



FREE EBOOK

Fertility Support Guide

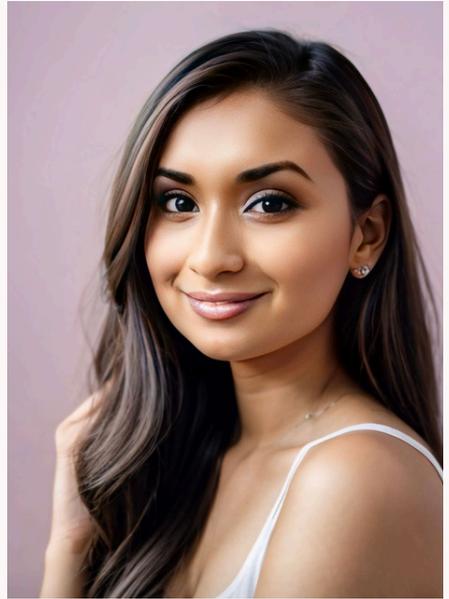
Created By Dr Divpreet Sacha
Her Holistic Health
www.herholistichealth.co.uk

INTRODUCTION

The Struggle Is Real

If you're dreading Mother's Day this year, you're not being dramatic — you're being human. I know the sting of pregnancy announcements. The quiet grief of seeing yet another scan photo. The feeling that everyone else is moving forward while you're stuck in the unknown.

As a doctor, I understood the physiology of fertility. As a patient, I lived the heartache of infertility, IVF, and loss. And yet... nothing truly prepared me for the emotional, hormonal and physical toll of it all. Not the textbooks. Not the clinics. Not the pamphlets.



**I created this guide to offer the kind of support I wish I'd had.
A space where the science makes sense.
Where your experience is validated.
And where you're reminded that this isn't your fault — and you're not alone.**

Whether you're navigating timed intercourse, IVF, PCOS, unexplained infertility, or just surviving this season — this guide is for you.

It won't fix everything, but I hope it helps you feel seen, soothed, and more informed.

- Dr Dips

5 Evidence Based Ways To Cope

1. Lower cortisol, support your hormones

Stress affects the hypothalamic-pituitary-ovarian (HPO) axis, impacting ovulation and progesterone levels (Selye, 1956; Mastorakos & Ilias, 2003).

Try: protein-rich breakfast, morning daylight, and light daily movement to reduce cortisol naturally.



2. Reclaim control with boundaries

Social media comparison has been linked with increased depressive symptoms in fertility patients (Joffe et al., 2021).

It's okay to mute or unfollow.

3. Balance blood sugar

Stable glucose reduces insulin resistance, which plays a role in ovulatory dysfunction (especially in PCOS) (Legro et al., 2007).

Pair carbs with protein/fat. Myo-inositol has strong evidence for improving ovulation in PCOS.

4. Name the grief

Infertility has been found to cause distress levels comparable to those experienced in cancer diagnoses (Greil et al., 2010).

Grief doesn't always follow loss – sometimes it follows delay.

5. Give up perfection

Your cycle isn't a test. The "right" timing isn't everything. It's okay to take a break.



Ovulation Tracking

When you're trying to conceive, it's natural to want answers — and tracking your cycle can feel like a way to reclaim some control. But what many people don't realise is that not all tracking methods are reliable, especially for those with irregular cycles, PCOS, or hormonal fluctuations. This doesn't mean tracking is useless — just that it works best when you understand what it can (and can't) tell you.



IMPORTANT INFO TO KNOW

- LH strips can give false positives in PCOS due to multiple surges without actual ovulation
- BBT is helpful but confirms ovulation after it's happened
- Cycle apps often use flawed algorithms not validated against ultrasound or hormonal testing
- Cervical mucus tracking is evidence-based and more accurate when combined with tech tools (Ecochard et al., 2015)

No single method is perfect — use what supports you, not stresses you.



What Can Help Fertility



There's a lot of noise online — and it's easy to feel overwhelmed by conflicting advice. This isn't about miracle cures or quick fixes. These are evidence-based strategies that support your hormones, ovulation, and overall reproductive health — without adding more pressure.

SMALL CHANGES. REAL IMPACT. BACKED BY RESEARCH.

FERTILITY TIPS

- **CoQ10 (Ubiquinol):** is a supplement that helps mitochondrial function & egg quality (Bentov et al., 2014)
- **Omega-3s (DHA):** Reduce inflammation, regulate prostaglandins, and support implantation (Ott et al., 2018)
- **Vitamin D:** Levels <30 ng/mL linked to poorer IVF outcomes (Chu et al., 2018)
- **Sleep + daily rhythm:** Supports the circadian alignment of reproductive hormones (Kalantaridou et al., 2004)
- **Gentle movement:** Improves insulin sensitivity, mood and endometrial blood flow

These are backed by research — not trends

FOLLOW ME ON INSTAGRAM
@HERHOLISTICHEALTHBYDRDIPS
FOR MORE INSIGHTS



Coming Soon...A New Kind of Fertility & Hormonal Health Support

Many women navigating fertility and hormonal conditions feel lost in a system that's under pressure. I've experienced it first-hand — as both a doctor and a patient.

That's why I'm building a hybrid support programme for women navigating fertility, IVF and hormonal imbalances — grounded in knowledge, lived experience, practical realities and research.

HER HOLISTIC HEALTH FERTILITY & IVF SUPPORT PROGRAMMES

- Doctor-led digital content with clear, research-informed breakdowns
- Understand your hormones, fertility or recovery with greater clarity
- Explore lifestyle, supplement and nutrition strategies supported by research
- Cut through the noise and gain confidence in what's worth your time and energy
- Learn in a way that fits around your real life — no pressure, no rigid rules
- Access exclusive discounts from reputable companies offering supplements, blood tests and screening tools
- Optional add-ons like webinars and Q&As for those who want extra support

WHY NOW?

Because when you understand your body, you can advocate for it.

Because informed questions lead to better conversations.

Because support shouldn't depend on how long your appointment is.

This is not about telling you what to do — it's about helping you feel more equipped to decide what's right for you.

Launching soon.

— *Dr Dips*

Her Holistic Health

