



# **Certified Fertility Counselor Course Instruction Manual**

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# Certified Fertility Counselor Course Rules & Conditions

1. To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of the **Question and Answer page before you e-mail it back to us for grading. You will receive a Question and Answer session at the end of each session. E-mail it to us at [myeggandme@amandabears.com](mailto:myeggandme@amandabears.com). There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.**
2. To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. When you have completed all sixteen sessions and question and answers, you will receive a bound final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
9. If you have any questions at any time, please e-mail your questions to [myeggandme@amandabears.com](mailto:myeggandme@amandabears.com), or call us at 386-263-2215. We will answer your questions and spend as much time as necessary to help answer your questions.
10. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

## CERTIFIED FERTILITY COUNSELOR COURSE - SESSION 1:

- ABOUT THE INSTRUCTOR
- COURSE OVERVIEW
- COURSE DEFINITION
- COURSE SCHEDULE
- INTRODUCTION TO FERTILITY

### About The Instructor

Amanda Brown has been an advocate in the field of fertility for over four years. As a Certified Herbal Counselor, Amanda continues to advocate for [resolve.org](http://resolve.org) and educate about infertility, health, and wellbeing. Amanda is a columnist for Woman's Essence Magazine; Housewives Magazine, examiner.com, and has helped many women with her columns on health and nutrition. Amanda has also created a large educational fertility website, and contributes to a large online infertility forum which has brought voices to many women. Amanda shares her own personal experience with secondary infertility, and recurrent losses.



For questions about the course, contact Amanda at [myeggandme@amandabears.com](mailto:myeggandme@amandabears.com)

### Course Overview

This course runs for 13 weeks. It contains 12 lessons on the web. The files are in Adobe PDF format and are ready to download. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed, faxed, or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.



### Course Definition

The term "fertility" refers to a person's ability to produce offspring. Getting to know your body and the signs associated with your most fertile days is an important aspect of your sexual health. If you want to become pregnant it will help you to achieve those results more quickly. If you want to avoid having children, understanding your fertility will enable you to avoid having unprotected intercourse during your peak fertile times. Seeking the help of a fertility specialist is recommended when a couple has been unable to conceive within a year. If you are over the age of 35, time is of greater importance as successful conception becomes more and more unlikely as we age. Infertility affects at least 1 in 5 couples. That's a whopping 25% of the world's population that suffer from infertility in some fashion! Luckily, the majority of couples who suffer from fertility will find help - usually through finding the right fertility clinic

and or doctor where infertility therapy can begin. Some couples will adopt, some will decide upon surrogacy and many will eventually time conception just right and manage it without outside help. This course is designed to teach you about fertility and infertility as well as the alternative options available for yourself and others.

## Course Schedule

- Session 1: Introduction to Fertility and Brief History of Infertility
- Session 2: First Half of Cycle (Follicular Phase) and Hormones
- Session 3: Ovulation: What can Interrupt Ovulation and Tools for Ovulation?
- Session 4: Egg (Ovum) and Sperm
- Session 5: Conception and Pregnancy Testing
- Session 6: Luteal Phase and Hormones
- Session 7: Menstruation Details - Clotting, What's Normal or Abnormal
- Session 8: Infertility and What can Compromise it including Blood Tests
- Session 9: How to Help Fertility in Both Men and Women Through the Use of Foods and
- Session 10: Dietary Changes
- Session 11: What Can Harm Fertility
- Session 12: List of Hormones Involved with the Fertility Cycles
- Session 13: Alternative Treatments for Fertility and Infertility: The Use of Medicinal Herbs
- Session 14: Final Exam, Certification, and Class Evaluation

## Introduction to Fertility

Fertility is the natural human capability of producing offspring. It's the fruit of life and what makes life. However it's not all as easy as some may think. Everything in the human body has to be timed just right for conception to take place.



Many believe that the body coincides with the phases of the moon, this is called Lunar Phases. The moon's sway over our sex life and fertility is almost universally accepted, though still full of great mystery. It's part of a rhythm observed in the natural world, with the life force growing, plumping up, being animated at the "waxing cycle" and diminishing during the waning cycle. One observable example is the burgeoning of crustaceans with eggs and sperm on the building cycle, and release at the full moon.

Many women have reclaimed this connection to "Mother Moon", seeking to go with the flow, and not against it. There's a growing interest in using lunar calendars to find the peak of fertile days, and watching the moon.

## Lunar Cycles and your Fertility

Many women have reclaimed this connection to "Mother Moon", seeking to go with the flow and not against it. Couples all over have a growing interest in using lunar calendars to find their peak fertile days, while watching the moon's phases.

In the 1950's, a Czech doctor called Dr. Eugene Jonas brought some of this lunar wisdom into the realm of scientific discovery. Jonas found out that women's fertility peaks during the Moon phase matches the one they were born under. For example, if a woman was born

during the dark of the Moon, her peak is the three days around that time, even if it coincides with the menstrual period. That means there are two peak periods for fertility in a month, one being the regular mid-cycle ovulation.



## Phases of the Moon and Fertility

- As the moon waxes, the estrogen levels go up, which peaks at the full moon.
- For women, the full moon is energizing and there's less need for sleep. The radiant moonlight makes women feel more appealing and receptive to sex.
- During the waning moon, higher progesterone prepares the women for possibility of new life.
- At the dark of the moon, hormones are at their lowest. This is the time to rest so renewal can happen.
- Birth rates are lower in the three-day period at the new Moon. This reflects the lowered libido and energy for sex.
- At the woman's natal lunar phase, high stress or sexual intercourse can bring on spontaneous ovulation.
- Your most fertile days are when the mid-cycle ovulation matches up with the natal lunar phase.
- The lunar phase can be calculated from your natal chart, by counting the degrees that the moon is ahead of the Sun.
- Your fertility peaks when the Moon and Sun are in that angular relationship every month.

There's evidence that a man's sperm count reaches a peak during his lunar return, when the moon is in the sign he was born in. Dr. Jonas found that the sex of a baby was in the synch with whether the moon was in a masculine or feminine sign at the time of conception.

## More than a Moon

It takes more than the moon to conceive contrary to the Lunar belief. A woman's ovulation is fragile, and anything can interrupt it. A woman's body is delicate, as the pH balance can be interrupted just by a few foods that are consumed, harming the lifeline of the sperm. Temperatures within the body and hormones have to be just right for conception to fall into place as it should.

Knowing how the female reproductive system is put together can help a couple to conceive. Being aware of the follicular phase, ovulatory phase, and luteal phase are all apart of pinpointing ovulation. It's almost a myth now on cycle lengths being a full 28 days. Unfortunately this is because of all toxins our bodies take in, which alters the endocrine system, and eventually unbalancing the reproductive organs.



Many, many years ago, women could have counted on their cycles being equivalent to calendar months. In fact, many jokes have been made of the "monthly" period. Unfortunately due to the endocrine interruptions of the cycles, this is no longer true. But, it's not just women that are affected by the chemicals and toxins, it's also men.

## How Fertility is Defined

There are several phases of the menstrual cycle, regardless of the length of the actual cycle. The *first phase* is the follicular phase. This is where follicles will start to mature, estrogen starts building up the lining again after shedding, and the body gears up to ovulate.



The *ovulatory phase* is the week of ovulation. Several factors can interrupt the week of ovulation. This is why a calendar is not the best way to track ovulation.

The *third phase* of the menstrual cycle is called the luteal phase. This is the time if the egg was fertilized, it should be implanting into the endometrium lining, and preparing for growth. If the egg was not fertilized, it dies off within twenty four hours of release, and absorbs back into the tubes. Eventually your lining will then start to shed, and you will start your new cycle.

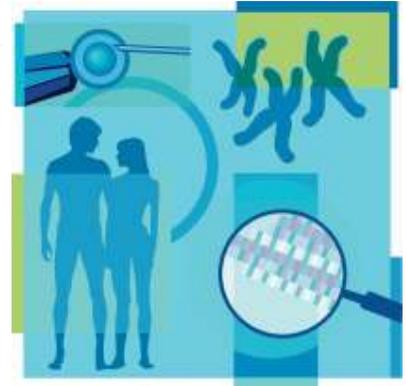
Hormones work together to maintain each phase of the menstrual cycle. There are many factors that can disrupt the hormones. Sometimes these factors can be repaired, and sometimes they cannot, causing infertility.

## Infertility

More than 7.3 million couples in the United States alone are affected by infertility. Basically that's 1 out of every 8 couples you will see, are affected by this disease.

### What is infertility?

Infertility is the inability to conceive, or carry a pregnancy to term. Infertility has gradually become more common, as certain reproductive challenges arise in couples. Recently there have been many reports that infertility is on the rise beyond just the United States. From Canada, United Kingdom, China, Israel, Korea, and Russia are all feeling the worldwide global infertility rise.



Most recent studies and reports say that this epidemic goes beyond couples waiting until they are more settled in life before attempting a family.

In 2013 a report was released claiming that Endocrine disrupting chemicals including manmade products such as pesticides and plasticizers, which is found in food, indoor and outdoor environments, and a wide range of consumer products are causing adverse effects on reproduction such as infertility, reduced sperm count and viability, testicular and prostate cancers, type 2 diabetes, obesity, heart disease, and thyroid and immune system dysfunction.

Unfortunately when all of these combined over the years, build up in the endocrine system, you will find that infertility will continue to rise. Causing not only thyroid disorders, but also polycystic ovarian syndrome (known as PCOS), endometriosis, Asherman's syndrome, high miscarriage rates, abnormalities in the womb, anovulation, and low sperm counts to none in men.

### Preconception Visit

Once the decision has been made to start a family, it is best to first go to a preconception visit with an Obstetrician, where a couple has the opportunity to discuss concerns, and any other aspects of their fertility. The following is a checklist to help prepare a couple before they go into a preconception visit.



### Preconception Visit Checklist

**Medical History:** The doctor will want to go over all aspects of your health history. To make this process easier, the couple should make a list prior to this visit. Be very thorough of your family history, genetic issues, or inherited diseases. Have a list of all the medications, herbs, vitamins that you are currently taking, and any records you may have from previous physician visits, including any vaccination history and recent blood work, pap smears.

**Gynecological History:** In addition to the medical history, be prepared to answer questions about any previous high risk pregnancies, diabetes, preterm labor, preeclampsia, miscarriages, abortions, or any other gynecological issues, such as fibroids. Be honest and straightforward about your current past health.

**Lifestyle History:** The doctor will discuss your everyday lifestyle habits such as smoking, drinking, diet, and weight. Discuss anything that can affect fertility and developing babies. Your doctor will likely want to correct or help you quit any habits before getting pregnant. It's important to make sure that you are close to your ideal body weight. Work life will also be discussed, stress, pets, use of pesticides, prolonged sitting, standing or lifting that you do.

Taking an Organic Prenatal Vitamin three months prior to trying to conceive is beneficial. This way the appropriate vitamins and nutrients can properly get into your body and ready for conception. Being healthy is a great place to start for the right environment prior to conception.

## Certified Fertility Counselor Course- Session 1- Questions and Answers

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Please be sure to fill out the information above, complete the test and email it back to us at [myeggandme@amandabears.com](mailto:myeggandme@amandabears.com). We will grade your question and answer session and will let you know if we have any questions or concerns.

1. Define Fertility.
2. What is a Lunar Moon Cycle?
3. Name three phases of the menstrual cycle.
4. T/F a twenty eight day menstrual cycle is a myth.
5. \_\_\_\_\_ out of every \_\_\_\_\_ couples suffer from infertility.
6. What are endocrine disrupting chemicals? And what effect does this have on fertility?
7. What is needed for a preconception visit?
8. Prior to conception, what healthy step can a couple take?