



BBT Charting

Why chart your cycle for your acupuncturist?

BBT (basal body temperature) charting is not a commonly used tool in conventional fertility medicine but it's a helpful tool for planning your acupuncture treatments. It's called basal because it is measured at a time when the body is deeply rested and your metabolism and temperature is at its baseline. A woman's body temperature rises after she has ovulated and begins to produce progesterone.

If you have read through my e-book 'Discover your Natural Fertility' you might have observed the subtle signs of during each day of your cycle. Your temperatures provide a snap shot of what is happening during the follicular phase, ovulation pivot and follicular phase.

Using a tracking app can be very helpful as well, here is a blue tooth thermometer which delivers information to an app. [Check it out here](#)

Initially an oral thermometer is used to take temperatures, however if you haven't fallen pregnant within a year there are other monitors which are used internally overnight that provide a much more detailed summary.

OvuSense a digital option

An accurate recording device worn internally at night to record your core temperature, no radio waves are transmitted within your body. Although a bit of an investment this will give a more complete picture of your temperatures to try to pin point where in the follicular phase (pre ovulation) there is an issue, it predicts your ovulation window.

Temperatures can be viewed online by your acupuncturist. OvuSense is medical class 2 device (high grade) with full approval in the US, Europe, UK, Australia and Canada. Cost £199, ask about a discount, as a practitioner I can provide you with a 20% code.

How to chart cervical mucus

At the beginning of your cycle, you get your period. As your period continues, any cervical mucus will likely be covered by the bleeding. As your hormones amp up for ovulation, your cervical mucus will become more cloudy or sticky. On the day you start ovulating, you'll have what's considered the most fertile cervical mucus, often referred to as "peak." The amount of fluid is different for everyone, but it's slippery, clear, and stretchy — and resembles a raw egg white. If you want to get pregnant, you should have sex without birth control when you see this mucus.

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After ovulation, mucus will likely disappear, since progesterone peaks during this time (in preparation for a potential pregnancy) and dries up your cervical mucus.

How do you check your cervical mucus?

- Before you pee, wipe the opening of your vagina with white toilet paper or tissue, and then check the color and feel of the mucus.
- Look at the color and texture of the mucus on your underwear.
- Insert your (clean!) fingers into your vagina, and then examine the color and texture of the fluid. Place your fingers, with the fluid from your vagina on them, into a glass of water. If what you have on your fingers is cervical mucus, it will either stay on your fingers or sink to the bottom.

Tracking cervical mucus might sound like a lot of work, but studies conducted by the World Health Organization indicate that 93% of women can successfully identify and distinguish fertile and infertile cervical mucus.

Tracking your cervical mucus may be more challenging in the following situations:

- Irregular or disrupted cycles: When cycles are irregular or disrupted by hormonal birth control; conditions like polycystic ovary syndrome (PCOS), Turner syndrome, or chronic cervicitis; or recent pregnancies; the amount and quality of cervical mucus can be impacted.
- Dehydration: The amount of water in your mucous can increase or decrease its ability to penetrate sperm.
- Persistent reproductive tract infections: Since cervical mucus and vaginal secretions are difficult to distinguish, changes to vaginal secretions as a result of infections will make tracking cervical mucus more difficult.
- Certain medications: Some medications — like Clomid, a fertility drug aimed at triggering ovulation — can change your cervical mucus. Likewise, if you have the Mirena IUD (a levonorgestrel IUD), it will thicken your cervical mucus to make it difficult for sperm to penetrate through (and therefore prevent pregnancy).

