

A pregnant woman with long, curly hair is shown in profile, facing right. She is wearing a strapless, orange and floral patterned dress. She is gently holding her pregnant belly with both hands. The background is a soft-focus field of yellow and orange flowers, possibly sunflowers, under a warm, golden light. The overall mood is serene and natural.

THE NEW EVE PROGRAMME
WORKBOOK

BRIDGET ALABI

THE NEW EVE CENTRE

The New Eve Programme Workbook

Bridget Alabi

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i. Welcome

Welcome to the New Eve Programme! This document will serve as an interactive resource to help you get the most out of the programme.

You and I were created to have beautiful families. Motherhood is a natural process but the reality is that many women struggle to conceive and have healthy pregnancies. What should be natural has become corrupted. The natural balance that we need to conceive, deliver and raise our children has been disrupted.

At the New Eve Centre, we believe that when women re-gain the natural balance they were created with, it becomes easier to conceive, raise children and build successful careers. We help women to achieve this natural balance by teaching the New Eve Method®. The New Eve Method is a 5-step natural process. It helps

women to optimise their health, fertility & environment so that they can have the family they want to have. The 5 steps of the New Eve Method are Union, Confidence, Diet, Rhythm and Influence.

The New Eve Method® is a product of my extensive research on the human ecology model of disease/health as a social scientist and my experience of working with countless women as a holistic fertility therapist & my studies in theology.

Through the New Eve Programme, I want to help you to become the healthiest version of yourself and teach you to improve your fertility naturally and have the family you want.

Sincerely,

Bridget Alabi

Founder of the New Eve Centre.

1. Your Natural Fertility Assessment

1.1. Why Natural Strategies?

Have you used any medications to help you get pregnant or improve your fertility?
Which ones did you use and did they help?

Did they have any side effects?

Do you understand that our bodies have a natural fertility balance and optimising this can significantly improve conception chances?

Are you committed to helping your body to heal naturally and regain its natural balance?

1.2. Symptom-based Natural Fertility Assessment

Section	Total	No of Yeses	Half or More?
SECTION A	21		
SECTION B	29		
SECTION C	9		
SECTION D	16		
SECTION E	10		
SECTION F	9		
SECTION G	8		
SECTION H	9		

1.3. Your Sections and Your Do's and Don'ts

What is Your Primary Section?

What is Your Secondary Section? (If you have one)

What are your do's?	What are your don'ts)

1.4. Tasks for Module 1

Tasks	Completed (Y/N)
Carried out your assessment	
Made a list of your do's & don'ts	

2. Create a Strong Foundation

2.1. The New Eve Union

What were your thoughts/beliefs around your fertility/menstrual cycle before you started this programme?

After watching this video, have your beliefs changed? What are your thoughts around your menstrual cycle?

2.2. The New Eve Confidence

You are going to have a baby this time next year. (Or choose any other motherhood goal)

What negative thoughts come to your mind? Complete the table below:

Thoughts/Stories	The Complete Truth	Confirming Examples

Thoughts/Stories	The Complete Truth	Confirming Stories

Rewrite Your Motherhood Stories

Suggested template:

My goal is to (insert goal) and even though I have (insert challenge), I know that I can achieve this goal if I (insert strategy/actions you will take). I know (insert successful examples) who have done the same and its worked for them too.”

2.3. Tasks for Module 2

Tasks	Completed (Y/N)
Read your new motherhood story every day.	
Listen to your visualisation audio every day.	

3. Understand Your Menstrual Cycle

3.1. How do you feel about your body?

What negative thoughts do you have about your body?

What positive thoughts do you have about your body?

3.2. Notes on the Menstrual Cycle

Please use this section to take notes on how the menstrual cycle works

3.3. Identify Your Monthly Rhythm – Your Menstrual Cycle

a. Primary Signs of Fertility

i. Cervical Mucus: answers the question ‘are you fertile?’) Answer the questions below after you have begun to chart your cycle.

1. The Menstrual Period (Describe your period)

Colour:

Quantity: (scanty, light, moderate, heavy, very heavy).....

Texture: (Very Little clots, moderate clots, large clots).....

Smell: (no odour, light odour and strong odour).....

Length: (no of days).....

2. The Sticky Discharge

Did you see this? And what on what days?

.....

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.....

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3. The Creamy Discharge

Did you see this? And what on what days?

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.....

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4. The Watery Egg White Discharge

Did you see this? And what on what days?

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.....

.....

5. The Stretchy Egg White Discharge

Did you see this? And what on what days?

.....

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.....

ii. Basal Body Temperature: answers the question ‘have you ovulated’?

Taking your body’s resting temperature can let you know if you have ovulated. This is because after ovulation, the follicle releasing the egg degenerates and produces progesterone which increases the body’s temperature slightly. It is however, very important to take your temperature first thing in the morning BEFORE any activity so that any increase in temperature can be attributed to the progesterone hormone.

Using the digital thermometer in your programme pack, start checking your temperature first thing in the morning and make a note of the temperature on the charting sheets in the appendix.

Alternatively, there are several fertility apps that you can record your temperature on if you prefer to go digital examples include Ovuvue and Fertility Friend.

There are also some wearable digital thermometers that take your temperature while you sleep and syncs the results to these apps. They take away the necessity of taking your temperature at about the same time each day because they track your body’s resting temperature automatically. They are usually quite expensive but you might find them convenient to use; examples of such monitors are Tempdrop and AVA bracelet.

b. Secondary Signs of Fertility

i. **Use of ovulation test kits/strips:** to be used as directed by manufacturers.

ii. **Personal observations of your body**

Month	Did the ovulation test kit/strip confirm ovulation? On which days?	Did it match the results of your BBT & Cervical Mucus?

3.4. Tasks for Module 3

Tasks	Completed (Y/N)
Set a reminder to take and sync your temperature	
Start to make note of your cervical discharge	
Keep an eye on your daily rhythm and identify things that boost or harm your daily rhythm.	

4. The New Eve Diet – Detox & Reset

4.1. Detox Your Body

Have you noticed any signs that you might need a detox? What are they?

How do you feel after the detox? (Please complete after the detox programme, see detox diet below)

Please remember to make sure that you are not pregnant before you carry out a detox. Also don't do the detox without checking with your doctor if you have a medical condition.

4.2. The Detox Diet

Use the table below for a 5-day detox programme

Exclude the following from your diet*	Include the following from your diet**
Tea and Coffee	A good variety of organic vegetables
Alcohol	Sprouting seeds like Alfafa
Sugar and Salt	A variety of fresh fruits & vegetables
Sweets	Pulses
White Bread and White Pasta	Cold pressed seed & nuts oils e.g. olive, sesame, sunflower, canola & coconut oils.
Milk, butter and cheese	Plenty of good clean water
Red meat	Seeds
Artificial sweeteners	Rice, oat or unsweetened almonds
All processed foods	Fruit & Herbal teas
	Include only twice a week:
	White meat e.g. turkey and chicken
	Fish

If you have been diagnosed with fibroids include the following in your detox diet: Broccoli, cabbage, kale, brussels sprouts – lightly steamed; Flax, Lentils, Apples, Barley, Beans, Oat bran and Pomegranate.

4.3. Detox Your Home

No.	Harmful Products	What are you going to replace them with?

4.4. Tasks for Module 4

Tasks	Completed (Y/N)
Make a shopping list for your detox	
Plan your meals for the next 5 days	
Review products at home for possible toxins	

5. Work with Your Husband

5.1. Understanding Him

What are his desires and thoughts around building your family and why?

With these thoughts in mind, how can you work with him to build the family you want?

5.2. His Fertility Plan

a. Lifestyle Habits

Things to Do	Things to Avoid
Increase the consumption of legumes and soy	Avoid taking hot baths
Include vitamins C, E, and B12 and folic acid	Wearing tight pants
Sleep well	putting mobiles in pockets and placing laptops on your lap
Eat a fertility rich diet (see below)	avoid saturated fats, hydrogenated oils and trans fatty acids
	Tobacco

b. Important Vitamins for Him and Their Sources

Vitamin E: this helps to protect the cells from free radicals and can be found in seeds, nuts, nut oils, eggs, green, leafy vegetables and whole grain.

Vitamin C: a very important anti-oxidant that also helps to reduce agglutination, which is when sperms clump together, and is found in fruits like kiwi, strawberries, red peppers, cabbages, citrus fruits, watercress and mangoes.

Vitamin B: helps sperm motility and sperm count, and can be found in meat, trout, salmon, sardines, cheese and eggs.

Selenium: helps to increase sperm motility and its sources include oats, garlic, onions, barley, whole grain and brown rice.

Calcium: also helps sperm motility and can be found in dairy products, salmon, sardines, dark green vegetables, broccoli, cabbage and figs.

Zinc: helps with sperm motility and the sperm count, and can be found in fish, meat, eggs, pumpkin seeds, beans and pulses.

Co-enzyme Q10: boosts sperm motility and sperm count, and can be found in meat and oily fish.

Arginine: enhances sperm production and can be found in walnuts, beans and lentils.

Folic acid: found in green, leafy vegetables, avocado, oats and beans.

L-carnitine: found in beef, pork, lamb and dairy products.

DHA: found in oily fish.

5.3. Tasks for Module 5

Tasks	Completed (Y/N)
Make notes for what you need from your husband & discuss it with him	
Create a nutrition plan for him	

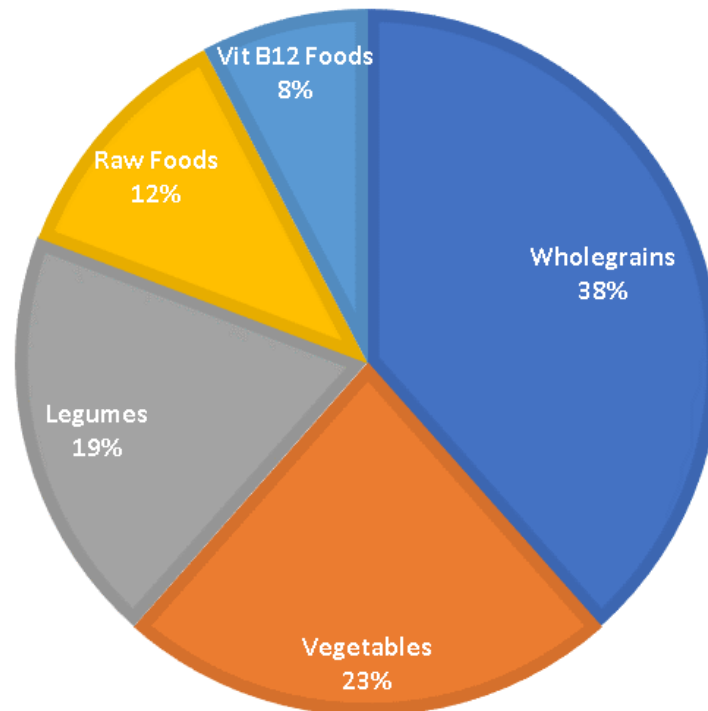
6. Your Nutrition Plan

6.1. Background

a. The New Eve Plate

THE NEW EVE PLATE

■ Wholegrains ■ Vegetables ■ Legumes ■ Raw Foods ■ Vit B12 Foods



b. Food Sources

Whole grains: Examples includes rice, millet, corn, wheat, like amaranth, oats, quinoa and buckwheat.

Legumes: Examples include beans, black beans, peas, lentils and nuts. Soybean is a legume but because it contains phytoestrogens, which mimic oestrogen and can lead to oestrogen dominance, it is best to leave it out.

Vegetables: Examples include dark-green leafy vegetables, potatoes, peppers, mushrooms, apricots, avocado and carrots.

Raw foods: Examples of raw foods include oranges, bananas, kiwi, strawberries, mangoes, spinach, kale, broccoli, cabbage, watercress and lettuce.

Protein: Moderate consumption of meat because its fatty content and the possibility of high levels of pesticide residue. Combine with protein sources from other food groups.

Vitamin B12 Foods: Examples include shellfish, liver, fish, crab, red meat, low-fat dairy, cheese, eggs and fortified cereals.

About Fats: Good fats can be found in nuts, seeds, avocado oil, full-fat milk, olive oil, butter and cream. Cook with stable oils like Avocado oil, Coconut oil, Butter or ghee

Avoid trans fats, which are found mostly in refined foods and snacks.

6.2. Nutrition for a Healthy Menstrual Cycle

a. Foods to Include in your diet

Vitamin B6	Good Cholesterol	For Oestradiol	Supplements
Carrots	Olive oil	Cabbage	Multivitamins with iron, folic acid*, vitamins a, c, e, b complex, zinc and selenium
Bananas	Salmon	Broccoli	bee pollen/royal jelly, wheatgrass
Oats	Beans & Legumes	Cauliflowers	
Potatoes	Avocado	Brussel Sprouts	
Apricots	Whole Grains		
Avocado	Nuts & Seeds		
	Berries		

b. Things to Avoid

- Do not drink caffeine or take any stimulant, herbal or otherwise.
- Avoid alcohol.
- Avoid substance misuse
- Do not smoke.
- Avoid refined, hydrogenated oils.
- Avoid sources of trans fatty acids like margarine, lard and animal fat and hydrogenated vegetable oils
- Health(ier) sources of sugar

6.3. Personalised Suggestions

a. Calculate your BMI

Item	Answers
Age	
Height	
Weight	
BMI*	

*Calculating Your BMI

weight in kilograms

divided by height in meters squared.

For example, if you weigh 85kg and are 1.7m tall:

$$\frac{85\text{kg}}{1.7 \times 1.7} = \frac{85}{2.89} = 29.4$$

b. Notes for Specific Challenges

If you have fibroids or PCOS, are overweight or underweight, please note relevant lifestyle recommendations from the video.

c. Foods to Include in and Exclude from Your Diet

What foods are you supposed to include in your diet?	What foods are you supposed to exclude in your diet?

6.4. Sample Meal Plans for Fertility (please adjust as necessary)

a. Three Day Sample Meal Plan

Breakfast	Midday snack/drink	Lunch	Dinner
Shredded Wheat, semi skimmed milk & raisins	Rice cakes with soft cheese spread	Tortilla wrap with tomato salsa chicken, cheese & salad	Baked gnocchi with spinach & mushrooms
Granary bread with honey	Tangerine and a handful of brazil nuts	Butternut squash and chilli soup with a wholemeal bap & seasonal green salad leaves	Salmon burgers made with carrot, red onion, coriander garlic & ginger
Crumpets with tomatoes, onions, sweetcorn & mushrooms	Banana strawberry blueberry and vanilla smoothie	Sweet potato cakes with stuffed spinach & feta cheese with stir fried red cabbage and sesame seeds	Home-made pizza with Courgette, red pepper, spring onions, asparagus with cheddar cheese

b. If you are African, you might prefer this sample meal plan with an African twist.

Breakfast	Midday snack/drink	Lunch	Dinner
Eggs and wheat bread	Orange & pineapple juice	Yams & ugwu sauce	Noodles stir fry with sardines
Wholegrain cereal	Yoghurt and fruit	Swallow, vegetable and Titus fish	Plantain & Fish Soup with vegetables
Oats & bananas	Spinach, apple, ginger and water (Juice)	Potatoes & Egg sauce	Beans on toast, bowl of vegetables
Wholegrain cereal	Pawpaw & banana smoothie	Swallow, spinach & organ meats	Noodles stir fry with eggs: Broccoli, carrots
Oats & apples	Yoghurt and fruit	Yams and eggs	Brown rice, tomatoes & Organ meats
Eggs and wheat bread	Spinach, apple, ginger and water (Juice)	Brown rice & Fish	Potato hotpot
Wholegrain cereal	Pawpaw & banana smoothie	Swallow spinach & organ meats	Beans and plantain, bowl of vegetables

6.5. Create Your Own Meal Plan

Breakfast	Midday snack/drink	Lunch	Dinner

The New Eve Checklist

Item	Yes/No
Are the foods in your meal plan organically sourced?	
Have the nutrients been preserved in the best way possible during food preparation?	
What supplements are you taking?	
What is your wild card?	

6.6. Your Shopping List

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18.

6.7. Tasks for Module 6

Tasks	Completed (Y/N)
Complete the list of foods you are to include or exclude from your diet	
Make a list of the lifestyle recommendations that are specific to your needs	
Complete the New Eve Diet Checklist	
Create your meal plan	
Write your shopping list	

7. Assessing Your Daily Rhythm & Menstrual Cycle

7.1. Identify Your Daily Rhythm

For this exercise, please stay clear of stimulants like coffee or chemicals that disrupt your natural energy, sleep and food patterns.

Complete the table below for a typical day.

Time	Activity	How do you feel?
5am – 6am		
6am – 7am		
7am – 8am		
8am – 9am		
9am – 10am		
10am – 11am		
11am – 12pm		

Time	Activity	How do you feel?
1pm – 2pm		
2pm – 3pm		
4pm – 5pm		
5pm – 6pm		
6pm – 7pm		
8pm – 9pm		
9pm – 10pm		
10pm – 11pm		
11pm – 12am		

7.2. Investigating Your Menstrual Cycle

What disrupts your natural daily rhythm?

How can you support your natural daily rhythm? Choose one thing that you can start doing now to improve your daily rhythm.

a. Follicular Phase

Possible Problems	Do You Have Any Symptoms? (Y/N)	Recommendations
<p>Low Oestrogen</p>		
<p>High Temperatures/Short Follicular Phase</p>		

b. Luteal Phase

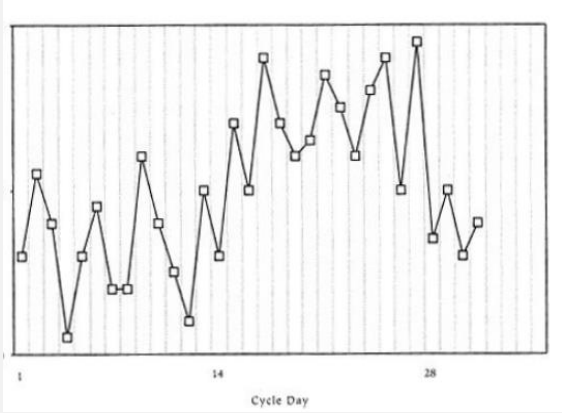
Possible Problems	Do You Have Any Symptoms? (Y/N)	Recommendations
Luteal Phase Defect		

c. Menstrual Period Phase

Possible Problems	Do You Have Any Symptoms? (Y/N)	Recommendations
<p>Scanty flow/ too few days</p>		
<p>Blood is pink, watery & profuse</p>		

Possible Problems	Do You Have Any Symptoms? (Y/N)	Recommendations
Blood is very dark in colour		

d. General Hormonal Imbalances & Irregularities

Possible Problems	Recommendations
 <p>The graph displays hormone levels across a 28-day cycle. The x-axis is labeled 'Cycle Day' with markers at 1, 14, and 28. The y-axis represents hormone levels. The data points are connected by a line, showing a highly irregular pattern with multiple peaks and troughs, indicating a lack of a regular, predictable cycle.</p>	

7.3. Exercise Strategies to boost your rhythms

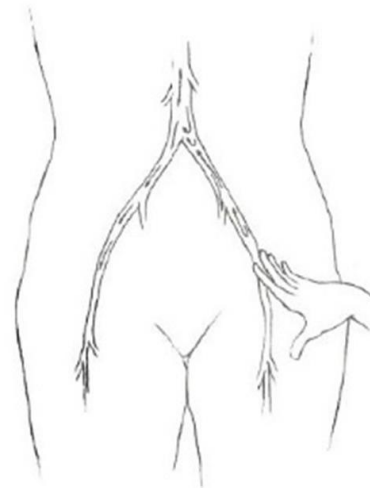
a. Background

The body responds to increased blood circulation and stimulation such as is found in exercise and massage. Blood is the life-giving medium of the body so to speak, it carries the nutrients from the food we eat, and the necessary oxygen to the cells that need them. It also helps to rejuvenate tired cells.

b. Femoral Massage

Apply pressure with your fingertips to the femoral artery just beneath the crease in your groin between your thigh and lower abdomen (see figure below). You should be able to feel with your fingertips when the pulsation in the artery stops. Hold the pressure for 30 to 45 seconds. The blood is now backing up, forcing more blood into the pelvic arteries and flooding the pelvic organs with more blood. Release the pressure and let the blood flow normally.

When the hold is released, you should feel a sensation of warmth rushing down your leg as the blood supply returns to the lower extremity. Repeat on the opposite side. Perform this femoral massage sequence three times in a row, twice a day, up to ovulation.



The Femoral Massage (Lewis, 2004). *From the Infertility Cure' by Randine Lewis, 2004. An excellent book on traditional Chinese medicine for fertility.*

c. Your Exercise Regime

Write out realistic times to carry out these activities

Techniques	Days	Times
Massage		
Walking/other exercise		
Tai Chi Breathing		

7.4. Tasks for Module 7

Tasks	Completed (Y/N)
Update your meal plan with recommendation for your menstrual cycle	
Fix the times for your exercises: deep breathing, cardio, femoral massage and acupressure	

8. The New Eve Influence

8.1. The Impact of the Environment on You

Who or what makes you happy, energized and fulfilled? How can you have more of this around you?

Is your work conducive to fertility & wellbeing? How can you make it more so?

8.2. Stress Management for Fertility

a. List Your Stressors

Environment	Stressors	Eliminate or Manage?
Work		
Home		
Other		

b. Re-Create Your Biggest Stressor(s)

-
-
-
-
-
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-
-
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-
-
-
-
-

8.3. Tasks for Module 8

Tasks	Completed (Y/N)
Begin to make more impact on your environment with your skills, talent or trait.	
Remove unnecessary stressors from your environment	
Recreate first stressor with visualisation	
Recreate second stressor with visualisation	

9. Your New Eye Care Plan

Write out a plan that includes your usual activities and all those things you have identified in the previous sections. Include everything!! This is the template that will help you get results.

a. Your New Eye Daily Plan

Time	Activity
5am – 6am	
6am – 7am	
7am – 8am	
8am – 9am	
9am – 10am	
10am – 11am	
11am – 12pm	
12pm – 1pm	

Time	Activity
1pm – 2pm	
2pm – 3pm	
4pm – 5pm	
5pm – 6pm	
5pm – 6pm	
6pm – 7pm	
8pm – 9pm	
9pm – 10pm	
10pm – 11pm	

b. Your New Eve Weekly Plan

Day	Activity
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

10. Programme Review & Assessment

Section	Total	No of Yeses	Half or More?
SECTION A	21		
SECTION B	29		
SECTION C	9		
SECTION D	16		
SECTION E	10		
SECTION F	9		
SECTION G	8		
SECTION H	9		

What is Your Primary Section Now? Any Secondary Section?

--

**What foods are you supposed to include
in your diet?**

**What foods are you supposed to exclude
in your diet?**

--

--

11. Natural Support for Pregnancy & Childbirth

11.1. Pregnancy Basics

How do you feel about your pregnancy? What are your thoughts?

What symptoms are you experiencing?

11.2. Pregnancy Nutrition

b. Foods to Include in your diet

Include the following from your diet	Exclude the following from your diet
Wholegrain	Soft blue cheeses and soft cheeses with white rinds
Plant oils, e.g. olive	Raw and partially cooked eggs
Fresh Vegetables of different colours, e.g. carrots, tomatoes, peppers	Pâté including vegetable ones.
Fresh fruit	Raw or undercooked meat
Two servings of protein, such as chicken, fish, eggs or legumes	Cold cured meats like salami, chorizo that are uncooked
Calcium-rich foods e.g. milk & dairy products, salmon with bones, figs, almonds, baked beans & soybeans	Fish oil supplements or any supplements containing vitamin A.
A pregnancy supplement	Unpasteurised milk or yoghurt
Lots of water	Liver, Shark, swordfish or marlin
	Raw shellfish like mussels, lobster and prawns
	Reduce consumption of tuna, salmon, trout & herring.

b. Things to Avoid

- Do not drink caffeine or take any stimulant, herbal or otherwise.
- Avoid alcohol.
- Avoid substance misuse
- Do not smoke.
- Avoid refined, hydrogenated oils.
- Avoid sources of trans fatty acids like margarine, lard and animal fat and hydrogenated vegetable oils
- Health(ier) sources of sugar

11.3. Create Your Own Meal Plan

Breakfast	Midday snack/drink	Lunch	Dinner

11.4. Your Shopping List

1.
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18.

11.5. Your Exercise Regime

Write out realistic times to carry out these activities

Techniques	Days	Times
Massage		
Acupressure		
Walking/other exercise		
Tai Chi Breathing		

11.6 Notes for Specific Challenges

Make a note of any pregnancy challenge(s) you have and relevant lifestyle recommendations from the video.

11.7. Labour & Childbirth

a. Notes on the Labour & Childbirth Process

Please use this section to take notes on the labour & childbirth process

11.8. The Visualisation Process

a. Visualising Your Birthing Place

Where have you decided to have your baby?

What are you going to need for labour? (Discuss this with your midwife/doctor)

At the Hospital/birth centre: What were your observations on your tour?

What would you like to take with you to make it more personal?

b. Visualising Your Baby

How do you think your baby will look? (You can try variations of your own hair colour and your husband's, eyes, nose etc.)

Are there any other distinct physical characteristics that you think your baby might have?

How active is your baby? What does he/she react to? Music, loud noises, your voice, that of your husband etc?

What would say to your baby when he/she arrives?

Visualising the Expected Standard Procedure

When do you have to go into hospital or birthing centre during labour? (Your midwife can tell you).

Will you be going directly into the delivery suite?

Who can be with you on that day? Who will be with you?

What happens after you have had your baby? Where do you stay? How soon before you go home (if you had a hospital delivery)?

c. Visualising the Process of Labour

What happens at the first stage? What is expected of you?

What happens at the second stage? What is expected of you?

What happens at the third stage? What is expected of you?

What happens after childbirth? What is expected of you?

d. The Visualisation Exercise – Putting it all Together

Decide the best time & location for your visualisation exercise

Will you be using any music or fragrance?

11.9. Tasks for Module 11

Tasks	Completed (Y/N)
Complete your pregnancy nutrition plan	
Learn & start doing the deep breathing exercises	
Start your pregnancy exercises	

12. New Mum Support

12.1 Caring for Your Baby

Item	Advice
How to feed your baby & how often?	
How to change their diaper & how often?	
What to look out for in the diaper & when to be concerned?	

<p>How to change their clothes & how many layers?</p>	
<p>Bathing your baby</p>	
<p>Safe sleeping for your baby</p>	
<p>Things to look out for</p>	

12.2. Caring for Yourself

Item	Advice
Caring for your body, medications etc.	
What foods to avoid	
What exercises you can do	
What to look out for in your body	

What to look out for in your thoughts/ emotions/feelings	

12.3. Medical Appointments

Appointment	Date & Time

12.4. Important Contact Information

Service	Contact numbers
Midwife	
Health Visitors	
Breastfeeding Support	

12.5. Identifying Your Needs When You Bring Your Baby Home

What do you need? Be selfish!!

How can you create more time for yourself to do things that make you feel happy and cared for?

What can you delegate?	To Whom?

12.6. Your New Eye Care Plan Updated

Write out a plan that includes your usual activities and include what you need to do with your baby.

a. Your New Eye Daily Plan

Time	Activity
5am – 6am	
6am – 7am	
7am – 8am	
8am – 9am	
9am – 10am	
10am – 11am	
11am – 12pm	
12pm – 1pm	

Time	Activity
1pm – 2pm	
2pm – 3pm	
4pm – 5pm	
5pm – 6pm	
5pm – 6pm	
6pm – 7pm	
8pm – 9pm	
9pm – 10pm	
10pm – 11pm	

b. Your New Eye Weekly Plan

Day	Activity
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Concluding the Programme

My dear friend, we have come to the end of the programme and you now have the tools to improve your fertility naturally for conception and beyond. I am honoured to have walked this journey with you but remember that this is only the beginning.

You have to continue to put these things into practice so that you can get the results you want. See this is a lifestyle choice to help to be healthier and happier even after you have the children you want.

Move forward with determination but if you miss out on anything, be kind to yourself; just pick yourself and continue to follow your plan. I promise you that if you stay the course, it won't be long before many of these actions become second nature to you.

I wish you the very best!

With much love & God's blessings.



Bridget Alabi (MSc., FRSPH, AHCP reg.)

Founder of the New Eve Centre
admin@thenewevecentre.org

b. Menstrual Chart Templates for Your Use

Menstrual Cycle No _____

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
BBT (C°)																														
37.5																														
37.4																														
37.3																														
37.2																														
37.1																														
37.0																														
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36.2																														
36.1																														
36.0																														
CM																														

Please indicate MP for Menstrual Period, D for dry, S for Sticky, C for Creamy, WE for Watery egg white and SE for Stretchy egg white

Menstrual Cycle No _____

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
EBBT (°C)																														
37.5																														
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My Notes

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