

# Advanced Fertility Nutritional Advisor

Certification Curriculum

# Summary Certification Overview

1	Working with fertility clients	11	Resolving Excess or Low Body Weight
2	Female fertility 101	12	Lessening Unwanted Epigenetic and Microbiomic Risks
3	Achieving successful conception	13	Planning a personalised fertility diet
4	Tracking fertile windows	14	Male Fertility 101
5	Estimating your client's next fertile window	15	Supplementing a Fertility Diet
6	"I want to get pregnant now"	16	Health conditions affecting odds
7	Slowing down accelerated ageing	17	Supporting my client through IVF
8	Reducing harmful inflammation	18	The first stage of pregnancy
9	Hormonal imbalances	19	Setting up your fertility nutrition practice
10	Mitigating environmental assault		

**BONUS  
MODULE**

# Advanced Fertility Nutritional Advisor

Unit	Content
1	Advanced Fertility Nutrition introduction
2	Skills Lab™: What's your goal?
3	Working with fertility nutrition clients
4	Assessing your client's cycle length
5	Skills Lab™: How fertility-friendly is your diet?
6	Assessing your client's diet
7	Introducing the uterus and ovaries
8	Ovulation: Making and releasing an egg
9	Conception: the union of egg and sperm
10	Implantation: Embedding in the endometrium

# Advanced Fertility Nutritional Advisor

Unit	Content
11	Testing for pregnancy
12	Why track the 4 indicators of fertility?
13	Tracking cycle length
14	Tracking body temperature
15	Tracking cervical secretions
16	Tracking the LH surge
17	Interpreting fertility data
18	Identifying the fertile window step-by-step
19	Predicting the next fertile window
20	Estimating time to conception

# Advanced Fertility Nutritional Advisor

Unit	Content
21	What speeds up reproductive ageing?
22	Antioxidants: slowing reproductive ageing?
23	Protecting the mitochondria
24	AGEs increasing inflammation
25	Trans fats, gluten, and lactose
26	Stressed while trying to conceive
27	Hormones in the menstrual cycle
28	Monitoring hormone levels for ovulation
29	Minimising endocrine disruptors
30	Balancing hormones through nutrition

# Advanced Fertility Nutritional Advisor

Unit	Content
31	Pesticides and everyday toxins
32	Occupational hazards
33	Living toxins
34	What's an ideal preconception weight?
35	Extra fat = extra hard to get pregnant?
36	Eating enough and eating right
37	The epigenetics of fertility nutrition
38	Can microbes lower fertility odds?
39	Skills Lab™: Designing your client's personalised nutrition plan
40	Structuring your client consultations

# Advanced Fertility Nutritional Advisor

Unit	Content
41	Skills Lab™: How can you monitor your client's progress
42	Bonus Guide: 100+ Fertility-Friendly Food Swaps
43	The 3 characteristics of good sperm
44	Skills Lab™: Preparing for a semen analysis
45	Ageing, inflammation, and hormone imbalance
46	Toxicity, body weight, epigenetics and microbiomics
47	Nutritional influences on male fertility
48	Common Supplements for boosting fertility odds
49	Top 5 conditions which impact female fertility
50	Visiting a gynaecologist?

# Advanced Fertility Nutritional Advisor

Unit	Content
51	Fundamentals of assisted conception
52	In vivo and in vitro techniques
53	Skills Lab™: Is an assisted reproductive technology right for me?
54	Supporting the zygote
55	Preparing for pregnancy and parenthood
56	Skills Lab™: Am I ready to be a parent?
57	Dos, don'ts, and must dos
58	Professional, legal, insurance, and tax considerations



# 0. Advisory fundamentals

Unit	Here's what you'll learn	Extra support material
<p>0.1 Advanced Fertility Nutrition introduction</p>	<ul style="list-style-type: none"> <li>▪ A journey of scientific discovery</li> <li>▪ Learning advanced science</li> <li>▪ 40% of women</li> <li>▪ We get asked all the time...</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Management Success Map™</li> </ul>
<p>0.2 Skills Lab™: What's your goal?</p>	<ul style="list-style-type: none"> <li>▪ Scope of this certification</li> <li>▪ Supporting fertility odds</li> <li>▪ 6 Fertility Nutrition Principles</li> <li>▪ Fertility Nutritional Advisor role</li> <li>▪ The aim of this certification</li> <li>▪ What else will you learn?</li> <li>▪ From knowledge to practice</li> <li>▪ More about your course materials</li> <li>▪ Introducing your Fertility Management Success Map™</li> <li>▪ Setting up your practice</li> <li>▪ Tell us your goals</li> <li>▪ Your Personal Strategy Questionnaire</li> </ul>	<ul style="list-style-type: none"> <li>▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?)</li> </ul>

# 1. Working with fertility clients

Unit	Here's what you'll learn	Extra support material
<p>1.1 Working with fertility nutrition clients</p>	<ul style="list-style-type: none"> <li>▪ Your client's conception journey</li> <li>▪ Where's the client in this journey?</li> <li>▪ Fertility Journey Questionnaire</li> <li>▪ Different clients, different situations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Journey Questionnaire</li> <li>▪ Menstrual Cycle Tracker™</li> </ul>
<p>1.2 Assessing your client's cycle length</p>	<ul style="list-style-type: none"> <li>▪ Erasing the word "infertility"</li> <li>▪ Fertility talk and etiquette</li> <li>▪ Words matter!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Diet and Lifestyle Audit™</li> <li>▪ Food and Drink Journal™</li> </ul>
<p>1.3 Skills Lab™: How fertility-friendly is your diet?</p>	<ul style="list-style-type: none"> <li>▪ Handling difficult client conversations</li> <li>▪ Defining your role upfront</li> <li>▪ Your professional boundaries</li> <li>▪ Your scope of practice</li> <li>▪ Coming up next</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>1.4 Assessing your client's diet</p>	<ul style="list-style-type: none"> <li>▪ A strong foundation</li> <li>▪ Female cycle: always 28 days?</li> <li>▪ What's the average length?</li> <li>▪ Let's get tracking...</li> <li>▪ Menstrual Cycle Tracker™</li> </ul>	

# 1. Working with fertility clients

Unit	Here's what you'll learn	Extra support material
<p>1.1 Working with fertility nutrition clients</p>	<ul style="list-style-type: none"> <li>▪ Filling up my menstrual cycle tracker</li> <li>▪ What counts as “day 1” in a cycle?</li> <li>▪ Start and end of the cycle</li> <li>▪ Calculating cycle length</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Journey Questionnaire</li> <li>▪ Menstrual Cycle Tracker™</li> </ul>
<p>1.2 Assessing your client's cycle length</p>	<ul style="list-style-type: none"> <li>▪ Example: 3 cycles</li> <li>▪ The 4 main phases</li> <li>▪ Days of each phase</li> </ul>	<ul style="list-style-type: none"> <li>▪ Diet and Lifestyle Audit™</li> </ul>
<p>1.3 Skills Lab™: How fertility-friendly is your diet?</p>	<ul style="list-style-type: none"> <li>▪ The fertile window</li> <li>▪ Varying cycle lengths</li> <li>▪ Example: 4 phases</li> <li>▪ Getting the basics</li> <li>▪ Your client's current choices</li> </ul>	<ul style="list-style-type: none"> <li>▪ Food and Drink Journal™</li> <li>▪ Practical Assignment</li> </ul>
<p>1.4 Assessing your client's diet</p>	<ul style="list-style-type: none"> <li>▪ Identifying your client's baseline</li> <li>▪ Diet and Lifestyle Audit™</li> <li>▪ Let's see a real client example!</li> <li>▪ Understanding the results</li> <li>▪ Turning yes to no</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 1. Working with fertility clients

Unit	Here's what you'll learn	Extra support material
<p>1.1 Working with fertility nutrition clients</p> <p>1.2 Assessing your client's cycle length</p> <p>1.3 Skills Lab™: How fertility-friendly is your diet?</p> <p>1.4 Assessing your client's diet</p>	<ul style="list-style-type: none"> <li>▪ Monitoring improvement</li> <li>▪ Tracking your client's progress</li> <li>▪ Practical Assignment</li> <li>▪ Processed vs fresh</li> <li>▪ Assessing current food choices</li> <li>▪ Food and drink journaling tips</li> <li>▪ Food and Drink Journal™</li> <li>▪ Importance of good nutrition</li> <li>▪ The 6 Principles of Fertility Nutrition</li> <li>▪ Your client's baby-making journey</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Journey Questionnaire</li> <li>▪ Menstrual Cycle Tracker™</li> <li>▪ Diet and Lifestyle Audit™</li> <li>▪ Food and Drink Journal™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

## 2. Female fertility 101

Unit	Here's what you'll learn	Extra support material
<p>2.1 Introducing the uterus and ovaries</p> <p>2.2 Ovulation: Making and releasing an egg</p>	<ul style="list-style-type: none"> <li>▪ Why study female anatomy?</li> <li>▪ What to expect</li> <li>▪ What is the uterus?</li> <li>▪ Female reproductive system diagram</li> <li>▪ Flexible anatomy</li> <li>▪ Thickness of the endometrium</li> <li>▪ A pair of walnuts</li> <li>▪ What do the ovaries do?</li> <li>▪ An egg delivery service</li> <li>▪ Destined to meet</li> <li>▪ Contact is key</li> <li>▪ Client conversation tips</li> <li>▪ The importance of an egg</li> <li>▪ It starts with an egg</li> <li>▪ Remember the 4 menstrual phases?</li> <li>▪ Ovaries in the spotlight</li> <li>▪ Hang fire!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Water Accessibility Questionnaire™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Video</li> </ul>

## 2. Female fertility 101

Unit	Here's what you'll learn	Extra support material
<p>2.1 Introducing the uterus and ovaries</p> <p>2.2 Ovulation: Making and releasing an egg</p>	<ul style="list-style-type: none"> <li>▪ Born with eggs?</li> <li>▪ Increasing age = decreasing eggs?</li> <li>▪ Client conversation tip</li> <li>▪ Dwindling reserves</li> <li>▪ The female HPG axis</li> <li>▪ Hormones are the messengers</li> <li>▪ Timing egg release</li> <li>▪ Fighting for dominance</li> <li>▪ Antral follicle count</li> <li>▪ Under pressure</li> <li>▪ When is the fertile window?</li> <li>▪ A temporary structure – just in case</li> <li>▪ Ovarian vs menstrual cycle</li> <li>▪ Your client's ovarian cycle</li> <li>▪ A limited number of eggs?</li> <li>▪ Slowing reproductive ageing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Water Accessibility Questionnaire™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Video</li> </ul>

# 3. Achieving successful conception

Unit	Here's what you'll learn	Extra support material
<p>3.1 Conception: the union of egg and sperm</p>	<ul style="list-style-type: none"> <li>▪ What is conception?</li> <li>▪ The bigger picture</li> <li>▪ An eventful journey</li> <li>▪ The egg and sperm unite</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Video</li> </ul>
<p>3.2 Implantation: Embedding in the endometrium</p>	<ul style="list-style-type: none"> <li>▪ Two halves coming together</li> <li>▪ A gamete comparison</li> <li>▪ A helping hand</li> <li>▪ A preventative measure</li> </ul>	
<p>3.3 Testing for pregnancy</p>	<ul style="list-style-type: none"> <li>▪ Zygote formation</li> <li>▪ A fusion of information</li> <li>▪ A summary of fertilisation</li> <li>▪ The egg's final destination</li> <li>▪ An overview of conception</li> <li>▪ Fertilisation but no implantation?</li> <li>▪ Finally in the uterus</li> <li>▪ Client conversation tip</li> <li>▪ The 4 key processes</li> </ul>	

# 3. Achieving successful conception

Unit	Here's what you'll learn	Extra support material
<p>3.1 Conception: the union of egg and sperm</p>	<ul style="list-style-type: none"> <li>▪ An overview of implantation</li> <li>▪ Blastocyst competency</li> <li>▪ Lots of changes</li> <li>▪ Time is of the essence</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Video</li> </ul>
<p>3.2 Implantation: Embedding in the endometrium</p>	<ul style="list-style-type: none"> <li>▪ The window of implantation</li> <li>▪ “It’s green – GO!”</li> <li>▪ A flexible structure</li> <li>▪ A ‘sticky’ endometrium</li> </ul>	
<p>3.3 Testing for pregnancy</p>	<ul style="list-style-type: none"> <li>▪ A ‘sticky’ blastocyst</li> <li>▪ Cellular suicide</li> <li>▪ Nutritious blood</li> <li>▪ At the start of pregnancy</li> <li>▪ A foreign entity</li> <li>▪ The steps of implantation</li> <li>▪ Highest chance for conception</li> <li>▪ Post implantation</li> <li>▪ The first week of pregnancy</li> </ul>	



# 3. Achieving successful conception

Unit	Here's what you'll learn	Extra support material
<p>3.1 Conception: the union of egg and sperm</p>	<ul style="list-style-type: none"> <li>▪ Starts with cell division</li> <li>▪ From fertilisation to embryo</li> <li>▪ Normal bleeding?</li> <li>▪ “Am I pregnant yet?”</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Video</li> </ul>
<p>3.2 Implantation: Embedding in the endometrium</p>	<ul style="list-style-type: none"> <li>▪ False negative risks?</li> <li>▪ hCG: the pregnancy hormone</li> <li>▪ Early pregnancy hCG levels</li> <li>▪ When to test?</li> </ul>	
<p>3.3 Testing for pregnancy</p>	<ul style="list-style-type: none"> <li>▪ Estimating the fertility window</li> </ul>	

# 4. Tracking fertile windows

Unit	Here's what you'll learn	Extra support material
4.1 Why track the 4 indicators of fertility?	<ul style="list-style-type: none"> <li>▪ Making informed decisions</li> <li>▪ When is the fertile window?</li> <li>▪ A window of opportunity</li> <li>▪ The end is ovulation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Tracker™</li> <li>▪ Examples for completing each part of the Fertility Tracker™</li> </ul>
4.2 Tracking cycle length	<ul style="list-style-type: none"> <li>▪ Key fertility data points</li> <li>▪ Fertility Tracker™</li> <li>▪ Revisiting the menstrual cycle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
4.3 Tracking body temperature	<ul style="list-style-type: none"> <li>▪ Tracking the number of days is key</li> <li>▪ Same for all women?</li> <li>▪ Changes in the menstrual cycle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>
4.4 Tracking cervical secretions	<ul style="list-style-type: none"> <li>▪ Many different contraceptives</li> <li>▪ Stopping contraception?</li> <li>▪ The modern age of technology</li> </ul>	<ul style="list-style-type: none"> <li>▪ Video</li> </ul>
4.5 Tracking the LH surge	<ul style="list-style-type: none"> <li>▪ Ready to start tracking?</li> <li>▪ See red? Start tracking!</li> <li>▪ Blood from my period, or not?</li> <li>▪ What causes spotting?</li> </ul>	

# 4. Tracking fertile windows

Unit	Here's what you'll learn	Extra support material
4.1 Why track the 4 indicators of fertility?	<ul style="list-style-type: none"> <li>▪ What is “day 1”?</li> <li>▪ Day 1: when to start tracking</li> <li>▪ When is the “last day”?</li> <li>▪ Skipping a day?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Tracker™</li> <li>▪ Examples for completing each part of the Fertility Tracker™</li> </ul>
4.2 Tracking cycle length	<ul style="list-style-type: none"> <li>▪ Recording menstrual bleeding</li> <li>▪ A light or heavy day?</li> <li>▪ Example: length, bleeding</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
4.3 Tracking body temperature	<ul style="list-style-type: none"> <li>▪ What are the odds?</li> <li>▪ Cyclical differences</li> <li>▪ When is the fertile window?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>
4.4 Tracking cervical secretions	<ul style="list-style-type: none"> <li>▪ Midpoint or 2 weeks?</li> <li>▪ Midpoint vs length – 14 days</li> <li>▪ Estimating ovulation day</li> </ul>	<ul style="list-style-type: none"> <li>▪ Video</li> </ul>
4.5 Tracking the LH surge	<ul style="list-style-type: none"> <li>▪ Cycle length: always helpful?</li> <li>▪ A predictable cycle?</li> <li>▪ 2 days of variability</li> <li>▪ Cycle length variability</li> </ul>	

# 4. Tracking fertile windows

Unit	Here's what you'll learn	Extra support material
4.1 Why track the 4 indicators of fertility?	<ul style="list-style-type: none"> <li>▪ A helpful marker</li> <li>▪ A surrogate for hormone increase?</li> <li>▪ Still looking back</li> <li>▪ Staying in bed longer</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Tracker™</li> <li>▪ Examples for completing each part of the Fertility Tracker™</li> </ul>
4.2 Tracking cycle length	<ul style="list-style-type: none"> <li>▪ Example: basal temperature</li> <li>▪ Temperature control</li> <li>▪ Example: Additional notes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
4.3 Tracking body temperature	<ul style="list-style-type: none"> <li>▪ Retrospective vs prospective</li> <li>▪ Look closely...</li> <li>▪ Migrating mucus</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>
4.4 Tracking cervical secretions	<ul style="list-style-type: none"> <li>▪ Outside or inside?</li> <li>▪ Collecting secretions</li> <li>▪ 4 types of cervical mucus</li> </ul>	<ul style="list-style-type: none"> <li>▪ Video</li> </ul>
4.5 Tracking the LH surge	<ul style="list-style-type: none"> <li>▪ Example: cervical mucus</li> <li>▪ Moving on to mucus</li> <li>▪ Don't miss out!</li> <li>▪ A small opportunity</li> </ul>	

# 4. Tracking fertile windows

Unit	Here's what you'll learn	Extra support material
4.1 Why track the 4 indicators of fertility?	<ul style="list-style-type: none"> <li>▪ Sperm cell survival</li> <li>▪ Mucus is not the final story</li> <li>▪ Accuracy helps!</li> <li>▪ Starting folliculogenesis</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Tracker™</li> <li>▪ Examples for completing each part of the Fertility Tracker™</li> </ul>
4.2 Tracking cycle length	<ul style="list-style-type: none"> <li>▪ Another small opportunity</li> <li>▪ What time to test?</li> <li>▪ Most fertile days</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
4.3 Tracking body temperature	<ul style="list-style-type: none"> <li>▪ 4 days lost?</li> <li>▪ Probability of conception</li> <li>▪ Urine for a treat!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>
4.4 Tracking cervical secretions	<ul style="list-style-type: none"> <li>▪ Variation in tests</li> <li>▪ Changing faces</li> <li>▪ A helpful comparison</li> </ul>	<ul style="list-style-type: none"> <li>▪ Video</li> </ul>
4.5 Tracking the LH surge	<ul style="list-style-type: none"> <li>▪ Following instructions</li> <li>▪ Sperm symbolises intercourse</li> <li>▪ Example: LH surge</li> </ul>	

## 4. Tracking fertile windows

Unit	Here's what you'll learn	Extra support material
<p>4.1 Why track the 4 indicators of fertility?</p> <p>4.2 Tracking cycle length</p> <p>4.3 Tracking body temperature</p> <p>4.4 Tracking cervical secretions</p> <p>4.5 Tracking the LH surge</p>	<ul style="list-style-type: none"><li>▪ Correcting misconceptions</li><li>▪ Putting it all together</li></ul>	<ul style="list-style-type: none"><li>▪ Fertility Tracker™</li><li>▪ Examples for completing each part of the Fertility Tracker™</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li><li>▪ Video</li></ul>

# 5. Estimating your client's next fertile window

Unit	Here's what you'll learn	Extra support material
<p>5.1 Interpreting fertility data</p>	<ul style="list-style-type: none"> <li>▪ It's interpretation time!</li> <li>▪ Fertile Window Chart™</li> <li>▪ Fertile Window Summary™</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertile Window Chart™</li> <li>▪ Fertile Window Summary™</li> </ul>
<p>5.2 Identifying the fertile window step-by-step</p>	<ul style="list-style-type: none"> <li>▪ Just the beginning</li> <li>▪ Instructions Overview</li> <li>▪ Every cycle is unique</li> <li>▪ What are the odds?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Instructions Overview</li> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>5.3 Predicting the next fertile window</p>	<ul style="list-style-type: none"> <li>▪ How to identify fertile windows</li> <li>▪ Step-by-step instructions</li> <li>▪ How long are we talking?</li> <li>▪ Make sure it's a good fit</li> <li>▪ More is more</li> <li>▪ The beginning of the end</li> <li>▪ Cycle Length Guide</li> <li>▪ Conjecture: a great starting point</li> <li>▪ Example: cycle length</li> <li>▪ A postovulatory pick-me-up</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>

# 5. Estimating your client's next fertile window

Unit	Here's what you'll learn	Extra support material
<p>5.1 Interpreting fertility data</p> <p>5.2 Identifying the fertile window step-by-step</p> <p>5.3 Predicting the next fertile window</p>	<ul style="list-style-type: none"> <li>▪ Temperature trending</li> <li>▪ Temperature Conversion</li> <li>▪ The 2 signs of ovulation</li> <li>▪ Counting backwards</li> <li>▪ Example: temperature</li> <li>▪ Any additional notes?</li> <li>▪ Example: notes</li> <li>▪ Not trendy enough?</li> <li>▪ Moisture marks the spot</li> <li>▪ Example: mucus</li> <li>▪ It's time to face the facts!</li> <li>▪ Double trouble</li> <li>▪ It's all in the mode</li> <li>▪ You've reached your peak!</li> <li>▪ Example: LH surge</li> <li>▪ Similar ranges?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertile Window Chart™</li> <li>▪ Fertile Window Summary™</li> <li>▪ Instructions Overview</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>



# 5. Estimating your client's next fertile window

Unit	Here's what you'll learn	Extra support material
<p>5.1 Interpreting fertility data</p> <p>5.2 Identifying the fertile window step-by-step</p> <p>5.3 Predicting the next fertile window</p>	<ul style="list-style-type: none"> <li>▪ 3 more steps to go!</li> <li>▪ Read your fertility blueprint(s)</li> <li>▪ Estimating fertile window dates</li> <li>▪ Finding middle ground</li> <li>▪ Similar or different?</li> <li>▪ Example: finding average</li> <li>▪ Example: notes</li> <li>▪ Timing is everything</li> <li>▪ Example: intercourse</li> <li>▪ Example: summary</li> <li>▪ Know your limits</li> <li>▪ When will I be pregnant?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertile Window Chart™</li> <li>▪ Fertile Window Summary™</li> <li>▪ Instructions Overview</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

## 6. “I want to get pregnant now”

Unit	Here’s what you’ll learn	Extra support material
<p>6.1 Estimating time to conception</p>	<ul style="list-style-type: none"> <li>▪ “When will I get pregnant?”</li> <li>▪ Different clients, different situations</li> <li>▪ Managing expectations</li> <li>▪ No need to brush up on your maths</li> <li>▪ How often is often enough?</li> <li>▪ What is “time to conception”?</li> <li>▪ In an ideal world...</li> <li>▪ What are the odds?</li> <li>▪ Flexibility vs frequency</li> <li>▪ Estimated time to conception</li> <li>▪ “Which would you prefer?”</li> <li>▪ Explaining the data</li> <li>▪ Scenario 1. Faster time to conception</li> <li>▪ Scenario 2. Slower time to conception</li> <li>▪ “Why me?!”</li> <li>▪ “When are you free?”</li> </ul>	<ul style="list-style-type: none"> <li>▪ Estimated time to conception handout</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

## 6. “I want to get pregnant now”

Unit	Here's what you'll learn	Extra support material
6.1 Estimating time to conception	<ul style="list-style-type: none"><li>▪ Make it fun!</li><li>▪ Time for nutritional factors?</li></ul>	<ul style="list-style-type: none"><li>▪ Estimated time to conception handout</li><li>▪ Test Your Knowledge Exercises</li><li>▪ Your Key Takeaways</li></ul>

# 7. Slowing Down Accelerated Ageing

Unit	Here's what you'll learn	Extra support material
7.1 What speeds up reproductive ageing?	<ul style="list-style-type: none"> <li>▪ The first of the 6 principles</li> <li>▪ How many types of ageing?</li> <li>▪ The 3 types of age</li> <li>▪ Damaging the DNA</li> </ul>	<ul style="list-style-type: none"> <li>▪ Kitchen Inventory™</li> <li>▪ Antioxidant Food List™</li> </ul>
7.2 Antioxidants: slowing reproductive ageing?	<ul style="list-style-type: none"> <li>▪ Reactive oxygen species</li> <li>▪ Remember the follicle?</li> <li>▪ From follicle to blastocyst</li> <li>▪ Splitting cells</li> <li>▪ Mitosis and nondisjunction</li> </ul>	<ul style="list-style-type: none"> <li>▪ Antioxidant Foods Tracker™</li> <li>▪ Mito Supporters Tracker™</li> </ul>
7.3 Protecting the mitochondria	<ul style="list-style-type: none"> <li>▪ Feeling off balanced</li> <li>▪ Passing on DNA</li> <li>▪ Unbalanced chromosomes</li> <li>▪ Older vs younger reproductive age</li> <li>▪ Unwanted consequences</li> <li>▪ A quick review</li> <li>▪ Getting in the way of conception</li> <li>▪ Avoiding aneuploidies</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 7. Slowing Down Accelerated Ageing

Unit	Here's what you'll learn	Extra support material
7.1 What speeds up reproductive ageing?	<ul style="list-style-type: none"> <li>▪ Detractors and reproductive age</li> <li>▪ Too much of a good thing</li> <li>▪ What could go wrong?</li> <li>▪ Choose wisely</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
7.2 Antioxidants: slowing reproductive ageing?	<ul style="list-style-type: none"> <li>▪ Which exercises are best?</li> <li>▪ 4 Key dietary components</li> <li>▪ Slowing down ageing</li> <li>▪ Kitchen Inventory™</li> <li>▪ Time for a shopping trip?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>
7.3 Protecting the mitochondria	<ul style="list-style-type: none"> <li>▪ Raise the bar</li> <li>▪ Working together</li> <li>▪ “Where should I start?”</li> <li>▪ A plant defence system?</li> <li>▪ A rainbow of specialities</li> <li>▪ When eating just isn't enough</li> <li>▪ Antioxidant losses from cooking</li> <li>▪ Different cooking methods</li> </ul>	

# 7. Slowing Down Accelerated Ageing

Unit	Here's what you'll learn	Extra support material
7.1 What speeds up reproductive ageing?	<ul style="list-style-type: none"> <li>▪ Raw vs cooked: Which one wins?</li> <li>▪ Cooking certain vegetables</li> <li>▪ Lycopene in tomatoes</li> <li>▪ Other antioxidant boosting strategies</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
7.2 Antioxidants: slowing reproductive ageing?	<ul style="list-style-type: none"> <li>▪ Your enzymes need you!</li> <li>▪ Crucial structural components</li> <li>▪ A proven system</li> <li>▪ Working in isolation?</li> <li>▪ Fertility Supporting Foods</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>
7.3 Protecting the mitochondria	<ul style="list-style-type: none"> <li>▪ Unsung Hero?</li> <li>▪ In my client's kitchen?</li> <li>▪ Antioxidant Food List™</li> <li>▪ Antioxidant Foods Tracker™</li> <li>▪ Slowing down</li> <li>▪ Supporting mitochondria</li> <li>▪ How to feed your mitochondria</li> <li>▪ Antioxidant compounds</li> </ul>	<ul style="list-style-type: none"> <li>▪ Video</li> </ul>

# 7. Slowing Down Accelerated Ageing

Unit	Here's what you'll learn	Extra support material
<p>7.1 What speeds up reproductive ageing?</p> <p>7.2 Antioxidants: slowing reproductive ageing?</p> <p>7.3 Protecting the mitochondria</p>	<ul style="list-style-type: none"> <li>▪ Vitamin E to the rescue?</li> <li>▪ “I need assistance!”</li> <li>▪ Supporting blastocysts</li> <li>▪ We make our own?</li> <li>▪ Beet the odds!</li> <li>▪ Repair and regenerate</li> <li>▪ Reducing reproductive ageing</li> <li>▪ Mitochondrial Supporters List</li> <li>▪ Mito Supporters Tracker™</li> <li>▪ Making a commitment</li> <li>▪ The end of the first</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

## 8. Reducing Harmful Inflammation

Unit	Here's what you'll learn	Extra support material
8.1 AGEs increasing inflammation	<ul style="list-style-type: none"> <li>▪ Inflammation 101</li> <li>▪ Stress and inflammation</li> <li>▪ Inflamed conditions</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cooking Method Audit™</li> </ul>
8.2 Trans fats, gluten, and lactose	<ul style="list-style-type: none"> <li>▪ Foods for inflammation?</li> <li>▪ Cooking Method Audit™</li> <li>▪ Client conversation tips</li> </ul>	<ul style="list-style-type: none"> <li>▪ Handouts: Top anti-inflammatory foods, 60 foods to watch for</li> </ul>
8.3 Stressed while trying to conceive	<ul style="list-style-type: none"> <li>▪ AGEs increasing ageing</li> <li>▪ Protein glycation</li> <li>▪ Are AGEs also in food?</li> <li>▪ Preferred cooking methods</li> <li>▪ Processed foods?</li> <li>▪ Where do the AGEs go?</li> <li>▪ Why are AGEs so problematic?</li> <li>▪ A vicious cycle</li> <li>▪ Delayed fertilisation</li> <li>▪ Reducing AGEs through the diet</li> <li>▪ Top anti-inflammatory foods</li> </ul>	<ul style="list-style-type: none"> <li>▪ damaged fats, Glucose food swaps, lactose food swaps</li> <li>▪ Conception Stress Evaluation™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>



# 8. Reducing Harmful Inflammation

Unit	Here's what you'll learn	Extra support material
8.1 AGEs increasing inflammation	<ul style="list-style-type: none"> <li>▪ Not just about AGEs</li> <li>▪ What else impacts inflammation?</li> <li>▪ Artificial trans fats</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cooking Method Audit™</li> <li>▪ Handouts: Top anti-inflammatory foods, 60 foods to watch for</li> </ul>
8.2 Trans fats, gluten, and lactose	<ul style="list-style-type: none"> <li>▪ Changing structure</li> <li>▪ What do trans fats look like?</li> <li>▪ Problems with an egg?</li> </ul>	<ul style="list-style-type: none"> <li>▪ damaged fats, Glucose food swaps, lactose food swaps</li> </ul>
8.3 Stressed while trying to conceive	<ul style="list-style-type: none"> <li>▪ Inflammation, stress, and insulin</li> <li>▪ 60 foods to watch for damaged fats</li> <li>▪ What is gluten?</li> <li>▪ Coeliac disease and NCGS</li> <li>▪ Decreasing fertility?</li> <li>▪ Understanding the why</li> <li>▪ Monitoring nutritional deficiencies?</li> <li>▪ Gluten food swaps</li> <li>▪ Statistical Likelihood</li> <li>▪ Trouble digesting dairy?</li> <li>▪ A new player in milk intolerance?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Conception Stress Evaluation™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 8. Reducing Harmful Inflammation

Unit	Here's what you'll learn	Extra support material
8.1 AGEs increasing inflammation	<ul style="list-style-type: none"> <li>▪ Want a glass of milk?</li> <li>▪ Looking to the clinic</li> <li>▪ Who should limit dairy?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cooking Method Audit™</li> <li>▪ Handouts: Top anti-inflammatory foods, 60 foods to watch for</li> </ul>
8.2 Trans fats, gluten, and lactose	<ul style="list-style-type: none"> <li>▪ Lactose food swaps</li> <li>▪ Pressure to conceive?</li> <li>▪ Conception Stress Evaluation™</li> </ul>	<ul style="list-style-type: none"> <li>▪ damaged fats, Glucose food swaps, lactose food swaps</li> </ul>
8.3 Stressed while trying to conceive	<ul style="list-style-type: none"> <li>▪ Stress causes inflammation?</li> <li>▪ What might happen?</li> <li>▪ Too stressed to conceive?</li> <li>▪ Longer time to pregnancy</li> <li>▪ A thief in the body?</li> <li>▪ Broken self-defence system?</li> <li>▪ Balancing those stress levels</li> <li>▪ 12 tips for reducing stress</li> <li>▪ Feeling hormonal?</li> <li>▪ A cycle of events</li> <li>▪ At risk for imbalances?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Conception Stress Evaluation™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 9. Hormonal imbalances: How to prevent them

Unit	Here's what you'll learn	Extra support material
9.1 Hormones in the menstrual cycle	<ul style="list-style-type: none"> <li>▪ Hormonal Imbalances Checklist™</li> <li>▪ Where do hormones come from?</li> <li>▪ Hormones during the menstrual cycle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hormonal Imbalances Checklist™</li> </ul>
9.2 Monitoring hormone levels for ovulation	<ul style="list-style-type: none"> <li>▪ Short but complex</li> <li>▪ Cycling hormones</li> <li>▪ Releasing an egg</li> <li>▪ Awaiting sperm</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ovulation Test Planner™</li> <li>▪ Ovulation Test Tracker™</li> </ul>
9.3 Minimising endocrine disruptors	<ul style="list-style-type: none"> <li>▪ Luteolysis and starting over</li> <li>▪ Testing for ovulation?</li> <li>▪ 3 main ovulation hormones</li> </ul>	<ul style="list-style-type: none"> <li>▪ Low-GI Grocery List™</li> </ul>
9.4 Balancing hormones through nutrition	<ul style="list-style-type: none"> <li>▪ A positive experience?</li> <li>▪ At home ovulation tests</li> <li>▪ Day 3 FSH test</li> <li>▪ Ovulation urine testing</li> <li>▪ Timing matters</li> <li>▪ Early or late morning?</li> <li>▪ Reducing false negatives</li> </ul>	<ul style="list-style-type: none"> <li>▪ My Low-GI Grocery List™</li> <li>▪ Using the Low-GI Grocery List™</li> </ul>

# 9. Hormonal imbalances: How to prevent them

Unit	Here's what you'll learn	Extra support material
9.1 Hormones in the menstrual cycle	<ul style="list-style-type: none"> <li>▪ Ovulation urine oestrogen testing?</li> <li>▪ Ovulation Test Planner™</li> <li>▪ Ovulation Test Tracker™</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
9.2 Monitoring hormone levels for ovulation	<ul style="list-style-type: none"> <li>▪ Waiting for a positive result</li> <li>▪ Example: Ovulation Test Tracker</li> <li>▪ A prospective measure</li> <li>▪ What might a doctor look for?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>
9.3 Minimising endocrine disruptors	<ul style="list-style-type: none"> <li>▪ Anti-Mullerian hormone</li> <li>▪ Prolactin – more than for lactation?</li> <li>▪ Who has more prolactin?</li> </ul>	
9.4 Balancing hormones through nutrition	<ul style="list-style-type: none"> <li>▪ Can diet make a difference?</li> <li>▪ Endocrine disruptors</li> <li>▪ Flexibility over fertility?</li> <li>▪ What is a toxic dose?</li> <li>▪ Not relevant in humans?</li> <li>▪ Possible interference</li> <li>▪ Transferring disruptors to our food</li> </ul>	

# 9. Hormonal imbalances: How to prevent them

Unit	Here's what you'll learn	Extra support material
9.1 Hormones in the menstrual cycle	<ul style="list-style-type: none"> <li>▪ Healthy crops... at what expense?</li> <li>▪ EDs in the blood?</li> <li>▪ Are we eating disruptors?</li> </ul>	
9.2 Monitoring hormone levels for ovulation	<ul style="list-style-type: none"> <li>▪ A near impossible task</li> <li>▪ Reducing dietary detractor exposure</li> <li>▪ Altered hormones from drinking?</li> <li>▪ How much is 14 units of alcohol?</li> </ul>	
9.3 Minimising endocrine disruptors	<ul style="list-style-type: none"> <li>▪ Reducing alcohol before pregnancy</li> <li>▪ Sleep and stress</li> <li>▪ 5 factors which alter hormones</li> </ul>	
9.4 Balancing hormones through nutrition	<ul style="list-style-type: none"> <li>▪ Minimising lifestyle detractors</li> <li>▪ Nutrition for hormone regulation</li> <li>▪ Stability through the diet</li> <li>▪ Blood sugar fluctuations</li> <li>▪ What is the glycaemic index?</li> <li>▪ GI and the rise of the glucose levels</li> <li>▪ Getting to an ideal weight</li> </ul>	

# 9. Hormonal imbalances: How to prevent them

Unit	Here's what you'll learn	Extra support material
9.1 Hormones in the menstrual cycle	<ul style="list-style-type: none"> <li>▪ Stability a key for a fertility diet</li> <li>▪ Linking PCOS to insulin</li> <li>▪ How to use the glycaemic index</li> </ul>	
9.2 Monitoring hormone levels for ovulation	<ul style="list-style-type: none"> <li>▪ GI ranking and categories</li> <li>▪ Reducing the GI with fibre</li> <li>▪ How much fibre do we need?</li> <li>▪ The truth behind the fibre controversy</li> </ul>	
9.3 Minimising endocrine disruptors	<ul style="list-style-type: none"> <li>▪ More than just removing foods</li> <li>▪ Low-GI Grocery List™</li> <li>▪ My Low-GI Grocery List™</li> </ul>	
9.4 Balancing hormones through nutrition	<ul style="list-style-type: none"> <li>▪ Using the Low-GI Grocery List™</li> <li>▪ Diets as a whole?</li> <li>▪ Low-carb?</li> <li>▪ Raw food?</li> <li>▪ Meat free?</li> <li>▪ Caloric restriction and fasting</li> <li>▪ Supporting fertilisation and fertility</li> </ul>	

# 10. Mitigating environmental assault

Unit	Here's what you'll learn	Extra support material
10.1 Pesticides and everyday toxins	<ul style="list-style-type: none"> <li>▪ Harmful toxins in the environment</li> <li>▪ Motivation for change</li> <li>▪ Completing the environmental audit</li> </ul>	<ul style="list-style-type: none"> <li>▪ Environmental Assault Audit™</li> </ul>
10.2 Occupational hazards	<ul style="list-style-type: none"> <li>▪ Environmental Assault Audit™</li> <li>▪ Is a “toxin-free” life possible?</li> <li>▪ Comparing mice to humans</li> </ul>	<ul style="list-style-type: none"> <li>▪ Occupation Risk Evaluation™</li> </ul>
10.3 Living toxins	<ul style="list-style-type: none"> <li>▪ Cutting out cosmetics?</li> <li>▪ Harmful chemicals in cosmetics</li> <li>▪ Choosing fresh</li> <li>▪ What are pesticides?</li> <li>▪ Are we eating pesticides?</li> <li>▪ Why how you cook matters</li> <li>▪ Risks of DNA adducts</li> <li>▪ Genotoxins from food preparation</li> <li>▪ Cigarette smoke</li> <li>▪ Lighting up?</li> <li>▪ Decreased success rates</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 10. Mitigating environmental assault

Unit	Here's what you'll learn	Extra support material
10.1 Pesticides and everyday toxins	<ul style="list-style-type: none"> <li>▪ Multiple mechanisms at play</li> <li>▪ No more spring cleaning?</li> <li>▪ Household toxins</li> </ul>	<ul style="list-style-type: none"> <li>▪ Environmental Assault Audit™</li> </ul>
10.2 Occupational hazards	<ul style="list-style-type: none"> <li>▪ 6 tips for household chemicals</li> <li>▪ Client conversation tips</li> <li>▪ Dose and exposure length</li> </ul>	<ul style="list-style-type: none"> <li>▪ Occupation Risk Evaluation™</li> </ul>
10.3 Living toxins	<ul style="list-style-type: none"> <li>▪ What are occupational hazards?</li> <li>▪ 3 categories of hazards</li> <li>▪ Occupation Risk Evaluation™</li> <li>▪ Physical injuries and chemicals</li> <li>▪ Occupational hazards</li> <li>▪ Minimising exposure is key</li> <li>▪ Raising concerns</li> <li>▪ Psychosocial hazards</li> <li>▪ Workplace stressors</li> <li>▪ Maintaining calm</li> <li>▪ Being realistic</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>



# 10. Mitigating environmental assault

Unit	Here's what you'll learn	Extra support material
10.1 Pesticides and everyday toxins	<ul style="list-style-type: none"> <li>▪ Viruses, bacteria, and yeast</li> <li>▪ Viruses: tiny living things</li> <li>▪ Infecting the reproductive system</li> </ul>	<ul style="list-style-type: none"> <li>▪ Environmental Assault Audit™</li> <li>▪ Occupation Risk Evaluation™</li> </ul>
10.2 Occupational hazards	<ul style="list-style-type: none"> <li>▪ 25% of the US</li> <li>▪ Hiding in plain sight</li> <li>▪ Hitching a ride</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
10.3 Living toxins	<ul style="list-style-type: none"> <li>▪ Artificial reproductive technology</li> <li>▪ No cure</li> <li>▪ It's not just HPV</li> <li>▪ Bacterial infections too?</li> <li>▪ An asymptomatic bacteria</li> <li>▪ Candidiasis yeast infection</li> <li>▪ Urogenital infections</li> <li>▪ That's 4 of 6</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>

# 11. Resolving excess or low body weight

Unit	Here's what you'll learn	Extra support material
<p>11.1 What's an ideal preconception weight?</p> <p>11.2 Extra fat = extra hard to get pregnant?</p> <p>11.3 Eating enough and eating right</p>	<ul style="list-style-type: none"> <li>▪ Enhancing fertility odds</li> <li>▪ “Ideal” – says who?</li> <li>▪ BMI first</li> <li>▪ BMI Calculator</li> <li>▪ Weight categorisation</li> <li>▪ Example: BMI</li> <li>▪ Is BMI an accurate measure?</li> <li>▪ Higher body weight?</li> <li>▪ IVF: does body weight matter?</li> <li>▪ Highest birth rates</li> <li>▪ It's all about ovulation</li> <li>▪ Promoting fertility</li> <li>▪ Client conversation tips</li> <li>▪ Over or under?</li> <li>▪ The science of hunger</li> <li>▪ What is leptin?</li> <li>▪ Leptin resistance and weight gain</li> </ul>	<ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Healthier Food Swaps</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 11. Resolving excess or low body weight

Unit	Here's what you'll learn	Extra support material
<p>11.1 What's an ideal preconception weight?</p>	<ul style="list-style-type: none"> <li>▪ Hormone imbalance</li> <li>▪ A mutated receptor</li> <li>▪ Too much sugar?</li> <li>▪ Undesirable consequences</li> </ul>	<ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Healthier Food Swaps</li> </ul>
<p>11.2 Extra fat = extra hard to get pregnant?</p>	<ul style="list-style-type: none"> <li>▪ Multiple mechanisms</li> <li>▪ A greater need</li> <li>▪ Getting in the way of implantation</li> <li>▪ Fertility detractors: the one to watch</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>11.3 Eating enough and eating right</p>	<ul style="list-style-type: none"> <li>▪ Summary of mechanisms</li> <li>▪ Overweight but undernourished</li> <li>▪ Getting to that ideal weight</li> <li>▪ What about underweight?</li> <li>▪ Underweight fertility risks?</li> <li>▪ 2 main functions effected</li> <li>▪ The two-cell theory</li> <li>▪ Necessary energy</li> <li>▪ Getting energy inside eggs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your Key Takeaways</li> </ul>

# 11. Resolving excess or low body weight

Unit	Here's what you'll learn	Extra support material
<p>11.1 What's an ideal preconception weight?</p> <p>11.2 Extra fat = extra hard to get pregnant?</p> <p>11.3 Eating enough and eating right</p>	<ul style="list-style-type: none"> <li>▪ Limited supplies</li> <li>▪ Leptin and kisspeptin</li> <li>▪ Anorexia nervosa</li> <li>▪ Fat: a must-have for fertility</li> <li>▪ Outside of eating disorders</li> <li>▪ Extreme dieting</li> <li>▪ It all adds up!</li> <li>▪ Two ways of gaining weight</li> <li>▪ Ditching empty calories</li> <li>▪ Healthier Food Swaps</li> <li>▪ A nice pair of genes</li> </ul>	<ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Healthier Food Swaps</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> </ul>

# 12. Lessening unwanted epigenetic and microbiomic risks

Unit	Here's what you'll learn	Extra support material
<p>12.1 The epigenetics of fertility nutrition</p> <p>12.2 Can microbes lower fertility odds?</p>	<ul style="list-style-type: none"> <li>▪ Epigenetics and microbiomics</li> <li>▪ Same code, different expression</li> <li>▪ Winning the lottery?</li> <li>▪ Common epigenetic modifications</li> <li>▪ Gene expression in fertility</li> <li>▪ A tale of epigenetics in fertility</li> <li>▪ Epigenetics of the egg cell</li> <li>▪ Food and environment</li> <li>▪ Food epigenetics and fertility</li> <li>▪ From food to DNA</li> <li>▪ Better folate than never</li> <li>▪ Folate is not alone</li> <li>▪ Selenium selects the good genes</li> <li>▪ Selenium supporting the embryo</li> <li>▪ From human genes to bacteria</li> <li>▪ Trillions of bacteria where?</li> <li>▪ “Good” vs “bad”?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fermented and prebiotic sources</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

# 12. Lessening unwanted epigenetic and microbiomic risks

Unit	Here's what you'll learn	Extra support material
<p>12.1 The epigenetics of fertility nutrition</p> <p>12.2 Can microbes lower fertility odds?</p>	<ul style="list-style-type: none"> <li>▪ Feeling off balance?</li> <li>▪ Our bacterial reproductive world</li> <li>▪ Diversifying bacteria</li> <li>▪ Lactobacillus: female guardians</li> <li>▪ Diet against bacterial vaginosis?</li> <li>▪ Nutritional legacy on bacterial vaginosis</li> <li>▪ Bacteria in urinary tract infections</li> <li>▪ UTI / Vaginosis Symptoms</li> <li>▪ Protection against UTIs</li> <li>▪ Pre and probiotics</li> <li>▪ Fermented and prebiotic sources</li> <li>▪ Feeding the fertility microbiome?</li> <li>▪ Caring for the vaginal microbiome</li> <li>▪ Completing the 6 principles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fermented and prebiotic sources</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

# 13. Planning a personalised fertility diet

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Designing your client's personalised nutrition plan</p>	<ul style="list-style-type: none"> <li>▪ Creating a personalised plan</li> <li>▪ Fertility Diet Planning Workbook™</li> <li>▪ Reviewing and adjusting</li> <li>▪ Practical Assignment</li> <li>▪ Providing everything at once?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Diet Planning Workbook™ including the Fertility Foods Master List™, Daily Fertility Meal Planner™, Fertility Meal Options Kit™, Female Fertility Shopping List™</li> </ul>
<p>13.2 Structuring your client consultations</p>	<ul style="list-style-type: none"> <li>▪ Everyone is different</li> <li>▪ Big goals</li> <li>▪ Running the first session</li> <li>▪ Structuring a client session</li> </ul>	<ul style="list-style-type: none"> <li>▪ Session Summary Handout</li> </ul>
<p>13.3 Skills Lab™: How can you monitor your client's progress</p>	<ul style="list-style-type: none"> <li>▪ Keeping notes</li> <li>▪ Session Summary Handout</li> <li>▪ Getting your first clients</li> <li>▪ Keeping them on track</li> <li>▪ Tracking progress</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>
<p>13.4 Bonus Guide: 100+ Fertility-Friendly Food Swaps</p>	<ul style="list-style-type: none"> <li>▪ Motivational changes</li> <li>▪ Tracking diet intakes weekly</li> <li>▪ Monitoring behavioural changes</li> </ul>	

# 13. Planning a personalised fertility diet

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Designing your client's personalised nutrition plan</p>	<ul style="list-style-type: none"> <li>▪ 3-Part Weekly Tracking Kit™</li> <li>▪ All "Yes" answers?</li> <li>▪ Do adjustments need to be made?</li> <li>▪ Monitoring body weight</li> <li>▪ Body Weight Tracker™</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3-Part Weekly Tracking Kit™ including the Environmental Check™, Sleep Check™, Physical Activity Check™</li> </ul>
<p>13.2 Structuring your client consultations</p>	<ul style="list-style-type: none"> <li>▪ A record and motivational tool</li> <li>▪ Bonus time</li> <li>▪ Practical Assignment</li> <li>▪ Welcome!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility-Friendly Food Swaps Guide</li> </ul>
<p>13.3 Skills Lab™: How can you monitor your client's progress</p>	<ul style="list-style-type: none"> <li>▪ Tips to use this guide</li> <li>▪ Fertility-Friendly Food Swaps Guide</li> <li>▪ My Fertility-Friendly Food Swap Ideas</li> <li>▪ Sugary Drinks Inventory</li> <li>▪ Junk Food and Snacks Inventory</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sugary Drinks Inventory</li> <li>▪ Junk Food and Snacks Inventory</li> </ul>
<p>13.4 Bonus Guide: 100+ Fertility-Friendly Food Swaps</p>	<ul style="list-style-type: none"> <li>▪ Junk Food and Snacks Inventory</li> <li>▪ Fertility Food Substitutes Planner™</li> <li>▪ Example: food/drink swaps</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fertility Food Substitutes Planner™</li> </ul>



# 14. Male fertility 101: Boosting odds with nutrition

Unit	Here's what you'll learn	Extra support material
<p>14.1 The 3 characteristics of good sperm</p> <p>14.2 Skills Lab™: Preparing for a semen analysis</p> <p>14.3 Ageing, inflammation, and hormone imbalance</p> <p>14.4 Toxicity, body weight, epigenetics and microbiomics</p> <p>14.5 Nutritional influences on male fertility</p>	<ul style="list-style-type: none"> <li>▪ No longer just a female issue</li> <li>▪ What qualifies good sperm?</li> <li>▪ Tests evaluating sperm parameters</li> <li>▪ Low sperm counts?</li> <li>▪ WHO sperm parameters</li> <li>▪ Preparing for a semen analysis</li> <li>▪ Genetics and medical conditions?</li> <li>▪ Male reproductive conditions</li> <li>▪ Getting the most out of testing</li> <li>▪ Could it be the sperm quality?</li> <li>▪ 4 groups of questions</li> <li>▪ Semen Analysis Preparation™ handout</li> <li>▪ Working with the doctor</li> <li>▪ Practical Assignment</li> <li>▪ Supporting the male body</li> <li>▪ Male Fertility Detractors Checklist™</li> <li>▪ Improving male fertility</li> </ul>	<ul style="list-style-type: none"> <li>▪ Semen Analysis Preparation™ handout</li> <li>▪ Male Fertility Detractors Checklist™</li> <li>▪ Male Fertility Shopping List™</li> <li>▪ My Male Fertility Shopping List™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

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Unit	Here's what you'll learn	Extra support material
<p>14.1 The 3 characteristics of good sperm</p> <p>14.2 Skills Lab™: Preparing for a semen analysis</p> <p>14.3 Ageing, inflammation, and hormone imbalance</p> <p>14.4 Toxicity, body weight, epigenetics and microbiomics</p> <p>14.5 Nutritional influences on male fertility</p>	<ul style="list-style-type: none"> <li>▪ Reminder: the 6 Nutrition Principles</li> <li>▪ Men: no reproductive decline?</li> <li>▪ Who passes on more mutations?</li> <li>▪ Consequences of ageing</li> <li>▪ Oxidative stress in sperm</li> <li>▪ Fatty sperm?</li> <li>▪ Accumulation of AGEs in sperm</li> <li>▪ Promoting inflamed sperm</li> <li>▪ Stressed out sperm?</li> <li>▪ Hormonal testes</li> <li>▪ 2 main testes cell types</li> <li>▪ The male endocrine system</li> <li>▪ Endocrine disruptors in males</li> <li>▪ Disrupting hormone levels</li> <li>▪ Multi-player hormones</li> <li>▪ Half way there!</li> <li>▪ The second half</li> </ul>	<ul style="list-style-type: none"> <li>▪ Semen Analysis Preparation™ handout</li> <li>▪ Male Fertility Detractors Checklist™</li> <li>▪ Male Fertility Shopping List™</li> <li>▪ My Male Fertility Shopping List™</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Your Key Takeaways</li> <li>▪ Video</li> </ul>

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# 14. Male fertility 101: Boosting odds with nutrition

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# 15. Supplementing a fertility diet

Unit	Here's what you'll learn	Extra support material
<p>15.1 Common Supplements for boosting fertility odds</p>	<ul style="list-style-type: none"> <li>▪ Why supplement?</li> <li>▪ Who should supplement?</li> <li>▪ Folic acid</li> <li>▪ Supplementing a fertility diet</li> <li>▪ But my friend took it and...</li> <li>▪ Coenzyme Q10</li> <li>▪ CoQ10 for everyone?</li> <li>▪ Omega 3s</li> <li>▪ DHEA</li> <li>▪ Promising role in fertility?</li> <li>▪ Higher egg and embryo yields</li> <li>▪ Vitamin D</li> <li>▪ Implementation success</li> <li>▪ Anti-Mullerian hormone production</li> <li>▪ Supplements for male fertility</li> <li>▪ Profiling a supplement</li> </ul>	<ul style="list-style-type: none"> <li>▪ Strategies for Taking Supplements™</li> <li>▪ Daily Supplement Tracker™</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 15. Supplementing a fertility diet

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<p>15.1 Common Supplements for boosting fertility odds</p>	<ul style="list-style-type: none"> <li>▪ Strategies for Taking Supplements™</li> <li>▪ Daily Supplement Tracker™</li> <li>▪ Which key supplements?</li> <li>▪ Profiling a supplement</li> <li>▪ Getting the right nutrients</li> </ul>	<ul style="list-style-type: none"> <li>▪ Strategies for Taking Supplements™</li> <li>▪ Daily Supplement Tracker™</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 16. Health conditions affecting odds

Unit	Here's what you'll learn	Extra support material
<p>16.1 Top 5 conditions which impact female fertility</p> <p>16.2 Skills Lab™: Visiting a gynaecologist?</p>	<ul style="list-style-type: none"> <li>▪ Impact of health conditions</li> <li>▪ Case file: Endometriosis</li> <li>▪ Case file: PCOS</li> <li>▪ Case file: PID</li> <li>▪ Case file: POF</li> <li>▪ Case file: Uterine fibroids</li> <li>▪ What is endometriosis?</li> <li>▪ Endometriosis risk</li> <li>▪ Managing endometriosis</li> <li>▪ PCOS: in depth</li> <li>▪ Compounded complications</li> <li>▪ 3 main changes with PCOS</li> <li>▪ The issue of insulin resistance</li> <li>▪ Managing PCOS</li> <li>▪ Inflamed and stressed?</li> <li>▪ PCOS as women age</li> <li>▪ Impact of chemo or radiation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gynaecologist Appointment Guide</li> <li>▪ Test Your Knowledge Exercises</li> </ul>



# 16. Health conditions affecting odds

Unit	Here's what you'll learn	Extra support material
<p>16.1 Top 5 conditions which impact female fertility</p> <p>16.2 Skills Lab™: Visiting a gynaecologist?</p>	<ul style="list-style-type: none"> <li>▪ NSAIDs: good or bad?</li> <li>▪ Steroids in sport</li> <li>▪ Immunomodulators</li> <li>▪ Talking to the doctor first</li> <li>▪ Not feeling well?</li> <li>▪ Additional documents</li> <li>▪ Gynaecologist Appointment Guide</li> <li>▪ Working with the doctor</li> <li>▪ Practical Assignment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gynaecologist Appointment Guide</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 17. Supporting my client through IVF

Unit	Here's what you'll learn	Extra support material
<p>17.1 Fundamentals of assisted conception</p> <p>17.2 In vivo and in vitro techniques</p> <p>17.3 Skills Lab™: Is an assisted reproductive technology right for me?</p>	<ul style="list-style-type: none"> <li>▪ What is ART?</li> <li>▪ 3 types of ART</li> <li>▪ The start of “test tube babies”?</li> <li>▪ 6 types of artificial conception</li> <li>▪ Used in combination</li> <li>▪ No ovulation, no pregnancy</li> <li>▪ Superovulation?</li> <li>▪ Who might want induction?</li> <li>▪ Too many hormones?</li> <li>▪ Using a donor?</li> <li>▪ Freezing eggs for later?</li> <li>▪ Not all alike</li> <li>▪ The specifics of ART</li> <li>▪ What is artificial insemination?</li> <li>▪ Who is AI for?</li> <li>▪ Healthy eggs and sperm?</li> <li>▪ Who wants GIFT?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> <li>▪ Videos</li> </ul>

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Unit	Here's what you'll learn	Extra support material
<p>17.1 Fundamentals of assisted conception</p> <p>17.2 In vivo and in vitro techniques</p> <p>17.3 Skills Lab™: Is an assisted reproductive technology right for me?</p>	<ul style="list-style-type: none"> <li>▪ Understanding “in vitro”</li> <li>▪ Overview of IVF</li> <li>▪ Why choose in vitro?</li> <li>▪ IVF Statistics in the UK</li> <li>▪ What influences success?</li> <li>▪ Example IVF cycle timeline</li> <li>▪ Intracytoplasmic sperm injection</li> <li>▪ Looking for holes in the sperm</li> <li>▪ Zygote intrafallopian transfer</li> <li>▪ Helping your client conceive</li> <li>▪ Thinking about ART?</li> <li>▪ 3 groups of questions</li> <li>▪ Assisted Conception FAQs handout</li> <li>▪ Working with the doctor</li> <li>▪ Practical Assignment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Assisted Conception FAQs handout</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge Exercises</li> <li>▪ Videos</li> </ul>

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# 18. The first stage of pregnancy

Unit	Here's what you'll learn	Extra support material
18.1 Supporting the zygote	<ul style="list-style-type: none"> <li>▪ Nutrition: still key</li> <li>▪ Pregnancy timeline</li> <li>▪ Baby's development</li> </ul>	<ul style="list-style-type: none"> <li>▪ Preparing for Parenthood™ handout</li> </ul>
18.2 Preparing for pregnancy and parenthood	<ul style="list-style-type: none"> <li>▪ Key nutrients at each stage</li> <li>▪ Minimising miscarriage</li> <li>▪ Miscarriage vs stillborn</li> <li>▪ Reducing risk through nutrition</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>
18.3 Skills Lab™: Am I ready to be a parent?	<ul style="list-style-type: none"> <li>▪ Two roles of folate</li> <li>▪ Homocysteine metabolism</li> <li>▪ Why elevated homocysteine?</li> <li>▪ 4 key antioxidants</li> <li>▪ Top 12 nutrients</li> <li>▪ Getting to an ideal weight</li> <li>▪ Leptin linking it all?</li> <li>▪ Cutting out caffeine?</li> <li>▪ Exercising impacting implantation?</li> <li>▪ Light activity preferable</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 18. The first stage of pregnancy

Unit	Here's what you'll learn	Extra support material
18.1 Supporting the zygote	<ul style="list-style-type: none"> <li>▪ Supporting the embryo</li> <li>▪ Beyond a healthy baby...</li> <li>▪ Benefit of seeking help</li> </ul>	<ul style="list-style-type: none"> <li>▪ Preparing for Parenthood™ handout</li> </ul>
18.2 Preparing for pregnancy and parenthood	<ul style="list-style-type: none"> <li>▪ Prepared to be a parent?</li> <li>▪ Support through pregnancy</li> <li>▪ Ready at work?</li> <li>▪ Minimising stress</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>
18.3 Skills Lab™: Am I ready to be a parent?	<ul style="list-style-type: none"> <li>▪ Foetal stress impact summary</li> <li>▪ Postpartum depression</li> <li>▪ Postpartum depression risk factors</li> <li>▪ Going through a hard time</li> <li>▪ Lack of sleep</li> <li>▪ An exciting time!</li> <li>▪ Newly pregnant?</li> <li>▪ 5 groups of questions</li> <li>▪ Preparing for Parenthood™ handout</li> <li>▪ Exciting times ahead!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 19. Setting up your fertility nutrition practice

Unit	Here's what you'll learn	Extra support material
<p>19.1 Dos, don'ts, and must dos</p> <p>19.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none"> <li>▪ Acting responsibly and ethically with clients</li> <li>▪ What you CAN and CANNOT do</li> <li>▪ What you MUST do</li> <li>▪ The importance of medical advice</li> <li>▪ Which products or brands?</li> <li>▪ Running a successful practice</li> <li>▪ Includes templates of legal documents</li> <li>▪ Setting up your practice</li> <li>▪ The 4 most important steps to follow</li> <li>▪ Types of insurance cover you need</li> <li>▪ Registering as self-employed</li> <li>▪ Your initial client consultation</li> <li>▪ Observing client confidentiality and data protection</li> </ul>	<ul style="list-style-type: none"> <li>▪ Client Health Check Questionnaire</li> <li>▪ Medical Referral Form</li> <li>▪ Client Informed Consent Form</li> <li>▪ Test Your Knowledge Exercises</li> </ul>

# 19. Setting up your fertility nutrition practice

Unit	Here's what you'll learn	Extra support material
<p>19.1 Dos, don'ts, and must dos</p> <p>19.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none"><li>▪ Includes the following downloadable documents for immediate use:<ul style="list-style-type: none"><li>➤ Client Health Check Questionnaire</li><li>➤ Medical Referral Form</li><li>➤ Client Informed Consent Form</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ Client Health Check Questionnaire</li><li>▪ Medical Referral Form</li><li>▪ Client Informed Consent Form</li><li>▪ Test Your Knowledge Exercises</li></ul>





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