



The Ultimate 2-Minute Checklist

Scientifically Documented Strategies for Getting Pregnant,
Reducing Miscarriage Risk, & Finally Having Your Superbaby

(Even if you've tried for months or years, and everything else you've tried has failed)



1

Stop the cycle of chronic stress and emergency in your central nervous system to create positive epigenetic change.

- When the brain and body don't feel safe, reproduction is put on the backburner to preserve energy for survival.
- The body and brain need to feel safe in order to receive the signal that it is safe and sensible to allocate resources to getting pregnant, staying pregnant, & growing a baby.
- Peace & pleasure are the energies of creation—especially of creating our babies.
- Write down any and all places that you need to feel more safe in your life.

2

Use your orgasm to help you get pregnant.

- Female orgasm facilitates the sperms's long, arduous journey to the egg.
- Female orgasm causes uterine contractions that propel the sperm forward along the super highways created by fertile cervical fluid.
- During orgasm is one of the only times that the social judgment part of a woman's brain goes quiet. (I know. Exhausting. We've got to do so much better for ourselves, ladies.)



3

Get your body fat into the fertile zone.

- Calculate your body mass index (BMI) right here. If it doesn't fall within the fertile zone of 19 to 25, make a plan to get it there.
- A BMI that is below 19 or over 25 can make it more difficult to get and stay pregnant.
- Working on BMI can also help to address some of the most common sources of fertility challenges, including PCOS (polycystic ovarian syndrome) and other ovulatory disorders.

4

Know that your fertility is not a thing; it is a system. (Think neural or cell phone networks.)

- Your fertility is a system made up of your psychology, bioecology, neuroimmunology, + social and cultural influences.
- Do this:
 - Write a list of everything in your life—big or small—that could get in the way of you getting pregnant.
 - Put a check by all the things on the list you can control.
 - Put a dash by all the things on the list you can't control.
 - Next to the top 3 things that you can control, write one small thing that you can do every single day about each of them.
 - Record a voice memo of yourself listing the top 3 things that you can control + the one thing that you are going to do about them each day. Listen to your voice memo every single morning. Put an alert in your calendar to remind you to listen until it becomes as much a part of your morning routine as brushing your teeth.



5

Get your fertile days down to a science.

- Learn how to collect your body's data with zero margin of error.
- Hormonal birth control masks your natural cycle. Get off if you aren't already so that you can learn your true cycle in its natural state. (Use condoms until you have completed your 120-day primemester and are ready to get pregnant.)
- You may not have a 28-day cycle or ovulate on Day 14.
- Know that your cycle is probably a different length from one month to the next, and that your day of ovulation probably differs slightly from one month to the next.

6

Start living the Pregnant Life.

- Use this question as your rule of thumb: Will I eat/drink/do this when I'm pregnant?
- If the answer is no, skip it! If the answer is yes, go for it!



7

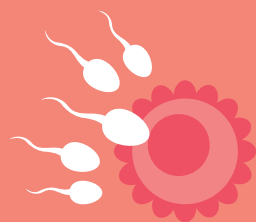
If you don't work out, start. But not too hard.

- If you don't know where to start when it comes to moving your body, start very simply: You can jump on a trampoline/rebounder, walk, dance, do 10 squats at the top of every hour, or find a yoga class close to your home or online.
- Not getting enough movement can make you less fertile.
- On the flipside, remember that a super rigorous workout regimen can make you less fertile, too; so aim for the right balance here.

8

Schedule a dental cleaning and exam.

- Oral health is surprisingly important for healthy fertility and pregnancy, so this is the time to take care of any problems with your teeth.
- Make sure you rule out any infections lurking around in your mouth (and anywhere else in your body).



9

Beware of lubricants.

- Lubricants that change the consistency of cervical fluid make it hard for the sperm to reach your egg.
- Choose a sperm-friendly lubricant, or skip the lubricant altogether. Sperm-friendly lubricants, [such as this one](#) are ones that enhance the function of cervical fluid by mimicking the arborization pattern created by fertile cervical fluid. This arborization pattern provides microscopic highways that the sperm can travel to reach the egg.

10

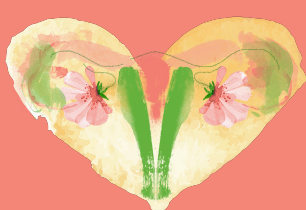
Primemester™ for 120 days before trying for a baby!

- Primemester™ for 120 days ensures that you are prepared mentally, physically, epigenetically, socially & culturally for pregnancy, baby, and parenting.
- You may feel like you don't have enough time to primemester™ for 120 days, but the truth is that taking the time to primemester™ buys you additional time on your biological clock and makes it easier to get pregnant.
- Even if getting or staying pregnant has been really hard before, it doesn't have to continue to be hard now. There's a better way.
- The magic and power of the primemester™ are that it gives you the opportunity to hand down the very best quality genetic expression to your baby and grandbaby and to the planet.
- That 120-day window is gold. Allow yourself to have it and to luxuriate in it. You are worthy. And your baby is so worth it.
- Not sure what to do during your primemester™? Learn about the system, structures, duration, and sequencing that we use to primemester™ at The Fertility & Pregnancy Institute.



Happy Baby-Making!!!
Sending you so much love, good wishes, and all the baby dust!!

Dr. Cleopatra



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RECONCEIVING CONCEPTION