

The Ultimate Fertility Checklist

10 Steps to Empower Your Journey to Parenthood Naturally





Welcome to Your Fertility Journey Toolkit!

I know how overwhelming and uncertain the path to parenthood can feel, especially when traditional approaches leave you with more questions than answers. This checklist is designed to empower you with actionable steps to take control of your reproductive health and prepare your body for conception. Whether you're just starting or have been on this journey for a while, this guide will help you focus on what matters most. Let's take the first step together.



Your Step-By-Step Guide

BODY BASICS

- Prioritize Nutrition:** Incorporate fertility-friendly foods like leafy greens, lean proteins, healthy fats, and whole grains. Limit processed foods and sugar.
- Stay Hydrated:** Aim for at least 8 glasses of water daily to support overall health and hormone balance.
- Get Restorative Sleep:** Strive for 7–8 hours of quality sleep each night to optimize hormonal regulation.
- Exercise Mindfully:** Engage in moderate, low-impact exercise like walking, yoga, or swimming to maintain a healthy weight without overstressing your body.

TRACK & TEST

- Monitor Your Cycle:** Use a fertility tracking app or basal body temperature (BBT) method to identify ovulation and fertile windows.
- Request Key Fertility Tests:** Discuss tests such as AMH (Anti-Müllerian Hormone), FSH (Follicle-Stimulating Hormone), thyroid panel, and vitamin D levels with your healthcare provider.

HOLISTIC ENHANCEMENTS

- Consider Acupuncture:** Regular sessions can help reduce stress, improve blood flow to reproductive organs, and support hormonal balance.
- Add Mindfulness Practices:** Incorporate meditation, deep breathing exercises, or journaling to manage stress and connect with your body.

EMOTIONAL SUPPORT

- Set Boundaries:** Limit exposure to emotionally draining conversations or situations.
- Build a Self-Care Routine:** Dedicate time each week for activities that bring joy and relaxation, like reading, crafting, or a spa day at home.

PARTNER INVOLVEMENT

- Optimize Their Health:** Encourage your partner to eat nutrient-dense foods, take fertility-focused supplements (if recommended), and avoid smoking or excessive alcohol.
- Strengthen Emotional Connection:** Dedicate time to nurturing your relationship with date nights, open communication, and shared relaxation activities.

SUPPLEMENTATION

- Take High-Quality Supplements:** Consider prenatal vitamins with folate, omega-3s, and CoQ10 as recommended by your provider.
- Explore Herbal Options:** Consult with a licensed herbalist to see if tailored herbal medicine could support your fertility.

ENVIRONMENTAL WELLNESS

- Reduce Toxins:** Swap out conventional household and personal care products for clean, non-toxic alternatives to limit exposure to endocrine-disrupting chemicals.
- Optimize Your Environment:** Create a calming, welcoming space at home to reduce stress.

MENTAL/EMOTIONAL WELLBEING

- Focus on Stress Management:** Explore therapy, support groups, or mindfulness-based stress reduction techniques to address emotional challenges.
- Reframe Negative Thoughts:** Practice gratitude and positive affirmations to build resilience on your journey.

PRECONCEPTION PLANNING

- Work with Experts:** Collaborate with specialists in fertility care, such as integrative medicine practitioners or reproductive endocrinologists, to develop a personalized plan.
- Create a Support Network:** Lean on friends, family, or online fertility communities for encouragement and advice.

PREPARE FOR THE FUTURE

- Know Your Options:** Research alternative treatments like IUI, IVF, or donor options to feel informed and empowered about your next steps.
- Book a Fertility Clarity Call:** Take the first step toward personalized guidance with a one-on-one session to discuss your unique path to parenthood.

Ready to take the guesswork out of your fertility journey? Book your Fertility Clarity Call today and let's create a personalized plan together!



“My journey to support women’s health and fertility is deeply inspired by my family. I’m here to help you build yours.”

Why I’m Passionate About Supporting Your Fertility Journey

I haven’t always enjoyed the health and well-being I have today. Like many, I faced health challenges from an early age—severe allergies, eczema, and digestive issues that affected every aspect of my life. Doctors told me I’d just have to live with these conditions, leaving me frustrated and hopeless.

It wasn’t until I began my studies in massage therapy and Eastern medicine that I discovered a different path. I learned about holistic principles that prioritize the root causes of health issues, and everything started to change. I knew I had found a calling—to empower women to reclaim their health, especially in their journey to motherhood.

While studying Chinese medicine, I was raising my own children and experiencing firsthand the importance of nurturing a healthy body and mind. I realized that preparing for a thriving pregnancy starts long before conception, with a foundation of wellness that honors each woman’s unique potential to heal. I wanted other women to feel supported, respected, and truly seen on their fertility journey—something often missing in conventional care.

This is why I created the Reproductive Health Reset. My goal is to help women find hope, clarity, and empowerment as they pursue a healthy pregnancy and beyond.

Sending healthy fertility dust from my corner of the world to yours,

Dr. Seay



Find Clarity and Empowerment on Your Fertility Journey

Have you ever felt dismissed or left with unanswered questions by your family physician or OB-GYN when it comes to your fertility? Are you wondering if there's more to explore—beyond what you've been told?

You're not alone.

Many women find themselves in a cycle of self-research and partial answers, feeling like they've missed something critical to their journey.

The truth is, standard care often addresses symptoms without looking at the deeper, individualized factors that affect your fertility. By asking the right questions and exploring specific gaps in your knowledge, you can uncover insights that go beyond conventional approaches. This is where holistic, integrative care makes a difference—it connects every piece of your health to support your unique path to pregnancy.

Why A Fertility Clarity Call?

If you're ready to understand what's truly standing in the way, I'm here to help. In a Fertility Clarity Call, we'll discuss:

- The crucial questions that conventional care might have overlooked.
- How a personalized, holistic approach could change your fertility journey.
- Practical, empowering steps to boost your chances of a successful pregnancy naturally.

Let's move beyond partial answers. Together, we can explore the best path forward for your journey.

[Click Here to Book Your Fertility Clarity Call](#)