



20 Overlooked Factors That Could Be Standing Between You and Pregnancy

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Check all the boxes that apply and invite your partner to complete it too!
You might be surprised by what you each notice.

☐ We haven't evaluated my partner's fertility, just mine.

Semen quality contributes to nearly half of fertility challenges.

☐ I'm still drinking alcohol while trying to conceive.

☐ I regularly drink from plastic bottles/cups or heat food in plastic containers.

☐ My home contains scented candles, air fresheners, or other fragrance products.

☐ I don't know if I'm actually ovulating.

☐ My periods are considered "normal," but they're painful, heavy, or full of clots.

☐ I wake up exhausted most mornings.

☐ I'm constantly stressed but assume that's just part of life.

☐ I don't exercise regularly.

- ☐ I don't prioritize sleep.
- ☐ I've never had my nutrient levels evaluated.
- ☐ I regularly eat take out or at restaurants.
- ☐ I have cravings for sugar or salty, crunchy foods.
- ☐ I often skip breakfast.
- ☐ I experience energy dips in the afternoon.
- ☐ My digestion isn't ideal (bloating, constipation, reflux, etc.).
- ☐ I rarely spend time outdoors or in sunlight.
- ☐ I haven't considered how inflammation may be affecting fertility.
- ☐ I've experienced miscarriage but haven't looked beyond hormone testing.
- ☐ No one has ever discussed environmental toxins with me.

Disclaimer: This checklist is designed for educational and informational purposes only. It is not intended to diagnose, treat, or replace individualized medical care. Everybody is unique, and the experiences reflected here may not apply to everyone. Please consult your licensed healthcare provider for personalized medical guidance or before making changes to your health, nutrition, or lifestyle routines.

Checked five or more?

Your body may be asking for support before pregnancy.

Hi! We're Birgit & Nicole, Co-founders of Conceive Naturally.

Our transformational three-phase system has helped more than 200 couples overcome hidden fertility barriers and conceive naturally with ease.

If you'd like to know more about how we can help you **conceive naturally** and get pregnant in a fraction of the time that it would take on your own, then we invite you to apply for a **Fertility Breakthrough Session**.

[Start application now](#)

Want to see what's possible? Meet a few of our naturally conceived babies...



“The support I received helped me conceive easily at 36 and have a smooth transition into motherhood.”

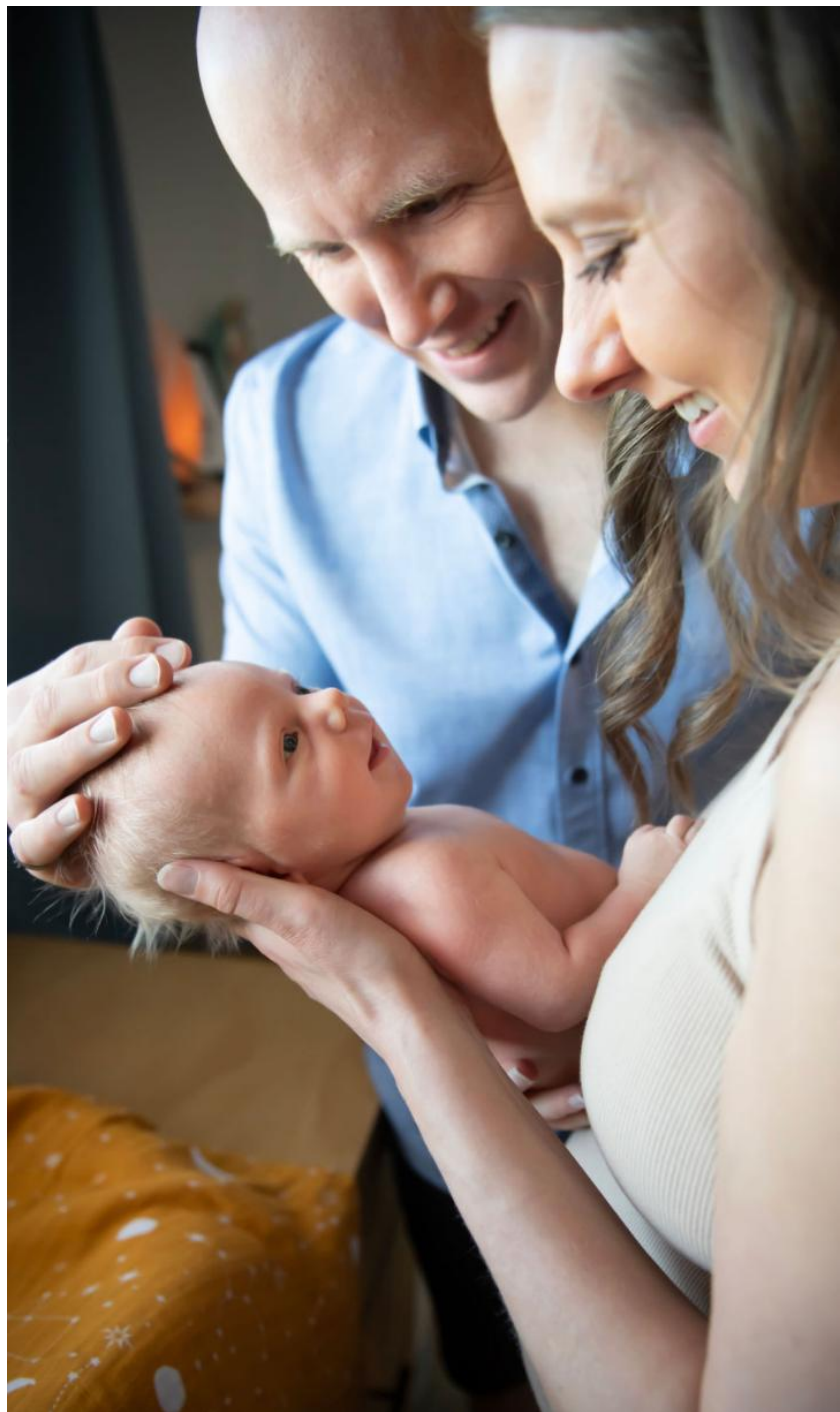
After years of unexplained infertility and being told IVF was our only option, I felt defeated and overwhelmed.

I wanted to understand the root of my fertility challenges and give my body a chance to conceive naturally.

Through acupuncture, **lifestyle shifts, and cycle-tracking guidance, my anxiety eased** and my body finally had the space it needed to heal.

In time, we **naturally conceived our beautiful son** and today he's a happy, thriving, active toddler.

Amanda, Joseph, and baby Malcolm



"We truly wouldn't have our family without Birgit & Nicole's support."



When I was diagnosed with PCOS, I was told IVF was likely my next step.

I came to Birgit & Nicole feeling scared, overwhelmed, and unsure if I would ever be able to get pregnant naturally.

Working with them **helped me address the root causes** of my fertility challenges.

Through nutrition, lifestyle changes, and natural fertility care **within three months my cycles regulated and I naturally conceived our first son.**

The experience changed how I care for myself and my family. We are forever grateful for our two beautiful boys.

Emily, Steve, Charlie, and baby Jack



“Four months after a painful miscarriage I naturally got pregnant with our daughter.”

After my miscarriage, I felt isolated and overwhelmed.

None of my friends who had kids struggled to conceive, and it put a real strain on my relationship.

What I needed most was structure, compassion, and a sense of hope again.

You gave me that, plus clear, manageable steps that **made me feel empowered instead of lost.**

Taking this time helped me feel like I was actively preparing my body for a healthy pregnancy instead of just waiting and worrying.

Erica, Chris, and baby Isla

Ready For Your Successful Natural Conception?

We can help! Check out the page below.

We invite you to get started with a

Fertility Breakthrough Session

This is your next step to naturally conceiving a healthy happy baby...

During the Fertility Breakthrough Session, you will:

- ♥ Create a clear vision for getting pregnant naturally and carrying a healthy pregnancy to term
- ♥ Uncover hidden obstacles that have kept you stuck and struggling on your fertility journey
- ♥ Receive professional recommendations tailored to your unique situation

1:1 Session with Nicole (Valued at \$297)

Why wait for another cycle of uncertainty?

This is your chance to begin moving forward with clarity, support, and empowerment.

Spots are very limited and fill quickly.

[Start application now](#)

