage gynaecological issues
- Increase blood flow to reproductive organs
- Prepare for and support IVF treatment

They can also help your partner:

- Strive for optimum health and well being to become the healthiest version of himself
- Improve sperm quality
- Understand and become more involved in the fertility process

Fertile Life is here to help. We will work tirelessly with you both to establish a more normal equilibrium, which will encourage conception. We have had huge success in assisting our patients on the journey to parenthood.

We look forward to being part of your story.



CHAPTER 1

Understanding Conception

“Faith is taking the first step even when you can’t see the whole staircase”

– Martin Luther King

We know that you already have a basic understanding of how conception occurs, but it is important for you to review the key information outlined in this chapter in order to increase your chances of falling pregnant.

Every baby girl is born with somewhere between one and two million eggs in her ovaries, more than you could ever need! With this in mind, the average woman will only release about 400 of these during her reproductive years from the onset of her first menstrual cycle.

At some time during your menstrual cycle (usually somewhere in the middle) one of these eggs will become the dominant follicle and reach maturity. Lutenising hormone is triggered, set off by the pituitary gland in your brain, will signal an eruption of the egg, which is released into your abdominal cavity and immediately scooped up by fimbriae and into the fallopian tubes. This process is called ovulation. An egg will survive for 12 to 24 hours after release from the ovary, so fertilisation is only possible during this small period of time.

Your menstrual cycle is counted from the first day of your period (this is full flow not just spotting) to the day before the next bleed. You will see a lot of information based on the average 28 day cycle, with ovulation occurring on day 14. It is essential for you to understand that a healthy menstrual cycle can be anywhere between 26



and 40 days and the day of ovulation varies dramatically from woman to woman. Your menstruation can start anywhere from 11 to 16 days after you ovulate.

Men make sperm on a regular basis, and it takes approximately 116 days to create a new sperm cell from start to finish. The average sperm only lives a few weeks in a man's body (so don't try to save them up!), and somewhere between 30 – 300 million sperm are released with each ejaculation.

Sperm production starts in the testicles, and to produce healthy sperm they have to stay about four degrees cooler than normal body temperature. Once sperm is created, it is stored in a section of the testicles known as the epididymis until it's mixed with semen just prior to ejaculation.

Sperm can survive for up to six days in the uterus before ovulation occurs, however it is more likely that they will only last between one and three days.

Despite the millions of sperm produced and ejaculated, only a few dozen make it to the egg and one sperm can fertilise an egg to create conception.

One of the most important things you can do to increase your chances of conception is to have intercourse on your most fertile days – the four days immediately leading up to and including ovulation.

Whilst couples should consult their Fertile Life Practitioner about the best intercourse strategy, generally speaking your chances of conception improve if you have sex once a day, every day inside this fertile window.

- For many women, it is difficult to accurately pinpoint the day and time of ovulation. However, tracking your Basal Body Temperature (BBT) – a rise in basal body temperature (BBT) signals ovulation has occurred. When you ovulate, there is a slight increase in your temperature (of approximately 0.2 – 0.4 degree Celsius).
- Changes in cervical mucus – cervical mucus that is slippery, wet and clear indicates fertility and impending ovulation. It can be found at the vaginal opening or on toilet

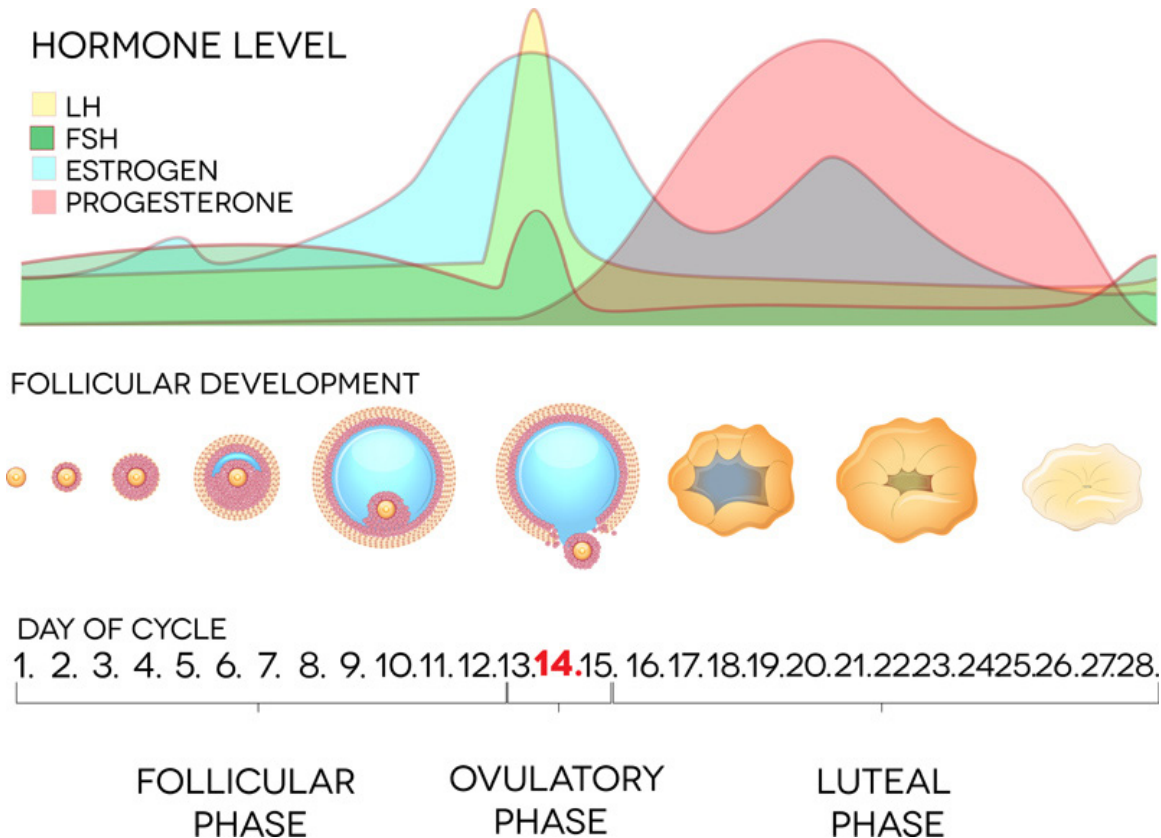


paper when you wipe after going to the toilet. It resembles egg white consistency, the colour can vary from women to women, but it will generally be stretchy, clear and odourless.

- Regular menstrual cycle – You are likely to ovulate 11-16 days prior to the end of your cycle, and on approximately the same day each month..
- Ovulation pain – Approximately one in five women experience pain on the right or left side of the abdomen, which indicates that ovulation, is occurring. Be mindful that the pain you experience may not be ovulation pain but bowel pain.

It is important to keep in mind that assuming that you and your partner have no medical issues and you have intercourse at the 'right time', there is still only a 15-25% chance of becoming pregnant in each ovulatory cycle.

You will be taught more about fertility awareness in your session with your Fertile Life Practitioner.

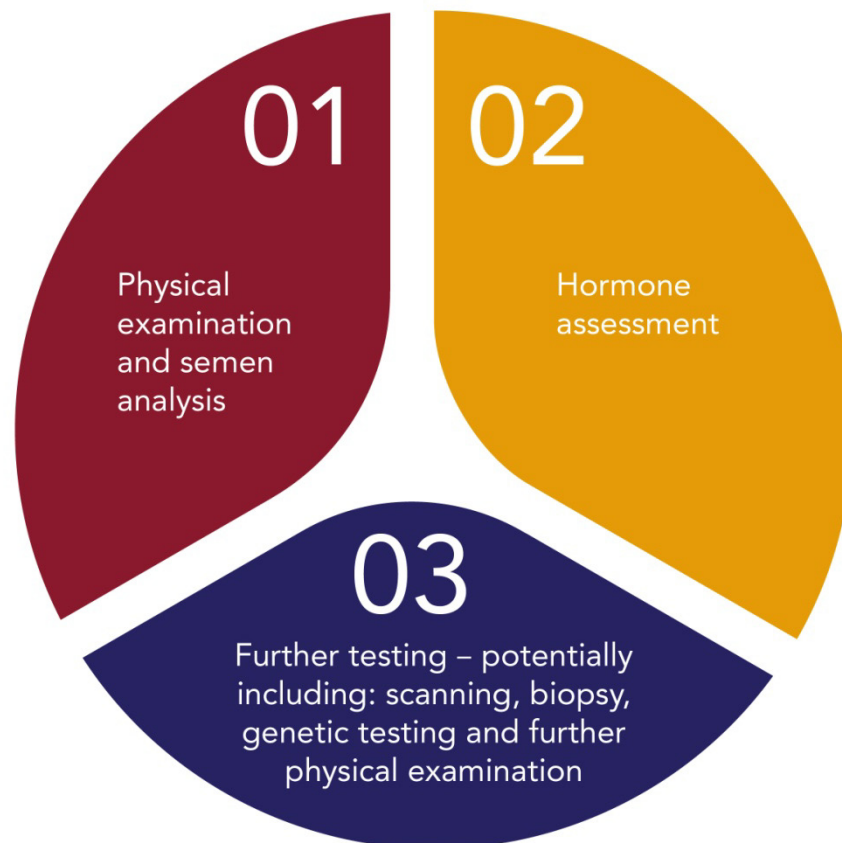




MALE TESTING

We suggest that fertility testing starts with the male partner, as the procedures are usually much simpler and less invasive than the testing carried out on female

Male fertility testing can be broken up into three broad categories:



Having said this, the physical examination and semen analysis are usually sufficient. Once the results from these tests arrive, you can discuss whether further testing is required with your medical practitioner.

PHYSICAL EXAMINATION AND SEMEN ANALYSIS

A physical examination will be carried out to check for any visible evidence of physiological problems within the testicles.



Following this, a freshly ejaculated semen sample will need to be collected and assessed. This simple test will provide a comprehensive overview, and is the most important diagnostic tool in the initial investigation into male fertility.

A sample of semen is taken, ideally at a clinic, and then tested immediately for optimum results. The specimen is best collected by masturbation into a sterile container. Before testing, a period of 3 to 4 days of abstinence from ejaculation is recommended.

The basic test accurately measures the number of sperm, their morphology (shape and size), their motility (ability to move forward), and the volume and consistency of the ejaculated sample. It is possible to have a more in-depth sperm test that will also include antibody testing and sperm DNA fragmentation.

Illness and medication can have an effect on sperm health for the period of three months prior to the test being taken, so it's best to discuss these issues with your health provider. If the first test is abnormal it is routine to request a re-test.

If the quality of the sperm is consistently poor, a hormone assessment should be carried out to investigate what else is happening internally.

ENDOCRINE SERUM ANALYSIS BLOOD TEST (HORMONE TESTING)

When semen analysis shows to be considerably abnormal, and is not responding to effective treatment, it can also be useful to test the hormones involved in spermatogenesis. This blood test tells us if there is a problem prior to the testes in sperm production. These hormones are utilized in the testes to produce sperm:

- Follicle Stimulating Hormone (FSH): induces sperm production in the Sertoli Cells
- Luteinising Hormone (LH): triggers testosterone production in the Leydig Cells
- Sex Hormone Binding Globulin (SHBG): transports and activates testosterone and is synthesized in the liver
- Bound & Unbound Testosterone: related to SHBG. *Bound* testosterone indicates testicular activity relating to sperm production. *Unbound* testosterone relates to non-spermatogenic activity of the testes.



CHAPTER 10

Common fertility issues & treatment for men

"Growth begins with the ability to honestly see ourselves without judgement."

- Kirsten Wolfe

The infertility rate here in Australia is estimated to be one in six couples. In 40 – 45% of these cases, male infertility is found to be a contributing factor. However, the focus on fertility treatments always seems to be skewed towards treating the female partner. Marketing of fertility treatments is usually directed at women, reminding them that the clock is ticking. Even in IVF, a lot of stress is placed on the woman to follow strict schedules. Somewhere along the line, it has been forgotten that men play an equally important role in conception.

The Fertile Life program focuses on both men and women.

It takes between 80-116 days for a single sperm to be created. Because they are smaller and more exposed to environmental factors, sperm are indeed more vulnerable than eggs.

Pre-conception health-care for males is therefore essential, especially during this 3-4 month period where sperm is being created. The factors leading to male infertility need to be identified, and then appropriate diet/lifestyle changes and treatment need to continue throughout this period. Potential dads need to re-consider how they lead their lives and how they treat themselves and their bodies, as their health can impact directly on the



health of their offspring. Leukaemia, asthma, respiratory disease, mental development/disease have all been linked to the health of the father and his sperm.

A good semen analysis should include the following factors:

- Volume – shows total volume of ejaculate
- pH – shows balance between acidity and alkalinity
- The presence of debris or round cells indicates if there are other things in the ejaculate. If present can indicate inflammation or infection.
- Liquefaction displays how easy it is for sperm to be set free to fertilise the ovum
- Viscosity assesses the 'stringiness' of liquefaction
- Agglutination/aggregation indicates how much sperm are 'clumping' together and free to move
- Concentration indicates the density of sperm cells per mL
- Count is a figure based on the concentration x volume, the actual number of sperm cells
- Morphology indicates the shape of the sperm head and is an indicator of overall sperm health
- Motility indicates how many sperm cells are able to move properly, indicating health of the tail
- Vitality refers to the overall proportion of live sperm
- Anti-sperm antibodies indicate if there is an immune response killing sperm cells (can be present in women's uterus as well as in men)
- DNA Fragmentation indicates whether your DNA within the sperm head is good. Poor DNA will lead to non-viable embryo, and is often the cause of recurrent miscarriage.

Sperm analyses tell us about the health of the testes, as this is where sperm is produced.

The World Health Organization (WHO) has developed the following **lower reference limits** for normal semen analysis:



- Total volume — >1.5mL
- Total sperm number – 39 million per ejaculate
- Concentration — at least 15 million/mL
- Vitality – 58% live
- Morphology — > 4% normal forms
- Motility — 32% sperm with forward movement
- White blood cells — fewer than 1 million per mL
- Further analysis (sperm mixed anti-globulin reaction [MAR] test) shows adherent particles in less than 50% of sperm.

The "normal" values from a Chinese Medicine perspective for natural conception and optimal IVF for these parameters are:

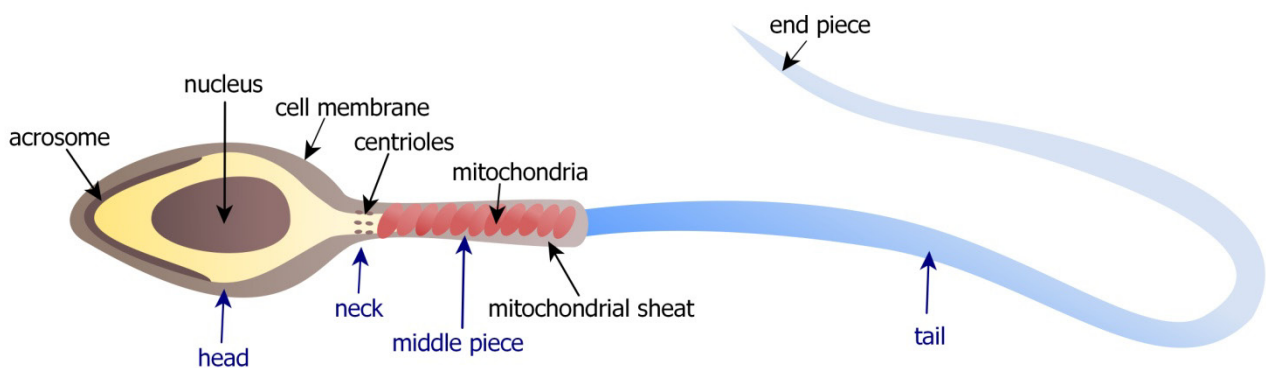
- **Volume:** 2-6mL
- **pH:** at least 7
- **Viscosity:** normal
- **Liquefaction:** should occur within 20-60 minutes of ejaculation
- **Concentration:** >50-120 per mL
- **Aggregation/Agglutination:** 'Grade 1' (<10 spermatozoa per agglutinate)
- **Motility:**
 - Total: >50-70%
 - Progressive: >45-65%
 - Rapid progressive: >25%
 - Motility index: 150+ out of score of 300
- **Vitality:** generally only assessed when motility scores are poor; at least 60% live
- **Anti-sperm antibodies:** preferably absent; <20% if present



- **Morphology:**
 - Normal forms: >15-50%
- **DNA Fragmentation:**
 - <15% excellent
 - 15-24% good
 - 25-29% fair
 - >30% poor

Healthy sperm should ideally have a concentration of at least 100 million/ml. Motility should be at least 75%, and normal morphology rates of no less than 30% are considered acceptable for natural conception.

As well as having good volume, concentration, morphology & motility of sperm, fertility is also dependent on viscosity (the ability of the DNA to replicate without fragmenting) and energy production within the cell itself.



CAUSES OF MALE FACTOR INFERTILITY

Of the known causes of male infertility, the most common (affecting some 66% of cases) is issues with production. The usual causes are factors such as heat, pressure, infections, genetic problems, exposure to drugs, chemicals, or radiation, age, testicular torsion, undescended testes, or previous vasectomy.



15% of cases are due to blockage of tubes (ejaculatory problems), and the third most common aetiology is anti-sperm antibodies which attack the sperm whilst in the uterus.

Less than 1% of infertility cases are due to sexual problems, which are usually secondary to illnesses such as diabetes, pelvic/prostate surgery, nerve damage from spinal cord injury, anti-depressants and anti-hypertension medication, infrequent intercourse, or age.

Weight/obesity: Due to the excess fat that surrounds the groin area in obese men the region can become overheated leading to a higher body temperature and lower sperm production. Fat also carries oestrogen and can cause an imbalance to the hormone levels.

Infections: Certain infections and sexually transmitted diseases can inhibit sperm production. Furthermore, some of the antibiotics prescribed to treat various infections can also be hazardous to sperm production.

Inflammation: an increasing problem in the genito-urinary tract of sub-fertile men who may be asymptomatic. It increases Free Radicals and oxidative stress which damages sperm. Inflammation is now considered one of the most common roots of many health problems including high cholesterol levels, hypertension, prostate disorders, and digestive disorders.

Stress: Because stress affects hormone levels, this can in turn affect the hormones responsible for sperm production, including lowering of testosterone (low or no libido).

Nutrient Deficiencies: Are you deficient in the dietary nutrients? These are naturally occurring in a good quality diet. If you're unwilling to change your diet, then you need to have dietary supplements. The following are known to have a positive effect on sperm quality and quantity: the B-vitamin group, omega-3 essential fatty acids, Vitamin E, Vitamin C, Selenium, Zinc, and Magnesium, and folic acid.

Smoking tobacco: Mainly due to the toxic chemicals found in cigarettes, but also depletes oxygen availability to the cells, and reduced blood flow.

Caffeine drinks: No more than 3 x weekly and preferably coffee (organic), not soft drinks containing caffeine. Energy drinks and soft drinks are full of substances which disrupt normal physiological function, and can produce unwanted side-effects to the nervous system.



Excessive alcohol consumption:

- In the testes, alcohol can adversely affect the Leydig cells, which produce and secrete the hormone testosterone. Studies found that heavy alcohol consumption results in reduced testosterone levels in the blood.
- Alcohol also impairs the function of the testicular Sertoli cells that play an important role in sperm maturation.
- In the pituitary gland, alcohol can decrease the production, release, and/or activity of two hormones with critical reproductive functions, luteinizing hormone (LH) and follicle-stimulating hormone (FSH).
- Alcohol can interfere with hormone production in the hypothalamus.

Taken from Mary Ann Emanuele, M.D., and Nicholas V. Emanuele, M.D. 1998, "Alcohol's effect on male Reproduction", Alcohol health & Research World, Vol.22 No.3, pp.195-201

Illicit drug usage such as marijuana and cocaine: THC, the active ingredient in marijuana, decreases sperm production and affect sperm motility.

Long-term use of opiates can disrupt the signals that control testosterone production, which can cause low testosterone and decrease the quantity and quality of the sperm.

Taking anabolic steroids: These are testosterone-based hormones that work almost like a contraceptive by stopping the testicles produce testosterone therefore stopping sperm production.

Too much heat in and around the testicular region: Sperm needs to have a temperature that is 3°C below your normal body temperature in order to survive. This is why the testes are located externally to the body in the scrotum.

Conversely, a male's Basal Body Temperature (BBT – yes, you have one too!) needs to be ideally between 36.6 – 36.8°C. It is not unusual to find lowered BBT in men with decreased sperm quality, and yet scrotums that are too hot!



Lack of Ejaculation: Contrary to popular belief, having too much sex will not affect your sperm count. In fact, the opposite is true. Not being able to ejaculate enough can lower your sperm count. It is recommended that a man ejaculate once every 2-3 days.

Age: As a man ages, sperm quality decreases. This is typically seen in men over the age of 35.

Sexual Lubricants: A majority of over-the-counter lubricants can be detrimental to the production of sperm and should be avoided. As many of these are used in conjunction with condoms they contain a spermicide as an aid towards contraception.

Varicocele: This is a swollen vein inside the scrotum that inhibits or completely eliminates sperm production.

Damaged Sperm Ducts: The duct system is responsible for carrying sperm from the testicles to the penis. If this is damaged as a result of injury, surgery, or genetic inheritance then sperm count will be almost non-existent.

AntiSperm Antibodies: Sometimes men will produce antibodies that will attack their own sperm causing sperm count to drop.

Toxicity: Exposure to radiation, chemicals, and heavy metals can impair sperm production, affect the hormones involved in sperm production, and damage sperm cells directly. What are you exposed to at your work, shed, garage, workshop?

Lack of sleep: Sleep time is important for the maintenance of homeostasis and hormonal regulation by the brain, especially those which control the reproductive system.

FERTILE LIFE METHOD

Most male infertility issues centre on poor sperm production or quality. And almost all aspects of sperm production can be improved using Fertile Life's treatment plan. We focus on a combination of lifestyle factors, dietary changes, nutritional supplements, herbal therapy and weekly acupuncture to increase sperm health. We will ask you to stop drinking, smoking and eating junk food. We ask for a small amount of time, not your whole life, and who knows you may feel so good that you will continue the changes



Many studies have reported acupuncture's positive effects on sperm concentration, motility, and morphology as well as testosterone levels and luteinizing hormone (in males it stimulates cells in the testes to produce testosterone).

Treatments for semen problems take a minimum of 3.5 months before you will see a change in sperm analysis. It takes time and patience. What is in the ejaculate today was generated three months ago. At Fertile Life, we will ask you to re-test your sperm after this period of time so that we can assess the changes. Semen analysis should be done with at least three days abstinence and no more than 5 days.

Treatment can be worked to coincide with an IVF cycle, with 2-3 months preparation time before the cycle being optimal.



CONCLUSION

"There is no end. There is no beginning. There is only the infinite passion of life."

Thank you for taking the time to read **Fertile Life's fertility guide**. I hope you have discovered new information that can help your fertility and can help you on your journey to understand your body more and know what the next step to take is. If you are one of our patients we look forward to working with you to help you achieve your goals. If you have download this book please feel free to email the clinic for a practitioner in your area or to answer any question you may have or to share with me your pregnancy after you have implemented the "Fertile Life" into your life.

I wish you every success on your journey.

Best wishes

Kirsten Wolfe

CREATOR OF FERTILE LIFE

www.fertilelife.com.au

ABOUT THE AUTHOR



Kirsten Wolfe is the creator of The Fertile Life Method and director of Mornington Chinese Medicine. Her passion, training and experience over the past 20 years have given Kirsten a unique and privileged understanding of all facets of infertility, the human body and spirit.

As one of Australia's leading Fertility Acupuncturists, Kirsten approaches her patients with an open mind and a medically integrative perspective. She works

tirelessly to return them to optimum fertile health and collaborates with a patient's entire wellness team of physicians and health practitioners when necessary. Kirsten integrates traditional and complimentary care in order to effectively improve her patient's fertility outcomes and life-long health. Her expertise provides patients with comprehensive treatment and training programs to address their individual needs.

QUALIFICATIONS AND LICENSES

Kirsten is currently completing a Master's of Science in Traditional Chinese Medicine from the University of Western Sydney specialising in Gynaecology and Fertility. She is a licensed Doctor of Acupuncture (AHPRA, AACMA), a certified Master NLP practitioner, Natural Fertility Awareness trainer, Energetic practitioner and Doula. Kirsten has completed extensive training with all the top worldwide Chinese Medicine Fertility experts giving her comprehensive understanding of Chinese Reproductive

SERVICES PROVIDED

Kirsten's team offer an integrated natural treatment plan that includes Acupuncture, Chinese Medicine, NLP, BBT charting, nutritional and lifestyle recommendations. Kirsten provides optimum patient care both pre and postnatally alongside midwives and gynaecologists. The Fertile Life Method is designed to treat Reproductive & Women's health conditions such as infertility (natural and IVF) pregnancy, pre and post natal birth care.

"My overall goal is to prepare the body, mind and spirit for conception, pregnancy and the birth of a beautiful new soul. All my patients are encouraged to actively participate in the body's healing process."

"Within my treatments I use acupuncture, herbal medicine, NLP and natural fertility awareness, which include basal temperature and cervical mucus charting and most importantly learning the ebb and flow of your own cycle. This combination of therapies works with the body's natural vital energy (qi) which is inherent in all living things. This promotes the body's natural ability to heal itself, bringing one's organ system back into balance, thereby creating a healthy and fertile body!"



Want to know more?

- Did you know our clinic offers Skype consults? Contact us at www.fertilelife.com.au and we can help you become clear on your next steps to becoming fertile.
- Our clinic operates out of Mornington Chinese Medicine, you can make a booking to see us 6 days a week, Give us a call on 0359736886 or www.fertilelife.com.au