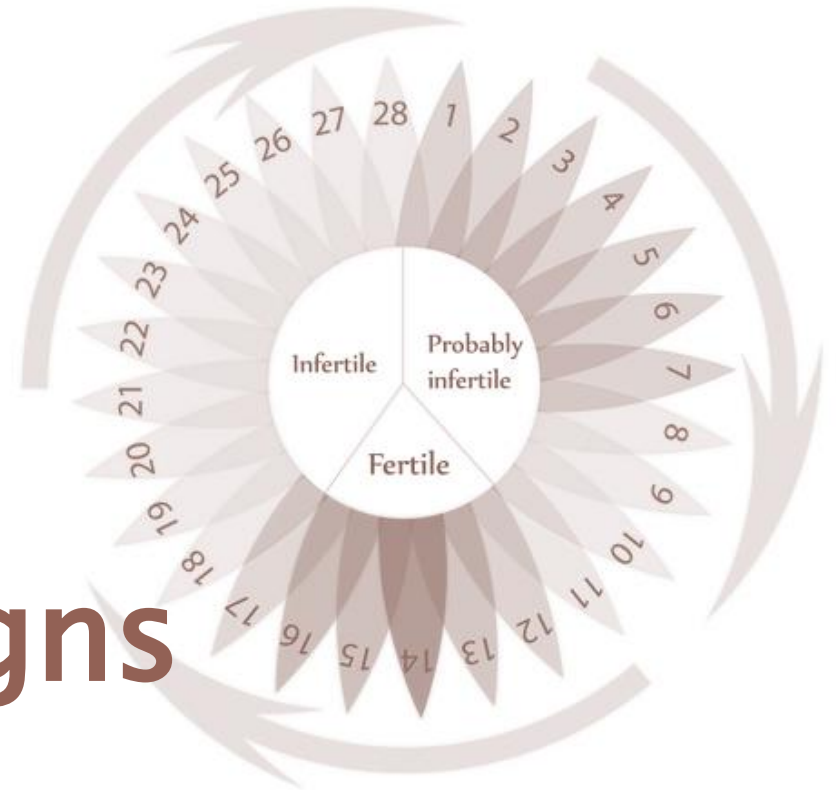


# Understanding Your Fertile Signs



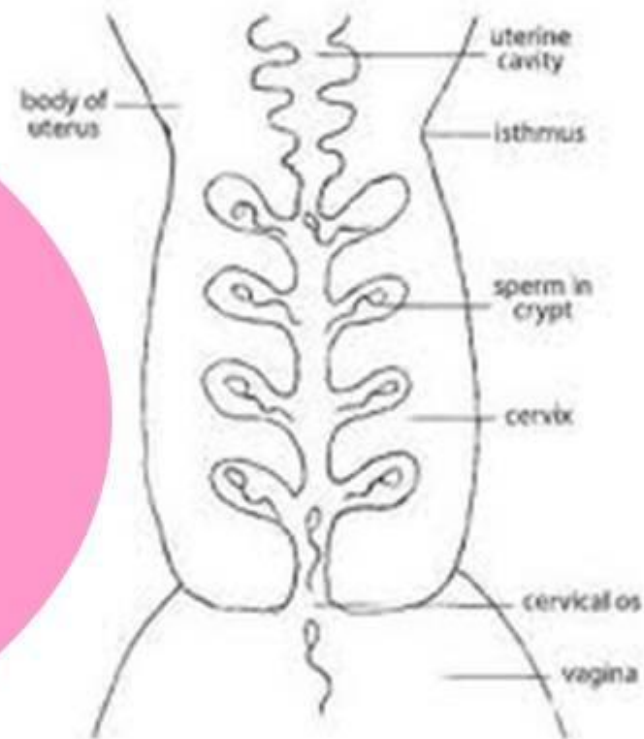
Clare Blake N.D.

Fertility Massage Therapy & Training



# Role of the Cervix

The **Cervix** produces the mucus in crypts, therefore important not to damage the cervix – too long on the contraceptive pill can damage the cervix and may take several years to repair





# **Mucus & Hormones**

Presence or absence of mucus, and the varying types are a direct reflection of hormonal changes. Charting the variations is vital for providing an overview of hormone patterns.



# Mucus & Hormones

Mucus that has **changing characteristics** indicates the approach of ovulation.

**Absence of mucus or non changing** pattern of mucus indicates infertility





# Mucus & Sperm

**Sperm** cells depend on  
**Fertile mucus (S mucus)** for their  
survival and their ability to reach and  
fertilise the egg.

This presents as *wet & slippery*  
*with an egg white appearance*



# G Mucus

## **Gatekeeper**

- Forms a plug at the cervix at end of menstruation until the beginning of fertile phase and again after ovulation until menstruation. Closes up the cervix preventing sperm from entering, has antibiotic properties, protecting from infection.



## G Mucus

Dry sensation

Nothing seen or  
felt



G TYPE MUCUS



# L Mucus

## **Eliminator**

- Attracts and eliminates low quality sperm

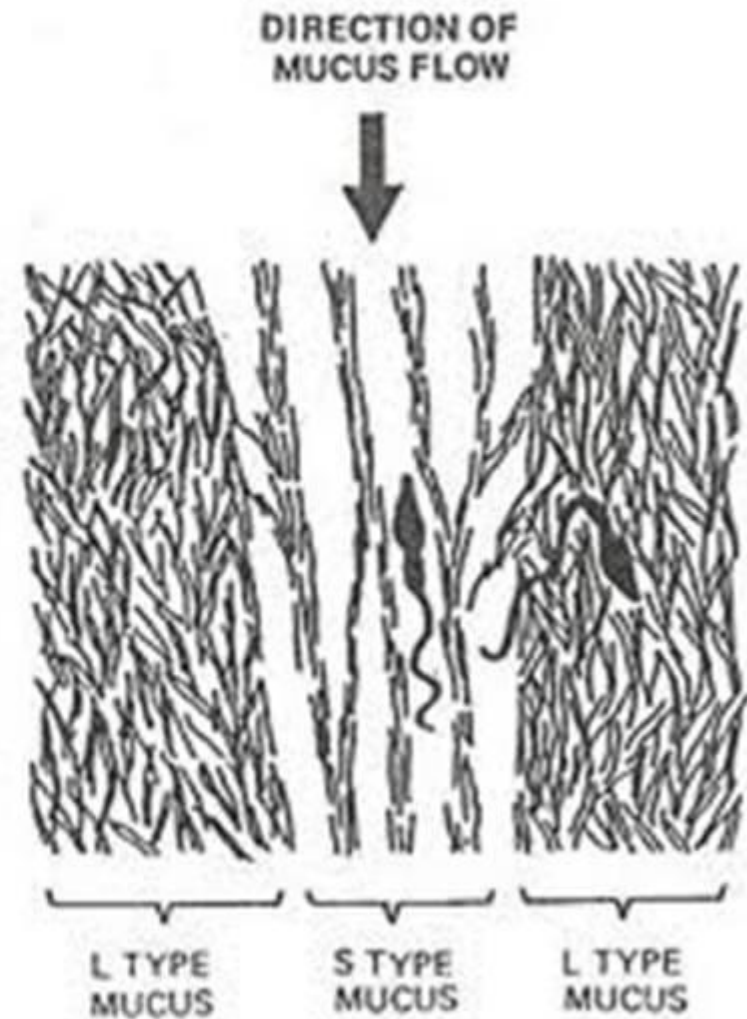
Creamy, sticky, pasty, crumbly.

White/cream colour





# L Mucus



L-type mucus capturing defective sperm



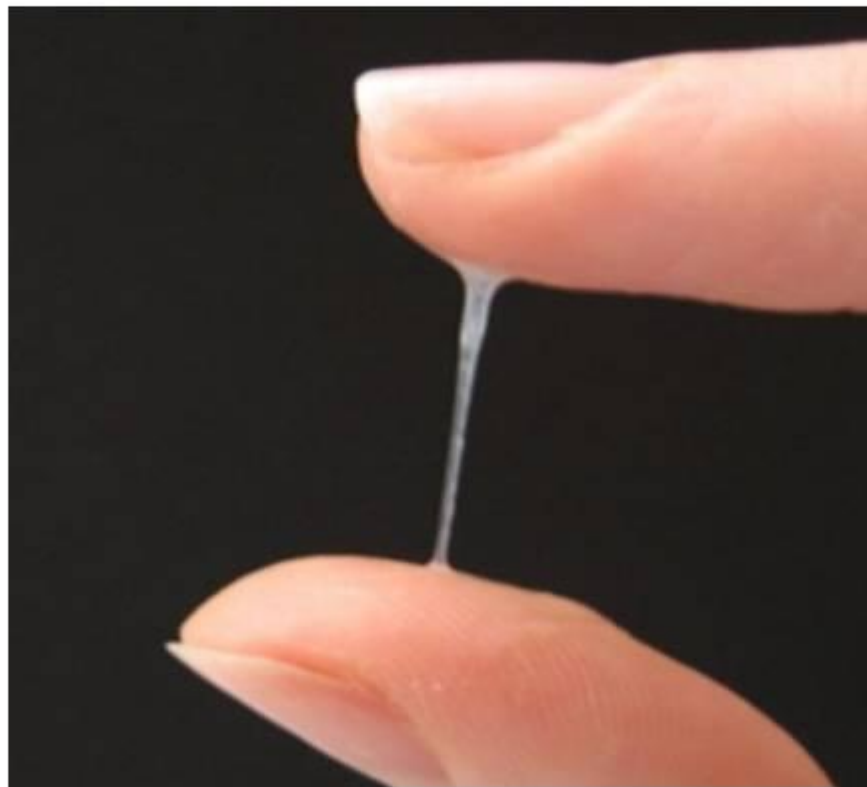
# S Mucus

## **Fertile**

- Has vertical channels which assists the sperm to swim up the vaginal canal towards the ovum. Nourishes and protects the sperm for 3-5 days.
- Feel damper increasing to wet
- Start to see clearer appearance



# S Mucus





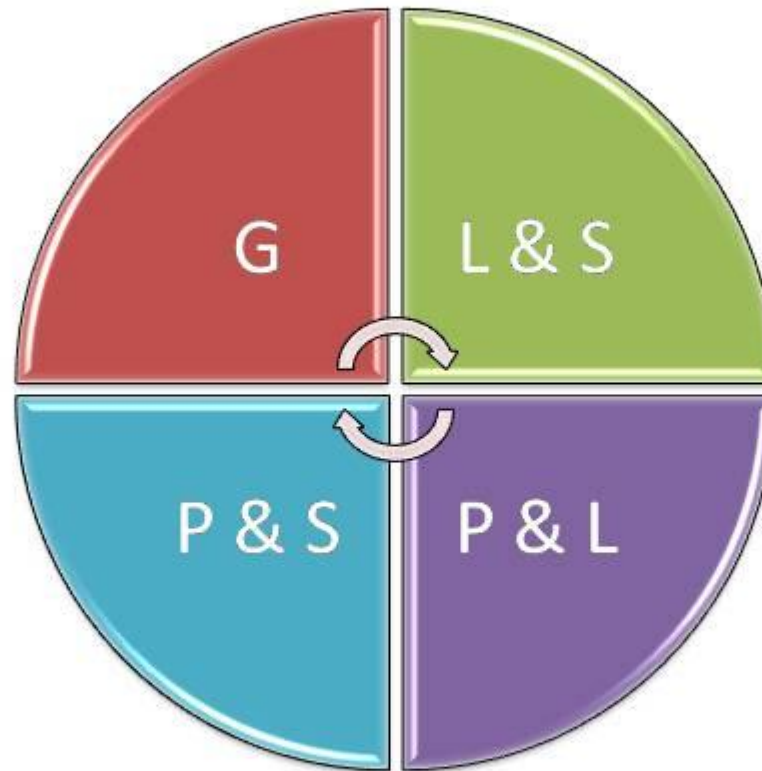
# P Mucus

## Lubrication & Elimination

- 1<sup>st</sup> released with L mucus to dislodge the G mucus plug
- 2<sup>nd</sup> released with S mucus to make the slippery and wet sensation. Also eliminates the low quality sperm
- Egg White Mucus when with S mucus



# Order of Mucus during Cycle







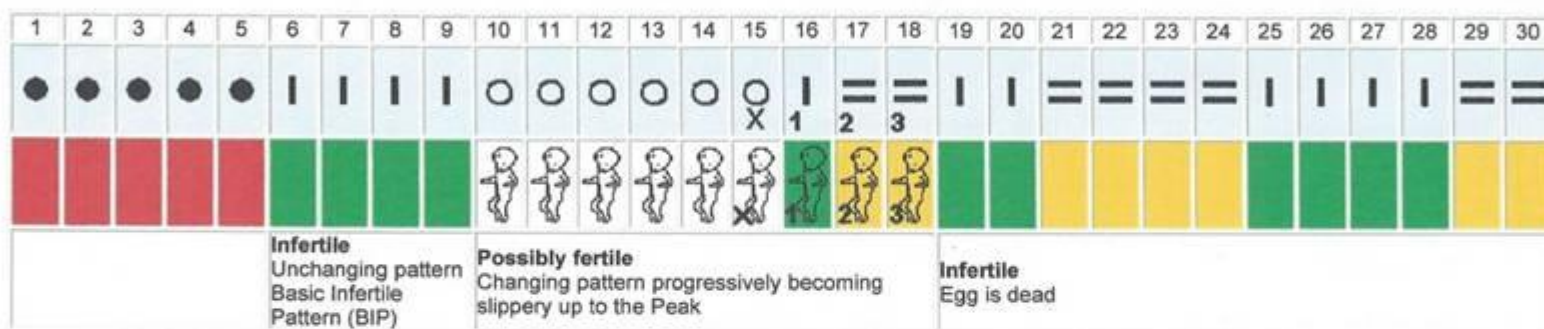
# Mucus Chart Symbols

Symbol	Description
•	Bleed
-	Spotting
I	Intercourse
	Dry days – nothing felt or seen
O	Fertile Mucus – any other description (creamy, thick, sticky etc...)
X	Peak day – this is the last day of slippery sensation
1,2,3	The 3 days after ovulation



# Sample of a Mucus Chart

Billings Ovulation Method Sample chart



## Sample of Descriptions:

Day	Sensation	Appearance
1 - 3	Wet	Heavy Bleed, Brown Red & Clots
4 - 5	Damp	Lighter Bleed & Red
6 - 9	Dry	Nothing seen
10 - 11	Sticky	Crusty, white
12	Damp	Creamy, thick and white
13 - 14	Wet	Creamy, thinner and white
15	Wettest Day	Slippery, like egg white
16	Dry	Nothing seen
17 - 18	Sticky	Crusty, white
19 - 20	Dry	Nothing seen
21 - 24	Sticky	Crusty, white
25 - 28	Dry	Nothing seen
29 - 30	Damp	Creamy, white



# **Recognising Ovulation**



## 3 Signs of Ovulation

- **Slippery wet mucus**, after a progression of changing mucus from dry to damp & creamy, to wet and slippery. Last day of slippery sensation is **PEAK**
- **Swollen Vulva**
- **Lymph node**, pea sized node in inguinal lymph area on side that ovulating



# **Benefits of Charting**





## **Benefits to Client**

- **Optimises chance of conception**
- **Bigger fertile window**
- **More in tune with body's rhythms**



## Benefits to Female

- Will gain a true understanding of their cycle
- Will be the first sign to knowing when they are pregnant.
- It will also give them a clearer Estimated Due Date (EDD) as pregnancy lasts for **266 days +/- 6 days** from the date of conception.
- Knowing this information means that they are less likely to be induced, as often doctors/midwives base the EDD on cycle length, which may not be regular each month, therefore they could give you an EDD which is out by several days, forcing an induction.



# Benefits to Everyone Else

## **Baby**

- Benefits by having the chance to enter the world when they are naturally ready.

## **Partner**

- Less structured love making schedule, with more opportunity he will feel less like sex is a chore!

## **Therapist**

- Gives a clear guide as to what is happening with clients' cycles hormonally



## **Different Scenarios**

- **Dry thought the month, no Fertile Mucus  
no Ovulation &/or no bleed**
  - FSH is below the threshold to initiate follicles in the ovary
  - No rise in LH therefore no Progesterone



# Different Scenarios

- **Anovular bleeding – no ovulation**
  - FSH rises above threshold but not enough to stimulate ovulation
  - No LH – therefore no ovulation
  - No progesterone
  - No peak
  - Bleeds – but these are not true menses





# Different Bleeds

- **Withdrawal Bleed**
  - When oestrogen levels drop it doesn't support the endometrium and therefore bleeds.
- **Implantation Bleed**
  - From after the 6<sup>th</sup> day of conception, implantation of the embryo into the endometrium may cause spotting



# Different Bleeds

- **Intermenstrual Bleeding**
  - Can occur due to an oestrogen rise which causes endometrial growth but no ovulation
- **Breakthrough Bleed**
  - When oestrogen is high, bleeding occurs due to leaking from the endometrium



**I hope that you have found the information in this booklet useful, I am sure that it will help you along your fertility journey.**

**I attach a blank chart that you can use for your own records or ideally, use in conjunction with your BBT charting.**

**Warmest wishes**



Clare Blake

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