

GET PREGNANT GUIDEBOOK

TIPS TO PREPARE YOUR BODY FOR NATURAL CONCEPTION

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for cover only



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INTRODUCTION

Welcome to Mummy's Fertility Get Pregnant Guidebook. This guidebook will provide you with actionable suggestions to prepare your mind and body for natural conception. We understand that trying to get pregnant can be a long and tedious process and we want to help you increase your chances of a successful conception.

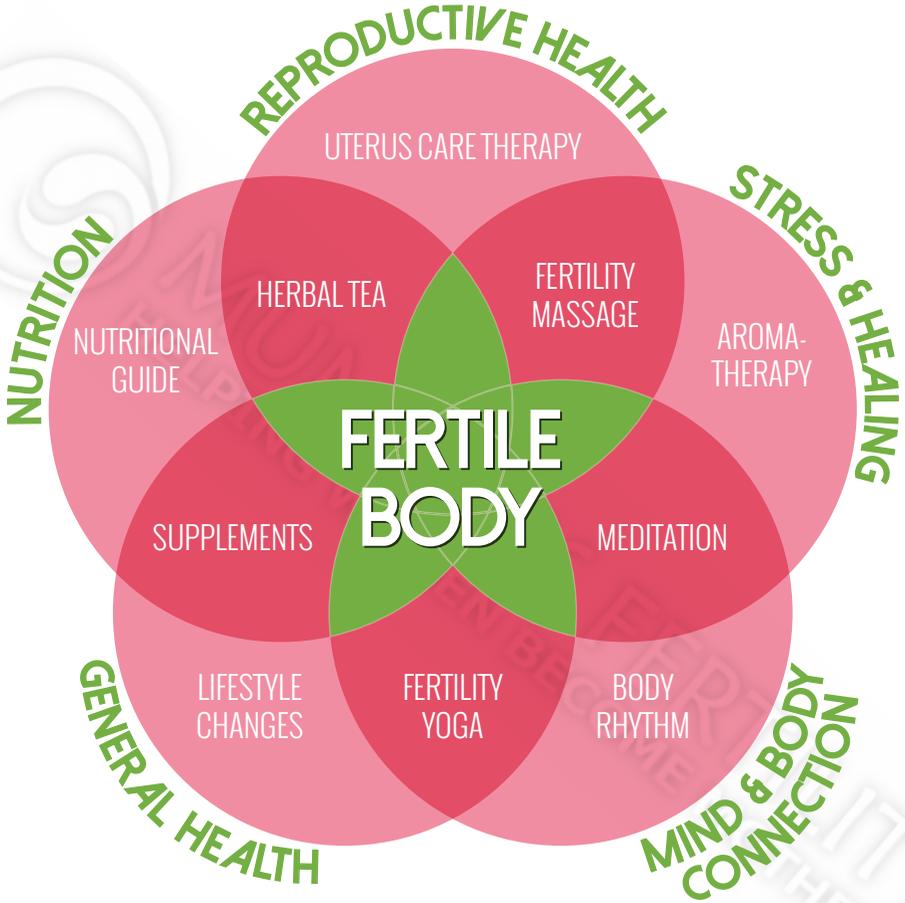
There is much information out there and they may be overwhelming, confusing or even contradicting to each other. However, in this **2. Superscript™** guidebook, following our Fertile Body Model™, we have broken down these information into 5 categories which will make it easier for you to understand and follow. We recommend that you implement the recommendations in this guidebook at least 3 months before you can see any changes in your menstrual system.

Although some of the tips in this guidebook may seem to have minimal impact if done individually, combining all these different methods may have an overall significant effect on a successful conception. Regardless of the outcome, you would have formed a good habit for a healthier body and mind. And you never know it may even result in a natural conception even before your procedure date. With this information and in conjunction with all the other information and services we have offered, we wish you all the best in achieving your dream of motherhood.

WITH LOVE & LIGHT

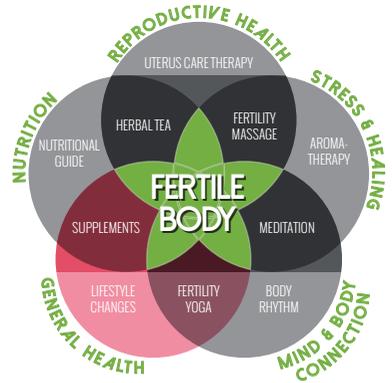


Women's Reproductive Health Expert



GENERAL HEALTH

There are many steps you can take to improve your menstrual cycle and produce quality eggs for an increased chance of natural conception. Below is some general information that you can take immediate actions on. For personalized recommendations based on your lifestyle, you may refer to your [MF Analysis Report](#) for more detailed suggestions on the specific areas in your life that you can improve on.



WEIGHT

There is a higher success rate for assisted conception if you are within the regular BMI (Body Mass Index) of between 20 and 25. If you are seriously underweight or have a high BMI of over 30, the outcome may be affected.

To calculate your BMI, take your weight (in kilograms), and divide by your height (in meters) squared. For example - Weight: 60kg, height 1.6m: $60 / (1.6 \times 1.6) = 23.4$



What you can do

Aim to get into a healthy level of BMI before your procedure by following a fitness program and a tailored nutritional advice.

EXPOSURE TO SMOKE OR HARMFUL SUBSTANCES

Smoking or even second-hand smoking, and other forms of long exposure to a smoky environment, as well as exposure to pesticides, chemicals or other forms of heavy metals and radiation, may cause accumulation of these toxic materials in your body.



What you can do

Stop smoking or avoid being in any of these situations for long periods of time. If you are working in such an environment, consider requesting to be removed from such environment for the period of time you are trying to get pregnant.

SLEEP PATTERN

A routine night sleep has a direct link to the hormonal balance in your body. Studies have shown that improving your sleep pattern will directly restore hormonal balance and it is recommended for women who wants to conceive.



What you can do

Have a regular sleep pattern, sleeping around the same time every night and waking up around the same time every morning. This will re-establish your biological clock and restore your hormonal balance. Try to avoid shift work or night duties during the period of time you are trying to get pregnant.

EXERCISE

Exercise has many known benefits ranging from increased strength and flexibility to improved sleep, provides you with an energy boost, improves your moods and level of happiness, reduces depression amongst many others.

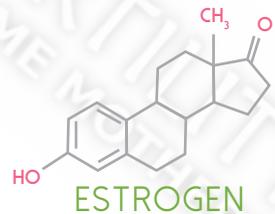


What can you do

For those who wish to lose weight, you are advised to gradually increase your exercise over several months instead of performing extreme exercise over a short period of time right before your procedures as it may have a negative impact on your body. If you are already active, you can maintain a regular cardiovascular and strength training program leading up to your procedure. However once the procedure has started do low-impact exercises such as yoga, stretching or walking.

PLASTIC

Studies have confirmed that most plastics leach a chemical that mimics estrogen, which may affect the hormonal balance in women especially those trying to conceive.



What can you do

Avoid plastic products when using or storing food and drinks. Otherwise, choose a BPA-free plastic.

How our Program Can Help:



Fertility Yoga



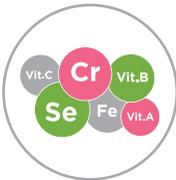
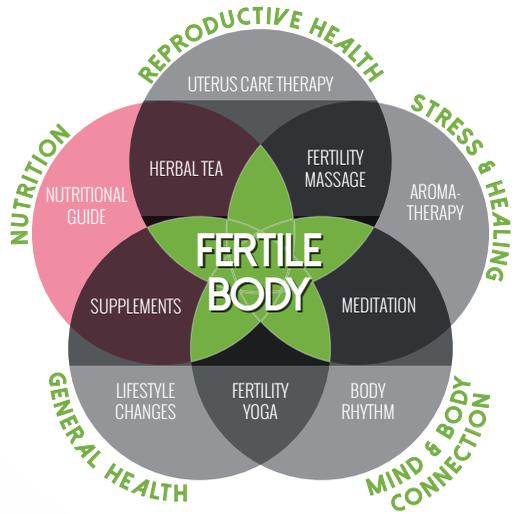
Nutritional
Guide-ebook



Advices from
Analysis report

NUTRITION

Our nutritional guidebook “Eating for Fertility” has comprehensive details on recommendations on the type of foods that you should consume or avoid including the explanation of the sciences behind it. Below are the topics that are included in the nutritional book guide:



Macronutrients & Micronutrients



Best Recommended Fertility Diet food



Foods to Avoid



Weekly food checklist



Daily food checklist

FLUID INTAKE

As we all know water makes up to 50-65% of a human body. For a proper function of your system, you need to remain hydrated especially for a good blood circulation and the health of your reproductive system. Be sure to have the recommended 8 glasses of pure water daily, without sugar caffeine or any other added preservatives or additives.



ESSENTIAL FATTY ACIDS

Essential fatty acids are the “good fats” that are vitally important for hormone balance and general health in the period leading up to and during your procedures and pregnancy. For example, one tablespoon of organic flax seed oil should provide the daily recommended dosage.



NUTRITIONAL SUPPLEMENTS

Speak to your doctor to recommend to you the supplements and the dosage that you need based on what is lacking in your system in order to give you a boost in your health. In general, a good quality of multi-vitamin and mineral supplements are enough to help prepare your body. Here are what you want to look for in your multi-vitamin:



- Vitamin C and E: Enriches the fluid which surrounds and nourishes your eggs
- Zinc: Essential for hormone production.
- Magnesium and Vitamin A: Aids in egg production.
- Selenium and magnesium: Improve fertilization rates.
- Iron and Co-enzyme Q10: Enrich the womb lining.
- B complex: Reduce stress.

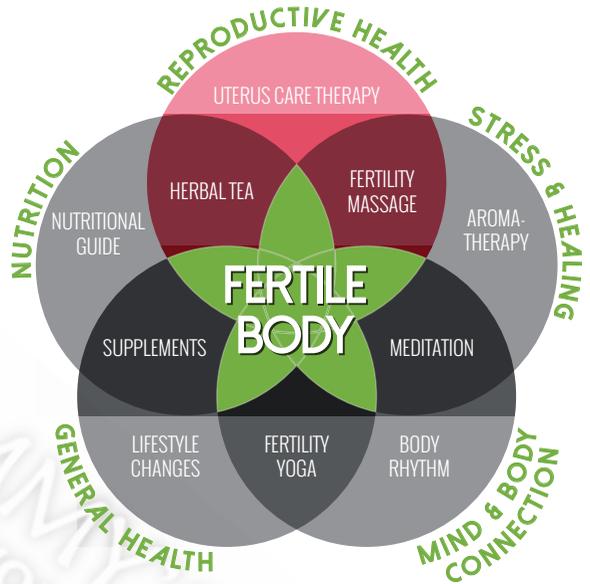
How our Program Can Help:



Nutritional Guide-ebook

REPRODUCTIVE HEALTH

The reproductive health is one of the most important aspects for you to prepare yourself for pregnancy. You may refer to our other materials for a comprehensive explanation on how castor oil therapy, aromatherapy, and our services (fertility massage, uterus massage, uterus heat therapy, vaginal steam therapy) as well as Self MUM Fertility Massage can directly improve your reproductive health.



In addition to the above, here are other tips:

- Minimize a sedentary lifestyle where you sit for too long. This restricts the blood flow and circulation to the lower abdomen area. Always do some stretching after every 1-2 hours of continuous sitting down.
- Do not lift or carry heavy objects, including pushing or straining during extreme exercise.
- Keep your lower back and abdomen warm.
- Do not use excessive heat on these areas such as sauna, hot tubs, etc.

How our Program Can Help:



Castor Oil
therapy



Aromatherapy
Hormonal
Balancing Oil



M.U.M Fertility
Massage™



M.U.M Uterus
Massage™



Uterus Heat
Therapy



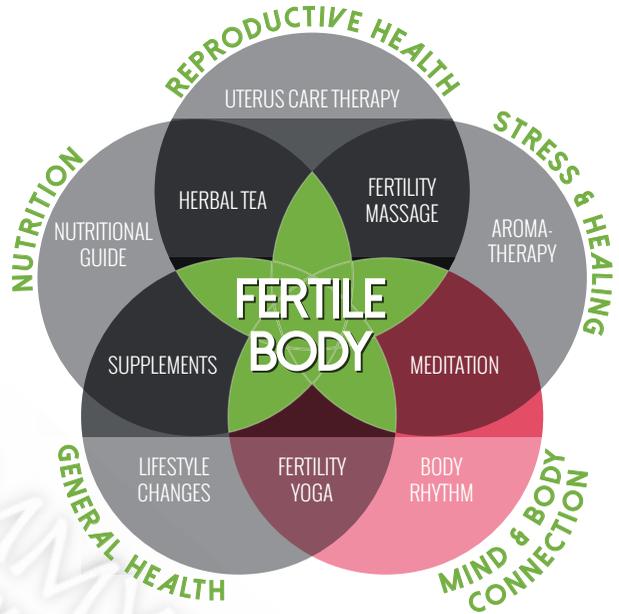
Vaginal Steam
Therapy



Self M.U.M™
Fertility Massage

MIND & BODY CONNECTION

We need to understand and establish a positive connection between our mind and body as these are not two separate entities and the disruption in one will affect the other. Our mind and body are connected, and science has proven that the mental state is important to have a fertile body.



HYPNOTHERAPY GUIDED MEDITATION

Guided meditation which is also known as self-hypnosis is a proven technique using verbal repetition and mental imagery to induce a feeling of calmness, relaxation and relieve anxieties related to upcoming medical procedures. It uses a power of suggestion to help reduce mental stress and influence a positive outcome.

BODY RHYTHM

It is crucial that you understand your body rhythm so you may be able to identify at which stage you are at any time of the month. This way you can pinpoint your exact ovulation day, and calculate your fertile days. Timing is of utmost importance for natural conception. It is best to have sexual intercourse daily for up to 3 days before and on your ovulation day. Many suggest to continue having sexual intercourse up to 3 days after your ovulation day.

4. Delete

~~stage~~

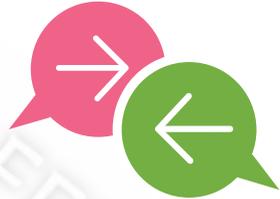


5. Add the word "even"

Many even suggest to ...

COUNSELLING

Counselling aims to provide you the support you need and an opportunity to freely express your concerns, explore feelings especially sensitive issues that may be troubling you. On top of helping you understand exactly what the treatment will involve and how it might affect you and those close to you, it will help to provide solutions for your difficulties and find solutions to cope.



YOGA

Yoga's deep breathing and meditation practices help foster an inner shift from all your current worries and allow you to calm down and declutter your mind to help you be more focused and relaxed, which is important in reducing stress.



How Mummy's Fertility Program Can Help:



Hypnotherapy
guided
meditation of
~~IUI IVF~~



Charting



Fertility Yoga

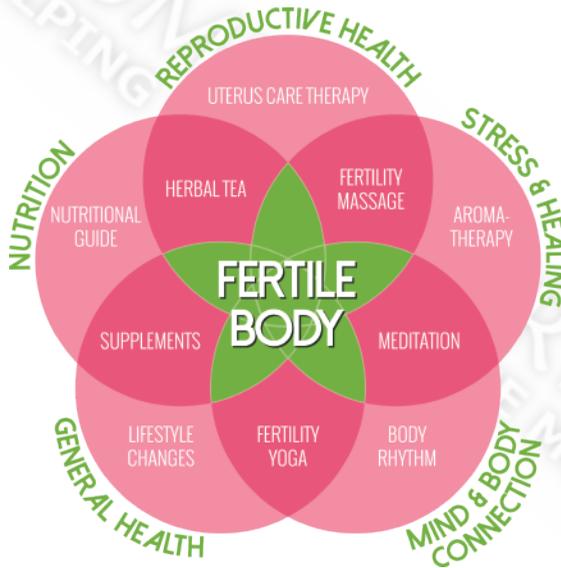
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FERTILE BODY MODEL™

If you are trying to conceive naturally or through IUI / IVF, it is extremely important for you to create the right fertile environment in your body necessary for conception and pregnancy.

Our Fertile Body Model™ offers a safe, natural and holistic approach to create a fertile body by addressing your physical and physiological issues in your body and also improve your state of mind.

Check out our full program details and how we can help you.



For a free consultation, you may contact us at:



Ask@MummysFertility.com



+ 65 6100 3009



www.MummysFertility.com

ABOUT MUMMY'S FERTILITY

Mummy's Fertility is a Singapore based company providing support for women with reproductive health issues. Our main focus is to help women who are pursuing natural conception and prepare women who are undergoing IUI - IVF procedures. Our evidence-based approach addresses health conditions holistically through our Fertile Body Model™ to help women create a fertile body.



ABOUT SALWA SALIM:

Salwa Salim is a women's natural reproductive health expert. Her previous experiences as a healthcare professional, working with Singapore's leading hospitals and clinics, has equipped her with a vast knowledge and understanding of the reproductive functions and diseases of women. As the founder of Mummy's Group, her companies provide pregnancy, postpartum and fertility services. In addition, through the Mummy's Education & Outreach Program, Salwa is active in the community providing training and lectures.



MUMMY'S FERTILITY
HELPING WOMEN BECOME MOTHERS

www.MummysMassage.com
www.MummysFertility.com