



Your transformation

Discover a new doorway - the Mama Be natural springboard to a wonderful, healthy pregnancy. Mama Be promises to transform your journey to pregnancy in a few gently guided steps.

With Mama Be on your side you will...

- Create your perfect pregnancy health
- Create your partner's perfect pregnancy health
- Optimise your chance to fall pregnant
- Avoid IVF or support your preparation for IVF

"I know how little couples know about falling pregnant and I also know how quickly you can go from your doctor appointment to the IVF consultant! You deserve a chance, a choice – you just need the correct preparation. Mama Be teaches you all you were never taught about getting pregnant!"

Step-by-step your Mama Be person fertility coach will...

- Discover why you are not falling pregnant
- Guide you through your decisions
- Give emotional support for you and your partner
- Share crucial information
- Tell you how to balance your hormones
- Prepare your body for conception
- Increase your energy levels in preparation for pregnancy
- Avoid harmful thinking and gain balance and perspective
- Stop the hope –v- despair emotional monthly roller-coaster

- Support you values and choices
- Dispel your anxiety and clear deep painful emotions
- Share advice on improving egg quality naturally
- Develop a deeper understanding of how to fall pregnant
- Bring a sense of clam, confidence and hope?

“Everyone talks about it but what does ‘balancing my hormones’ actually mean to my chances of falling pregnant? Mama Be knows your unique hormone balance has countless effects on your fertility and here are just some.”

- Get a regular monthly cycle
- Ovulation occurs
- Support healthy eggs mature and release
- Correct softening of your cervix
- Perfect ovulation mucus is secreted for sperm performance
- Correct length of luteal phase
- Allows the egg to impregnate the uterus

That is why a central part of programmes are specialist hormone linking reflexology treatments. IVF success rates are surprisingly low and shown by research to harm your long term fertility. What if you really don’t need it?!

Your programme/retreat embraces all of the following:

- Specialist reflexology
- Acupuncture
- Nutritional fertility programme
- Hypnotherapy for conception
- Kinesiology
- Qi Yoga for fertility
- And much more...

“I’ve tried some of these before and they didn’t help!” Mama Be knows that it takes a totally comprehensive approach to your

transformation to full fertility including education, coaching and extensive treatments.

And Mama Be coaching benefits are ...

- New improved relationship with your body
- Renewed femininity
- Safe space to share your fears, worries and potential barriers
- Give you a new emotional intelligence for handling life
- Lifestyle changes to better suit your future child

Success with Mama Be is simple as each step you take is designed to be clear and everything is on your Personal Action Plan.

Step 1: Discovery Session

A free, no obligation session to find out about your unique situation – register for this free coaching session on the website

Step 2: Recommendation Session

A free no obligation session to recommend how the Mama Be programme or retreat can transform your situation

Step 3: Your Personal Action Plan

On booking you will receive your Personal Action Plan and we begin your programme and/or retreat.

You deserve the devoted care, expertise and specialised personal action plan that Mama Be can give you. Overcome your infertility or miscarriage issues naturally with Mama Be.

Mama Be has great integrity and does not take on clients that she feels she cannot help.

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