Active Vs. Passive Pregnancy Approaches Transcript

(Transcripts are generated by AI and may contain errors)

Who This Mini Class Is For

Welcome back to our Mini Class Series. In this class, we are talking about whether or not preventing pregnancy is the same as not trying to get pregnant.

So let me talk to you about who this mini class is for. If you're somebody who has not worked very hard to not get pregnant, and you have been imperfect about preventing pregnancy, but you haven't been actively trying for a baby, and you you haven't gotten pregnant, this class is for you.

So let me give you the common scenario that I see day in and day out. A woman is in her 30s or 40s and she has been in a series of long term relationships throughout her adult life, and at various points with different partners, she has been less than perfect about preventing pregnancy because she was in a committed relationship.

She felt good about her partner.

Not Preventing Pregnancy vs. Trying for a Baby

It didn't quite feel like the right time to actively try to get pregnant and make the decision that now's the time to have a baby, and these are the exact circumstances in which I want to have my baby.

But if I do get pregnant, it's okay. So we're not particularly working to prevent pregnancy. If it happens, it happens. And under that scenario, over very years and often with various different partners, not just one partner, sometimes it's one very long term partner, but more often it's a series of long term partners at different points in the adult life course.

That woman did not get pregnant, and now she's in a place in her life where she's absolutely ready to have a baby and she might be having a baby, choosing to have a baby by herself because she's afraid she's running out of time and she hasn't met her person yet.

Or she's been she's now married, or she's been with her current partner and they feel like they're this is the right time to go for a baby. And she's asking herself, does my history tell me anything about how easy or hard this is going to be?

Or maybe she doesn't even know to ask herself that question. So this is where I come in. Let me explain. Not preventing pregnancy is not the same thing as not trying for a baby.

It's one thing to actively and intentionally try for a baby. Track ovulation. Carefully identify your most fertile days. And by the way, we teach you in the semester protocol the most precise way to do that in the most fertile days, which are different from what everything else tells you, even what the monitors are telling you.

And we will. We teach you how to use those tools, but to use them in the right way so that you're actually getting the information that you need. So that's different.

What Fertility History Can Reveal

Tracking and identifying your fertile days and actively trying to get pregnant is very different from deciding we're not going to try for a baby, but we're if it happens, it happens.

So we're not actively preventing the pregnancy either. So here's what we know from the scientific data. The effect of age on fertility is inflated to some degree, and it's inflated to some degree because of this very scenario.

There are a lot of women in the world who have gone about their lives and been imperfect, about preventing pregnancy at some point in their lives or many points in their lives, and never had an easy, never gotten pregnant without fully meaning to get pregnant.

And then later on in life, later on in the reproductive span, decide they're ready to have a baby and end up realizing that they have impaired fertility, or that getting pregnant and or staying pregnant is not as easy for them.

And it turns out from the scientific data that these women have had impaired fertility all along or have been sub fertile all along. And that's why, even though they haven't been perfect at preventing pregnancy, they haven't gotten pregnant unintentionally.

So if you are somebody who fits this scenario where you've been imperfect at preventing pregnancy at some point in your life or at many points in your life, but you haven't gotten pregnant unintentionally, it is possible that that's an indication that getting pregnant and or staying pregnant is not going to be as easy for you.

So if that is you, this is not a reason to worry and panic. This is simply a reason to first of all, assess where you are. Is it really time to get serious about moving forward with your super baby and family goals?

And then if the answer to that question is yes, being really intentional through your primemestering and preparation in ensuring that your path ahead is easy and if it's not the right time for you, but you know that you do want to have a baby one day, now's a good time to get into action for when you are ready.

So primemestering and having the right nutrient profile, these two steps that you can take are really critical for you.

Primemestering and Next Steps

And if you're somebody who needs some guidance and actually would like to have some guidance directly from me, I am going to take a very small percentage of our Summit participants for one on one sessions.

And if you would like to have one of those one on one sessions, then make sure you click the link below and reserve a spot immediately. Or if there are no spots available, send in a message to support@fertilitypregnancy.org to get on the waitlist.

All right, so just a recap here for you. Not being perfect at preventing pregnancy is not the same as not trying for a baby. Not trying for a baby is intentional.

Not being perfect at preventing pregnancy is passive. And for most people who have very strong fertility, this passive act of not preventing a pregnancy perfectly or not being perfect at preventing pregnancy will usually at some point, result in an unplanned pregnancy.

So if you have been imperfect at preventing pregnancy, as most people have at some point in their lives, then the odds are that you will have had an unplanned pregnancy if your fertility is very strong.

If you have not had an unplanned pregnancy, that could be doesn't have to be, but could be a signal that getting and or staying pregnant will not be as easy straightforward for you.

And that it's going to require that investment of time upfront in your primemester, which we should be and want to be doing anyway. Because we want to have our super babies.

So not to worry, just get into action as quickly as possible. All right, come and see me for the next Mini Talk. We are going to be talking about. What do you do if you haven't started trying for a baby yet, but you have a hunch that it's going to be harder for you than it is for most people.

And if you if this Mini Talk applied to you, then for sure you want to come to the next one. I'll see you there.