

A Path To Natural Health

Dr. Maura Scanlan, N.D., LAc.

Dr. Maura's Fertility Protocol

Who is this program for?

This special 4-month program is for women, aged 20 – 42, who have been trying for some time to conceive, without success. It is also for women who may not yet be actively trying to get pregnant but would like to prepare their body for pregnancy using naturopathic methods. It is available both to patients who come to Dr. Maura's office or who meet with her "virtually" (on the phone or Skype). **This makes it accessible to women anywhere in the world.**

Can I do this protocol if I am already doing IVF or IUI?

YES. This program is perfectly safe and can actually *help optimize* your chances of conceiving when doing IVF (in vitro fertilization) or IUI (intrauterine insemination).

What makes Dr. Maura's Fertility Protocol special?

The issues that affect your ability to get pregnant are more intricate than you might realize. To get a true picture, it is crucial to look at *every* aspect of your health.

That's why Dr. Maura takes a truly comprehensive approach to assessing and addressing all the health issues that can impact your ability to conceive a child. You will be **tested** for hormone levels, thyroid function and blood sugar/insulin levels, as well as for any underlying issues with your reproductive organs. You will also do DNA testing for "methylation defect" (MTHFR), a genetic condition that can increase risk of miscarriage.

Dr. Maura will teach you how to know when you are at your most fertile every month, and provide you with extensive nutritional advice. She will also put you on a special **dietary** regime, as well as a program of daily **supplements** (all of which are included in the package) designed to improve help your body produce and ripen a healthy follicle (unfertilized egg produced in the ovary), optimize hormone levels, assure your thyroid is functioning properly, and address any underlying blood sugar or food sensitivity issues that can affect conception and pregnancy.

But as you know, it takes TWO to conceive a child. This means (unless you are using donor sperm) your ability to get pregnant is also influenced by the health of your male partner. Healthy, strong, swimming sperm can help improve your chances of conceiving. That is why this package also includes a 4-month supply of **supplements for your partner**, to improve the quality and quantity of the sperm he is producing.

Finally, what makes this program so special is the emotional support you will receive from Dr. Maura. As a mother, she understands what you are going through. You and Dr. Maura will also create a checklist/timeline of your program, to help you feel more confident – and less overwhelmed at this often highly emotional time. She

will also help you navigate the complexities of the greater medical system, if and when you decide you might want to try IVF or IUI.

Why work with Dr. Maura?

In addition to being an experienced and widely respected **doctor of naturopathic medicine**, Dr. Maura Scanlan is also a **mother** and has done extensive studies in **midwifery**. Thus, she is not only professionally experienced, but she also has a deep understanding the **emotional, medical and nutritional needs** during...

- conception
- pre-natal care
- childbirth
- motherhood



What is included in this fertility program?

This program is a combination of **private consultations, lab tests and natural supplements**. Here is a breakdown of what is included.

CONSULTATIONS (6)

- 1) **WEEK 1: Initial 60-minute consultation** to discuss your personal history, explain how to track your ovulation and metabolism, discuss and arrange your lab tests, and get you started on some basic pre-natal supplements to prepare your body for pregnancy. You will also be given supplements for your *male partner*, to help with healthy sperm production while you are trying to conceive. You and Dr. Maura will also create a checklist/timeline of your program, so you can keep track of everything in one place.
- 2) **WEEK 3: 30-minute consultation** to review your initial lab results, discuss your nutritional requirements, and discuss hormone balancing so your estrogen and progesterone levels are optimal at the right times throughout your monthly cycle. At this point, you will be put on a special dietary regime to support your hormone balance, and begin the next phase of natural supplements.
- 3) **WEEK 5: 30-minute consultation** to review your food panel and/or any other lab tests that have come in. You and Dr. Maura will analyze your basal body temperature and discuss ovulation prediction. Depending upon your lab results, you might be put on additional supplements at this time.
- 4) **WEEK 8: 30-minute consultation** to review the rest of your lab results, assess and review your program so far, and revise your supplements and treatment plan as needed.
- 5) **WEEK 12: 30-minute consultation** after your usual menstrual cycle (even if it doesn't happen). This is again to review, assess and modify your plan as needed. If you happen to get pregnant during this time, you will begin working with Dr. Maura on pre-natal care instead of fertility.
- 6) **WEEK 16: 30-minute consultation**, to take place after your usual menstrual cycle (even if it doesn't happen). This is again to review, assess and modify your plan as needed. If you happen to get pregnant during this time, you will begin working with Dr. Maura on pre-natal care instead of fertility.

If you have NOT gotten pregnant by the time of your consultation during Week 16, you and Dr. Maura will discuss other options you might wish to consider. The timeline may also be extended to 20 or 24 weeks to accommodate labs or imaging that are menstrual cycle timing-dependent.

Additional follow-up sessions can always be scheduled *a la carte*, as needed.

LAB TESTS INCLUDED IN THE PACKAGE

In this package, you will take an IgG food sensitivity panel test to determine whether any foods are interfering with your body's balance and metabolism. This test is not normally covered by insurance; therefore, **it is included in the cost of the program.**

OTHER TESTS YOU WILL NEED TO ORDER SEPARATELY

You will also need to order the following tests* independently (Dr. Maura will write a prescription for you and advise you where to get them done):

- HORMONES: FSH, LH, Progesterone, Estrogen, Testosterone
- COMPREHENSIVE THYROID PANEL: TSH, T3 (total), T4 (total), free T3, free T4, reverse T3, anti-TPO, anti-thyroglobulin
- BLOOD SUGAR: HA1c, fasting insulin test
- OUT-PATIENT PROCEDURES: Ultrasound and/or hysterosalpingogram (to test for fibroids, polyps or aberrations in the fallopian tubes)

*** These tests ARE normally covered by most insurance companies.
Be sure to check with your insurance provider first.**

You will also need to order a DNA test from "23andMe", to test for "methylation defect". As of this writing, **this DNA test costs \$125 and is NOT normally covered by insurance.**

SUPPLEMENTS

All the supplements you will need during the 4 months of your program are INCLUDED in the cost of the package, at a 10% discount over the normal price. This means you won't have to go out and find them yourself, or be confused about what dose you should take. The supplements included are:

Female Supplements (4-month supply):

- Prenatal Multivitamin – 90 capsules (4 bottles)
- Bio-B12/Folic Acid – 60 capsules (4 bottles)
- Pro Omega – 180 capsules (3 bottles)
- Vitamin D 5000 IU – 60 capsules (2 bottles)
- Evening Prime Rose Oil – 90 capsules (3 bottles)

Male Fertility Protocol (4-month supply)*

- Double Strength Zinc, 30 mg – 180 capsules (2 bottles)
- Vitamin C with Flavonoids – 180 capsules (3 bottles)
- Carnitine – 60 capsules (6 bottles)

To discuss this package with Dr. Maura, request a free consultation at <http://apathtonaturalhealth.com/contact>

- Arginine – 120 capsules (5 bottles)
- CoQ10, 100mg – 60 capsules (4 bottles)
- Selenium, 200mcg – 60 capsules (4 bottles)

*** If you are using donor sperm and there is no need for male supplements, the price of your package will be reduced accordingly.**

SPECIAL DISCOUNTS

You will also receive a 10% discount on any additional products you might wish to purchase from A Path to Natural Health for the duration of your 4-month plan.

ADDITIONAL SUPPORT

This package also includes email support (during office hours only), where you can email your queries between your consultation sessions. Dr. Maura or a member of her team aim to reply within 48 hours on weekdays.

How much does this program cost?

The total cost of this 4-month program is \$2,750. You may pay in two installments: \$1,750 upon your first visit, and the balance of \$1,000 one month later.

⇒ **THIS PACKAGE gives you \$267 in savings over a la carte pricing for the same services.**

About Dr. Maura Scanlan



MAURA SCANLAN, N.D, L.Ac. is a doctor of naturopathic medicine and licensed acupuncturist. Starting her extensive studies in holistic medicine in 1990, she established her professional practice in 2000. Also a mom, who has also trained as a midwife, she also has a deep understanding of the emotional, medical and nutritional needs during conception, pre-natal care, childbirth and motherhood. Over the years, Dr. Maura has specialized in food allergies and sensitivities, hormonal issues, thyroid issues, women's health and fertility, and fatigue. Her diverse professional background has enabled her to combine Eastern medicine and herbalism with the Western medical practice. As a mother of a child with deadly food allergies, she personally knows how challenging day-to-day living can be for people with food-related health conditions. As she has met so many people with chronic health conditions who have felt "dropped" by the modern mainstream medical system, she is passionate about helping people take back control of their own health – naturally. Based in Washington State, she serves patients worldwide through her private practice 'A Path to Natural Health' (<http://apathtonaturalhealth.com>).

To request a free consultation to discuss whether this is the right treatment program for you, contact Dr. Maura at:

PHONE: 425.822.0602

EMAIL: apathtonaturalhealth@gmail.com

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