

## Chapter 2

### Finding Your Balance

#### In This Chapter

- The importance of finding your **balance**.
- Discover what an **equilateral triangle** says about your fertility.
- Develop a **balanced perspective** on how you view the idea of *balance*.

**Whole Body Fertility (WBF)** is designed to improve your mental, emotional and physical well-being, *thereby improving your fertility levels and chances of getting pregnant*.

In short, it's about helping you balance your body to improve your fertility.

Your mental-physical-emotional wellness reflects the balance of your whole body. Improving the balance of these three aspects of your health, improves the well-being of your whole body, which in turn helps to **promote optimal fertility** and conception.

Hence, it's called the ***Whole Body Fertility*** program.

The focus of this book is to help you understand how your mental-emotional-physical energies all work in concert to prepare you for getting pregnant. The more balanced these three energetic aspects are, the more likely you are to optimize your fertility.

#### Section 2.1

##### Why Use the Whole Body Approach?

The reason for taking this mind-body-spirit approach to improved fertility is simple: your body functions as an integrated system, with no part of you separate from the rest.

If you are *mentally stressed*, emotionally exhausted or physically depleted, your fertility levels will suffer.

Furthermore, if you know what to look for, you'll see that your body is giving you clues about your level of health (including fertility) all the time.

Because the body is a “closed-loop” system, you can get reliable feedback about your entire health just by learning to interpret signals your body sends to you.

**For example**, you may have a certain headache pattern (menstrual migraines, for instance) that may reveal deeper health imbalances you have (either energetically or physically) that may be undermining your fertility levels.

In this book, you’ll discover how to interpret your own health patterns to better correct imbalances in your mind-body-spirit relationship, and ultimately **optimize your fertility levels**.

## Section 2.2

### How Does *Balance* Effect Fertility?

From my clinical experience in helping couples conceive *as naturally as possible*, I believe it is safe to say that **the only way you can improve your natural fertility levels is to first improve your mental-emotional-physical health and balance**.

Improving your health on these three levels takes an investment of energy and time--and that can take a few months--before you fully realize the improvements you may be making to your fertility levels.

None of the work you need to do to improve your whole body fertility is “difficult” but it does take your commitment to implement what you learn as you read this book.

*Your optimal fertility plan is described for you in the following pages.*

If you follow *even a fraction* of the helpful tips and tricks you’ll pick up from reading the WBF book, I am certain you will look back after 90 days and feel an improved sense of balance and an improved sense of well-being.

These improvements can move your *body* toward improved fertility levels.

## Section 2.3

### Visualizing Whole Body Fertility

To help you visualize your fertility levels from a whole-body perspective, see the diagram below that represents your **mental-emotional-physical energies** as three points of a triangle. When these energies balance, fertility peaks, and when they get lopsided, fertility levels drop.

The more the triangle balances, with sides of equal length (equilateral) the more your fertility levels will be optimized, following the *WBF* approach to conceiving.

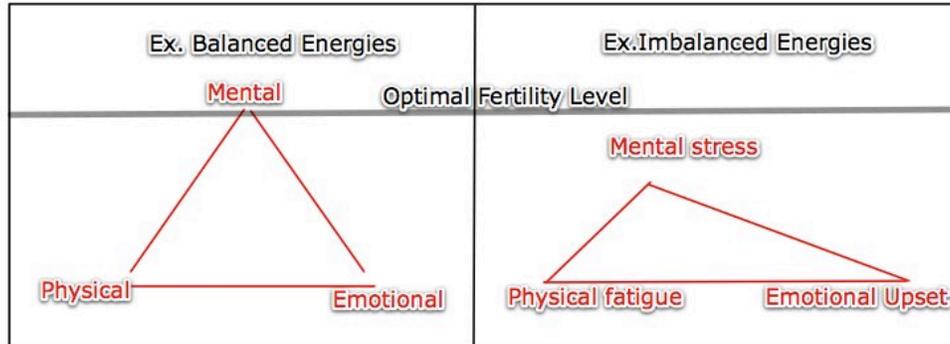


Diagram showing how balance impacts fertility levels.

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## Section 2.4

### Getting Balanced For Better Fertility

The *WBF* program is designed to improve your fertility levels over the next 90 days using a methodic approach to help you balance your mental-emotional-physical energies and improve your fertility *one step at a time*.

Read through the *WBF* book carefully, applying what you learn along the way. Be patient. Take your time. Give yourself time to absorb this material.

Balance takes time to achieve, but it is as possible for you as it is for the next successful person. Let's get started now with the fundamental ideas behind "energetic medicine" to see how it will shape your approach to getting pregnant in the future.

#### Chapter Summary

- Use the equilateral triangle to represent your **relative balance**.
- **Balance** is important in addressing fertility challenges.

## Chapter 3

### *Establishing Your Connections*

#### **In This Chapter**

- Discover how complex connections in your body have **simple origins**.
- Learn why viewing your body as connected on all levels helps fertility levels.
- Get ready to dig into ***Energetic Medicine*** in the following Chapter.

We just reviewed the relationship between **balance and fertility levels** in the previous chapter. In this chapter, you'll discover how the body is connected on all levels, and how that connection effects your fertility.

After this chapter, you'll begin diving deeper into the **energetics of pregnancy**, and what you can do to begin improving your fertility levels in the days ahead.

#### **Section 3.1**

##### **You Began As One Cell**

Here's a different perspective to consider when you think about how your fertility relies on the health of *whole body as an entire system*.

Your entire body is connected, from the smallest cell to largest muscle, and all of your cells, nerves and other complex biology began as a **single cell** when you were conceived.

That single cell (or "zygote") formed when your mother's egg was fertilized by your father's sperm. That very cell then divided, and divided again, and again--and continues to divide to this very day, ***making every cell in your body***, without you having to do anything special to make it happen. It takes care of itself.

Miraculously, that one cell differentiated itself into specific organ cells, skin cells, blood cells knowing what to do on its own, every step of the way—those cells also knew how to organize themselves three-dimensionally to form your body.

## Section 3.2

### Why Connection Matters To Fertility

Recognizing the interconnectedness of your *body as a whole*, is pivotal to understanding the *Whole Body Fertility* approach.

It is through improving your mental-emotional-physical vitality that you can improve your health across the whole body--which includes improving your fertility levels.

By now, you are starting to see how your fertility is connected to the balance of your whole body--which again is composed of *mental-emotional-physical* energies.

Because your fertility levels cannot be addressed apart from the health of your whole system, **improving fertility can only happen when the health of the whole body is improved.**

Therefore, fertility challenges are not “problems” to be solved, separate from your whole body balance--they are *signals from your body that some imbalances exist in the system*, that need to be corrected from the inside-out.

It's not something you may have thought about before, yet I'd encourage you to just sit with that thought for a minute, before we move on to the next chapter.

Think about your fertility as related to all your systems, from the inside out.

#### Chapter Summary

- Your body grows from a **single cell**, like an oak grows from a single acorn.
- Everything in your body started from **one cell**.
- You can **improve** your reproductive health by improving your entire system.
- Focus on improving your **mind-body balance** to improve fertility levels.