



3 Hidden Fertility Barriers

**Why You're Struggling to Conceive
Even When "Everything Looks Normal"**

By Birgit Witherspoon, MS, HHC & Nicole Stone, MS, LAc

Just for women ready to conceive naturally...

3 Hidden Fertility Barriers

Why You're Struggling to Conceive Even When "Everything Looks Normal"

If you've been trying to conceive and "everything looks normal," yet you're still facing miscarriages or negative pregnancy tests, you're not alone.

Most women are never taught about the deeper factors that influence fertility. Not the ones you see on lab tests or the ones your doctor typically brings up.

But the ones that quietly shape whether you get pregnant, stay pregnant, and bring home a healthy baby.

In this guide, you'll discover the **3 hidden fertility barriers** that affect thousands of women, even when their labs, cycles, and health appear perfectly fine.

These are the same barriers we help women overcome every day inside the *Conceive Naturally* program.

Keep reading to discover how to finally move toward pregnancy with confidence...



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**.

During this 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)

[Start application now](#)



Fertility Barrier #1: Trauma & the Nervous System

Why “Doing All the Right Things” Isn’t Enough

Most women think of trauma as big, dramatic events. But trauma is everything your body interpreted as overwhelming, unsafe, or emotionally shocking.

And yes, miscarriage is trauma. Not just physically, but emotionally, hormonally, and neurologically.

When the nervous system is stuck in protection mode, the body may quietly hit “pause” on conception.

Not because it’s broken, but because it doesn’t feel safe.

Why This Matters for Fertility

Unresolved trauma can influence:

- Ovulation
- Hormone balance
- Progesterone levels
- Implantation
- Cycle regularity



Most women skip the healing phase and jump right back into trying again.

The cost?

More stress, more fear, and a higher chance of repeated miscarriage.

What Happens When Trauma Is Healed

As your system moves out of protection mode and back into safety, everything starts to realign.

When you create emotional safety again:

- Your nervous system relaxes
- Hormones regulate more easily
- Confidence returns
- Boundaries strengthen
- You trust your body again
- Miscarriage risk decreases
- Your body becomes ready to conceive and carry a pregnancy

This pause also gives your body time to rebuild essential nutrients and minerals, the foundation of a healthy pregnancy.

Your body needs time, emotional safety, and nourishment.



In our **Conceive Naturally** program, we guide you through the emotional healing work that so many women skip, not because they don't care, but because no one ever told them it mattered.

We help you...

Release past trauma and rebuild trust in your body.

When you combine that with nourishing your body, balancing hormones, and understanding your fertile window, conception becomes so much easier.

Your pregnancy will be smoother with less chances of complications, and you'll welcome a healthy baby that will grow into a happy and thriving child.



Fertility Boost #1 : Vagus Nerve Activation

To get you started, here's a simple practice that begins nourishing your nervous system, lowering stress hormones, improving progesterone, and supporting healthier, more regular cycles.

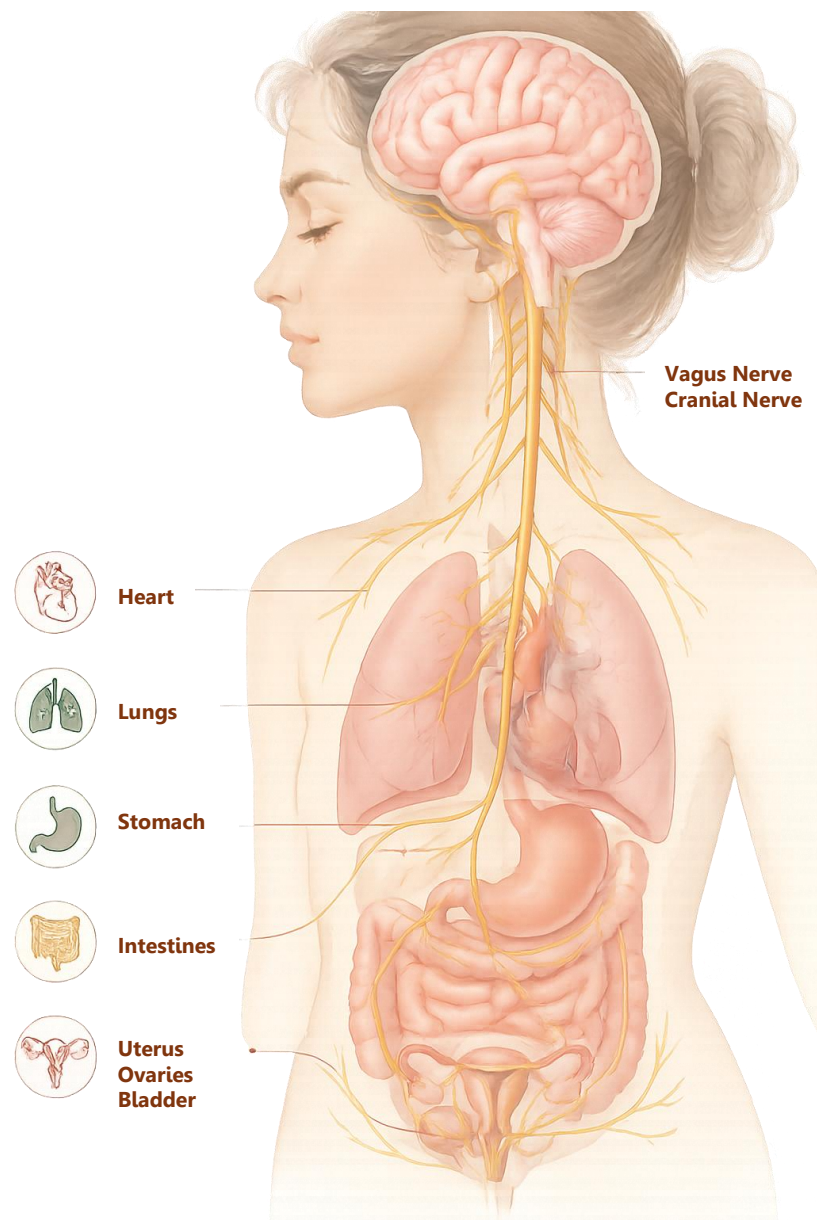
Doing this daily sends a powerful message of safety to your body and a body that feels safe naturally improves hormone balance, ovulation, and implantation potential.

What is the Vagus Nerve?

The vagus nerve is your body's built-in calming pathway, a long nerve that runs from your brain through your face, throat, heart, and all the way into your belly.

Think of it as your internal "rest and feel safe" switch.

When you activate the vagus nerve through gentle techniques like slow breathing or lightly stroking your neck, it tells your body that you're no longer in danger. Your muscles soften, stress hormones settle, and your reproductive system can shift out of survival mode.



A Simple Way to Activate the Vagus Nerve

One of the simplest ways to activate your vagus nerve is to lightly rub down the sides of your neck, from your jaw to your collarbone, for 30 to 60 seconds.

Repeat this 2–3 times a day for the greatest benefit.

This small practice helps your system return to a state of calm, which is the foundation for balanced hormones and healthy conception.

A body that feels safe can finally prioritize fertility again.



Fertility Barrier #2: Hidden Toxins

Before You Panic...Take a Breath

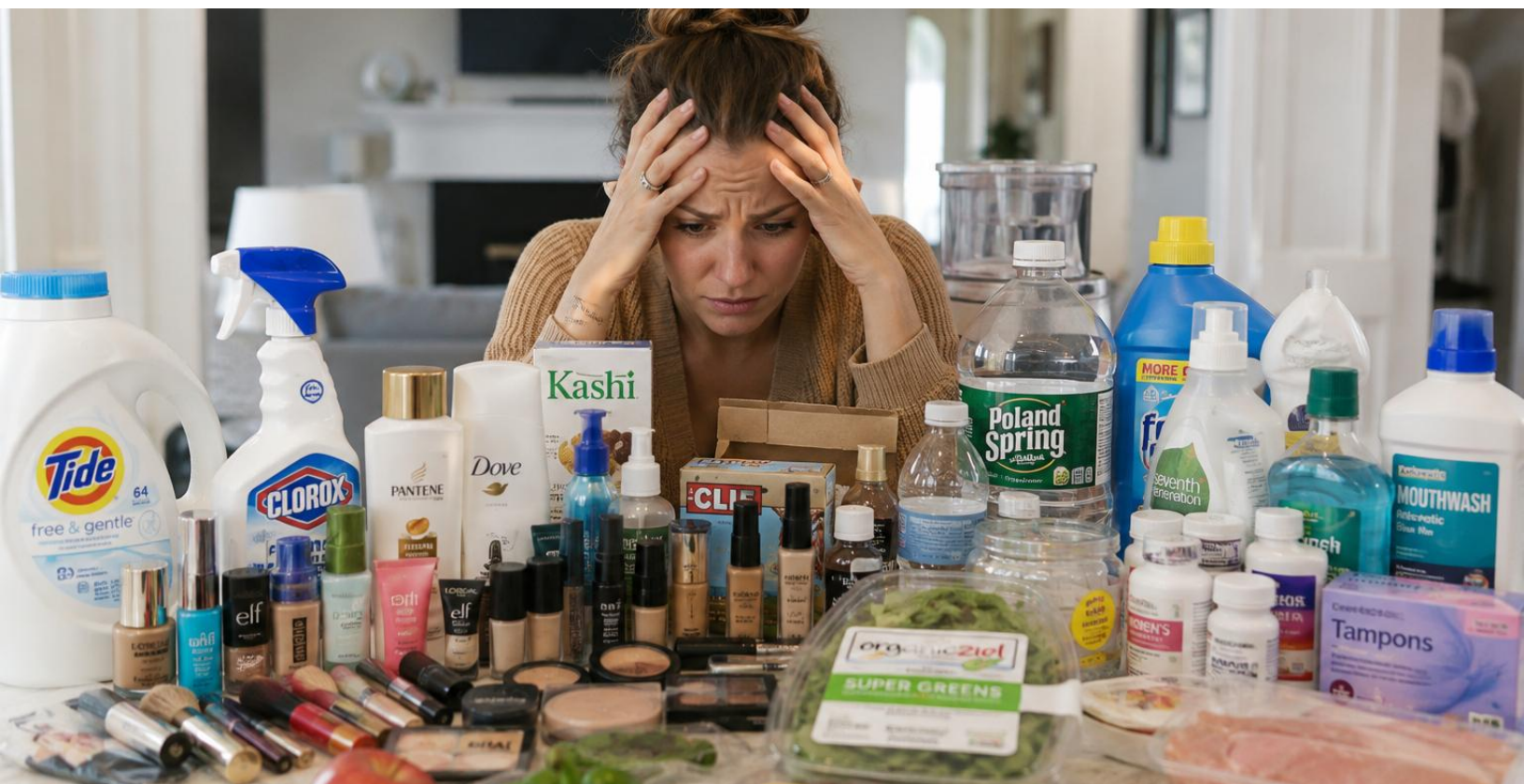
"Toxins" doesn't mean chemical plants or dramatic exposures.

It means everyday things your body has to process: personal care products, plastics, pesticides, household cleaners, air pollutants, medications, alcohol, and yes...stress.

Your body is incredible at detoxing. The problem is overload.

When your system is overwhelmed, it has fewer resources for hormone balance, egg quality, sperm quality, implantation, and pregnancy.

The challenge is that most people have no idea where to start.



The truth is, fertility isn't improved by perfection.

It's improved by reducing the biggest burdens and supporting the body's natural ability to do what it already knows how to do.

You don't need to become toxin-free. That's impossible.

You just need to help your body keep up with modern life. This is one of the reasons couples often feel relieved when they join our **Conceive Naturally** fertility program.

You learn which changes actually move the needle and which ones are mostly creating stress and emptying your wallet. More importantly, we look at your body as a whole system.

When all systems (digestion, liver, sleep, blood sugar) are working better, your reproductive system naturally follows.



The Detox Organ No One Talks About

It's not your liver... it's your **lymphatic system**. Most people have never even heard of it.

Your lymphatic system is like your body's sanitation department. It helps move waste, toxins, excess fluid, and cellular debris out of the body.

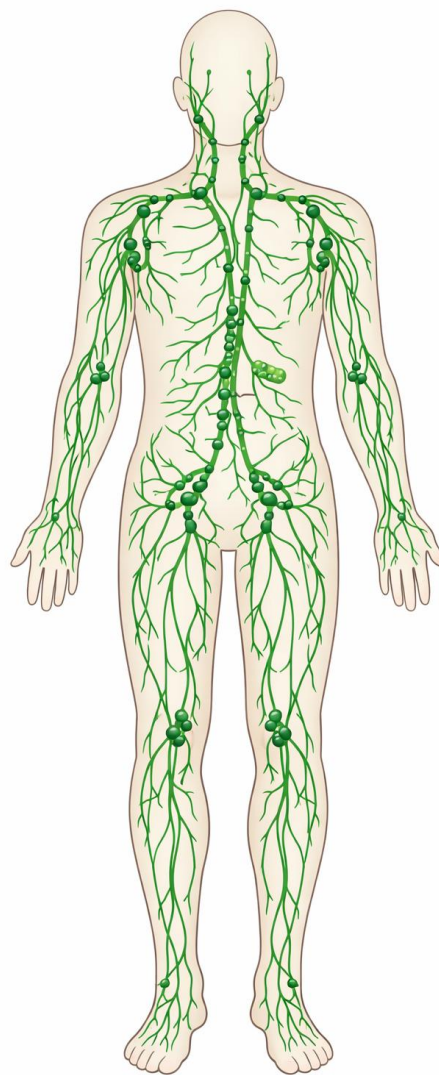
The funny thing is that unlike your heart, which has a built-in pump, your **lymphatic system relies largely on movement**.

In other words, sitting at your desk for eight hours, driving home, and then sitting on the couch binge-watching your favorite show isn't exactly helping things move along. No judgment. We've all been there.

But sometimes the body simply needs a little movement to do the job it was designed to do.

We talk more in depth about the importance of this system and how to gently and safely remove toxins in our **Conceive Naturally** program.

To get you started we have a quick tip for supporting your lymphatic system.



Fertility Boost #2 : 10-minute After Dinner Walk

After dinner tonight, go for a 10-minute walk with your partner. Just walk. Not for exercise, not to hit your step goal, or while scrolling your phone.

Walking after a meal helps support blood sugar balance, digestion, circulation, lymphatic flow, stress reduction, and nervous system regulation, all things that directly influence fertility.

Plus, it's one of the easiest ways to reconnect with each other without talking about ovulation, supplements, or fertility appointments.

Sometimes the most powerful fertility support isn't another thing to take. It's creating small daily habits that help your body function the way it was designed to.



Fertility Barrier #3: Resistance in the Relationship

This one isn't about hormones or ovulation. It's about **resistance**, often from your partner, sometimes from you, and almost always unspoken.

Resistance can look like avoiding a semen analysis, not wanting to change eating habits, hesitating to reduce alcohol, feeling overwhelmed by lifestyle changes, or not wanting to talk about fertility at all.

Fertility is not just physical. It's emotional. It's relational. It's energetic.

Why Resistance Happens

For many men, fertility struggles feel deeply personal. They may carry shame, fear, or helplessness, but express it as avoidance.

A semen analysis can feel exposing. Lifestyle changes can feel restrictive.

This doesn't mean he doesn't care. It means he doesn't know how to engage.

Meanwhile, women often carry the entire load. They are researching, tracking, changing diets, taking supplements, and scheduling appointments. This imbalance creates stress, resentment, and nervous system dysregulation, all of which impact fertility.



One of the biggest benefits of our **Conceive Naturally** program is that it helps both partners become part of the process in a grounded, non-shaming way.

Instead of blame, there is education. Instead of pressure, there is support.

Instead of feeling “broken,” couples begin understanding how fertility is influenced by sleep, inflammation, toxins, stress, nervous system health, emotional connection, and lifestyle patterns for BOTH partners.

Fertility is not just “the woman’s issue”

Men contribute 50% of babies DNA



Fertility Boost #3 : 20-minute Connection Ritual

One of the fastest ways to reduce resistance is to stop making fertility the center of every conversation. This surprises many couples.

When every interaction becomes about ovulation, supplements, appointments, or what someone "should" be doing, the nervous system can begin associating intimacy with pressure and performance.

Creating moments together that have absolutely nothing to do with trying to conceive helps restore emotional safety, which directly impacts fertility.

Spend 20 minutes together this evening without talking about fertility at all. No tracking, no planning, or problem-solving.

Instead, ask each other this question:

"What has felt hardest for you during this process?"

The goal is not to fix anything, but simply to listen.

You may be surprised how much resistance softens when both partners finally feel seen, included, and emotionally safe.

Check out some of the Conceive Naturally Success Stories on the next page



“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

**“We now have two beautiful, healthy children,
and we’ll be forever grateful.”**

Trying to conceive had become stressful and all-consuming. It was affecting my relationship, my confidence, and my ability to enjoy life.

Within just a few months of following all Nicole & Birgit’s care recommendations, my cycles regulated and I conceived naturally.

I went on to have two healthy pregnancies.

Breastfeeding was easy, recovery was smooth, and **both babies are healthy and thriving.**

I wonder how different our journey would have been if I hadn't gone through a preconception program.

Jen, Luke, Celine, and baby Jet





“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

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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](#)

