



## Why Three Months? By Randine Lewis

“I want a child now! Yesterday, in fact... More waiting is just not part of my plan... I feel too old anyway.”

These are the feelings of the women I treat yet they scramble around trying a little bit of this diet and a little bit of that herb, different bodywork, a few acupuncture treatments, and perhaps even a snippet of meditation and yoga here and there. They doctor shop, have all the lab testing, try Clomid, IUIs, IVFs, and basically end up lost, confused, and no closer to their goal. It feels like nothing has worked or will ever work. And then, I ask them, in their utter desperation, for 90 days- and it seems like an eternity.

In most cases, the answer isn't “out there”... it is inside tucked within your own internal wisdom, waiting to be unleashed when coaxed properly. Your egg quality today is the reflection of the follicle's health three months ago, when it entered the all-important growth phase of its ongoing development. Your diet, nutritional status, blood oxygenation, hormonal milieu, even your emotions and stress levels three months ago impact the quality of this month's resulting ovulation.

Within the 90 day process, we teach you to breathe differently, eat differently, express your emotions honestly and rid your body of the negative effects of stress. We redirect your body's attention to your reproductive organs, which in most cases, have been starved of circulation and attention. We teach you how to live life again, fully and fertile. It takes some pretty dramatic lifestyle changes, as most of us have never been taught how to express our fertility.

Our program is set up to focus on three different aspects of our reproductive system, the entire hypothalamic-pituitary-ovarian axis, which are reflected in our source, soul, and spirit energies. This is not a program strictly for the ovaries, because our reproductive systems do not consist of ovaries alone. We start by maximizing the ovarian and uterine energies, urging the body to pay them the attention they need. We then work on balancing the hormonal messages between the brain, the pituitary gland, and the tissues. Implantation, one of the most neglected aspects of reproductive medicine, is one over which we have the most control when we learn to harmonize our systems properly. The 90 Day process is important, no matter what your individual diagnosis- age, endometriosis, fibroids, ovarian dysfunction, FSH levels or hormonal imbalance.

This is not a quick-fix, like IVF claims to be. But its effects are much more dramatic. We help people find and express their fertility for life. I know it feels too late. I know how long 90 days sounds. Yet, I ask you to give me the time it takes for the lifecycle of the follicle to complete itself. It will allow you the time to enter a lifestyle path that you won't ever want to leave. When you learn to live life according to the laws of nature, she won't let you down.