

WHEN AM I FERTILE?

The Natural Way to Conceive



ANNE ZIETMANN & MARCUS KRAHLISCH

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PREFACE

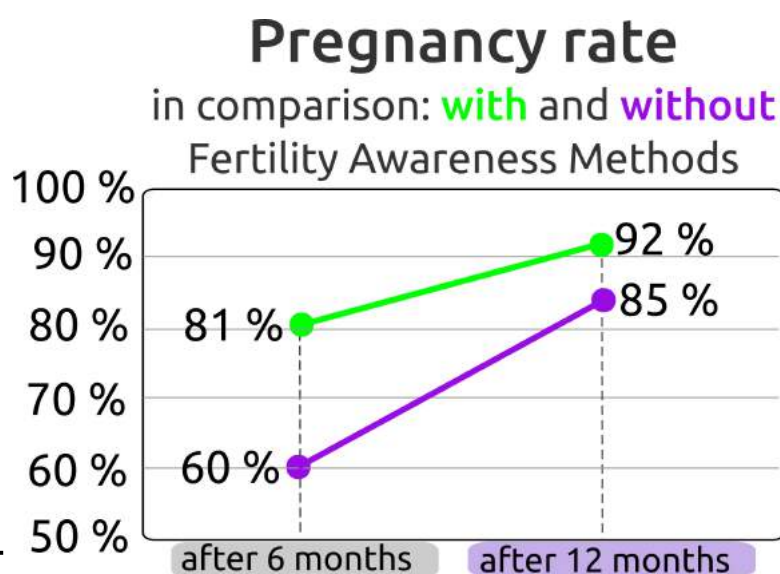
Welcome to our conception eBook! Of course, you'll be able to answer the big question in the title of this eBook, "When am I fertile?" after reading this book. For the first 24 years of my life, I DIDN'T know when I was fertile. Luckily, I figured it out three years before we were ready to have children. Because I wanted to stop taking birth control pills for health reasons, I learned a method for telling when I was fertile, and when I wasn't. Once I started with this alternative to birth control pills, I didn't want to stop – even from the very beginning, I was so excited to discover my body and completely understand the processes it was going through that my boyfriend, Marcus, and I began to train as fertility coaches. We also began to offer consultation online, blog, and produce YouTube videos. When we began to feel a deep desire to have children together after almost three years of natural contraception, it was very easy for us to estimate when would be the besttime to have sex to get pregnant. With this important fertility knowledge and of course a good bit of luck, I got pregnant in the very first truly relevant fertility cycle! "Unbelievable!" I thought back then. I never thought it would work so well. Back then, I had heard from only too many couples how long it can take to successfully get



pregnant. It was anything but self-explanatory that it would happen so incredibly quickly. I was very thankful and knew that it was truly something to be grateful for. We were both still an ideal age (Me: 26 | Marcus: 29), but there were some characteristics to my cycle that theoretically could have taken us a long time to get pregnant. At the time, I had hypothyroidism with Hashimoto's thyroiditis, which I took pills to manage. Back then, my luteal phase wasn't long enough to be able to get pregnant in every cycle, and I often had an extended follicular phase. Despite all of that, I was able to become pregnant so quickly - and when I was ready to have my second child, it worked in the very first cycle once again! That's why I want to use this book to help all couples who dearly want to have a child to get pregnant naturally and fulfill their dream of having their own child. For anyone who is interested, I tell my conception story in more detail in [a video on our YouTube channel](#). When you look at the statistics, it's a fact that more women become pregnant when they practice methods of body observation to become pregnant. Fertility awareness simply means observing the body's cervical mucus and temperature. You can see the results of this study in the image at right - 81



percent of fertility awareness users in the study became pregnant in the first half year, while only 60 percent became pregnant without the method. In the first chapter, I'll give you step by step instructions in the symptothermal method, which can help you find out exactly WHEN you are fertile! :) You'll receive sample cycles with solutions and video explanations to help deepen your knowledge and allow you to use it independently. In the second chapter, I'll give more details about the characteristics of the cycle and what special opportunities there are to get pregnant in each case. You can expect tips on diagnosing your cycle that will help you to figure out why you haven't become pregnant before or why it didn't work right away - particularly in cases of PCOS and hypothyroidism. Finally, in the third chapter of this eBook, I've collected some motivational success stories of women who became pregnant using fertility awareness. These individual stories will show you that natural fertility is often stronger than you might think.



[S1] Gnoth et. al. Clear input Hum Reprod. 2003 Sep;18(9):1959-66



May you have an exciting voyage of discovery through your body and a wonderful time discovering your natural fertility! Here and there in the eBook, you'll also find little bonus sections that will give you even more tips and additional information about getting pregnant: Test reports on recommended thermometers, cycle apps, cycle monitors, and ovulation tests. You'll also receive bonus materials such as empty cycle sheets to print out, an overview of the menstrual cycle to help determine fertile days on a single page, and much more!

Happy reading!



yours Anne:♥



STEP BY STEP INSTRUCTIONS FOR THE SYMPTOTHERMAL METHOD

To make it as easy as possible to start using the Symptothermal Method, we have created a Step by Step Checklist. All you have to do is work through it step by step. You can print out this checklist and check off the parts that you have done. At the end, you'll have full command of the method and will be able to use it confidently.

EXPLANATION OF SYMBOLS:

Watch video



Read section



Print



Do exercise



Optional knowledge

