

Probably

infertile

Fertile

Infertile

Understanding Vour Fortile

Your Fertile Signs

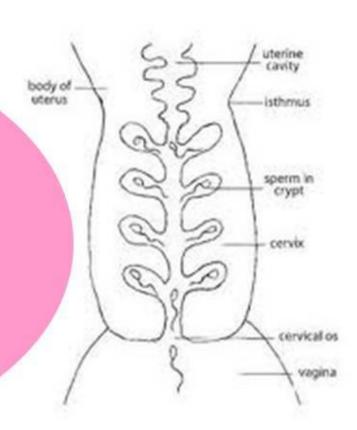
Clare Blake N.D.

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

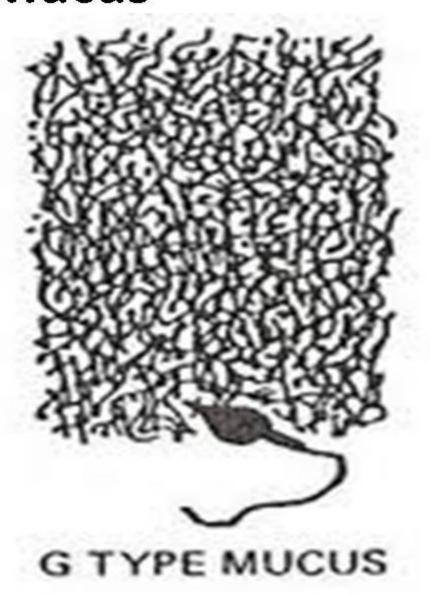
 Forms a plug at the cervix at end of menstruation until the beginning of fertile phase and again after ovulation until menstruation. Closes up the cervix preventing sperm from entering, has antibiotic properties, protecting from infection.



G Mucus

Dry sensation

Nothing seen or felt





L Mucus

Eliminator

Attracts and eliminates low quality sperm

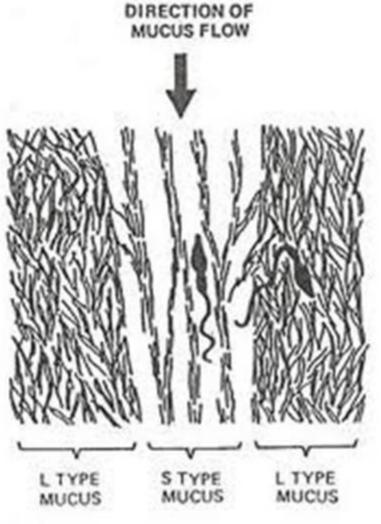
Creamy, sticky, pasty, crumbly.

White/cream colour



L Mucus





L-type mucus capturing defective sperm



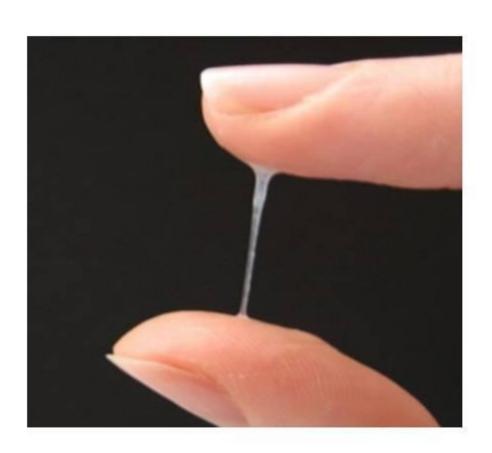
S Mucus

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





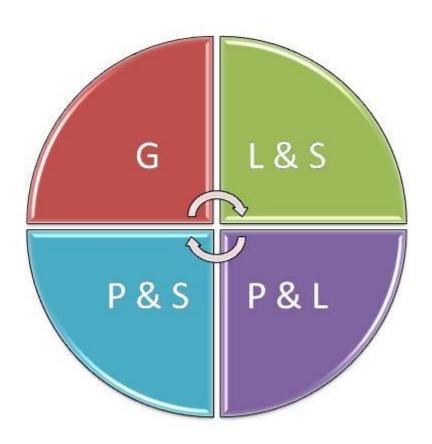
P Mucus

Lubrication & Elimination

- 1st released with L mucus to dislodge the G mucus plug
- 2nd 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





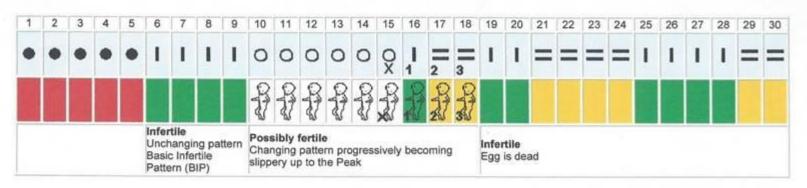
Mucus Chart Symbols

Symbol	Description Bleed						
•							
	Spotting						
Ī	Intercourse						
1	Dry days – nothing felt or seen						
0	Fertile Mucus – any other description (creamy, thick, sticky etc)						
Х	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, Browny 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 6th 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



Close blake

Clare Blake N.D. Fertility Massage Therapy & Training www.fertilitymassage.co.uk

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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