

One step closer to your pregnancy



Fertility Meal Plan

By Dr. Marc Sklar, The Fertility Expert

One step closer to your pregnancy

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The nutrition guidelines and fertility detox in this PDF are part just 1 part of the 6 week DIY online course My Fertility School

ABOUT DR. MARC SKLAR

THE FERTILITY EXPERT

The Fertility Expert is a recognized leader in the field of fertility and reproductive health.

Dr. Sklar is the creator of Marcsklar.com and ReproductiveWellness.com, and he's the author of Secret to Conception.

Dr. Sklar has been helping couples getting pregnant naturally for over 15 years.



3 ways I can help you too:

1 on 1 Online Fertility Program (private online consultations)

My Fertility School - (DIY 6 weeks online ecourse)

At the San Diego clinics



IMPORTANT INFORMATION

These Nutrition guidelines and Fertility Detox are **JUST a little** part of what you could be doing to improve your fertility and get pregnant faster.

There are many other areas that can be effecting your fertility, such as:

1. Fertility condition (we won't know until you get labwork)
2. Emotional stress
3. Physical stress
4. Over/under exercise

The information in this pdf is part of the online fertility course
My Fertility School by The Fertility Expert.

Incorporate all the guidelines to your weekly fertility routine, but please know that these won't be as affective if you are not taking in consideration other areas that are affecting your fertility.

My Fertility School

6 weeks Online Fertility Program,
by The Fertility Expert

The only Online Fertility Program that will help you improve your fertility in 6 weeks. All the support and guidance you need to get pregnant, from the comfort of your home.



The guidelines presented at the Fertility Home Remedies are part of the 6 week DIY online course My Fertility School



***Click image for more
information***

FERTILITY DETOX

Foods to avoid

Gluten
Dairy
Soy
Sugar
Coffee
Chocolate

Foods to embrace

- ✓ Vegetables
- ✓ Fruit (1-2 low glycemic fruits per day- berries, apples or grapefruit)
- ✓ Clean protein (turkey, chicken, fish, beef)
- ✓ Healthy fats: avocado, olive oil, nuts & seeds, coconut oil, ghee

Beverages

- 2 cups of detox tea per day (yogi detox tea or traditional medicines detox or roasted dandelion tea)
- Water
- Water + lemon
- Water + 1 teaspoon chia seeds
- Water + Ultima Electrolytes
- Kombucha (<5g sugar per serving)
- Ginger tea

FERTILITY DETOX

First thing when you wake up

6oz water + juice of ½ a lemon + 1 teaspoon apple cider vinegar

Breakfast

- Protein smoothie for breakfast with spinach and kale (See recipes)

Lunch

- Organic mixed greens
- + 4oz clean protein (fish, chicken or eggs)
- + ¼ cup quinoa

Afternoon:

- 1 scoop green powder (Nutragen or any gluten free organic blend)
- Vegetable sticks (cucumber, peppers, celery) + hummus
- OR
- ½ cup berries + 1 handful raw nuts

Dinner

- Small side salad +
- +2 cups steamed or cooked greens (broccoli, asparagus, green beans, zucchini, chard etc)
- +4oz clean protein (wild fish, organic chicken, grass-fed beef, organic turkey etc)
- +½ sweet potato OR ½ cup quinoa OR ½ cup lentils OR ½ cup sprouted brown rice



REAL MOMS' TESTIMONIALS

----- Forwarded message -----

From: "Z [REDACTED] mail.com">

Date: May 18, 2016 6:46 AM

Subject: Home pregnancy test this morning

To: "Marc Sklar" <marc@marcsklar.com>

Cc:

Hi Marc,

Wanted to let you know that I did home pregnancy test this morning and looks like it is positive. (see attached).

Will you be able to order blood test for me in order to confirm this. Fingers crossed.

Also, I would like to hear any suggestions which you want to give in terms of diet, supplements etc at this point of time.

Thanks,
Zareen



----- Forwarded message -----

From: "Deel [REDACTED] @yahoo.com">

Date: Jun 25, 2016 4:26 PM

Subject: Good news

To: "Marc Sklar" <marc@marcsklar.com>

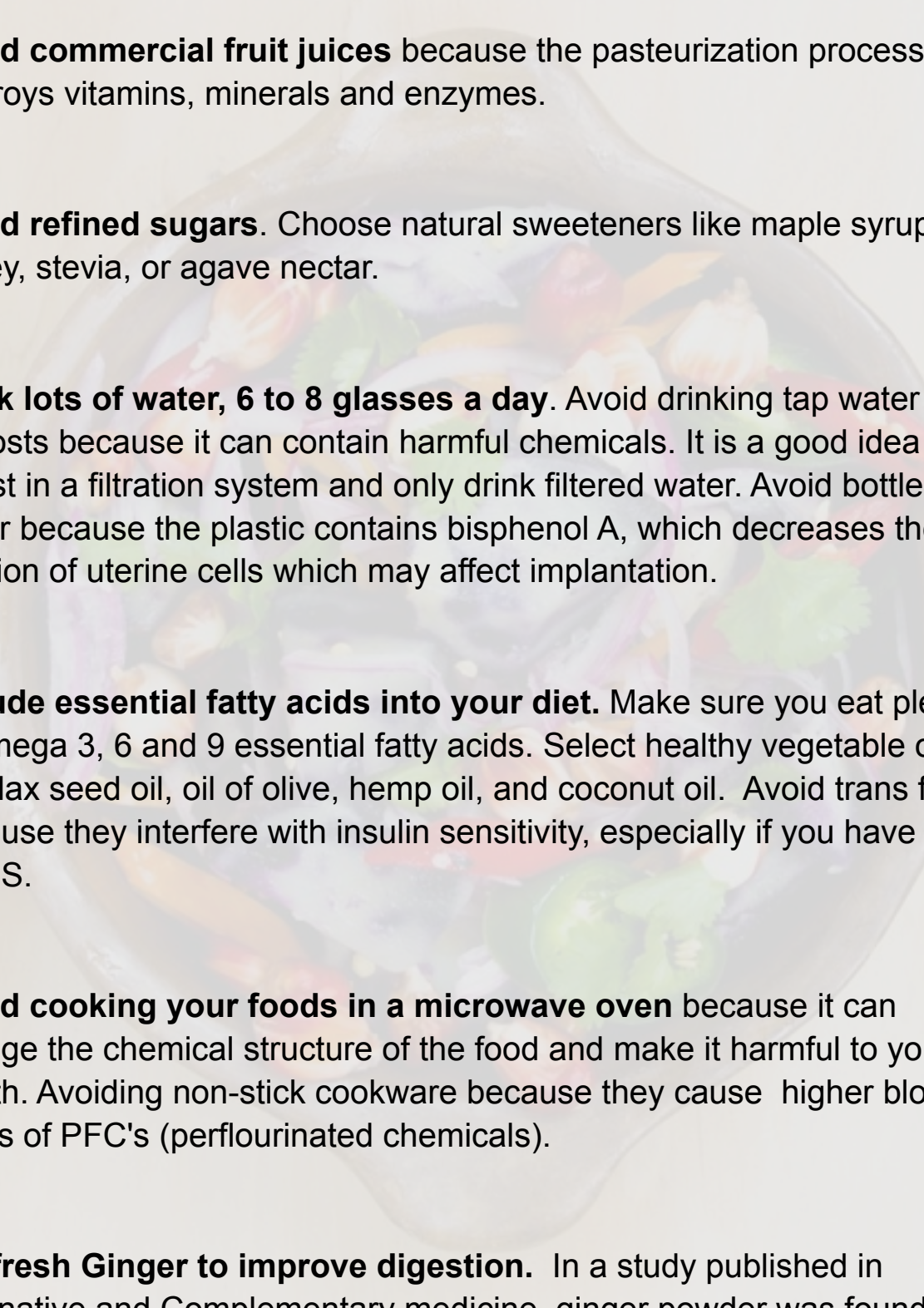
Cc:

Marc,

I actually can't believe I am writing this. I just found out yesterday that I am pregnant! After 2 years of trying to conceive, 1 year on my own, and 1 year following your protocol and taking your advice, I was finally able to see 2 lines and the words "pregnant" on a test. I am staying cautiously optimistic as it is still very early. However, I want to thank you for your help, your expertise, and guidance in helping me achieve this most sought-after result!

FERTILITY NUTRITION GUIDELINES

- **Eat organic fruits and vegetables** as often as possible in order to avoid harmful pesticides and herbicides. This is so important when making your food choices.
- **Eat organic dairy products** that do not contain hormones or antibiotics. If you suffer from endometriosis or fibroids, you should avoid dairy products altogether because they naturally contain estrogen which stimulates their growth. If you have polycystic ovarian syndrome you should avoid dairy, too.
- **Eat only lean red meat that is grass fed** or organically grown. Conventionally grown cattle contain hormones, antibiotics and other contaminants that contribute to excess estrogen.
- **Eat only organic 'pasture-raised' or 'free-range' chicken** that is free range or organically grown to avoid hormones and antibiotics which can disrupt your hormonal balance.
- **Eat wild fish** that is fresh and comes from deep sea waters. Select fish like sole, tilapia, cod, and salmon. Avoid farmed salmon, tuna, shark, and sea food because they may contain high level of heavy metals.
- **Make sure your fertility diet is high in fiber** because it helps the body eliminate excess estrogen. Also it lowers you blood glucose.
- **Do not eat soy products** unless they are the fermented type like miso or tempeh. Soy has estrogenic effect and it is not indicated if you are trying to conceive but most importantly you should avoid it during pregnancy and lactation.

- 
- **Avoid soy beverages.** Select unsweetened almond milk or unsweetened coconut milk alternatives
 - **Avoid commercial fruit juices** because the pasteurization process destroys vitamins, minerals and enzymes.
 - **Avoid refined sugars.** Choose natural sweeteners like maple syrup, honey, stevia, or agave nectar.
 - **Drink lots of water, 6 to 8 glasses a day.** Avoid drinking tap water at all costs because it can contain harmful chemicals. It is a good idea to invest in a filtration system and only drink filtered water. Avoid bottled water because the plastic contains bisphenol A, which decreases the division of uterine cells which may affect implantation.
 - **Include essential fatty acids into your diet.** Make sure you eat plenty of omega 3, 6 and 9 essential fatty acids. Select healthy vegetable oils like flax seed oil, oil of olive, hemp oil, and coconut oil. Avoid trans fats because they interfere with insulin sensitivity, especially if you have PCOS.
 - **Avoid cooking your foods in a microwave oven** because it can change the chemical structure of the food and make it harmful to your health. Avoiding non-stick cookware because they cause higher blood levels of PFC's (perflourinated chemicals).
 - **Eat fresh Ginger to improve digestion.** In a study published in Alternative and Complementary medicine, ginger powder was found to be equally effective to conventional drugs to ease menstrual cramps. If you suffer from painful menses, try 250mg of ginger powder 4 times a day.

MALE FERTILITY GUIDELINES

Eat only organic

Pesticides have been shown to be one of the main reasons for the declining fertility in men. They mimic estrogen in the body which can cause testosterone to decrease. Healthy testosterone levels is necessary for sperm production

Avoid soy products

Soy products are another estrogen mimicking food that should be avoided.

Eat one fertility smoothie a day

By including one fertility smoothie every day you are able to get an abundant supply of antioxidants, vitamins and minerals in an easy to eat and digest form (for recipe, visit my Youtube channel: [youtube.com/MarcSklarTheFertilityExpert](https://www.youtube.com/MarcSklarTheFertilityExpert))

Eat at least one large green salad per day

Eating a large salad that contains many different varieties of vegetables will help to supply your body with the nutrients it needs for optimal health and DNA protection. Make sure to add some raw sesame and pumpkin seeds on top for added zinc.

Eat one dark leafy green vegetable a day

Dark leafy vegetables such as broccoli, kale, swiss chard, collards and spinach are packed with nutrition.

Enjoy nuts and seeds daily

You can use nuts and seeds in your smoothies, as a trail mix, on top of salads and make nut milks.

Drink plenty of water & Stop drinking beer

Drink fresh pressed vegetable and fruit juices one of the easiest ways to get your daily supply of whole-food nutrients into your body is through fresh juices.

Avoid dairy products or at least keep it to a minimum

Conventional dairy contains hormones (mostly estrogen) which, as stated above can have a negative impact on testosterone levels. You can replace milk with nutrient and protein rich nut milks.

Take supplements

Vitamin C, Vitamin E, Beta Carotene, Selenium, Zinc, B12, Omega, L-arginine, L-carnatine (*consult with your nutrition expert to know your recommended daily dosage)

HOW TO SUCCEED WITH MEAL PREPPING

Meal prepping is a great tool for busy people who want to eat healthy. You are more likely to eat healthy if you have quick healthy options available to you. In our fast-paced lives we seem to have barely any time to cook for our families.

When you cook at home, you have complete control over what ingredients you feed your family. You can choose if your animal protein is organic or free of hormones/antibiotics and you can choose what types of cooking oils to cook with. You can also control how much sweetener and sauce you are adding to your food by cooking at home.

Meal prepping can also help you spend less time in the kitchen and less money at the grocery store.

Steps for Meal Prep

- Here is your step-by- step process for meal prepping:

- Step 1: Schedule a 2-hour block of time in your calendar on Saturday or Sunday.
- Step 2: Choose 2 protein dishes and 2 veggie/grain dishes to prepare in advance
- Step 3: Create a shopping list
- Step 4: Grocery shop
- Step 5: Cook
- Step 6: Store your food in containers



DO YOU WANT TO
TALK WITH DR. SKLAR?

The '1 on 1 Fertility Program' is the most effective way to improve your fertility and help you get pregnant. **Let's TALK!**



REAL MOMS' TESTIMONIALS

Hi Marc!

I'm sorry we haven't been in yet to introduce Bentley... And...We are still working on her birth announcement which will now be a holiday card. It has been an adjustment as new mommies! Just wanted to share this pic of our happy baby.

Emily U. (3) IVF Patient

Dylan arrived on 4/21/14 at 7:30 pm. He was 7 lbs 12 oz. He is doing great and going home today. Thank you so much for all your help Marc!

Tina A. 31, PCOS Patient

Hi Marc! We can't thank you enough for your specialty and your passion to make new life and family possible but most of all your heart and soul in helping our dreams come true.

We love you.

Baby Bentley arrived on Sunday 10:12:14 at 7:13pm. 6 lbs 10oz and 19 inches. She did a great job coming into the world!

----- Forwarded message -----

From: Daniela [REDACTED]
Date: Mon, Oct 10, 2016 at 10:26 AM
Subject: Aw: Can I ask you a question?
To: marc@marcsklar.com

Hello Marc,

I'm pregnant in week 27 and was only curious what the test result looks like. I started watching your videos about a year ago, took your advices seriously and conceived quite quickly - I'm 40 years old and the second month we tried we had already success and I'm very happy and thankful expecting a healthy baby girl!

So thanks again for your helpful advices!

Best regards from Munich, Germany
Dani

Hi Marc!
Thanks again for helping us with this little miracle!

DENISE (26)
UNEXPLAINED INFERTILITY

Hi Dr. Sklar,
I just wanted to send you a picture of our bundle of joy! We will stop by soon so you can meet the little guy in person. Thank you for everything, especially during the most challenging time in our lives. Couldn't of done it w/out you and your team. See you all soon. Take Care!

KARINA A. (34)
IVF PATIENT

Hi Marc,
Just wanted to let you the baby information. Gavin was born on March 2, 2008 at 5:57am. He was 6 lbs 13.5 oz and 20.84 inches long.

I will be in contact when the baby and I have a regular routine. Thank you for all your help in making Gavin possible. We are forever grateful.

SHANNON W (15)
PCOS PATIENT

EGG & AVOCADO SALAD RECIPE

Ingredientes

Ingredients

4 hardboiled eggs
½ medium avocado (or 1 small avocado)
1 Tbsp apple cider vinegar
1/2 tsp mustard powder
1/2 tsp sea salt

Method:

Separate egg whites and yolks. Put yolks, avocado, mustard powder, apple cider vinegar and salt in a large bowl and mash until smooth. Chop or crumble egg whites, and fold into avocado/yolk mixture.

HARDBOILED EGGS

Method:

Cooking time: 15 minutes

1. Place 6 or 12 eggs in a medium sized pot.
2. Cover eggs with room temperature water so that there is an additional 1 inch above the eggs covered.
3. Turn on heat to bring to a boil. Once boiling, turn off the heat and cover with a lid.
4. Set the timer for 10 minutes.
5. While eggs are cooking, prep a large bowl with ice water.
6. When the eggs are done, dump them in the ice water for 2 seconds and then remove them with a slotted spoon. Dumping them in ice water will make them easier to peel.
7. Put the eggs in a Tupperware in your fridge- they will last for 5 days.

BASIC QUINOA

Ingredientes

- 1 cups quinoa
- 2 cups organic vegetable stock

Method:

- Prep Time: 2 minutes
- Cooking Time: 15-20 minutes
- Serves 4

Directions

1. Using a fine mesh strainer, rinse quinoa with cool water until the water runs clear.
2. Combine quinoa and vegetable stock in a saucepan. Cover and bring to a boil.
3. Reduce heat to a simmer and continue to cook covered for 15 minutes or until all water has been absorbed.
4. Remove from heat and let stand for 5 minutes covered; fluff with a fork.
5. Season as desired. Suggestions: Sea salt, black pepper, ground garlic, ground onion

CHICKEN LETTUCE WRAPS

Ingredientes

- 1 Tbsp coconut oil
- 1 lb ground chicken (dark or white meat)
- 5 oz shitake mushrooms, finely diced
- 3 scallions (aka green onions), sliced
- 3 medium cloves of garlic, minced
- 1 Tbsp fresh ginger, minced
- 1/4 cup slivered almonds
- 3 Tbsp coconut aminos* or tamari (gluten free soy sauce)
- 1 Tbsp white wine vinegar
- 1 tsp dijon mustard
- 1 Tablespoon sriracha (optional)
- 1 Tablespoon raw honey
- 1/4 teaspoon sea salt
- 16 butter lettuce leaves
- 1/2 avocado, sliced

Directions

1. In a large stainless steel saute pan, melt coconut oil over medium heat.
2. Add the ground chicken and saute with a wooden spoon until almost cooked through
3. Add the mushrooms, scallions, ginger, and coconut aminos. Cook until onions and mushrooms are soft.
4. Stir in white wine vinegar, dijon, sriracha, honey, and salt. Add chopped mint at the very end before serving.
5. Serve this meal 'family style.' Put the chicken mixture in a bowl and give each person a few lettuce wraps. Use the lettuce leaf as a "tortilla."
6. Add Avocado slices on top of the chicken mixture.

* you can find these online or in some health food stores- the brand is 'Coconut Secret'

LEMON DIJON & DILL BAKED SALMON

Ingredientes

- 4 pieces of wild Alaskan salmon*
- 3 Tbsp Dijon mustard
- 2 cloves garlic, minced
- Juice of 1 small lemon
- 3 Tbsp chopped dill
- 2 Tbsp olive oil
- 1 tsp sea salt
- 1/2 tsp cracked black pepper

Directions

1. Combine dijon, garlic, dill, olive oil, sea salt, and pepper in a bowl
2. Place salmon in a glass baking dish or on a parchment lined baking sheet.
3. Spread marinade (from step 1) over salmon and let sit for 20-30 minutes in the fridge.
4. Preheat oven to 350 F degrees.
5. Remove oven from fridge and let sit for 5 minutes. Place in oven and cook for 12-15 minutes or until cooked all the way through. Let rest for 5 minutes.

SWEET & SPICY CHICKEN THIGHT

Ingredientes

- 6 bone-in, skin-on chicken thighs
- 1 Tablespoon coconut oil or ghee
- 1 Tablespoon raw honey
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon chili flakes

Directions

1. Preheat oven to 400F degrees
2. Melt raw honey over medium heat in a small sauce pan.
3. Rinse chicken thighs in cold water and pat dry. Lightly season with half of the sea salt, garlic, powder, onion powder and chili flakes.
4. Preheat a large oven-safe pan over medium heat. Melt the coconut oil.
5. Pour the honey over the chicken thighs, place them in the oven safe pan, skin-side down. Cook for 2 minutes or until the skin is browned. Flip the chicken thighs and cook for another 2 minutes.
6. Place the pan in the oven for 20 minutes. Or, until chicken is cooked all the way through- cut into the center of the chicken thigh to make sure there is no 'pink' and that the juices are clear.

Remove from oven, and enjoy

ROSEMARY & HONEY BAKED CHICKEN BREASTS

Ingredientes

- 4 chicken breasts (room temp)
- 1 teaspoon crushed black pepper
- a pinch of sea salt
- 2 cloves of garlic, minced
- 2 Tablespoons Coconut oil or Ghee (clarified butter)
- 1.5 tablespoons honey
- 1 tablespoon dried rosemary
- 1.5 tablespoons balsamic vinegar

Method:

- Prep time: 10 minutes
- Cook time: 20 minutes
- Makes: 4 servings

Directions

1. Preheat oven to 400F degrees
2. Butterfly chicken breasts in half. Season with salt, pepper, and garlic.
3. Melt coconut oil and honey in a sauce pan over medium heat. Once melted, add rosemary, and balsamic vinegar.
4. Brush the coconut oil and honey mixture over the chicken breasts
5. Place in oven for 15 minutes or until cooked all the way through.

TURKEY PATTIES

Ingredientes

- 1 lb ground turkey (nitrate & nitrite free)
- 1 shallot
- 1 tsp salt
- 1 tsp ground pepper
- 1/2 tsp garlic powder
- 1/4 tsp coriander (optional)

Method:

- Prep time: 5 minutes
- Cook time: 10 minutes
- Makes 3-4 servings

Directions

1. Combine ground turkey, with the spices and diced shallot in a bowl. Mix with your hands, make sure not to over work.
2. For burgers into 3-inch diameter patties with a small divot in the middle.
3. Heat grill or skillet to medium heat. Lightly coat with ghee or coconut oil.
4. Place patties on grill for 6 minutes, or until the sides start to turn brown.
5. Flip and cook for 3-4 more minutes.

BEAF TACO MEAT MIXTURE

Ingredientes

- 3 pounds grass-fed ground beef
- $\frac{3}{4}$ cup diced yellow onion
- 3 cloves garlic, minced
- $\frac{3}{4}$ cup water
- 2 cups tomato puree
- 4-5 Tablespoons taco seasoning
- $\frac{1}{4}$ tsp turmeric (optional)
- $\frac{1}{4}$ cup fresh chopped parsley

Method:

- Prep time: 10 minutes
- Cook time: 20 minutes
- Makes 8-9 servings

Directions

1. Heat a deep sauté pan over medium heat
2. Brown the beef, onion, and garlic until the beef is cooked through, about 5 minutes
3. Drain the excess fat if necessary, and add the remaining ingredients.
4. Simmer for 15 minutes, until ready to serve

Suggested toppings/fixtures

- ✓ butter lettuce or romaine lettuce leaves for the 'taco shell'
- ✓ non-gmo sprouted corn tortillas
- ✓ brown rice tortillas
- ✓ avocado
- ✓ guacamole
- ✓ salsa
- ✓ lime
- ✓ fresh chopped cilantro
- ✓ sliced avocado

QUICK MEAT SAUCE

Ingredientes

- 2 teaspoons ghee, coconut oil or unsalted butter
- 2 lb grass-fed beef
- 3 cloves garlic, minced
- 1 tsp Italian seasoning
- 1 Tablespoon oregano
- 2 teaspoons onion powder
- 1 ½ teaspoons sea salt
- ½ teaspoon cracked pepper
- 5 cups store-bought spaghetti sauce*

Method:

- Prep time: 5 minutes
- Cook time: 20 minutes
- Makes 6 servings

Directions

1. Heat the ghee in a saucepan over medium-high heat. Saute garlic for 1 minute until fragrant. Add the beef and seasonings, reduce the heat to medium, and cook for 10 minutes, until the beef is cooked through. Drain any grease.
2. Pour in the spaghetti sauce and simmer for 10 minutes. Serve over spaghetti squash, zucchini noodles, or brown rice pasta.

* look for a spaghetti sauce without any canola oil, vegetable oil, soybean oil, sunflower oil, or safflower oil. It should only have a few ingredients. Eden Organics or Middle Earth Organics are both good brands.

COCONUT ALMOND & NO-BAKE BALLS

Ingredientes

- 1 cup almond butter (unsweetened)
- ½ cup coconut flour
- ½ cup unsweetened shredded coconut
- 4 Tbsp coconut milk
- 4 Tbsp. coconut oil
- 1 packet Stevia

Directions

1. Set aside a heaped tablespoon of the shredded coconut in a bowl.
2. Add all the other ingredients to a food processor and blend until nicely mixed together.
3. Now mold the mixture with your hands into bite sized balls, and roll them in the shredded coconut.
4. Place them on a plate and refrigerate for 30 minutes. Enjoy!



REAL MOMS' TESTIMONIALS

----- Forwarded message -----

From: Meredith [redacted]@ar.com>

Date: Fri, May 13, 2016 at 10:41 AM

Subject: Charlotte Packer

To: mshklar@reproductivewellness.com

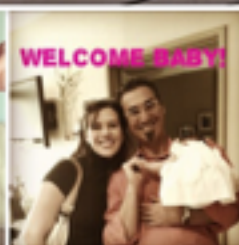
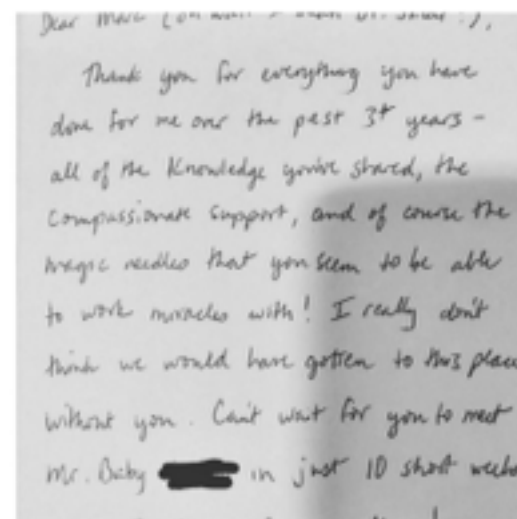
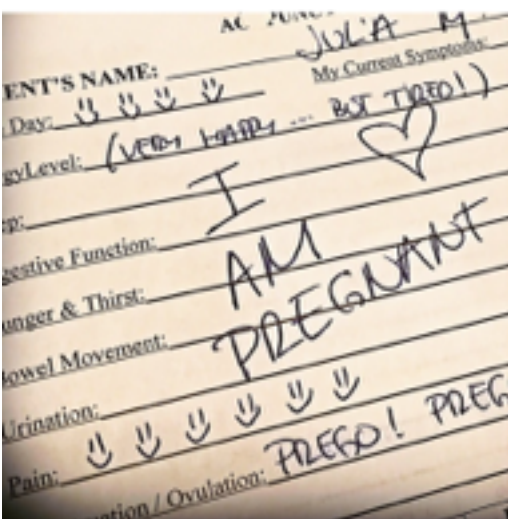
Hi Marc,

I wanted to let you know Charlotte arrived May 4th. Everything went great and she is a healthy and happy baby.

I also wanted to sincerely thank you for your support over the last year. This baby is a miracle for our family. One that I know would not have happened without you and your amazing staff.

Best,
Meredith

2 Attachments



SMOOTHIE IDEAS

Eat only organic

Basic Shake Recipe

25-30 grams vanilla protein powder
1 Tablespoon almond butter or coconut butter or coconut oil
1 Tablespoon ground flaxseeds
1/2 cup frozen organic berries
3/4 cup- 1 cup liquid
1 handful spinach
1/2 cup ice cubes (if desired for consistency)

Peach Almond Berry Bliss

25-30 grams protein powder
1 Tablespoons almond butter or coconut oil
1/4 cup frozen peaches
1/4 cup frozen berries
Unsweetened almond milk
1/4 teaspoon of no-sugar added vanilla extract

Nutter Butter

25-30 grams vanilla protein powder
1 Tbsp ground flaxseeds
3/4 cups unsweetened Coconut milk or Almond milk
1 tablespoons almond butter
Ice to desired thickness

Strawberry Blast

25-30 grams vanilla protein powder
3/4 cups unsweetened Coconut milk or Almond Milk
1 Tablespoons almond butter (or coconut butter)
1/2 cup frozen strawberries

Avocado Banana Smoothie

1/4 ripe avocado
1 cup spinach, fairly well packed
1/2 banana
25-30 grams plant-based protein powder
1 cup ice (about 5 cubes)
3/4 cup coconut water or water or unsweetened almond milk
1 tablespoon finely chopped peeled fresh ginger (optional)
Adapted from: www.eatlifewhole.com

Chocolate Coconut Joy

25-30 grams of chocolate protein powder
Unsweetened Coconut milk
1 tablespoon almond butter
1/4-1/2 teaspoon almond extract
Ice to desired thickness

I hope you found the information I shared here useful.
Now let's implement what you've learned!

This is just the tip of the iceberg of information I
think you need to incorporate into your plan.

My Fertility School goes into much more detail
with these home therapies and much more over
the course of 6 weeks.

If you are interested in the DIY Fertility Online course My
Fertility School go to:

<http://enrollus.myfertilityschool.com/>



HERE IS WHAT MY FERTILITY SCHOOL LOOKS LIKE:

This is how My Fertility School works:

- Each week, we'll release a new module, with different information (see below what's included every week)
- You can go through the material, at home, on your own time. You'll also have access to this material forever
- You should review every week's material, start implementing what you've learned and be comfortable with it before you get started with a new week/module

The Basics: Menstrual cycle and balancing hormones

During this week we will review all the menstrual cycle secrets, determine your fertile window and create a sex calendar to time intercourse appropriately. We'll review together the different fertility conditions and determine the lab work you need to get to the underlying cause of your fertility issues.

Fertility Enhancement Techniques

Acupressure, moxabustion, castor oil packs, vaginal steam baths, abdominal massage... and much more. Easy, do-able, at home techniques to help you enhance your fertility. Plus all the resources on where to get all the material needed.

Nutrition for Fertility

Healing, improving digestion and eating depending on your cycle are very important to give your body the nourishment it needs when trying to conceive. We'll cover all the must do's, with shopping lists, weekly menus, recipes, guidelines for cooking and eating out. All designed to help you improve your fertility.

Mind & Body Connection

We are what we believe. During week 4 we will work on your stress levels, talk about exercise, meditation and much more. We'll also introduce a very important technique that will help you get pregnant.

Supplements and Nutrients

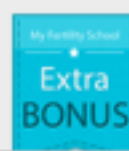
We'll be discussing why supplements are important when we want to speed up our health and fertility journey. You will learn exactly which nutritional supplements you need to improve your fertility and get pregnant fast.

Pregnancy and the 1st trimester

The first 3 months of your pregnancy is what determines the health of it. I'll help you establish the basics for a healthy pregnancy and baby to prevent miscarriage and other potential risks.

Bonuses and extra material

During the 6 weeks we'll have extra bonus, resources and other important material to help you get pregnant faster. Read all the information about the included bonuses below.



Click the image
for more
information



***Do you want a personalized fertility plan
by The Fertility Expert?***



**DO YOU WANT TO
TALK WITH DR. SKLAR?**

The '1 on 1 Fertility Program'
is the most effective way to
improve your fertility and help
you get pregnant. **Let's TALK!**