

Resources for Improving Your Fertility Naturally

Compiled by Rebecca Elowen, LM, IBCLC, CST-I
www.HearthstoneMidwifery.com

Supplies

- Affordable & accurate OPKs & Pregnancy Tests: www.early-pregnancy-tests.com
Or if you prefer amazon: <https://amzn.to/3ew8pcC>
- Conception-friendly Lubricant: <https://amzn.to/3l5z8hc>
- Ovulation Microscope: www.fertile-focus.com/saliva-ovulation-predictor.html
- Recommended reading & supplies: www.hearthstonemidwifery.com/supplies-for-fertility.html

Apps, Websites & Books

- Excellent free app & website for charting your cycle: www.fertilityfriend.com
- Super helpful website that shows cervical changes: www.beautifulcervix.com/project/2443
- Virtual fertility resources: www.hearthstonemidwifery.com/virtual-fertility-resources.html
- “The New Essential Guide to Lesbian Conception, Pregnancy & Birth,” by Stephanie Brill
- “Taking Charge of Your Fertility: the Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health,” by Toni Weschler, MPH
- “It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF,” by Rebecca Fett
- “Fertility Wisdom: How Traditional Chinese Medicine Can Help Overcome Infertility,” by Angela C. Wu, Lac, OMD

Local Practitioners that Support or Offer In Home Insemination

- Fertility Consultation & In Home Intrauterine Insemination (IUI) with Rebecca Elowen, LM, IBCLC
www.hearthstonemidwifery.com/fertility-consultationI.html
www.hearthstonemidwifery.com/at-home-insemination.html
- Reproductive Endocrinologists in Sonoma and Marin Counties who will collaborate with Rebecca; they provide clients with medication, sonograms and monitoring, while Rebecca does the IUIs in clients home, at their pace and on their schedule.
www.marinfertilitycenter.com

Articles on How Thyroid, Genetics & Hormones Interact with Fertility

- Female Fertility Labs Explained: <https://drmeaghandishman.com/female-fertility-labs-explained/>
- Thyroid Autoimmunity, Infertility and Miscarriage: www.medscape.com/viewarticle/576126
- Preparing for Pregnancy with MTHFR Mutations: <http://mthfrliving.com/health-conditions/preparing-pregnancy-mthfr-mutations>
- Methylation Defects: www.unexplainedinfertilityinfo.com/methylation-defects

The Menstrual Cycle

