

— 8 STEPS TO —

Balance your Hormones & Boost your Fertility

Leslie 
WOODWARD



Hi beautiful!



I'm so glad you decided to download this guide... Are you hoping to become pregnant in the next year or two but are concerned that your health isn't quite where it should be for pregnancy? Maybe you're struggling with painful, heavy periods or no periods at all, PCOS, fatigue, digestive woes, the list goes on... You're worried about your fertility, and that it might take you a long time to conceive.

Reproductive problems in women are steadily increasing, and along with them increased difficulty in conceiving. Fertility is a reflection of your overall health, so if you are struggling in any of these issues or any

others, there is a chance your conception efforts may be impacted. Luckily, there is SO much you can do to not only increase your fertility but conceive a healthier baby, and experience a healthier pregnancy.

And that is why I'm here. To show you the way to balance your hormones naturally and transform your body into your healthiest, most fertile self so you can conceive as quickly and easily as possible for your body, and to experience a joyful, glowing pregnancy. And heal any nagging health issues along the way!

Fertility is a reflection of your overall health, so by getting all aspects of your wellness on point, we'll unveil your inner Aphrodite and you'll be ready to make a baby.

Sound too good to be true? **WELL, IT'S POSSIBLE!**

I know, because I used the same process in my own life. :)

Hi! I'm Leslie...

..and I'm a holistic nutritionist and yoga therapist. I help women maximize their fertility to make and grow healthy babies and have healthy, joyful pregnancies. By restoring hormonal balance using whole foods nutrition and a nourishing lifestyle, I help restore women to their most fertile state so their journey to conception can be as quick, easy, and fun as possible.

During my journey to pregnancy and once I was pregnant, you could always find me with my nose in a book. I was so fascinated by the degree to which we can influence fertility and prenatal health and geeked out on it constantly. By my 9th book my mom said to me "why are you reading so much? I read ONE book when I was pregnant!" (She also ate a Fish Filet sandwich from McDonalds every day while pregnant and put instant coffee in my bottles as a baby (!) so.... I wasn't exactly wanting to replicate her pregnancies!)



I was also learning with my studies of fertility and pregnancy all that is not being mentioned by our gynecologists and it lit a serious fire in me. I have always felt passionately about women's health, but this was something else.

When women find me, their health is not in flow, and therefore neither is their fertility. They're feeling exhausted, overwhelmed, and anxious about adding the stress of conceiving to their already full plate. If this is you, I am very excited that you are reading this guide because I'm here for YOU!

I have been exactly where you are!

I was wanting to get pregnant and knew I needed to prepare my body if I wanted my best shot at a relatively quick, low-drama conception, a healthy baby, and a healthy pregnancy.

At the time I was feeling fatigued, had some pesky digestive issues going on, anxiety, and was dealing with painful periods. I knew all of these things were a reflection of my overall health and fertility.

I was also very afraid that we wouldn't be able to get pregnant. My husband had cancer when he was in high school, and received chemotherapy that, thankfully, wiped it out and he has been cancer free for 13 years. I had heard of other families choosing to save and freeze sperm of young patients just in case it did leave them infertile, and I was devastated that we didn't have this option.

I also wanted to make sure that if we did end up needing fertility treatments down the line, I would feel 100% confident that I had done everything in my own power to increase my odds of conceiving naturally. I think this part is so powerful. I didn't want any doubt, any self-blame, any 'what if's'... I wanted to be sure I did everything I could and then surrender to whatever the path looked like.



I decided then that I needed to make sure we both were our most fertile so that we had the best chance for making a baby.

So, I threw myself into deepening my studies and refining my self-care on all levels. I moved by body, nourished myself with a nutrient-dense diet, got my stress under control, and re-balanced my hormones.

The result?



A quick conception after 3 months of trying, an effortless, amazing pregnancy, and a fat, healthy baby boy.

My healing postpartum also happened very quickly, which allowed me to fully focus on bonding with my sweet babe. The postpartum period isn't talked about very often and the intensity and difficulty of it really caught me off guard!

The sleep deprivation, healing your lady parts after pushing a 99th percentile head out of them, the uterus contracting back to its normal size after being the size of a watermelon, the hormonal mood swings... it is NOT an easy period to go through!

And I can't imagine going through it if my health hadn't been so on point.

By bringing my body to prime health before and during my pregnancy, it healed quickly and effortlessly, something I am still so grateful for.

Want to learn how I did all of this?! I followed these 8 steps...

01

Optimize Your Mindset for Conception

We know how powerful mindset is for all things. Our thoughts create our reality. Obviously you can't will yourself pregnant without all of the other pieces in place, but negative thinking and the stress it creates can sometimes keep you from conceiving.

I have a girlfriend who, before she started trying to get pregnant, told me she just KNEW she was going to have a hard time conceiving. Guess what? She is still trying. Not that this is her fault, but if you tell yourself something and create a huge amount of stress around it, the chances of it happening are going to increase.

Mindset is not the only thing that will make or break your fertility, but it is a very important part of the equation. This is a really difficult topic for some, especially those that have been trying to conceive for a long time so I want to make sure you know that it is important to give yourself some grace and patience around this.

Not only will shifting your mindset be helpful for conception, but it will have positive impact on all areas of your life. **OUR THOUGHTS CREATE OUR REALITY AND DESERVE YOUR TIME AND ATTENTION!**

HOMEWORK: *Your new mantra is "I believe in my body's ability to conceive." Whenever you feel stress, say this mantra to yourself and try your hardest to trust it.*



2 Mindful Eating

Before I ever create meal plans or work with what a client is eating, we start with the how. You can eat all of the kale in the world but if you are doing it stressed out while scrolling through Instagram, you are not digesting and assimilating nutrients. A digestion that is not functioning optimally is basically a recipe for disaster, as our digestion is an important reflection of overall health.

Not only that, but having a healthy relationship with food going into pregnancy is an incredibly helpful, powerful tool to have in your toolkit. Cravings can be a hard thing to navigate, especially when the body isn't in balance, so having the resources to ease those is huge.

By cultivating a mindful relationship with food, you'll heal your digestion and lay a strong foundation for flowing with the cravings of pregnancy and postpartum with grace and ease.

HOMEWORK: Each time before you eat, take 5 slow, deep breaths before diving in.



3 Stress Management

Stress seems to be all anyone is talking about, but that is because we are just now beginning to see how devastating the effects are of chronic stress on all aspects of our health.

When the body is constantly under this stress, it goes into survival mode and either decreases or shuts down the work that non-vital organs and systems are doing. Not only is reproduction not vital to your personal survival, but the body wisely assumes that if the person is undergoing such continuous stress it likely is not a good time to have a baby. Ding ding ding!

The tough thing here, too, is that it doesn't take very much stress to do this. A small amount of stress, as long as it is chronic, is enough to throw off your system. Often we don't even realize it! Chronic stress not only affects fertility, but it also increase digestive issues, decreases the function of your immune system, increases anxiety and depression, and about a million other things.

For the sake of your future family, but also very much so for YOU, learning to manage your stress is crucial.

When we can get the stress under control, all systems in our body can run smoothly, opening the doors to an easier conception. And also a healthier baby! Win win.

GET THAT STRESS UNDER CONTROL, GIRL.

HOMEWORK: Download a meditation app and try to squeeze in 5 minutes every day



4 Detox your Environment

Not many people are aware of how toxic their environment is and how it is impacting their health. The pesticides on our produce, the plastics that surround our food, the chemicals in our cleaning and beauty products, the list goes on. The scariest part is that we pass these toxins to our baby in utero and also through breastmilk. A 2009 study by the Environmental Working Group found 232 toxic chemicals in the umbilical cord blood of newborns. Yikes! I know it is scary and stressful but keep reading...

These chemicals are called Endocrine Disrupting Chemicals, and they alter and wreak havoc on our hormonal system. Not only are environmental toxins creating or worsening major health problems for women like endometriosis, PCOS, and painful periods, EDCs also affect the long term health of the child. Learning disabilities, reproductive issues, cancer, diabetes, and heart disease are some of the long-term effects.

Toxins are coming at us from all angles, and some are unavoidable so take a deep breath and know that this can't be a perfect effort. However, we can decrease this toxic load in a very big way and most toxins leave the body very quickly as soon as daily exposure is minimized.

HOMEWORK: Start to notice the amount of plastic that surrounds your food. Try to buy BPA-free canned items, and buy loose produce when possible instead of packaged.



5

Detox your Body

Many of the things we eat are creating inflammation in the body which has a large negative impact on fertility. When we keep our bodies in a constant state of inflammation, it becomes chronic, meaning that your immune response stays turned on in response to allergies, environmental toxins, and consuming inflammatory non-food items.

When these pro-inflammatory immune cells circulate through the body they damage healthy tissues and increase your chances of developing fertility-hindering reproductive issues, such as PCOS, pelvic inflammatory disease, and premature ovarian failure.

In our grocery stores the aisles are full of sugar-free, low-fat, low-carb, artificially sweetened, sugar-free nonsense. That is not food! Removing processed foods as well as possible lurking food allergies will help to turn off the inflammation response and restore peace to your body.

HOMEWORK: Try to cut down on processed times and focus more on whole foods



6

Nourish Yourself with Fertility-Boosting Foods

Once you've removed inflammatory foods, rebuild your system with nutrient-dense, organic, fertility-boosting foods like avocado, leafy greens, salmon, eggs, and lentils. These foods are great for most people, but it is important to note that we all have different bodies, different constitutions, difference imbalances, and which foods promote fertility in one woman can be very different from another.

What we eat directly affects everything concerning our fertility, including the health of your eggs, the health of your reproductive organs, the regularity of your periods, and the amount of PMS you experience each month.

When you eat fresh, organic whole foods with fertility-enhancing nutrients, vitamins and minerals, you bring your hormones into the balance that is required for becoming pregnant and also increase the health of your eggs, leading to a successful pregnancy and a healthy baby.

HOMEWORK: Do some research to find a fun recipe that involves leafy greens (kale, spinach, swiss chard, bok choy, etc) and try it in your kitchen this week.



7

Balance your Period

The health of your menstrual cycle reflects not only your overall health, but also your fertility. If you're dealing with super light or absent periods, very heavy and painful periods, endometriosis, or PCOS, that is a sign that your fertility is not at its most optimal and conceiving could be difficult.

Growing up we were taught to throw prescription solutions at our period woes. Midol, Ibuprofen, and birth control were given to us to 'fix' the problem. What is wrong here is that your body communicates imbalance and its desire to fix it by giving you these symptoms! So by turning them off and not addressing the underlying cause only creates more issues down the road.

In order to restore balance to your cycle, it is important to reduce stress in your life, develop an appropriate exercise routine for your body type/imbalance, eat a high-quality, nutrient dense diet, and add in yoga to your self-care routine. Herbs can also be an incredibly powerful tool but are only appropriate on a one-to-one basis working with a health practitioner or herbalist.

HOMEWORK: *Instead of dreading your period, try to shift your mindset towards it. During the days you are expecting it, try to clear your calendar and only plan really gentle, nourishing activities like a gentle yoga class, a massage, or a walk with a friend.*



8

Get your Partner Healthy + Fertile too

Because the woman is the one that carries the baby, if a couple has a difficult time trying to conceive the blame is often shifted to her. This is not always the case, but it is important that both partners are doing what they can to increase their health and fertility.

The man can experience a few things go wrong with the production of sperm, including low count, poor shape, and poor motility. These three issues and men's fertility can be improved by all of the things that help your fertility! So, run them through this list (minus their period, obviously...!) and lovingly explain that their health reflects their baby's health too. Go Team Baby!

HOMEWORK: *Talk to your partner about how important it is that he is in good health for the benefit of your conception-efforts and also the health of your future baby. Ask him what things he's willing to do to start taking better care of himself.*





Aaaaaand that's it, ladies!

If you follow these 8 steps, you will be brimming with radiant health, you will increase the health of your future babe, and your baby-making parts will be functioning as optimally as possible for your body.

Of course sometimes there are physiological things that happen that are beyond our control, and we are so fortunate to have modern medicine help us when those things occur.

What is so great about working to increase fertility using these steps is that even if someone did end up needing to do IVF or another medical intervention

to make a baby, their body will be much healthier and more receptive to that procedure. Taking these steps to naturally optimize your health and fertility is win-win and is a powerful addition to your gynecologist-led baby-making efforts!

That said, this world of reproductive health and fertility can be a very big one to walk by yourself. It can also be an incredibly isolating time, one with so much self-blame, stress, and sadness. I've been there. And from that place, I wanted to create a space for women to learn how to take their fertility into their own hands while being supported by other women going through the exact same thing.

That is why I created FRUITFUL

FRUITFUL is a 90-day group program to help you restore your health and fertility, and conceive a healthy baby. In the 3 months before conception, you are able to increase the health of your eggs, so in this program we are going to use this time to do that and more.

In our 3 months together, we break down these steps to fertility that you just learned with directed action, a personalized plan, and I'll hold your hand every step of the way. Each step is its own module, with recorded content, homework, and all the support you need.



I know this all feels very overwhelming

And you don't have to do this on your own. I have walked this path myself, and I can help you walk it too. The world of fertility is so confusing, with little to no help or support from doctors until you've been trying for years, your relationship is falling apart, and you're about to pay \$20,000 for IVF. When women fall into this, it breaks my heart, because I know there was so much that could have been done before reaching this breaking point.

Making a baby should be filled with joy and love. And an important lesson in parenthood (and life) is doing what you can, what you have the power to do and change, and then letting go of the rest. This journey is that. Increase your health and fertility using these steps, and then let go and surrender to wherever the wild path to conception, pregnancy, and parenthood take you.

Imagine feeling so vibrant and amazing in your skin and at peace in your mind through the entire 'trying' period.

Imagine having fun, hot sex without stress or the "I'm ovulating!!" turnoff, and realizing



two weeks later that your period is late, a pregnancy test confirming what you know... You're knocked up!

Imagine 9 months of ease, joy, and excitement for this little seed growing inside of you every day. And a healthy labor, and a smooth postpartum period where you can spend every waking moment studying their tiny toes.

***These times are all
full of magic, and YOU
DESERVE to experience
it in full force.***

Feeling ready to take the next steps and be fruitful?

Send me an email at info@lesliewoodwardwellness.com and tell me where you're at in your journey to motherhood, and which of these steps really resonated with you the most. I can't wait to hear from you.

Not quite ready? We have created an amazing community on Facebook, the Hopeful Mama Collective. This journey can be a little lonesome, and women in support groups get pregnant twice as quickly as those who aren't! Come join us to be supported and loved on as you walk the path with so many incredible women just like you. I'm in there providing lots of helpful content and lead LIVE trainings to guide you in your path to conception.

Alright, beauty. I hope that was helpful and I hope to see you in the Hopeful Mama Collective soon! Sending you the biggest hug and all my love.

Xx Leslie



Leslie 
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