

A person wearing a light blue button-down shirt is holding a pair of small, blue and white striped baby sneakers. The person's hands are visible, and the background is a blurred wooden surface. The text is overlaid on the image in a large, bold, black font.

**6 STEPS TO
SUPPORT
YOUR
FERTILITY
JOURNEY**

**HELLO!
I'M SO
EXCITED
YOU ARE
HERE!**



**I'M CATHY MARGOLIN, LICENSED
ACUPUNCTURIST, FUNCTIONAL MEDICINE
PHYSICIAN, NATIONALLY CERTIFIED HERBALIST
AND MOM.**

The last job title I listed above is by far the best one and I want to help you achieve that title too. I've been helping women and men create superior health for over 30 years. I specialize in helping women optimize their fertility journey because Eastern Medicine has many answers beyond what Western Medicine offers. Let's improve your chances of naturally conceiving by optimizing wellness strategies that are both fun and easy. Little steps add up when you do them over time. For full transparency, I'm also the CEO of Pacific Herbs, a herbal supplement company that sells herbal products for men and women including products for stress reduction, fertility and sperm boosting and others.

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HOLISTIC STRATEGIES FOR INCREASING YOUR FERTILITY NATURALLY.

This document discusses strategies which cost little to nothing to help you improve your ability to conceive naturally. Fertility is part biological and more importantly part managing stress, harmonizing hormones and optimizing nutrition.

Although the steps below may sound simple, these strategies are time tested, patient approved and have no downsides. Do not diminish the importance of these six strategies. I have many patients who did nothing more than these six practices and had healthy babies without Western medical interventions.

These strategies may be things you are already doing, but could you do them more often or better? Only you can answer that. I hope you find the information useful and you will commit to optimum health for a long, healthy and fruit bearing life.

6 STEPS THAT SUPPORT YOUR FERTILITY JOURNEY

STEP 1

BREATH WORK

Breath work can improve many aspects of your life, it's free, easy to learn and your first step on your path to optimal fertility health. Many famous doctors have written on the subject so you can explore many techniques. Here's the synopsis of what I recommend to all my patients. 10 minutes of breath-work will reduce stress, improve blood flow, increase healthy nitric oxide levels which helps detoxify your system and enhancing oxygen delivery to all your organs. Supporting blood flow in Eastern medicine is a foundational principal for healthy menstrual cycles. You really can't go wrong by breathing more mindfully a few minutes each day. I like to do mindful breathing for 10 minutes each morning and each evening. Deep rhythmic breathing is done by expanding your abdomen on each inhale to a count of 6 for each in breath in and out. (Hold your breath for a few seconds between breaths.)

You'll feel stress melt away. Your mental clarity will sky rocket and your emotional state will be happier.

Guaranteed!

STEP 2

BULLET PROOF HYDRATION

Hydration plays a critical role in maintaining optimal health and vitality. You are probably thinking this is a no brainer, but I've got a little twist for you so keep reading. As you know adequate water intake is essential for regulating body temperature, proper cellular function, digestion, and detoxification.

Drinking clean, purified water throughout the day should be part of your regular routine. (never from a disposable plastic bottle) But what's the best water to drink? Distilled water with minerals added. If that is too expensive and you don't have a distiller you can add a ¼ tsp. of Celtic sea salt to 2 cups of filtered water. I often suggest filtered water, such as Reverse Osmosis or a Brita filter and add minerals called Fulvic Acid. Your water will taste great. This daily routine supports overall wellness and ensures your body has the necessary H₂O and trace minerals to function optimally. If you ever see your finger tips wrinkled you are dehydrated. Never let this happen. Always drink clean filtered water to optimize all bodily functions. This seems so simply but I talk to people daily who are dehydrated for all sorts of different reasons. Don't be that person.

STEP 3

SUPPORTIVE RELATIONSHIPS

Do not under estimate the importance of emotional support during your fertility journey. Emotional support is just as vital as physical health and must be nurtured and embraced. Navigating a fertility journey can be incredibly emotionally draining. Having a network of supportive friends and family provides a safe space to express feelings and receive comforting support, helping to alleviate isolation and reduce stress, which is essential for maintaining emotional balance. Loved ones can assist you with practical needs, whether it's accompanying you to medical appointments, managing daily responsibilities, or just being there to listen. This practical support eases the burden and helps you manage the complexities of your journey with greater ease. Friends and family encouragement and positivity is invaluable. Positive reinforcement from those close to you can be a powerful source of hope and motivation. This support helps maintain a hopeful outlook and provides strength to persevere through challenges, keeping you focused on your path to conception. Also, share the wellness strategies listed here with people you can count on to support your mental and physical health.

STEP 4

MAKE SLEEP A PRIORITY

You know sleep is important but do you make it a priority... every night! Adequate sleep is essential for the production and balance of reproductive hormones i.e. estrogen and progesterone. Sleep is crucial for regular ovulation and menstrual cycles. Quality sleep lowers stress levels and prevents disruptions in hormonal balance and ovulation. Chronic sleep deprivation can elevate cortisol and negatively affecting reproductive hormones. Good sleep supports metabolism and weight management also important for optimum fertility. Disrupted sleep can lead to insulin resistance affecting reproductive health. Quality sleep helps manage anxiety and depression, which are linked to fertility issues and we want to manage those emotions. (Hint: Breath Work) Overall, quality sleep is vital for hormonal balance, stress management, and reproductive health. Schedule your sleep they way you schedule anything else. Set your phone to remind you to unplug from the world and get 8 hours of sleepy ZZZZZ's. (Please don't sleep with your phone charging next to you)

STEP 5

NDF to MAINTAIN A HEALTHY WEIGHT

Nutrient Dense Food (NDF) is always the goal. It's cheaper than fast food but not easy to find unless you buy it and cook it yourself. So that's exactly what I'm going to say about this topic. You simply must cook most of your meals. I subscribe to this 80% of the time. 20% of the time I don't. It's easy to forgive your less than perfect habits when you abide by the 80/20 rule.

Meal guidelines!

Vegetables - each meal make your largest portion veggies and the portion size should be the size of your flat hand.

Healthy fats - including meat, (organ meats are the most densely packed nutrition) fish and healthy oils such as avocado oil, olive oil & coconut oil. Healthy fat portion size per meal should be the size of the middle of your palm when you cup your hand. Whole grains and legumes, cup your hand slightly, that's your portion per meal.

Three meals a day maintains health blood sugar levels with a



few small healthy (think nuts & fruit) snacks. No surprise, limit sugar. Always pay attention to portion sizes and eat slowly. This helps in recognizing hunger and fullness cues and prevents overeating. That's it. Eat all colors of the rainbow and enjoy each and every bite.

Don't eat 3-4 hours before bed. No exceptions to that. This approach to food ensures that the body receives the essential nutrients needed for optimal hormonal function, reproductive health, and overall vitality.

You can do this!

STEP 6

BOTANICAL SUPPORT



Pacific Herbs Fertility Tea Herb Pack is a carefully crafted herbal blend designed to support women who desire fertility support. This herbal formulation combines traditional Chinese herbs known for their beneficial effects on reproductive health. The tea helps to balance hormones, regulate menstrual cycles, and improve overall fertility. Ingredients like Dong Quai are renowned for their ability to nourish the uterine lining and support healthy blood flow to the reproductive organs. Additionally, the calming properties of these herbs can help reduce stress, which is often a factor in fertility challenges. By integrating Pacific Herbs Fertility Tea into your daily routine, you can support your body's natural processes, create a more favorable environment for conception, and complement other fertility treatments. It's an essential tool for holistic fertility support. Pacific Herbs also has a herbal blend for men to support healthy sperm quality and motility. For more information on these products [click here](#).

RESOURCES:

For your convenience, I have hyperlinked a few of the products I use with my patients and some I have mentioned in the 6 Steps above.

Tool #1: [Fulvic Acid Trace Minerals](#)

Tool #2: [Celtic Sea Salt \(fine ground\)](#).

Tool #3: [Practicing Mindfulness: 75 Essential Meditations](#) (highly recommend)

Tool #4: [The Step by Step Guidebook to Balance Your Hormones & End Period Cramps \(Free Kindle Version\) by Cathy Margolin L.Ac. Dipl. OM](#)

Tool #5: [Stop Your Bitching: Balance Your Hormones & End Period Cramps by Cathy Margolin L.Ac. Dipl. OM](#)

Tool #6: [Coloring Conception: Stress Reduction for Fertility Success](#)



**Let's stay
connected**



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**More
questions?**

**let's chat on
instagram or
email me.**

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