



Charting Your FERTILE PEAK

Boosting your fertility with the pearls of
Chinese medicine wisdom.

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Welcome!

I've supported many women over the years in their journey to conceive naturally or assisted with acupuncture treatment, flower essences and life style support to enhance fertility.

It would be great to help you!
Please feel free to reach out, I offer a free 20 min. discovery session virtually or in person.

BOOK NOW

WHY SHOULD I CHART BBT?

BBT (basal body temperature) charting is not a commonly used tool in conventional fertility medicine, but it's a helpful tool for planning acupuncture treatment as well as learning about your unique fertility and fertile peak.

The basal temperature is measured at a time when the body is deeply rested. At this point your metabolism & temperature is at its baseline.

A woman's body temperature rises after she's ovulated, her body begins to produce progesterone which assists in implantation.

Using a tracking app can be helpful, but learning your own unique cervical mucous changes ultimately provides the best information.



Practical Info



Your BBT needs to be taken after at least three hours uninterrupted sleep and is generally taken when you first wake up.

If you work shifts then the same applies but note down the time of day you took your temperature on the chart.

Use a digital oral (for the mouth) thermometer that reads in fahrenheit up to the 10th degree (example 98.6°F). If you haven't fallen pregnant within a year there are other types of monitors which provide a much more detailed summary.

Download an app such as Fertility Friend (it's free!) that will produce a chart from your inputted data.

It's important you take your temperature when you first wake up and before you get out of bed, to get consistent readings

Your BBT can be influenced by many factors that could make one or two readings inaccurate such as: sudden illness, fever, stress, alcohol or time zone differences due to traveling

CHARTING

HOW TO'S

1 *When to start*

Day 1; the first morning/ afternoon/ evening your period starts to flow. Note the date at the top of the chart and record your temperature.

2 *How to note observations*

Bleeding (B): Put an F for flooding, H for heavy, M for moderate, L for light and S for spotting.

Cervical Mucus: (M) dry, stretchy, spin

Ovulation Prediction: (OV)

Breast changes: (BC)

Abdominal pain (AP): Mark any cramping or discomfort during your cycle.

Sexual Activity: (S)

3 *Other questions*

- What if I forget one day? If you forget, or don't take your temperature immediately on waking, make a note.
- What if I am ill? If you are ill, note your temperature & make a note.
- What should I do if my cycle lasts longer than 40 days? Start a new sheet, make a note that it is a continuation.

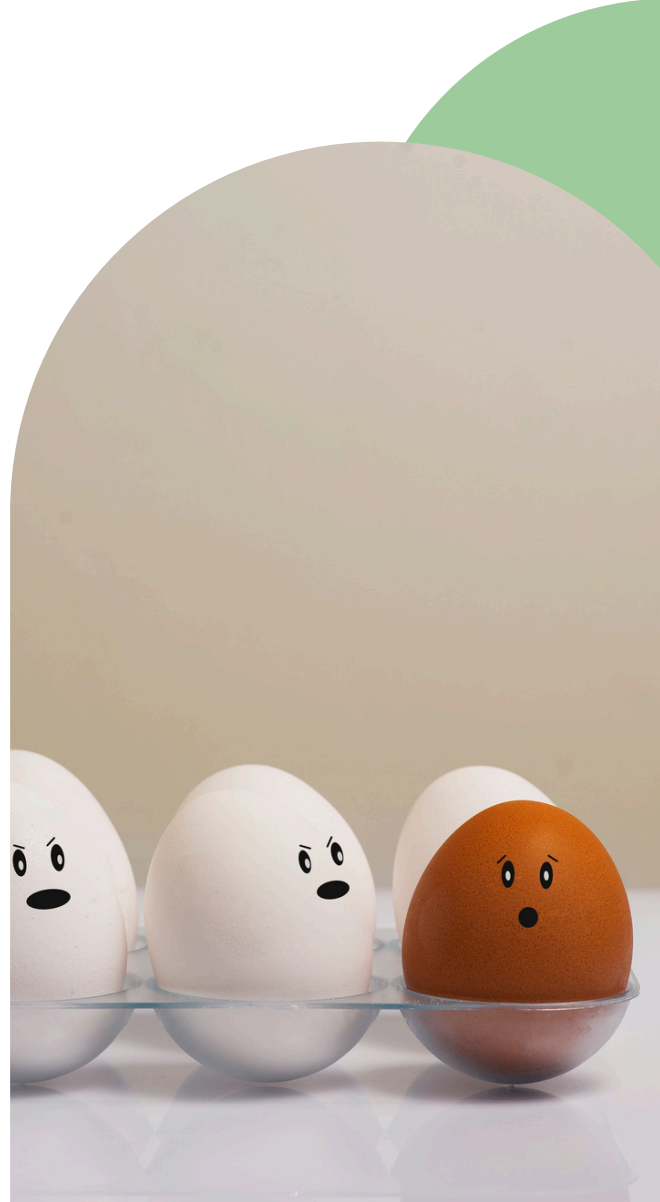
WHAT TO LOOK FOR?

At the beginning of your cycle, you start your period (Day 1). As your period continues, any cervical mucous will likely be covered by the bleeding, after Day 6 start to observe changes.

As your hormones shift toward ovulation, cervical mucous becomes more cloudy or sticky.

A few days before ovulation you may observe mucous becoming more egg white like, this is called "spinnbarkeit."

The amount of CM is different for everyone, but should appear as slippery, clear, and stretchy; resembling raw egg whites. Yeah! this is your fertile peak.



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

CHARTING

CERVICAL MUCOUS CHANGES

Cervical Mucous

To understand your cycle, observing cervical mucous changes can provide the most reliable information as you approach your fertile window. These are the four stages

Type 1: Post period (Day 6 onward) Note as (D)

Appearance: nothing observed

Sensation: dry, rough, itchy or nothing felt

Type 2: Luteinising hormone (LH) starts to build (D)

Appearance: nothing observed

Sensation: damp

Type 3: LH is building toward to the fertile peak (S)

Appearance: cervical mucous is thick, creamy & sticky. Could be whiteish or yellowish. But not yet stretchy/ elastic.

Sensation: damp

Type 4: Fertile window Day 10 + (F)

Appearance: cervical mucous is transparent like raw egg white.

Stretchy, elastic, liquid and might be watery.

Sensations: wet, slippery & smooth