

When to Time Your FEM Session

| Session Type | Natural Cycle | Intrauterine Insemination | In Vitro Fertilization |
|----------------------------|---------------|---|---|
| Cleanse the Body | Pre-Ovulation | At least 3 days prior to beginning medications/ hormones (birth control pill is fine) | At least 3 days prior to beginning medications/ hormones (birth control pill is fine) |
| Enhance the Blood | Pre-Ovulation | At least 3 days prior to insemination | At least 3 days prior to ovulation-trigger-shot (often HCG shot) |
| Open the Breath | Pre-Ovulation | At least 3 days prior to insemination | At least 3 days prior to ovulation-trigger-shot (often HCG shot) |
| Relax and Integrate | Pre-Ovulation | Anytime prior to insemination | Anytime prior to ovulation-trigger-shot (often HCG shot) |

***A 30 minute 'Unwind and Destress' session may be scheduled **at any point** during your cycle, and is especially appropriate post-insemination, post-retrieval, and post-transfer.