



The New Eve Foundation Course Workbook

*Using the New Eve Method® for Conception, Natural
Family & Motherhood*

Bridget Alabi

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Introduction to The New Eve Method®

Why the New Eve Method®?

You want to have a healthy & beautiful family. And it is only right. Motherhood is a divine vocation; it is God who calls us to be fruitful & multiply. It is a conduit and an expression of God's love for humanity (CCC 239). Ideally, this should be easy because motherhood is a natural process but the reality is that many women struggle to conceive and have healthy pregnancies and care for their children because our natural balance is very easily disrupted due to a variety of factors. In the UK alone, one in 7 couples struggle to conceive (NHS, 2020) and 1 in 4 pregnancies end in loss (Tommys, 2021).

Many women also often have to settle for invasive medical interventions such as IVF, IUI, surrogacy to conceive or plan their families with the use of artificial birth control, all of which could be expensive and/or have significant side effects.

Not only is motherhood a vocation, it is also a natural process. The Catholic Church has consistently encouraged the natural approach to achieving or avoiding conception. It considers this approach to be in line with the natural law i.e., God's intention for fertility as seen by the natural order of reproduction (Humanae Vitae 1968 § 4). Couples are discouraged from using artificial reproductive techniques for conception & family planning (CCC, 2376-2377, 2399).

What is the New Eve Method®?

It is possible to support women to improve their natural balance by addressing key factors of their fertility so that they can conceive, plan & raise their families with ease.

The New Eve Method® is a natural Catholic model that supports women to achieve motherhood by using a natural approach that works with how their bodies have been created. It is a product of my work & research as a natural fertility therapist, my studies on the human ecology of disease, and my studies in theology.

The New Eve Method® serves a 3-fold purpose:

- ***It supports women to have healthy menstrual cycles & better fertility.*** Whether you are trying to conceive or avoid pregnancy or simply want to improve your menstrual cycles, the New Eve Method® offers guided natural fertility support to help women to identify the imbalances and root problems in their fertility.
- ***It supports women to identify their fertile & infertile times for conception & family planning.*** The New Eve Method® also offers a simple and affordable sympto-thermal double-check method approach to helping women to chart their cycles to achieve or avoid pregnancy with confidence. This approach can be used by women with regular and irregular cycles and it has also been adapted for postpartum and perimenopausal women.

- *It supports women for a healthy motherhood.* Motherhood is a mental, emotional, physical, environmental and deeply spiritual process and very often these aspects influence a woman's fertility. This is why the New Eve Method®, loosely based on the human ecology of disease model, provides holistic support to women. The method is made up of 5 steps, all of which support them to be the happiest and healthiest mothers that they could possibly be.

The New Eve Method® has strong biblical & Catholic foundation and is named after Eve the first woman God created, and Mary the New Eve.

Nevertheless, you do not have to Catholic to use the method, but it does help if you are open to Catholic Christian thinking.

The New Eve Method® will help you to become the healthy, confident and influential person that you need to be to build the family you want. It comprises of the New Eve Union, New Eve Confidence, New Eve Diet, New Eve Rhythm and New Eve Influence. Now that you understand what the New Eve Method® is and why it is important, I will show you how to use it to help you build your family. Let's get started!*

Sincerely,

Bridget Alabi

Founder of the New Eve Centre.

*Please remember that this is just a beginner's introduction to the method. There is much more to the method and the best way to use it effectively is to join the [New Eve Programme](#) - access our core course and access to guided support and live teaching sessions.

An Image of the New Eve Method®



The New Eve Method® by Bridget Alabi

Step 1 - The New Eve Union

We all have beliefs around how we were created and who we are affect the decisions and actions we take. With the New Eve Union, we want to understand those beliefs and their influence on how we think about motherhood. God created you to ‘be fruitful & multiply..’ but what does that mean to you? How do you understand God’s vision for your family and affect your actions on building the family and life you want?

This is the foundation for everything!

Write the answers here

Step 2 - The New Eve Confidence

Having the courage and resilience to go for our dreams depends on how much confidence we have. This includes having the family you want. But if you are like most women, you might have emotional and mental blocks that hold you back from having unstoppable confidence. Examples of these blocks are; I am too skinny... I am too fat... I have PCOS... I am too old...I am not rich enough... A lot of these blocks come from the stories we have been told or our past experiences and so on. Unfortunately, they affect our efforts and even our hormonal balance.

At this point, let's try to identify some of your blocks. Close your eyes and imagine having the family of your dreams by this time next year. You will find that even as you imagine, your mind might tell you why this is not going to happen next year.

Make a note of all those reasons that come to your mind. Those are your blocks! Now choose the most prominent block & re-write your motherhood story in line with the fact that God created you to be fruitful & multiply. This is just a quick exercise to understand how blocks work. There is so much more to this. But this will get you started.

Re-Write Your Story Here

Step 3: The New Eve Diet

Whether you are trying to conceive or care for your children, you need to be in good health and your nutrition is one of the most important ways of ensuring that you are in great health. Remember, the cell is the basic unit of life. Your body is made up of cells, billions of them. Imagine that you are giving your cells all that they need, all of the time. How healthy will those cells be, and by extension, how healthy will our bodies be? How strong will you be? This is why we need to provide the body with the right materials through food if we want a healthy and vibrant body.

The New Eve Diet is about eating fertility-rich foods, removing harmful processed foods from your diet. It comprises of foods containing most of their natural goodness. These foods include naturally occurring fats and oils, whole grains, meats, fish, vegetables, fruits, good quality water, eggs, pulses, seeds, and nuts, etc. It excludes refined products e.g. biscuits, white bread and pastries, refined cooking oils and fruit juices. This is because they contain very little nutrients and have high sugar content.

This figure shows a list of fertility-rich foods. Use it to plan your meals. Please note that this is general nutrition advice. It is not possible to provide personalised nutrition information without an assessment. This is included in the New Eve Programme, which is offered at the [New Eve Academy](#).

Vitamin A: an important anti-oxidant that can keep the reproductive tissues from infections. It can be found in butter, cheese, free range eggs and oily fish.

Vitamin B12: found in meat, trout, salmon, sardines, cheese and eggs.

Vitamin B6: necessary for the metabolism of carbohydrates and proteins – found in apricots, avocado, bananas, carrots, oil fish, eggs, whole grains, oats, potatoes and green vegetables.

Vitamin C: another anti-oxidant that is important for the proper maintenance of the reproductive tissues that can be found in fruits like kiwi, strawberries, red peppers, cabbages, citrus fruits, watercress and mangoes.

Vitamin E: another powerful anti-oxidant – its sources include sunflower seeds, broccoli, carrots, cashew nuts, eggs, whole grains, lamb's liver, nuts, onions, shrimps, spinach and brown rice.

Folic Acid: important for the protection of the baby's genetic material and a deficiency in it can lead to spina bifida in the foetus, which is a spine disorder. Sources include citrus fruits, beans, leafy green vegetables, meat.

Iron: necessary before and during pregnancy. It can be found in dark green vegetables, peppers, liver, pulses, watercress, eggs. It should be taken with Vitamin C for better absorption.

Selenium: needed for egg production and can be found in oats, garlic, onions, barley, whole grain and brown rice.

Calcium: essential for pregnancy and is found in pulses, canned salmon, sardines, cheese, fish, soy and diary yoghurt.

Magnesium: found in apples, bananas, fish, ginger roots, whole grains, lamb, nuts and pulses.

Zinc: essential for the production of healthy eggs and can be found in pumpkin seeds, brazil nuts, cheese, crabs, fish, eggs, liver and shrimps.

Essential Fatty Acids: for the regulation of the reproductive hormones and is found in oily fish, nuts, seeds and cold pressed oils.

Create Your Meal Plan

Breakfast	Midday snack/drink	Lunch	Dinner

Step 4. The New Eve Rhythm

Nature loves rhythm, and as we are a part of nature, we also have rhythms. If you look around you, you will notice that seasons come and go; the sun rises and sets, tides come in and go out. Nature thrives on rhythm; it is like an- inbuilt mechanism for work and rest.

We too have our inbuilt rhythms and cycles and as women, we have both the daily cycles and the monthly cycles. Our bodies are designed to wake up, sleep, eat and work every day and every month we go through the menstrual cycle that determines our fertility. There are times in the day when we have to rest so that we can work more effectively and there are times in the month during our menstrual period when our oestrogen and progesterone levels are very low causing low energy levels and times when we have high oestrogen and progesterone levels and are full of energy. For best productivity, I encourage you to identify your daily and monthly rhythms so that you can achieve more during periods of high energy and rest when you have low energy.

Learning to chart & interpret your menstrual cycles can help you plan your family naturally with confidence whether you are looking to achieve or avoid pregnancy. The New Eve Method uses a symptom-thermal approach to charting & interpreting the menstrual cycle. For this approach, you will need to record your basal body temperature (BBT) every morning after at least 4 hours of sleep. This helps you to know if and when you have ovulated. After ovulation, there is a sustained increase in your BBT. You also need to check and identify your cervical mucus discharge to determine where you are fertile or infertile. Lastly, the New Eve Method also teaches the strategic use of Luteinising Hormone (LH) tests at specific times of your cycle to improve your confidence in planning your family. See an example of the New Eve Menstrual

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Cycle Chart in the appendix. This approach can be used by women trying to conceive or avoid pregnancy. It can be used by women with regular or irregular cycles, postpartum & menopausal women. However, it is advisable that you learn the method properly. Again, this is included in the New Eve Programme.

Understanding your monthly rhythm also helps you to quickly find out if there is a problem that needs to be attended to e.g. some form of hormonal imbalance affecting your health and fertility. The programme will teach you to understand your fertility and hormonal patterns so that you optimise your fertility and address any problems.

Imagine being able to boost your fertility and increase the chances of a healthy conception by understanding your natural rhythms! Imagine being super-productive because you understand your periods of high energy and when you need to rest. Imagine having the strength to manage your household and your work because you have found the key to your productivity. You might not be a superwoman; but you'll be very close to becoming one!

In addition to knowing your rhythm, you can also boost it by doing some form of exercise daily. Moderate exercise of about 15 – 20 minutes will support your hormone production and improve your hormonal balance. It will also boost your energy levels and help to maintain your daily rhythm. An example of good exercise is a brisk walk which can be achieved during your lunch break, travelling to work or coming back from work. Choose the best times for the following to get started.

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Activity	Time
Walking/Swimming/Dancing or any other cardio exercise	

Step 5. The New Eve Influence

The New Eve Influence is about creating the right environment for you to build your family. We influence the world around us in one way or the other. Our environment also influences us in so many ways. We have already seen how the media, our mentors and society can influence the way we think.

Our environment also influences us through our emotions. Events happen that make us happy, sad, discouraged or inspired. People around us can also cause us to feel a myriad of emotions. These emotions in turn can influence our health, our fertility and our work. In particular, negative emotions like anger, stress or sadness can affect your menstrual cycle and make it more difficult to build a healthy family. It can also affect the quality of your relationships with others e.g. your husband and affect the quality of your work and career.

We also influence our environment and one way we do this is through our work and skills. It is absolutely important that you are using your skills positively in a way that fulfils you and makes a difference to the people around you.

Complete the table below:

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Question	Answer
What can you remove or stop doing right now to make you less stressed or anxious?	
What can you do to make yourself happy right now?	
What can you contribute to your environment right now?	

Your New Eve Plan*

Put everything together here for easy reference.

Step	Activity
The New Eve Union	
The New Eve Confidence	
The New Eve Diet	
The New Eve Rhythm	
The New Eve Influence	

*What we actually offer within the New Eve Programme is the New Eve Care Plan – a personalised plan based on the findings of guided natural fertility assessments. This is only a simple table for ease of reference.

Conclusion

The New Eve Method® can help you create the family and career that God has called you to have. Start by implementing these steps today. And remember that this is just the tip of the iceberg! You can premium support to build your family with the New Eve Method® by joining the [New Eve Programme](#).

I look forward to supporting you on the programme.

Take care and God bless!



Bridget Alabi (MSc. FRSPH, AHCP Reg.)
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My Notes

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Menstrual Cycle Chart No _____

Date _____

Sample Menstrual Chart



Day	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	29	30	31	32	33	34	35	36	37	38	39	40	
36.55																																									
36.50																																									
36.45																																									
36.40			X	X			X		X		X		X		X		X		X		X		X		X		X		X		X		X		X		X		X		
36.35	X	X			X	X		X		X		X		X		X		X		X		X		X		X		X		X		X		X		X		X			
36.30																																									
36.25																																									
36.20																																									
36.15																																									
36.10																																									
CMI	MP	MP	MP	MP	MP	D	D	S	S	C	C	WE	E	E	D	D	D	D	D	D	D	D	D	D	C	C	C	D													
LH	N	P	P	N	N	

CMI: MP for Menstrual Period, D for dry, S for Sticky, C for Creamy, WE for Watery egg white and SE for Sticky egg white.
LH Tests: N for Negative and P for Positive.