



Five Critical Mistakes that Couples Make on their Fertility Journey

Hello there and welcome! I'm Gabriela Rosa, author of 3 books on natural fertility with a fourth being published at the end of the year. I'm a fertility specialist and naturopathic practitioner. I'm also the founder and director of NaturalFertilityBreakthrough.com and of course the host of the 7 Day Fertility Challenge.

I am totally honoured to lead the greatest team of expert fertility practitioners who take care of patients from all over the world through workshops, phone and Skype consultations, and together, our mission is to hold your hand from beginning to baby, no matter how we get there.

We empower couples just like you to take control of your health and reclaim your fertility, giving you the best possible chance of taking home the healthiest possible baby.

Over the last almost 20 years now, I have devoted myself to understanding what gets in the way of couples conceiving and keeping a healthy pregnancy to term, and I have helped thousands of couples overcome infertility and miscarriage even when other treatments have failed.

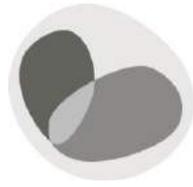
Top 5 Critical Mistakes Couples Make on Their Fertility Journey

Today, I'm here to share with you the top 5 mission critical mistakes that couples make on their fertility journey. It's a really interesting story actually how I boiled down all mistakes couples make into 5 easy categories to understand.

There aren't just 5 mistakes, but really what we've done is I surveyed our database of about 50,000 people. We've got 1,000 or so replies and answers the question of, **"What are the top 3 mistakes you've made on your fertility journey that you wish you had been told about and you could have avoided?"** That's basically out of all those replies, we've condensed it all down. We've categorized them. We've put it into an order that literally I'm going to share with you tonight.

I'm going to start actually on the 5th mistake and I'm going to go all the way through the number 1 mistake, and this is basically in order of occurrence on people's kind of radar on the fertility journey with some distinctions of course of my experience in the last 20 years. What's been really interesting about this is that I actually thought, I was quite fascinated I learned something doing this exercise actually.

I learn something new every day, but this was really quite often an interesting thing. I thought I was pretty clear about the mistakes that couples make on their fertility journey and this taught me a couple of extra things in terms of distinctions of how people experience this journey. That was quite interesting and I really came to share that with you.



Let's get started and let's get into it. One of the things that I will say in terms of these mistakes and I'll be making mention to this throughout the process that we will go through in this presentation, but there are lots of little things that I think sometimes get overlooked on the fertility journey, and I think that it's important to acknowledge that yes it is an incredible heart-wrenching, sometimes heart-pounding heartache, everything related to heart comes to mind when we're talking about difficulty conceiving and keeping a healthy pregnancy to term.

It's such an emotional topic and it really does impact both partners on the journey. Of course, not everyone going through the journey and the challenge of infertility is in a partnership at a particular point. Some people choose to do solo reproduction and some people are in various different types of partnerships when they decide to embark on the journey of bringing a baby into the world. This really does apply across the board. I went through it in great detail really wanting together the distinctions around what people really experience through this process.

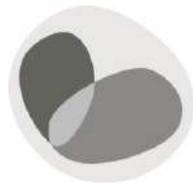
Let me share it with you and I'll be more than happy to have further discussions about it, and as I find even newer distinction around this, I'll be happy to share it.

Mistake #5: The Stress of Stress

The very first mistake that people make is not surprisingly the stress of stress of stress. This really applies on many different levels. When people talk about stress on the fertility journey, they talk about the fact that the journey itself is stressful, but they're also talking about the challenge or the stress about stressing and the fact that if I'm stressing out, I'm going to decrease my chances of conception. Even though to a certain extent that is the case, the body very much didn't evolve past what it pretty much used to do 10,000 years ago when main kind of stressor was running away from the sabretooth tiger.

[0:05:17] When the body experiences stress on that level, it still does very much what it did back then, that is to shut down the organs and systems that are not essential for warding off immediate danger. Things like digestion, why would you want to digest your food when you're about to become food? Why would you want to worry about the little bug inside of you (immunity) when the big one running after you is about to make you dinner? Finally, you wouldn't even dream of having a baby or wanting to have a baby or procreating if you're about to become dinner.

All of those factors are still very much at play in the body's biochemistry today, and so the key aspect is understanding that yes although stress does have an impact, stressing about stress is definitely not going to be useful. But also, the impact that stress has on the body creates further stress and it was also the component of people wanting to understand how to deal better with stress, how to destress, and how to reactivate their fertility as a result of that.



There are many components or I guess facets to the word stress and many ways in which it actually gets applied on this particular journey, but the critical mistake that people make is really to not find ways not only to shift their mindset and change the way in which they're perceiving the situation, which sometimes it is definitely difficult but definitely possible.

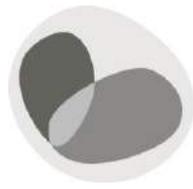
Of course, understanding tools and strategies that are health promoting, that are going to optimize fertility because sometimes people use stress reduction techniques that are less than healthy that are definitely not going to create the optimum fertile environment that we are looking for in terms of being able to have a baby.

For example, if your stress release is alcohol, that's definitely going to decrease your chances of conception. If you smoke and obviously you smoke more when you're stressed, smoking has been shown to decrease a woman's fertile reproductive life by up to 5 years, bringing on early menopause, and in men to drastically decrease the ability of the body to actually make sperm and increase the risk of testicular failure. Alcohol has very similar effects on the quality of the egg and sperm.

These not so ideal ways of dealing and coping with stress are definitely going to be negatively impacting, and I think that one of the biggest things that people talk about on the survey was very much about not knowing and not understanding I guess what are some useful effective fast ways of dealing with the difficulties that the fertility journey can bring.

One of the key aspects here is to figure out, "Okay, what are the conscious decisions that we can make in terms of being able to implement stress reduction on the journey and addressing and optimizing it, so that we're not stressing about stressing and that we are actually improving the body's biochemistry along the way as well." That's Critical Mistake 5.

It's also interesting and I will mention that when I first talked about this, I thought that I would condense all of the different mistakes that people made into the top 10 mistakes. As I was going through it, and I was going through the survey, yeah there were variations of themes that people were talking about. It really boiled down to 5 themes. There were 10 themes; many of the things that were there were actually variations on themes, and so that's why it didn't end up being 10 mistakes. It ended up being 5 mistakes because that really is the number of categories that came up in the process.



Mistake #4: Fertility is a TEAM SPORT

The second category is very much team play. It's interesting because I've always talked about and I talk about the fact that fertility is a team sport and have talked about that for a very long time. However, there are so many mistakes that couples make around partners. It's about not understanding and getting both partners onboard. That's one of the mistakes that people talk about all the time, the fact that often men are excluded to a certain extent from the fertility journey and that are not involved or engaged in the way that they could be to optimize their chances.

[0:10:12] What we've talked about in terms of things that couples or partners can do to improve their own fertility; therefore, to improve a couple's fertility is one of the most critical mistakes. I find that I mean obviously, the way in which the whole system is set up is conducive to that kind of lack of connection or complete and utter disconnection, so to speak, in terms of men and women being partners and partnership when it comes to making a baby because if you think about it, if a couple goes through IVF, all of the attention and focus is pretty much put on the woman and the things that she needs to do throughout the whole 30 days, a cycle or longer. That a cycle is going on, the men come in on a critical day, gives in his little deposit, and off he goes.

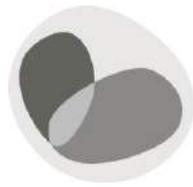
Not many questions are asked in terms of how are you feeling, what are your stress levels like, what are you doing, are you improving your health, are you exercising, are you eating well? All of those little factors can make such a huge difference on the journey overall.

It's important to understand and I think that one of the critical mistakes that people make particularly early on in the journey is not actually understanding how critical, how absolute mission critical that team sport that is fertility and how important it is for couples to both engage to the same level in order to optimize their fertility and their health throughout this process.

It really is quite a critical situation that I think if people really truly realize the deep impact that both male and female I guess effort and input has to this situation, it's very overlooked and it's actually being very, very clear throughout the survey. It's been super clear that not only men get kind of shunned to the corner but they also are not educated to the level that they need to be.

I find often that men sometimes also disconnect because they're told to do things and they don't understand why, and that's one of the things that I'm really big on with our patients in the clinic is really to educate why it is that you need to do something, how, and what is the difference that that's going to make because that partnership and engaging both partners and enhancing communication, improving the way in which both partners are working together on this journey is absolutely critical.

The mistake that people make is actually not doing that. It's the opposite of that. That is definitely Critical Mistake 4.



Critical Mistake #3: Lack of Knowledge

Critical Mistake 3 is really quite fascinating in my view. It boils down to a really paradoxical little thing that is you don't know what you don't know.

As I did this process of getting to the bottom, there is lack of knowledge on so many different levels of this conversation when it comes to the challenges that couples experience on the fertility journey. There is not knowing what questions to ask, and this is the biggest kind of like top 7 things that came up under that banner of lack of knowledge.

Couples feel like they made a mistake on what questions to ask when it counted most because they just didn't know what they didn't know, so not knowing how best to proceed in terms of what questions to ask and the things to flag on their journey. That was a very big thing.

The importance of being proactive on the fertility journey. So many people just didn't not and do not realize how this is such an important step. In fact, how this step alone can mean the difference between having a baby or not when things aren't as easy as initially anticipated. I spoke to a couple this week who joined our program.

The husband, he was so wanting of knowledge and understanding, and what was really interesting was that he basically said, "I really want to do this program because up until now, I didn't realize that there were so many things that could be getting in the way and I just thought that things were going to happen, and that basically I didn't really need to do that much about it." That is really interesting kind of telling comment.

[0:15:22] Often what happens is and this is what a huge mistake, which is kind of like a subheader of this lack of knowledge in this situation is that men in particular and I think men make this mistake because it's almost like women, we know our fertile window is finite. Men have this idea that and scientifically being shown more and more that male's fertility also declines quite extensively throughout their physical lives. Over 40, the amount of sperm fragmentation, the DNA fragmentation and sperm health decreases quite significantly.

But what happens is that up until now, men are pretty much told, "You can conceive in your 90s and everything is going to be fine. You don't need to worry about it too much." Often, men end up delaying the whole idea of seeking help and looking for help and engaging in help, thinking that, "Don't worry, darling! We're just going to get pregnant." Where the truth is, if you've been trying for 2 years or more, it is highly unlikely that you're just going to get pregnant by doing nothing, by just continuing to do the things that you have been doing up until now and that is an absolute critical and I mean critical mistake that couples make.



I see this mistake actually cost people the chances of having their baby altogether in my practice. I see people who basically have left it way too late because they took such a blasé attitude towards actually looking for help and seeking help and actually engaging in help simply because they didn't know. It was this lack of knowledge issue. They just didn't know that it was going to be an issue. They didn't know what they didn't know.

The third thing that I often see under the same umbrella is what's getting in the way of conception and keeping a pregnancy to term is often unknown. It's that typical unexplained infertility diagnosis. Whenever I hear that literally my skin crawls because I just think it's the laziest of diagnosis.

It's not actually looking for an answer or looking for what actually is getting in the way is just going, "It's too hard. Let's just put it in an unexplained box. I really truly don't believe there is such a thing." That's something that we work very hard and really focus on in our practice to make sure that we don't come up with unexplained infertility that we understand what are the minor factors that are getting in the way.

On that note, one of the biggest I guess lack of knowledge or issues that people have is not knowing and not understanding (1) what are minor factors, and (2) how to best address them. I talk about this in my practice to people that I talk to who are interested on the Natural Fertility Breakthrough Program or who I'm just having conversations with all the time, which is this whole understanding or this whole aspect of most people understand what their minor factors are. You understand especially if couples have completed our comprehensive fertility health appraisal. It's a 47-page document of understanding exactly where the areas that aren't working and what is that we need to do about it.

Most people by the time they've gone through that entire process, they understand what is getting in the way and what their minor factors are. What they don't know and this is typically and majorly the reasons as to why they come to us is how to address them because the different components, different compounded minor factors can really have very different effects on how the body operates, how the fertility journey turns out altogether.

Knowing and understanding how to best address minor factors is really such an important part, and I think that there's such a huge lack of knowledge for couples on that regard. Also, errors in thinking and utilizing the wrong approaches to address the things that are getting in the way and that are important, often what ends up happening is that they just go to a traditional doctor.

Most couples will just be told, "Go to IVF. It's a number's game." IVF doesn't work after several cycles or after several tries, and then people are just told, "Look! Just do donor egg." Again, it's almost a copout.



It's like, "Okay, well let's not worry. You focus on what needs to happen to improve the chances. Let's just kind of like the Band-Aid on and go.

[0:20:06] I talked to a couple today actually in my practice who told me that they went to my program because they went to see a fertility specialist last week or recently and they basically were asked a little bit about their story, what was going on with them. The practitioner asked the husband, "Do you drink alcohol?"

When they said, "No, we haven't been drinking alcohol when we decided that we want to do the best that we can to improve our chances." He literally turns around and tells them to relax and have a beery. Just enjoy yourself. Just relax.

I just go, "Oh, my gosh!" I actually said, "Is that the kind of advice that will give them more IVF cycles to do? Is that a self-perpetuating kind of bit of advice there?" It's sad and really, I think completely tragic that a healthcare practitioner would be giving that kind of advice in this kind of situation.

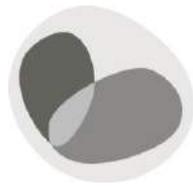
I totally get and again we're dealing with Critical Mistake 5, which is about stress, and the fact that we do need to reduce stress. But there are so many better ways of dealing with that that are going to actually be conducive to improving and optimizing a couple's chances of conception than to basically don't drink alcohol. Don't do that. That's a big mistake.

People don't really know how to take charge of their fertility. They don't understand the difference and the efficacy of different approaches and not all alternative approaches are made equal. Like for example sometimes I see people kind of go, "I've got to do something to improve my fertility," and they go and start taking essential oils or doing goodness knows what. I hear all sorts of things, trust me.

The types of things that people will start to do is really not as effective or as comprehensive as other methods for example. I mean if we kind of put this in context, to go and drink essential oils versus applying a methodical approach to uncovering and understanding the aspects that are getting in the way of conception like the 7 Steps Fertile Method or the 11 Pillars of Fertility is going to be extremely different to basically just taking some homeopathy or doing some essential oils.

There's lots of different variations there and I think to a huge extent, people don't really understand the difference. They think that because they're doing something, because they're taking some supplements, or because they're doing something that they're doing everything, and that is a huge, huge mistake that people make.

Also, people don't understand the true impact of not taking care and optimizing their fertility and their health. There is literally study after study after study on PubMed, which is basically a scientific journal resource, and it's PubMed.com, talking about the impact of diet and infertility, the impact of



environmental factors and chemicals and radiation, you know you name it, on fertility, egg, and sperm quality.

The impact that doing these generally negatively health and of course fertility impacting behaviours actually have on the average time to pregnancy for a couple is dramatic. What happens is that this is still to this day being completely overlooked on the journey as a whole. It's something that absolutely needs to be improved, needs to be looked at, needs to be optimized, and again it comes back to that whole aspect also of the impact of the partner's contribution.

There was a study that was published a couple of years ago, for example, talking about the impact of eating junk food and male sperm health. We often overlook, most men overlook that as something because they don't know and again it comes back to that whole cycle of not knowing what you don't know and the conflicting and confusing advice and the overwhelming nature and the amount of conflicting and incomplete advice that is out there.

It's important to get clarity on a path and approach and follow through, so that there is as much understanding and as much knowledge as possible. I think that an educational component to any fertility treatment is essential because the more you understand, the better you are to advocate for yourself and that is crucial. It is absolutely crucial. I mean that's absolutely what we teach our patients to do for themselves on their fertility journey and we do it with them.

[0:25:20] For me, there is nothing worse than lack of knowledge or actually there is, and I'll explain a little bit more in Critical Mistake 1. But it kind of comes back to what the underpinning mistake that is happening right here, which is that lack of knowledge.

Lack of understanding of the reproductive cycles is another huge reason that keeps couples stuck not only the male cycle, but the things that I've mentioned before, the fact that fertility even for men is not infinite, is that there is a finite aspect to it to a certain extent and really getting people to understand that and have that clarity is going to be quite crucial on the grand scheme of things.

Then of course fully understanding the female reproductive cycle. One of the things that I understand from recently having done one of my little programs, the Understanding the Conception Cycle program, which I think pretty much every single one of you here are doing is that whole aspect of not having understood, not having known in the beginning of the process how to really, truly understand what is going on in your hormonal cycle as far as conception timing is concerned, as far as how to understand your body and the changes that are going on within your body, but also when there are hormonal imbalances how to fix it rather than suppress it when they occur.

There is a huge lack of understanding and lack of knowledge in this area, and I know because so many of you have told me that you've learned so much from that program, and it makes me so happy to know



that you now are armed with such important and vital information about how to optimize your chances of taking home a healthy baby. That is truly a blessing as far as I'm concerned. Yeah, lack of knowledge is one of the hugest, hugest areas to address and to look at.

Critical Mistake #2: Wasted Resources

This was a big one for couples and you can imagine because it's actually number 2, so it's very, very high up on the list is wasted resources. Resources in the form of time because sometimes people continuing to do the same thing over and over years and years at a time without a result and continue to think that it will all turn out okay.

As I mentioned before, sometimes couples find us 2 to 10 years before they actually engage our services, and that is crazy to me. I had a lady last year who joined our program who had been following me for 10 years. When I asked her why 10 years, she's like, "I just didn't know."

It's like, "Oh, my gosh!"

It's really about looking at not wasting time. Stop doing the same thing, expecting a different result. Really focus on doing something that's actually going to optimize your chances and so many of my patients like the average time for such a long time used to be like 2 years. People used to know about us and our services and what we did for 2 years before they actually did anything. Luckily through education, we've been able to short cut that because it makes such a difference. [unintelligible 0:29:09] on your fertility journey can truly make a difference or mean the difference between having a baby and not having a baby.

Don't waste time. That's one of the most critical mistakes that literally practically almost every second survey was talking about the waste of time that they're coming to doing something earlier and the fact that it would have saved so many thousands of dollars and such infinite heartache. That's why actually wasting precious resources is together with money because that was the other thing people talking about the fact that they had spent thousands and thousands and thousands of dollars to going and paying for failed cycles, failed IVF cycle after failed IVF cycle to eventually end up with no result and figure out that, "Okay, look, I really have to do something different about this." You don't even have to go far.

[0:30:10] I've talked about one of the couples who basically had over 20 failed IVF cycles. I mean if you think about it and they did it all. It wasn't budget IVF; they were actually doing it all as private cycles, paying for each one as they went to the tune of about \$10,000 each, \$10,000. You can imagine after 20 cycles, you practically have a house in that, so it's incredible.

After they came to us, they did our program, they basically ended up conceiving naturally. This is what it comes down to. Sometimes it's about actually getting in there, taking action, doing what it takes, and it



makes such a huge difference. But the key is not to delay, not to waste time because that can truly mean the difference between having a baby and not having a baby. There's so much heartache that's not actually necessary. That's really quite important. This is a very, very critical mistake.

It's interesting. My husband, I asked him a question recently. I said to him, "You know, if you didn't know me and if you had a wife and you were having fertility difficulties and you wanted to do something and if she came to you and said, 'Look, I want to do this natural fertility program,' what would you have said like would you do it?"

My husband is an accountant. I thought I would mention that because this was his reply. He goes, "Oh, my gosh! Yes! It would have saved me so much money rather than going through IVF."

I was like, "Oh, my gosh! That is all you think about? Like what about all these other benefits?" Because we're constantly having people tell us how it completely transforms their life for the better. They feel so much better. They feel like the best version of themselves. There are so many wonderful benefits, and I tell him about all of those.

He goes, "It would have saved us so much money not having to go through IVF."

I'm like, "Oh, my gosh! That's what men think about."

Don't waste the money. Just do the work. That makes a huge, huge difference.

Mistake #1: Regret

The final thing, and I think that this is definitely Critical Mistake 1 that I think so many of you will actually relate to—drum roll for Critical Mistake 1—and that is regret.

People often talk about the regret of not giving it their all, not taking charge of their situation and doing what it took, and making the decisions rather than letting decisions be made for them due to lack of decision-making and also not doing the work to leave no stone unturned.

People tell me this literally all the time and in the survey, it was so crystal clear. I was very interested actually in all of that and there were lots of mistakes or I guess regret around rushing into IVF, the fact that IVF was not the only option, the fact that were things that needed to be done or could have been done to improve the odds of IVF, having wasted and spent so much money.

Again, please don't take this the wrong way like I am completely impartial of how our patients get pregnant and take home babies. In some instances, we are the very first to actually tell them, "Look, you actually need IVF. What we need to do is we need to prepare you so that you can go straight to IVF because that's going to be your very best possible way, your chance of taking home a healthy baby."



And so, I have nothing against IVF. I have nothing against the fact that I truly actually believe that it's a godsend technology for some couples who would never have been able to conceive otherwise. But what does happen and what is happening in this day and age is that unfortunately, IVF is being overused.

I feel like couples are literally being herded down this path like cows rather than being treated and looked at properly in the greater context of the things that are actually getting in the way of conception and the ability to take home a healthy baby.

The regret, I know that every couple I talked to, one of the things they say is they would never want to look back on their journey and feel like they could have done more, they should have done more. They had the opportunity and they didn't.

They all feel like they want to actually look back on their journey and know that they've given it their all, that they've done their best, and if it didn't happen, it wasn't because they didn't put in the work or the effort, but they just know that they've done everything that they possibly could. That is a place or an empowered position to be in or to come from because at least then, you can make the decision at any point that you choose to draw the line if you don't want to continue this.

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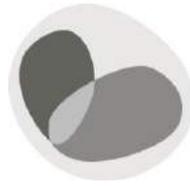
For some people, IVF is not something that they would want to engage with; for other people, donor egg, or donor sperm, or donor embryo, or surrogacy. For some people, that's where they'll draw the line in natural conception, others will draw the line at IVF, others will draw the line at donor egg, and so on.

The key aspect is to know that wherever you choose to draw the line, that you've left no stone unturned up until that point because that is the way that you won't ever have to live with regret, the regret of sitting in your porch when you're 90, sitting in your rocking chair, looking back in your life and going, "If only I had..." and that if there is one thing that I want to save you from is that kind of regret, it's that feeling of regret.

Just do your best. Do everything that you possibly can because that is what's going to give you the best possible result on your journey to parenthood, on your journey to creating the healthy baby of your dreams.

There's No Shortcuts

It's important to realize that truly when it comes to fertility, there is no kind of like shortcut. You've got to give it your all. You've got to do it for as long as it takes like if you're going up this mountain and you get halfway through and there is no other way, you've got to actually go through, what are you going to do? You're going to stop and sit there and wait for something to happen? No! You just got to keep on walking because you know that that's how you're going to get to the other side.



Or if you've walked already kilometres and you want to go back, well you've actually got to turn around and you've got to walk back, you can't expect that you're just going to be picked up where you are and you're going to magically appear elsewhere.

You've got to give it your all and you've got to do it for as long as it takes and making that decision, the decisions or the choices along the way, for example like this whole thing of like if you've decided, "Okay, I'm tired." Sure, you can rest, but you can't decide that you're just going to sit there on the ice for the next 2 weeks because you will die.

It's about making the decisions that are going to work for you and that you can actually get behind and you can support. For some, we are absolutely the solution. For some couples who will absolutely be the team that will be able to help you and hold your hand through that process and that really is what it comes down to.

Affecting Real Change

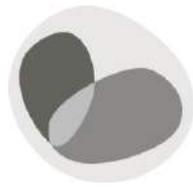
Now you see the key aspect and for me what I truly, truly want is to see this information creating a movement. I want it to make real change in the way that couples are taken care of, are addressed on this journey. I truly believe there is so much power in taking charge, in doing what it takes, in finding your strength, and I want that difference in people's lives to be my legacy, what I'll be remembered for in generations to come.

I don't want the adulation or the glory. I want the results. I want to help people become the very best version of themselves. Literally it can sometimes be the most soul-searching and gut-wrenching period of a person's life. It's really that simple. That is why I show up to do what I do every single day. There is really no other reason.

Yeah, sure there are some wonderful things that happen as a result of that, and I get to experience and be part of some incredible, incredible stories, but really that level of tenacity, discipline, focus, and determination that a human can muster to transform their results, well for me that is where it's at. I love to be in that energy, in that power, and I want to show you exactly how to be in that place.

New Beginnings

I know that change can only come from doing what it takes. Really sometimes a fresh new beginning is what is required and what it's all about. Some of you may want the opportunity to have my team on your side, holding your hand from beginning to baby. If that's you and you know who you are, what you need to do is you just need to basically go ahead and fill out the questionnaire. You will find the questionnaire at bit.ly/FertilityStartsHere, and that is essentially where you go. You complete the questionnaire, and one of my clinical assistants will give you a call to have a chat and see if we can help.



[0:40:20]

If we can help, great! If we can't help, at least we'll give you some more understanding of what you can do and where you can move to and how to navigate your path on this journey.

Parting Words

Today, I want to leave you with a reminder that only you can do your part, only you can develop your determination, only you can find your strength and take charge of your journey, and write your own story. It is only in doing your part that the heavens will come to your aid, and even though the outcome is not always up to you, the deep core action-focused desire to make things happen cannot come from anyone or anywhere else other than you.

In the words of the favourite, favourite quote of my entire lifetime in literally the entire world is William Hutchison Murray on the Scottish Himalayan Expedition,

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans, that the moment one definitely commits oneself, then Providence moves, too.

All sorts of things occur to help those who would never otherwise have occurred, a whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would come his way.”

I do. I believe in you. I believe in your abilities, and I truly believe you are whole and perfect and beautiful just as you are right now. If you never end up having a baby or another one, none of these facts will ever change. However, I still truly believe that you must do your part so that you will never have to live with the regret or have to look back and wish that you did, or you could, or you should, you will simply know.

Even if our paths literally never cross again, I do want you to know that you are loved more than you will ever know and I wish if nothing else, I have awakened in you this very simple truth and I wish you the very, very best on your fertility journey. Please do keep me posted. Nothing keeps me happy than to see your successes and to see you create your dream.

In the meantime, remember to keep the faith, do what it takes, and enjoy the ride. Until next time! Bye for now! **[End 0:43:10]**