Preventative Steps For Potential Fertility Challenges Transcript

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Trusting Your Fertility Intuition

Hello Hello, it's Dr. Cleopatra here with you. Founder of The Fertility and Pregnancy Institute and the impeccable super baby nutraceuticals, fertility supplement and prenatal vitamin line.

We are back for our second mini talk where we are tackling the question. What if you haven't started trying for a baby yet, but you have a hunch that getting and or staying pregnant is just going to be harder for you.

You don't know what it is, but you just have a feeling. Or maybe you do know what it is. Maybe there's something in your history. Maybe there's something in your family history, maybe a sexually transmitted infection.

Maybe your mom had multiple pregnancy losses and shared that with you. Maybe you've watched your sister struggle to get pregnant, or maybe you haven't seen any objective indication, but you just have a feeling.

And I've seen really powerful examples of this. And sometimes it almost feels like it can become a self-fulfilling prophecy. So because of that, it feels very important to speak it out loud, look it straight in the eye, get really clear.

Let it go. If it's if you determine it's not relevant to you, or if it does feel very relevant to you, even after you've looked it directly in the eyes and you've looked at it logically, and you've checked with your heart and your spirit, then to start getting into action proactively so that you can minimize the time that the emotional investment, the financial investment, the heartache, the stress, etc..

Okay, you can get to your super babies as quickly as possible. So I'm going to give you an example. I'm going to call this mama.

Mama Charleneu2019s Story and Proactive Preparation

Mama Charlene and Mama Charlene. I first had a conversation with her several years ago, and she was actually interviewing me for something. In this conversation, and she had not actively started trying for a baby yet, but she at that point was looking ahead to wanting to have a baby in about three years.

And I just knew from that conversation, which was not about her at all, was an interview. It was a a more general conversation. That one. She had a hunch that it was going to be hard for her to get pregnant.

And number two, that it was going to be hard for her to get pregnant because she had so much underlying fear and anxiety around this. I just felt it. I just knew it.

Well, fast forward several years, and that's exactly what happened. Fortunately, after floundering for a long time, even after having interviewed me and knowing about the semester, etc., she she didn't seek help for a long time.

She didn't come to primemester for a long time, so she floundered in her own kind of purgatory. from how she described it to me for a very long time. But then she did primemester.

She did go on to get pregnant easily after primemestering, and she did go on to have her first super baby and actually now she's pregnant with her second super baby. So it's very interesting to me that women, especially maybe maybe men and other genders too, have instincts about whether fertility is going to be hard or easy for them.

And perhaps that the body signaling in some way that something's going on. Or maybe it's the spirit signaling in some way that something's going on, the brain signaling in some way that something's going on and it's just below conscious perception.

But the body gets the message. The subconscious mind, which is essentially the body gets the message. And the subconscious is an overused term, but it is essentially the body.

Listening to Anxiety and Taking Action

And so if you are somebody who, when you really take an honest look, has deep anxiety, fear, worry around fertility and pregnancy and motherhood, that is perhaps a signal to you that you are getting the signal in some way to pay attention and to prime and prepare.

You already know where to go and what to do. The answer is very clear. There's a path laid out for you, the Primemester Protocol with your targeted super baby nutrients, which you will have, more than likely as part of the Primemester Protocol, depending on how you come into it, etc.

that's really the path forward for you, and it's the most proactive stance you could possibly take. Don't repeat the mistake of what did I what name what alias did I give her?

Is it mama Charlene was at that. The alias I'm somehow forgetting. But don't repeat her mistake. Learn from mom Charlene's mistake and don't allow yourself to flounder in your own form of purgatory alone.

Trying to figure it out rather than saying, okay, my body, my brain, my soul is signaling to me that there's anxiety, fear, or worry. And this may mean that my worries are valid, that my worries are well, our worries are always valid, but that that this worry may be pointing me to something that I should stop and pay attention to and be proactive about, as opposed to waiting and seeing what happens.

And then after many months or years of struggle, then seeking help and support in those proactive steps. Okay, so this is really important if you have the hunch, if you've ever had the hunch, don't ignore the hunch.

Listen to the wisdom in your intuition and take action on behalf of your dreams and take action on behalf of your super babies. They're worthy of you making this investment of time and energy and even finances and you're you're worthy of that.

To your dreams are worthy of that. And the investment of time, energy, money, care that you make upfront. Wow. It pays off in dividends and also saves you so much time and so much money and so much heartache.

So let's do that instead of what Mama Charlene did. Okay, I'll see you in the next one. We're going to be talking about whether your mental health history or aspects of your personality could be increasing your risk for fertility challenges and what to do about it.

I'll see you there.