

Natural Fertility Fast Track 12 Week Plan

Have you been trying for ages with no success? Have you had poor fertility test results? Are you feeling desperate and like you left it too late? Maybe guilty for having a career or not looking after your body? Do you feel like hope is fading and in a panic to find a solution quickly? Do you feel alone and tearful much of the time? You've tried so much as a couple and feel you failed in some way?

I've been where you are but at 44, following the Mama Be Fertility Plan (based on scientific and medical research), I fell pregnant with my son after just three months.

If you don't want IVF or have failed an IVF treatment and need an alternative, this is the programme for you.



People say "but natural fertility doesn't work, does it?" As an expert in natural fertility, my clients understand the opposite is TRUE. The truth is a 100% approach, Get great results. As a client you get:

- Personal Conception Action Plan
- Physical Treatment Plan
- Emotional Coaching Plan

How does this structured?

Personal Conception Action Plan

The Mama Be Action Pan creates the ultimate fertile lifestyle for you, looking at nutrition, supplementation, exercise, sex, energy, chemical footprint, detoxification, ovulation, stress, work, physical environment etc.

Physical Treatment Plan

Specialist fertility reflexology treatments

Emotional Coaching Plan

Emotional coaching, EFT, mind-body techniques

Here's a look at some of the benefits:

- Improving egg and sperm quality, hormone balance, ovulation timing
- Removing possible barriers to conception both physically and emotionally
- Bringing emotional strength, balance and calm
- Restoring intimacy with your partner
- Cleansing your negative thought patterns so you feel light and in control of life
- Discovery of the facts about your body, its fertile state and how to help it function
- A refreshing confidence about your future

Why does this plan work so well?

- Over twenty years of experience treating complex fertility issues
- Highly effective tools & techniques
- Training, research and collaboration with respected and integrated medics & holistic experts in their field
- Sessions are enjoyable, easy to follow and transformative

Please note: This plan is only available to couples who are assessed by me as suitable for treatment and have potential to proceed to conception. **You will be considered regardless of age, poor hormone tests, low AMH, PCOS, endometriosis or poor sperm results. Ask for an assessment today.**

Please note: The plan usually focuses on the woman unless the male partner's sperm results are poor. If this is the case, he will be treated but if both need treatment an add on may be required rather than each having to do the whole course.

Your commitment:

- £4,000 investment for this definitive intensive pregnancy plan
- 3 hours every 2 weeks for 12 weeks at times /dates suited to you
- 7x3hr sessions of 1-2-1 personal coaching and treatment

As a special Bonus:

- Coaching and emotional support for the 12 weeks of the plan (Value £1275)
- Personal ongoing catch ups for 3months (Value £1,275)

This is a unique opportunity and the decision to work with Katharine is life changing in terms of health, happiness and creating your best chance of a healthy family. Trust our instincts.

Disclaimer: Any statements outlined on our website(s), courses, products, services, content and offerings are simply our opinion and are not guarantees or promises of actual performance. We offer no medical or psychological advice. You should always consult your doctor for fertility issues.