

8 Ways to Improve Your Fertility in 30 Days

CONNECTED HEALING - CAITRIA THIELE L.AC.



HI! I'M
SO
GLAD
YOU'RE
HERE!



I'm Caitria, licensed acupuncturist & founder of Connected Healing. Our acupuncture clinic in Milwaukee, WI specializes in women's health and fertility, and I wanted to create a resource with fertility tips that could reach beyond those we help locally. That's what you're about to read! When I tell you that these tips have the power to make massive improvement to your overall fertility, I'm not exaggerating. These are all things that I tell my fertility patients to do, every single day. There are 8 tips listed in this guide, and here's how I recommend you implement them.

Start with the one that you feel most drawn to, or the one you read and think "yep, I need to work on that". Take a week or two, or even a month to really solidify that habit shift, and then let the positive momentum of that first success fuel you to implement the next tip....and so on. I'm here to help, so be sure to check out the resources on the last page of this guide if you want to dig deeper or get support as you navigate your fertility journey.

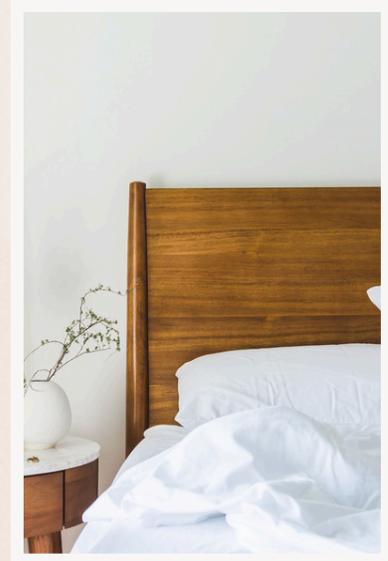
Caitria Thiele, L.Ac.

TIP 1

Sleep 8 hours

Aim for 8 hours of restful sleep every night. That means ACTUAL sleep time, not just time in bed! Low energy levels are one of the biggest red flags for fertility outcomes, and sleep is the best way to tip the scales in your favor. If your energy level is lower than 8-9/10 on average, sleep AS MUCH AS POSSIBLE!

BONUS TIP: Eat your breakfast within an hour of waking (preferably warm and cooked), and before your morning coffee to support stable blood sugar levels!



TIP 2

Balance Your Plate

Fuel your body by **eating enough food** and prioritizing protein, fat, and fiber at every meal for blood sugar balance (super important for fertility).

So many women are (either intentionally or unintentionally) under-eating, and end up nutrient deficient as a result...which negatively impacts fertility outcomes.



TIP 3

Track BBT

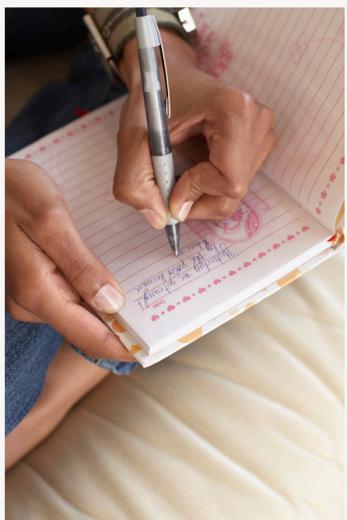
Track your cycle by taking basal body temperature and watching for changes in cervical mucus. Taking your temperature every morning before getting out of bed with a BBT thermometer will help you identify hormonal shifts throughout your cycle. **Temperatures should be around 97.2 in the follicular phase, and rise to around 98.2 in your luteal phase.** As you approach ovulation, cervical mucus becomes more slippery and stretchy, and can help you predict fertile days. Here's the **BBT thermometer** we recommend at our clinic.



TIP 4

Re-evaluate

Take a look at your daily lifestyle, thoughts, and beliefs and identify anything that may be incongruent with your goal of getting pregnant. Self-reflection helps us become aware of any routines, patterns, or mindsets that can be reframed to positively support your fertility journey. This is where you can lovingly ask yourself the question, **"how am I getting in my own way?"**



TIP 5

Take Stress Seriously

Like, for REAL. When you're stressed, your body produces chemicals like cortisol, which can alter the release of reproductive hormones that affect ovulation and your menstrual cycle. Example: Stress causes release of adrenaline which leads to higher cortisol, which uses the same ingredients we need to make progesterone. **We don't want stress stealing the resources we need to make hormones!**



TIP 6

Make Swaps

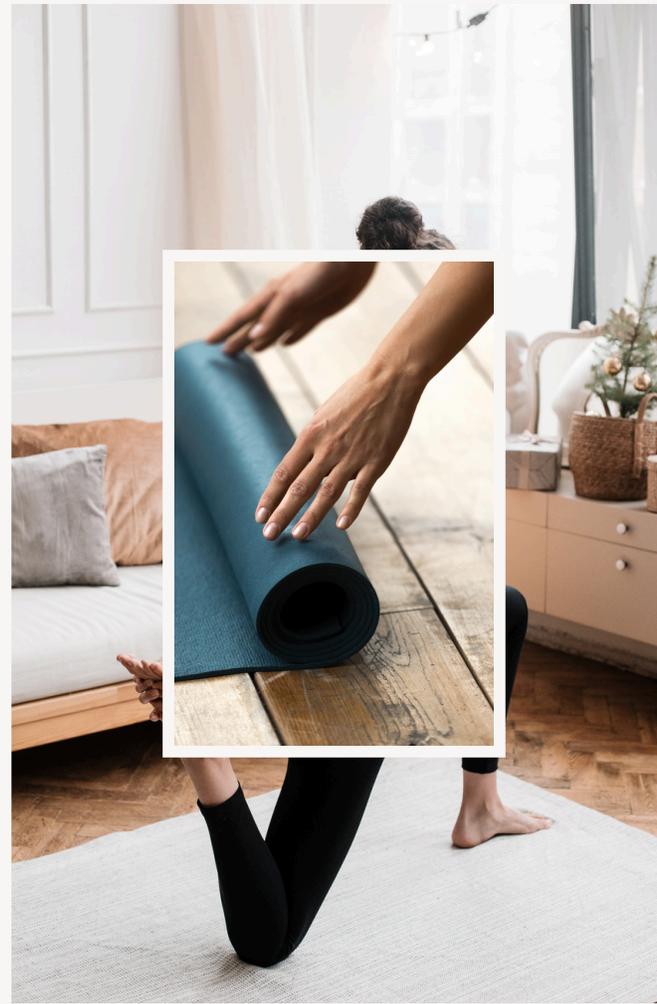
Swap out household and personal care products that have endocrine-disrupting chemicals (EDCs). Certain EDC's can mimic hormones, which can interfere with your own hormone production, breakdown, or sensitivity, and are linked to alterations in sperm quality and fertility. Need help with this? Check out our [Lower Your Toxic Load Masterclass & Guidebook](#)



TIP 7

Exercise Wisely

Move your body in ways that feel nourishing, rather than depleting, and adjust according to where you are in your cycle. For example, during the menstrual phase (days 1-4), try low intensity activities like walking, stretching, and yin-yoga. During the follicular phase (days 5-14), you can increase workout intensity. During the luteal phase (days 15-28), modulate intensity of workouts based on how you feel, especially toward the end of your cycle.



TIP 8

Increase Mineral Intake

Get intentional about increasing your daily intake of minerals like sodium, potassium and magnesium. **Adequate mineral intake is essential for hormone production and regulation**, as well as follicular growth and development that supports optimal egg quality and fertility.



Love this info and want more?

Here's how I can help you dig even deeper and take your fertility to the next level:

Take the Optimizing Fertility with TCM Masterclass



JOIN THE MASTERCLASS

Schedule a 1:1 consultation at the clinic (MKE area) or virtually (anywhere in U.S.)
I'll partner with you to build out a personalized treatment plan to optimize your fertility & help you grow your family

BOOK A FREE CONSULT

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