



MÉTODO FERTILITYONLINE®

10 KEYS TO SUCCEED IN YOUR FERTILITY TREATMENT

A Mind-Body Guide for Women Ready to
Take Back Control of Their Journey

Created by Dr. Lucy Coleman - Specialist in Human
Reproduction - Fertility and High Complexity Embryology



www.fertilityonline.net

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Fertility isn't just about protocols and lab results—it's a physical, emotional, and spiritual journey. After working with thousands of women around the world, I've learned that success often comes down to a few powerful shifts in mindset and daily habits.

This free guide offers you 10 essential reminders that can shift your energy, support your treatment, and help you feel more empowered—no matter what stage of the journey you're in.

Dr. Lucy Coleman

THIS GUIDE DO NOT REPLACE MEDICAL ADVICE. PLEASE CONSULT WITH YOUR DOCTOR BEFORE DOING THE STEPS



THE 10 KEYS:

1

"UNDERSTAND YOUR DIAGNOSIS DEEPLY
— DON'T SETTLE FOR GENERAL LABELS."

Many patients come in saying, "They told me I have unexplained infertility." But 70% of so-called "unexplained" cases actually hide hormonal, ovulatory, immunological, or male-factor imbalances that haven't been properly investigated.

👉 Get a full hormonal profile (FSH, LH, estradiol, AMH, TSH, prolactin, insulin) and request a semen analysis with DNA fragmentation.

A clear diagnosis is the first step toward a successful treatment.

2

NOT EVERYONE NEEDS IVF — FIND THE
TREATMENT THAT'S RIGHT FOR YOU.

Some patients are able to conceive with lifestyle changes, mild ovarian stimulation, or intrauterine insemination, while others may need to go straight to IVF. What matters most is choosing what your body truly needs—not what's trending.

👉 Avoid unnecessary step-by-step treatments that only drain you physically and emotionally. Less is not always more, and more is not always better.





3

OPTIMIZE YOUR BODY BEFORE YOU BEGIN — FERTILITY IS NOT JUST ABOUT OVULATION.

Eating better, sleeping well, moving your body, reducing inflammation, and regulating your cycles is essential. We call it “metabolic preparation,” and it's not about losing weight—it's about creating a fertile and receptive state.

👉 Include antioxidants, omega-3s, vitamin D, and Coenzyme Q10, and eliminate hidden sugars and inflammatory foods if you have insulin resistance or endometriosis.

4

THE MIND AND EMOTIONS AFFECT MORE THAN YOU CAN IMAGINE.

The hypothalamic-pituitary-gonadal axis is influenced by stress. It's not about simply “relaxing,” but about reprogramming the way your body perceives safety and trust in order to conceive.

👉 Clinical hypnosis, guided visualizations, breathing techniques, and emotional support can shift your biology faster than you think.



5. TRACK YOUR PROGRESS — DON'T JUST DO CHECKUPS.

Tracking your symptoms, recording your cycle, taking your basal body temperature, and monitoring your cervical mucus... all of these connect you with your body and provide real information to your doctor. This also helps you identify whether the treatment is working or not.

👉 Don't let anyone tell you "everything is fine" without showing you the data. You have the right to be an active participant in your process.



6

GET YOUR PARTNER ACTIVELY INVOLVED.

50% of fertility issues are related to the male factor, yet many men don't undergo thorough testing.

Fertility is built as a couple—even if his semen analysis looks “normal.”

👉 A healthy lifestyle, avoiding testicular heat, antioxidant supplementation, and assessing sperm DNA can significantly improve outcomes.

7

NOT ALL LABS ARE THE SAME — DEMAND QUALITY.

The success rate of a treatment doesn't depend solely on the doctor—it also depends on the lab. The quality of the embryologists, incubators, culture media, and techniques can make all the difference.

👉 Ask about their success rates with patients your age, their technology, and whether they offer techniques like extended culture, genetic testing, or MACS if needed.



8

STAY INFORMED, BUT WITH MEDICAL GUIDANCE.

Reading forums and social media can be helpful—but also overwhelming. There are thousands of myths and misinformation about treatments, supplements, diets, and more.



Rely on trustworthy sources. At FertilityOnline.net, we share clear, accessible, and evidence-based medical information.

9

DON'T DELAY WHAT YOU ALREADY KNOW IN YOUR HEART.

If you feel something isn't right, that you need a different doctor, or that it's time to take action—do it. Fertility is biological time, and every month matters.



Making decisions with clarity is better than being led by doubt or inertia.



10. BELIEVE IN YOURSELF — BEYOND THE RESULTS.

Yes, success isn't measured only by positive tests. It's measured by personal transformation—by how you care for yourself, understand yourself, and trust yourself.

👉 A fertile woman is not only someone who ovulates, but someone who feels alive, connected, and capable of creating life both within and beyond herself.



In addition to these 10 essential tips, I want to offer you something more.

As a special gift, I've prepared an exclusive bonus with 5 key tests that could completely change your fertility diagnosis.

Many patients aren't aware of these tests because they're not always requested during an initial consultation—but they can make a real difference on your path to pregnancy.

I want you to know from the start that my mission is to inform and support you with complete honesty and clarity. This is just the first step for you to get to know me and discover how I work with my patients—by offering real, useful, and transformative information.





EXTRA BONUS

The 5 Tests That Could Change Your Fertility Diagnosis (and Are Rarely Ordered at a First Appointment)

Did you know that many women receive incomplete or incorrect diagnoses simply because they haven't had access to more advanced testing? In this bonus, I reveal 5 key tests that can help uncover hidden causes of infertility that don't show up in standard evaluations.

- Complete Endometrial Immune Profile: Can detect embryo rejection or silent inflammation.
- Sperm DNA Fragmentation Test: Useful even when a semen analysis appears "normal."
- Evaluation of Uterine NK Cells: Crucial in cases of implantation failure or recurrent miscarriage.
- Diagnostic Hysteroscopy (with biopsy): Allows direct visualization of the uterine cavity to assess receptivity.
- Genetic Methylation Profile: In complex cases, this can guide personalized treatment strategies.

👉 We'll go into more detail about these tests inside the Comprehensive Fertility Program, where you'll learn when to request them, how to interpret the results, and how to make informed decisions based on what they reveal.



Thank you for reading this guide. If it helped you, imagine all that you can learn and transform with the FertilityOnline® Method: Comprehensive Fertility Program—a complete course for women who want to take control of their fertility and prepare with science, awareness, and strategy.

👉 Discover it here: www.fertilityonline.net

