



Is Your Home Helping or Hurting Your Fertility?

**Discover The Top 5 Sources That
Could Be Standing Between You & Pregnancy**

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Is Your Home Helping or Hurting Your Fertility?

Discover The Top 5 Sources of Hidden Toxins That Could
Be Standing Between You and Pregnancy

You've changed your diet. You're taking supplements. Your lab work looks normal.

Yet month after month, you're still not pregnant or you have experienced miscarriage.

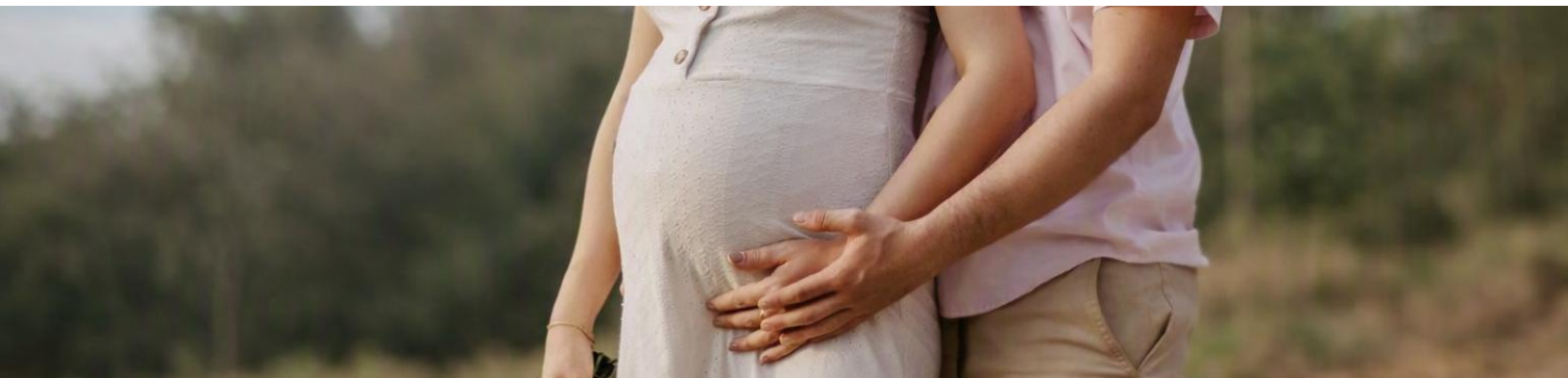
What if one of the biggest obstacles to conception is all around you?

Most women have no idea that common products found in their kitchens, bedrooms, bathrooms, and even the air they breathe may expose them to chemicals that can interfere with hormones, egg quality, and the body's natural ability to support a healthy pregnancy.

The frustrating part? These hidden fertility disruptors rarely show up on blood work and are seldom discussed during routine fertility appointments.

Before you pursue another treatment, another supplement, or another month of wondering why it isn't happening, make sure your home isn't standing in the way.

Discover how creating a healthier home can become one of the most powerful steps on your journey to 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**.

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**](#)



Hidden Toxins Affecting Your Fertility

Toxins are all around, from car emissions, factory pollution, radiation from cell towers, to pharmaceuticals and chemicals leaching into our water supply.

But the main sources of toxins that we are exposed to and affected by 24 hours a day are the ones hidden in our own homes, silently depleting your health and exacerbating symptoms of pain, allergies, headaches, insomnia, fertility, and more.

Volatile Organic Compounds (VOCs) - Paints, varnishes, cleaning supplies, furniture, cosmetics

Bisphenol A (BPA) - Plastic food containers, water bottles, clothing, coating of metal food cans, water supply pipes, sports equipment

Per- and Polyfluoroalkyl Substances (PFAS) “Forever Chemicals” - Water, indoor air, household dust, consumer products, foods

Parabens - Cosmetics, pharmaceuticals, foods, and beverages

Arsenic - Water, chicken, and rice

Pthalates – Nail polish, hair spray, cosmetics, shampoo, air fresheners, detergents



Female Gynecology & Fertility

Toxins overburdening the body has led to more women being diagnosed with Polycystic Ovarian Syndrome (PCOS), suffering with chronic premenstrual syndrome (PMS), and unexplained infertility.

Some of the main household toxins wreaking havoc on women's health & fertility:

PCOS – Phthalates, arsenic, and PFAS

Miscarriage – Per- and polyfluoroalkyl substances (PFAS), toxins in cigarettes, marijuana smoke, and vaping

Unexplained Infertility – Mercury, cadmium, lead. Cadmium & lead are found in endometrial tissue.



Where we are headed:

In 2024, the estimated prevalence of PCOS was approximately 5-15% of women worldwide.

That's about 5.2% of the U.S. population.

PCOS is responsible for 70% of cases of infertility.

Male Health & Fertility

Male infertility affects 1 in 7 couples despite having frequent, unprotected sex for a year or longer. The causes can be low sperm production, abnormal sperm function, hormone imbalance, and more.

Some of the main household toxins wreaking havoc on men's health & fertility:

Low testosterone – Phthalates, PFAS

Decrease in sperm count & function – Pesticides, heavy metals, air pollutants, phthalates

Erectile dysfunction – Solvents, pesticides, metals, smoking

Unexplained infertility - Arsenic (hinders testosterone & inhibits sperm formation) and BPA decrease overall fertility.



Where we are headed:

The prevalence of male infertility increased 76.9% from 1990 to 2019.

During that same time, the world population only increased 46%.

Top 5 Sources of Toxins in Your Home

#5

House and Yard Chemicals

5% of toxin exposure

PFAS in household items: Non-stick cookware, water resistant clothing, mattress protectors, stain resistant fabrics & carpet, cleaning products, food packaging

Microplastics (nano-particles): Clothing (microfiber & polyester), laundry detergent & dryer sheets, plastic bottles and plastic food storage containers

Electromagnetic Fields (EMFs) – Cellphones, smart devices, tablets, Wi-Fi, etc.

Household Cleaning Products – Contain ingredients such as ammonia, chlorine, 2-Butoxyethanol, and perchloroethylene, which are toxic to the liver

Insecticides – Organophosphates (malathion, parathion, dioxin, chlorpyrifos) and carbonates found in insecticides affect the nervous system

♥ Safer Alternatives:

- Replace plastic with glass
- Use traps instead of sprays
- Make your own DIY cleaning products
- Check out [EWG.org/verified](https://www.ewg.org/verified) for toxin free products for your home and yard



#4

Health & Beauty Products

10% of toxin exposure

Toothpaste – Can include toxins such as Titanium dioxide (TiO₂), triclosan, fluoride, Sodium lauryl sulfate (SLS), propylene glycol, parabens, & synthetic dyes

Deodorant – May include aluminum, parabens, triclosan, phthalates, Sodium lauryl sulfate (SLS), propylene glycol, formaldehyde contaminated synthetics

Hair dye - 4-methoxy-*m*-phenylenediamine, PPD (Para-Phenylenediamine), ammonia, hydrogen peroxide, lead acetate, paraben, benzocaine

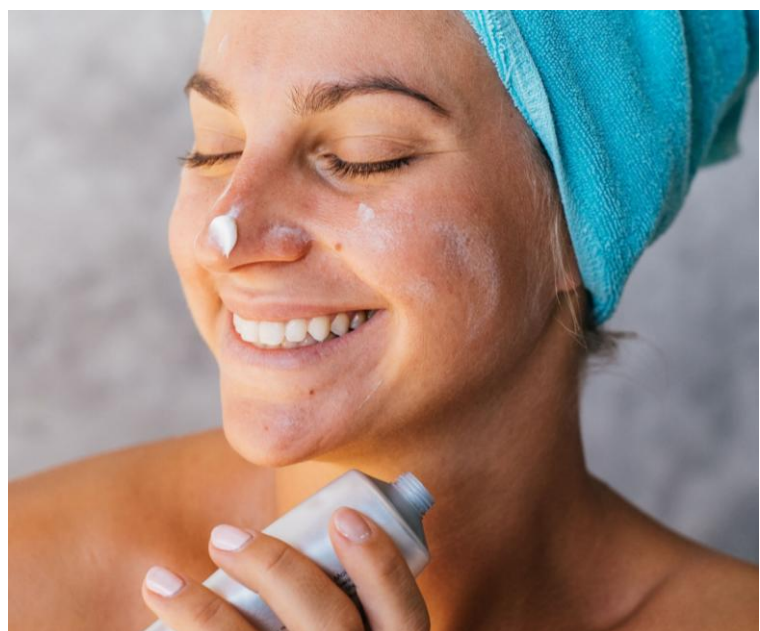
Makeup – Phthalates, lead, formaldehyde-releasing preservatives parabens

Lotions & Face creams – Parabens and fragrances. Butylated Hydroxyanisole (BHA) is an endocrine disruptor.

Tampons & Sanitary pads – Have harmful ingredients such as dioxins, furans, pesticide residues, unknown fragrances, and adhesive chemicals

♥ Safer Alternatives:

- Avoid anything with phthalates, parabens, dyes, & fragrances
- Use essential oils for fragrance
- Choose 100% cotton tampons and pads
- Check out [EWG.org/skindeep/](https://www.ewg.org/skindeep/) to look up the level of toxins in your current products



#3

Air

10% of toxin exposure

Air Fresheners (Plug-in, tabletop, aerosol sprays) – Phthalates, formaldehyde, acetone, benzene.

Perfumes & Colognes – Parabens, synthetic musk (endocrine disruptor), phthalates.

Air Conditioning & Heating – Viruses & bacteria, mold & mildew, VOCs, smoke, carbon monoxide.

Carpet – Chemicals used to make & protect carpeting, such as formaldehyde, VOCs, phthalates.

Dry Cleaned Clothes – The toxic chemical Perchloroethylene (PERC) is hazardous to your health when vapors are inhaled. It is also a potential carcinogen.

Outdoor Air Pollution coming into the home: Rubber micro particles from tires contain toxic chemicals, microplastics and heavy metals.

♥ Safer Alternatives:

- Use air purifiers or Hepa filters
- Professionally clean air ducts every 3 years
- Replace carpet with hardwood flooring
- Use beeswax candles instead of paraffin
- Add more plants to your home that help clean the air: snake plant, rubber plant, spider plant, dracaena, aloe vera, majesty palm



#2

Water 15% of toxin exposure

Tap water – PFAS, chlorine, fluoride, lead, VOCs, pesticides, arsenic, pharmaceuticals

Water from refrigerator – Some toxins such as cadmium, chromium, arsenic, fluoride, nitrate, asbestos, and pharmaceuticals do not get filtered out. These filters also need to be replaced regularly to be effective.

Water pitcher filters – Most of these are not able to remove fluoride, uranium or molybdenum

Shower & Bath – Your skin is absorbing all the toxins listed above in 'tap water' when you shower and bathe

Cooking Water – Boiling concentrates certain contaminants like PFAS, heavy metals, and nitrates rather than removing them

♥ Safer Alternatives:

- Purchase a high-end home/sink/shower water filter system
- Purchase filtered water from a local water store
- Choose a water delivery company that offers tanks instead of plastic bottles
- Use glass or stainless steel



#1

Food

60% of toxin exposure

Conventionally grown foods – Pesticides, herbicides, GMO (genetically modified organisms), PFAS, heavy metals, arsenic.

Mycotoxins – Compounds produced by molds (fungi) that grow in various foods such as corn, wheat, soy, peas, and peanuts.

Canned foods – The lining inside metal cans contains BPA.

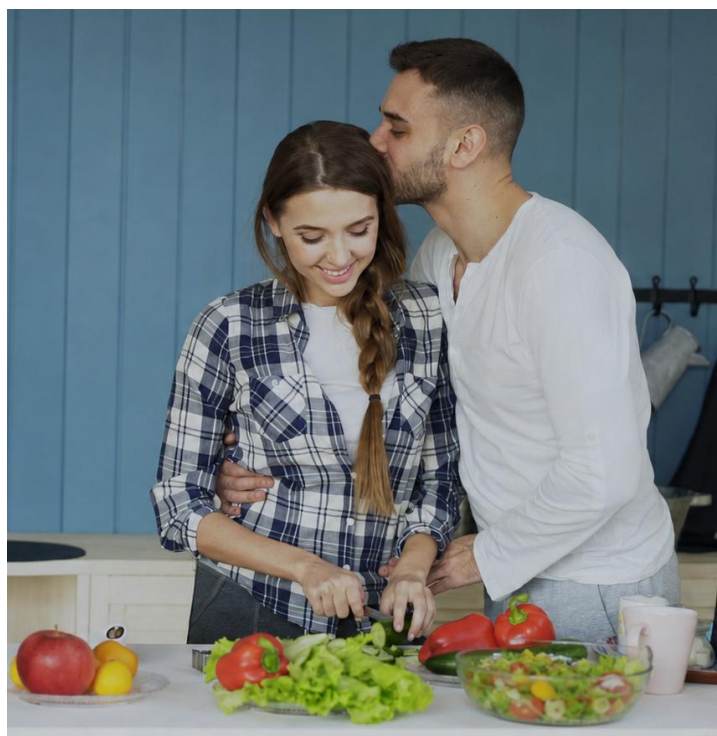
Processed deli meats – Nitrates, nitrites, fillers.

Non-organic meats – Greater risk of being exposed to environmental pollutants, such as pesticides & herbicides.

Plastic food storage containers – Leach BPA.

♥ Safer Alternatives:

- Buy produce from the local farmer's market
- Join a CSA or co-op
- Grow your own food and use non-pesticide methods such as companion planting.
- Buy pasture raised eggs. They are higher in protein, vitamins, minerals, and vitamin D3
- Purchase meats that have been grass-fed and grass finished



"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

"At 34 I went from no period and PCOS to being pregnant in six months."



I knew I wanted to get pregnant naturally and soon, but I **hadn't had a period in three months** and was still carrying the memory of how awful it felt to have postpartum depression after my first baby.

I was stressed, bloated, achy, and could feel my hormones were completely out of balance.

After years of irregular cycles, **working with you transformed my hormones** and my overall health.

A few months later, **we conceived naturally without even trying**. Even better, my second postpartum experience was the happiest, easiest time of my life.

Brianna, Jason, Faith, and baby Fallon

"Working with Nicole & Birgit completely Changed my fertility journey ."



I'd had irregular cycles since I was a teenager, and after coming off birth control in my late twenties, my hormones felt completely out of balance.

My periods were irregular, showing up unexpectedly only every 3 – 4 months.

After nearly **two years of trying and not knowing if it was meant to be**, their support and guidance helped me trust my body again.

Finally, my cycle regulated and I **easily got pregnant naturally.**

We are due to have our baby girl in a few months.

Bianca & Juan

What's next? 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](#)

