



Natural Cycle - Treatment Plan

Ideally, **three months prior to conception**, we recommend treatment 1x per week to:

- Increase blood flow to the uterus and ovaries
- Boost reproductive energy
- Regulate menstruation and hormones
- Improve sleep, digestion, energy, and relieve stress/anxiety
- Use herbal medicine to improve egg quality (if needed)
- Recommend dietary or lifestyle changes (if needed)
- Recommend fertility supplements (if needed)

During your **period (cycle day 1-4)**, we recommend 1 treatment to:

- Promote blood flow and shedding of the old uterine lining.
- We want to clear the old lining so a fresh new lining with healthy blood flow will develop and support implantation that might occur later in the cycle.

During your **follicular phase (cycle day 4-12)**, we recommend treatment 2x per week to:

- Increase blood flow to the ovaries to encourage follicular growth and development
- Encourage the development of the endometrial lining

During **ovulation (cycle day 12-14)**, we recommend treatment to:

- Promote maturation of the follicle
- Promote ovulation
- Support development of cervical mucus

During your **luteal phase (cycle day 14-28)**, we recommend weekly treatment to:

- Promote implantation of embryo into the uterine lining
- Maintain an elevated body temperature
- Relieve stress/anxiety and keep the nervous system relaxed during this waiting period