

Three Month Program

If your client is willing to prevent conception for three cycles, and is not undergoing Assisted Reproductive Technologies (ART) such as IVF (in vitro fertilization), IUI (intra uterine insemination) or other medical interventions the following guidelines apply.

Note: Pay close attention where it states not to perform the suggestion if the client is pregnant or suspecting she may be.

Professional Arvigo Sessions: The initial session is optimally scheduled to include her partner and as soon after her menses as possible. Review the intake form and make your conclusions based on the information.

Perform a complete session per Professional Guidelines to include all components: anterior, posterior, upper abdomen, and teach self care for home use.

Follow up sessions: Suggest office visits weekly for 2 weeks, then monthly. Try to schedule appointments after the menses and prior to ovulation for optimal results.

Male Partner: Sperm count to include morphology (size, quality and quantity) of sperm should be done. Refer to his health care provider if this has not been done.

Chart Menstrual Cycles: Refer to “Taking Charge of Your Fertility” by Toni Weschler, and/or “The Garden of Fertility by Katie Singer.

Self Care Daily: All clients seen for professional sessions are taught Self Care techniques to be performed at home. Refer to the chapter on “Teaching Self Care” in the manual. Clients should perform self care daily except during menses and/or if she believes she may have conceived.

Heating Pad to Sacrum: Apply heating pad on low setting over the uterus and/or sacrum pre-ovulation. Castor Oil packs may be applied with warming herb poultices.

Rainforest Remedies “Female Tonic”: Prior to starting Female Tonic or other herbal lavage formulas, ensure your client is not pregnant. Standard dose is 1 dropper 3 times a day 10 days prior to menses. Refer to a qualified practitioner if you are not comfortable in herbal support. Clients may decline herbs as well.

Vaginal Herbal Steam Bath: One vaginal steam bath prior to menses if not pregnant. Refer to appendix

Vitex agnus castus “Chastetree” Obtain a reputable source of this herbal support. Standard dose is twice a day for the entire cycle.

Sleep in the Dark: sleep in the dark all month except for the three days of ovulation. During ovulation add a small night light or moon light to stimulate the pineal gland.

Ground Flax Seeds and Fish Oils: One Tablespoon of ground flax seeds daily, and an algae based fish oil daily. Nutra Deva, Nordic Naturals or other high quality brand.

Diet: Follow a diet high in fruits, vegetables, whole grains, organic dairy, eggs and meats (if not vegetarian) Decrease or stop caffeine, sugar, dairy, processed foods and meats with xeno estrogens. Increase water consumption to 6-8 glasses daily.

Exercise and Lifestyle: Encourage gentle exercise such as walking, yoga, swimming and other forms of stress management. Alcohol, tobacco or other substances must be stopped.

Uterine and/or Blue Door Meditation Encourages the individual to access potential unresolved, unconscious belief, emotions.

Detox Tea after menses: Any brand of Detox tea can be used. The tea works to remove toxins from the body, especially the liver.

Have Fun – Clients striving for conception are often coping with many stressors such as work, family and other commitments.

One Month Program

If your client is actively trying to conceive, we recommend the following routine:

Professional Arvigo Sessions: The initial session is optimally scheduled as soon after menses and prior to ovulation; include her partner if possible. Ensure to the best of her knowledge that she is not pregnant; it might be wise to recommend to the client to avoid intercourse prior to the session. Review the intake form and make your conclusions based on the information. Perform full session as per Professional Guidelines to include all components: anterior, posterior, upper abdomen, teach self care for home use.

Follow up sessions: Suggest office visits weekly for 2 weeks, then monthly if conception has not occurred. All visits are done after menses and prior to ovulation. As before sessions should not be performed if the client may be pregnant at the time.

Male Partner: Sperm count to include morphology (size, quality and quantity) of sperm should be done. Refer to his health care provider if this has not been done.

Chart Menstrual Cycles: Refer to “Taking Charge of Your Fertility” by Toni Weschler, and/or “The Garden of Fertility: by Katie Singer.

Self Care Daily: All clients seen for professional sessions are taught Self Care techniques to be performed at home. Refer to the chapter on “Teaching Self Care” in the manual. Self care is performed except during menses or if she may be pregnant. Self care techniques for home use are performed up until the day of ovulation.

Heating Pad to Sacrum: Apply heating pad on low setting over the uterus and/or sacrum pre-ovulatory. Castor Oil packs may be applied with warming herb poultices if indicated.

Rainforest Remedies “Female Tonic”: Prior to starting Female Tonic or other herbal lavage formula, ensure your client is not pregnant. Female Tonic is taken during menses and for 5 days after menses if heavy bleeding is not a concern. Ensure there is no possibility of pregnancy. Standard dose is 1 dropper 3 times a day. Refer to a qualified practitioner if you are not comfortable in herbal support. Clients may decline herbs as well.