

FEM Protocol Timing Sheet

| NATURAL CYCLE | Menstruation (day 1-3) | Follicle Development (day 4-9) | Fertile Phase (day 10-14) | Post Ovulation (day 14-28) |
|-------------------|---|---------------------------------|---|----------------------------|
| Cleanse the Body | assists body's cleansing process | | | may be pregnant |
| Enhance the Blood | may be uncomfortable for client | assists development of follicle | assists thickening of uterine lining | may be pregnant |
| Open the Breath | may be uncomfortable for client | assists development of follicle | assists thickening of uterine lining | may be pregnant |
| Relax & Integrate | soothes client and gently warms pelvic organs | | soothes client and gently warms pelvic organs | may be pregnant |

| CYCLE WITH CLOMID | Anytime before medicated cycle | Menstruation; start clomid (1-3) | Follicle Dev. (day 4-9) | Fertile Phase (day 10-14) | Post Ovulation (day 14-28) |
|-------------------|--------------------------------|---|-------------------------------------|---|----------------------------|
| Cleanse the Body | detoxify body before cycle | oils may interfere with medications | oils may interfere with medications | oils may interfere with medications | may be pregnant |
| Enhance the Blood | | may be uncomfortable | assists development of follicles | assists thickening of uterine lining | may be pregnant |
| Open the Breath | | may be uncomfortable | assists development of follicles | assists thickening of uterine lining | may be pregnant |
| Relax & Integrate | | soothes, and gently warms pelvic organs | | soothes, and gently warms pelvic organs | may be pregnant |

A 30 minute relaxation session focused on the head, neck, shoulders, and face may be performed at any point during a cycle

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| IUI PROTOCOL | Anytime before medicated cycle | Mens. w/ Clomid (day 1-3) | Follicle Dev. (day 4-9) | Fertile Phase (day 10-13) | IUI/Post-IUI. (day 14-28) |
|----------------------|-----------------------------------|---|--|--|------------------------------|
| Cleanse the Body | detoxify body before cycle | oils may interfere with medications | oils may interfere with medications | oils may interfere with medications | may be pregnant |
| Enhance the Blood | | may be uncomfortable | assists development of follicles | may thicken lining (avoid <i>if</i> HCG shot) | may be pregnant |
| Open the Breath | | may be uncomfortable | assists development of follicles | may thicken lining (avoid <i>if</i> HCG shot) | may be pregnant |
| Relax & Integrate | | soothes and gently warms pelvic organs | | soothes and warms (avoid <i>if</i> HCG shot) | may be pregnant |

| IVF PROTOCOL | Before medicated cycle | Menstruation/ Stimulation (day 1-3) | Stimulation continues (day 4-10) | HCG Shot- Retrieval (day 11-13) | Between Retrieval & Transfer | Transfer/Post- Transfer (day 15-18) |
|----------------------|-------------------------------|---|--|--|---|---|
| Cleanse the Body | detoxify body before cycle | oils may interfere with medications | oils may interfere with medications | oils may interfere with medications | oils may interfere with medications | may be pregnant |
| Enhance the Blood | | may be uncomfortable | assists follicle development | may interfere w/ ovulation timing | until 24 hours before transfer if thin lining | may be pregnant |
| Open the Breath | | may be uncomfortable | assists follicle development | may interfere w/ ovulation timing | until 24 hours before transfer if thin lining | may be pregnant |
| Relax & Integrate | | soothes, & warms pelvic organs | | may interfere w/ ovulation timing | soothes, & warms pelvic organs | may be pregnant |

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