

WOMBREADY™ 90-Day Fertility Preparation Method



WOMBREADY™

90-Day Fertility Preparation Method

The **90-Day Blueprint** for
Preparing Your Body and Marriage
for Pregnancy—Even If You’ve Been
Trying for Months.

PREPARE
YOUR BODY.
♥
STRENGTHEN
YOUR MARRIAGE.
♥
WELCOME
YOUR BABY.



NOURISH
YOUR BODY



BALANCE YOUR
HORMONES



STRENGTHEN
YOUR MARRIAGE



PREPARE FOR A
HEALTHY PREGNANCY



Okei L. Chidi

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An ongoing educational and encouragement community featuring one expert-led educational session every month, plus general discussions, shared experiences, accountability, and community support.

About the Author

Okei L. Chidi, Founder of AFRIWELL™ Wellness Academy the Publisher of The WOMBREADY™ 90-Day Fertility Preparation Method Empowering Health. Inspiring Hope. Transforming Lives.

AFRIWELL™ Wellness Academy is Africa's trusted health and wellness education brand, dedicated to empowering individuals, married couples, and families with practical, easy-to-understand, and evidence-informed educational resources that support healthier lives and informed decision-making.

As the Author and Publisher of The WOMBREADY™ 90-Day Fertility Preparation Method, AFRIWELL™ Wellness Academy developed this guide to help married couples navigate their fertility journey with greater clarity, confidence, and purpose. Rather than making unrealistic promises, the Academy is committed to providing structured, trustworthy guidance that encourages healthy lifestyle habits, fertility awareness, informed conversations with qualified healthcare professionals, and practical preparation for parenthood.

The WOMBREADY 90-Day Fertility Preparation Method is AFRIWELL™ Wellness Academy's flagship fertility wellness education programme and represents the Academy's commitment to replacing confusion with knowledge, uncertainty with preparation, and fear with informed action.

While fertility preparation remains its flagship focus, AFRIWELL™ Wellness Academy is building a comprehensive library of educational resources that address many of the health challenges African families face, including women's health, men's health, pregnancy support, family wellness, nutrition, healthy lifestyle practices, and preventive health.

Every guide published by AFRIWELL™ Wellness Academy is built on one simple principle:

No miracle claims. No false promises. Just practical, trustworthy health and wellness education that empowers people to make informed decisions with confidence.

The Academy's mission is to empower health, inspire hope, and transform lives by making quality health education accessible to African families and communities, one practical guide at a time.

Its long-term vision is to become Africa's most trusted health and wellness education brand, equipping millions of people with reliable knowledge, practical tools, and hope-filled guidance for healthier living and stronger families across the Globe.

AFRIWELL™ Wellness Academy

Empowering Health. Inspiring Hope. Transforming Lives.

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Introduction

Before You Read Another Fertility Tip... Please Read This First

Imagine waking up one morning, picking up your phone, and seeing yet another pregnancy announcement from a friend or family member.

You smile.

You type, "Congratulations!"

Then you quietly put your phone down, walk away, and ask yourself, "When will it be my turn?"

If that moment feels familiar, I want you to know something before you read another page:

You are not alone.

Across Africa and around the world, thousands of married couples silently carry the same hopes, fears, and unanswered questions every single day.

"Why am I still not pregnant?"

"Am I doing something wrong?"

"Should we try another herbal remedy?"

"Do we need more supplements?"

"Is there something we've overlooked?"

"Will we ever experience the joy of becoming parents?"

These questions can become emotionally exhausting.

Before long, you find yourself spending hours on YouTube, scrolling through Facebook groups, reading countless articles, listening to well-meaning relatives, trying different remedies, buying expensive products, and following advice that often contradicts itself.

One person tells you to relax.

Another recommends a special mixture.

Someone encourages another prayer programme.

Another insists it's simply a matter of timing.

The more advice you receive, the more difficult it becomes to know what is truly helpful.

At AFRIWELL™ Wellness Academy, we've discovered that many couples are not lacking hope—they are lacking clear, practical, and trustworthy guidance.

That understanding inspired the creation of The WOMBREADY™ 90-Day Fertility Preparation Method, one of AFRIWELL™ Wellness Academy's flagship fertility wellness education resources.

This guide was not written to sell false hope or make promises that no responsible educator can guarantee.

It was created to provide something far more valuable:

A structured, practical, and evidence-informed 90-day Fertility preparation that helps married couples better understand fertility, develop healthier daily habits, strengthen their partnership, and prepare to make informed decisions throughout their fertility journey.

At AFRIWELL™ Wellness Academy, our mission is simple:

To empower individuals, married couples, and families through trusted health and wellness education that inspires healthier lives, informed decisions, and lasting hope.

We believe that preparation is powerful.

Knowledge is empowering.

Healthy habits matter.

And informed decisions often lead to better outcomes.

For that reason, it's important to be completely honest with you.

No book.

No herbal practitioner.

No health educator.

No doctor.

No pastor.

No supplement.

No programme.

Can ethically promise that you will become pregnant within 90 days.

Anyone who guarantees that outcome is making a promise no one can honestly make.

What we can confidently promise is this:

If you commit yourself to the principles, practical exercises, and action steps contained in this guide, you will complete the next 90 days with a clearer understanding of your fertility journey, healthier lifestyle habits, stronger communication with your spouse, and greater confidence in making informed decisions about your reproductive health.

You'll spend less time guessing.

Less time chasing every new fertility trend.

Less time making decisions based on fear or pressure.

Instead, you'll begin replacing confusion with knowledge, uncertainty with preparation, and frustration with purposeful action.

Throughout this guide, AFRIWELL™ Wellness Academy will walk alongside you as a trusted fertility wellness education partner, explaining important concepts in clear, practical language that is easy to understand and apply.

Together, we'll explore fertility awareness, reproductive wellness, healthy lifestyle habits, nutrition, emotional wellbeing, the important role of husbands in the fertility journey, common challenges couples face, and how

to prepare for productive conversations with qualified healthcare professionals whenever appropriate.

You'll also have access to practical worksheets, action plans, checklists, planners, and companion resources designed to help you stay organized and consistent throughout your 90-day journey.

But above everything else, we want you to remember this:

Your worth is not measured by how quickly you become pregnant.

Your marriage matters.

Your health matters.

Your wellbeing matters.

Your future matters.

And your story is still unfolding.

Whether you've been trying for a few months or for much longer, we encourage you to approach this guide with an open heart and a willingness to learn.

Take your time.

Complete the exercises.

Discuss each section honestly with your spouse.

Ask thoughtful questions.

Seek appropriate professional healthcare whenever necessary.

Most importantly, never lose hope.

Because when hope is combined with knowledge, preparation, healthy habits, and wise action, it becomes a powerful foundation for moving forward with confidence.

On behalf of everyone at AFRIWELL™ Wellness Academy, thank you for allowing us to be part of your journey and remember each precise step you

take toward the 90 days journey draws you closer to the day of your celebration of motherhood.

Now, let's begin preparing—one informed step at a time.

To your health.

To your marriage.

To your future.

AFRIWELL™ Wellness Academy

Empowering Health. Inspiring Hope. Transforming Lives.

Chapter 1

Why Am I Still Waiting? The Silent Questions Every Married Woman Asks Herself.

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

— Proverbs 13:12

The day I got married, I imagined that within a few months, I'd be sharing good news with my family.

I pictured tiny baby clothes hanging on the line.

I imagined hearing little footsteps running around the house.

I imagined holding my baby while everyone smiled and celebrated.

But months passed.

Then another month.

Then another year.

Nothing.

If you've ever sat on your bed after another menstrual period arrived and quietly asked yourself,

"God... what am I doing wrong?

"Did I offend someone?

I want you to know something before we go any further.

You are not alone.

Thousands of married women ask themselves that same question every single day.

Some ask it with tears.

Some ask it in silence.

Some smile in public but cry into their pillows at night.

If that's you...This guide was written for you.

The Smile Everyone Sees... And The Tears Nobody Sees

People only see your smile.

They don't see what happens after everyone leaves.

They don't see you checking the calendar again.

They don't see you counting days.

They don't see another pregnancy announcement on Facebook that makes your heart sink.

They don't see you deleting baby clothes from your online shopping cart because you don't know when you'll actually need them.

They don't see you pretending you're "fine."

Sound familiar?

Between you and me...

One of the hardest parts of trying to conceive isn't the waiting.

It's pretending the waiting doesn't hurt.

The Questions That Never Seem To Go Away

Maybe you've asked yourself questions like these:

"Is something wrong with me?"

"Why is everyone else getting pregnant so easily?"

"Did I wait too long to get married?"

"Is God angry with me?"

"Should I try another herbal mixture?"

"Maybe I need another fertility supplement..."

"What if I never become a mother?"

Those questions are heavy.

And the longer you carry them, the heavier they become.

The Pressure Nobody Prepared You For

In Nigeria, marriage and children often seem to go together in people's minds.

Sometimes the pressure starts only weeks after the wedding.

"Aren't you expecting yet?"

"When are we carrying our baby?"

"We're waiting for good news."

At first, people mean well.

Then the questions become constant.

Family gatherings suddenly become uncomfortable.

Church services become emotional.

Even attending naming ceremonies can become difficult.

You smile.

But inside...

You're tired.

Everyone Has Advice

This is where things become even more confusing.

One auntie tells you:

"Drink this herbal mixture."

A neighbour says:

"Stop eating certain foods."

Someone on WhatsApp forwards another "miracle fertility recipe."
YouTube tells you one thing.
Instagram tells you another.
Facebook comments become another classroom filled with opinions.
Before long...
You're trying ten different things at the same time.
Yet nothing feels certain.

The Hidden Cost Of Confusion

Confusion doesn't only affect your mind.
It affects your wallet too.
Many couples spend thousands of naira buying products they've never researched.
Some travel from one prayer house to another.
Others move from one clinic to the next without understanding what questions to ask.
Some begin blaming themselves.
Others begin blaming each other.
The emotional cost becomes even greater than the financial cost.

Here's Something Most People Never Tell You

Trying harder isn't always the answer.
Trying smarter is.
There is a big difference.
Imagine driving from Lagos to Abuja without a map.
You may eventually get there...
But you'll waste fuel.
You'll take wrong turns.

You'll become frustrated.

Now imagine having a trusted guide sitting beside you, calmly saying,

"Turn here."

"Slow down."

"This road is closed."

"Take this route instead."

That's what this guide is designed to be.

Not a miracle.

Not magic.

A guide.

A companion.

A roadmap.

Please Stop Blaming Yourself

Can I tell you something from my years of educating couples?

Many women carry guilt that doesn't belong to them.

They blame themselves before they even understand what's happening.

Sometimes the issue may relate to ovulation.

Sometimes it may involve the male partner.

Sometimes it may involve both.

Sometimes it simply takes longer than expected.

The point is this:

Blame never brings clarity.

Understanding does.

Hope Begins With Knowledge One of the biggest changes I've seen in couples isn't what happens inside the body first.

It's what happens inside the mind.

When confusion begins to disappear...

Fear begins to shrink.

When knowledge increases...

Confidence grows.

That is exactly why I created the WOMBREADY™ 90-Day Fertility Preparation Method.

Not to promise pregnancy in 90 days.

No honest person can promise that.

Instead, it gives you a structured way to understand your fertility, prepare your body and draw you closer to your day of motherhood, involve your partner, and know when to seek professional care.

That's a much stronger foundation than guessing.

Your First Assignment

Before you continue, I want you to do something simple.

Take a notebook.

Write the answers to these questions.

1. How long have we been trying to conceive?
2. What advice have I already followed?
3. Which advice actually came from a qualified healthcare professional?
4. What worries me the most?
5. What do I hope will be different after reading this guide?

Don't overthink your answers.

Just be honest.

This notebook will become your personal fertility journal throughout the next 90 days.

You'll be surprised how much clarity comes from writing things down.

If you remember only one thing from this chapter, let it be this:

You are not behind. You are not broken. And you are not alone.

Right now, you don't need more random advice—you need a clear, reliable plan built on trustworthy information. That's exactly what the WOMBREADY™ 90-Day Fertility Preparation Method is designed to provide.

But before we can begin that journey, we need to clear away the confusion that's been holding you back. In the next chapter, we'll look at the common fertility myths, conflicting advice, and hidden mistakes that keep many couples stuck, even when they're trying their very best. Once you see those clearly, the path ahead will make much more sense.

Chapter 2

You've Tried Almost Everything... So Why Are You Still Confused?

When you finished the last chapter, I asked you to write down everything you've already tried and everything that's been weighing on your heart.

Now, take another look at that list.

How many of those things were based on facts?

And how many were based on fear, pressure, or "somebody said"?

Stay with me here because this chapter could save you months of confusion—and possibly a lot of money too.

The Day I Realized Information Isn't the Same as Wisdom

A woman once shared something with me that I've never forgotten.

She said,

"Sir, I have watched over 300 fertility videos on YouTube. I have six different fertility apps on my phone. I have taken herbs from three different people. I have bought expensive supplements. Yet today, I am more confused than when I started."

That sentence hit me.

Because she didn't have an information problem.

She had a clarity problem.

And many couples do.

We live in a world where information is everywhere.

Good information.

Bad information.

Half-truths.

Old wives' tales.

Miracle claims.

The challenge is knowing which advice deserves your attention.

Everybody Becomes a Fertility Expert

Once people hear you've been married for a while without a pregnancy, something interesting happens.

Almost everyone suddenly has advice.

Your auntie says:

"Drink this mixture every morning."

A neighbour says:

"Stop eating eggs."

Someone from church says:

"Travel to this prayer mountain."

Another person says:

"Use this supplement. It worked for my cousin."

Another says:

"Don't go to the hospital. Doctors only want your money."

By the end of one family gathering, you've received enough advice to fill an entire notebook.

The problem?

Much of it contradicts itself.

The Three Traps That Keep Couples Stuck

Over the years, I've noticed three common traps.

Let's talk about them.

Trap #1 – Trying Everything at Once

Imagine cooking jollof rice.

Halfway through cooking, someone tells you to add coconut milk.

Another person says remove the tomatoes.

Another says add honey.

Another says don't use onions.

If you follow every piece of advice, you'll probably ruin the meal.

Fertility works the same way.

Jumping from one suggestion to another makes it difficult to know what's actually helping—or whether something is causing harm.

Trap #2 – Treating Social Media Like a Doctor

Social media can be helpful.

It can also be misleading.

Just because someone became pregnant after drinking a particular tea doesn't mean the tea caused the pregnancy.

Many stories leave out important details:

- Their age
- Their medical history
- Their partner's fertility
- Medical treatments they were receiving
- How long they had actually been trying

What worked for one person may not work for another.

That's why personal medical advice matters.

Trap #3 – Assuming the Woman Is Always the Problem

This one breaks my heart.

In many families, the woman carries almost all the blame.

But fertility is a shared journey.

A couple's ability to conceive can be affected by factors involving the woman, the man, both partners, or sometimes no identifiable cause despite evaluation.

That's why both partners should be willing to learn, communicate, and, when appropriate, seek medical advice together.

Marriage is a team.

Fertility should be too.

Five Common Fertility Myths

Let's clear up some confusion.

Myth 1

"If you relax, you'll definitely get pregnant."

Reducing stress is good for overall health.

But simply "relaxing" is not a guaranteed solution to fertility challenges.

Myth 2

"If your periods are regular, everything must be fine."

Regular cycles are encouraging, but they don't tell the whole story.

Other factors can still affect fertility.

Myth 3

"Only older women struggle to conceive."

Age does influence fertility, but fertility challenges can affect adults of many ages.

Myth 4

"If you've never been pregnant before, something must be seriously wrong."

Not true.

Many healthy couples take time to conceive.

Understanding when to seek medical evaluation is more helpful than assuming the worst.

Myth 5

"Herbal remedies are always safe because they're natural."

Natural does not always mean safe.

Some herbs can interact with medicines, affect the liver or kidneys, or be unsafe during attempts to conceive or pregnancy.

Always discuss supplements or herbal products with a qualified healthcare professional.

Stop Measuring Your Journey Against Someone Else's

I know it's hard.

Your cousin got married in January.

She announced her pregnancy in June.

Your friend has two children already.

Someone younger than you is expecting twins.

Then your phone lights up with another baby shower invitation.

Ouch.

Comparison has a way of making your own journey feel heavier.

But every couple's story is different.

Your timeline does not determine your worth.

Introducing the WOMBREADY™ 90-Day Fertility Preparation Method

This is the moment where everything begins to change.

Instead of chasing random advice every week, we're going to follow one clear roadmap.

I call it the WOMBREADY™ 90-Day Fertility Preparation Method.

Not because it promises pregnancy in 90 days.

But because it gives you 90 days of intentional preparation built on knowledge, healthy habits, teamwork, and informed decision-making.

Here's what each letter stands for:

Letter	Meaning	Your Focus
W	Watch Your Cycle	Learn how your menstrual cycle works and recognize your fertile window.
O	Optimize Your Overall Health	Support your body through nutrition, sleep, and overall wellness.
M	Make Lifestyle Improvements	Identify everyday habits that may affect reproductive health.

B	Build Healthy Habits	Create simple routines you can maintain consistently.
R	Review Fertility Signs	Observe changes and record important information.
E	Engage Your Partner	Make fertility a shared journey instead of carrying the burden alone.
A	Ask the Right Medical Questions	Prepare for productive conversations with healthcare professionals.
D	Develop Your Personal Pregnancy Preparation Plan	Organize what you've learned into practical next steps.
Y	Your Next Steps with Confidence	Continue your journey with clarity rather than confusion.

This isn't about perfection.

It's about preparation.

Your WOMBREADY™ Promise to Yourself

Before you move to the next chapter, make this commitment.

Say it aloud if you can:

"For the next 90 days, I will stop chasing every new fertility tip I see online. I will learn, observe, ask questions, involve my partner, and make decisions based on trustworthy information instead of fear."

Sometimes the most powerful change isn't buying another product.

It's choosing one clear path and following it consistently.

Your Action Step Today

Start your WOMBREADY™ Journal.

Create these sections:

1. My Menstrual Cycle
2. My Daily Habits
3. Questions for My Doctor
4. My Emotional Check-In
5. My Partner's Support Plan

You don't need fancy stationery.

A simple notebook is enough.

What matters is consistency.

If you take one lesson from this chapter, let it be this:

Confusion grows when you follow ten different voices. Confidence grows when you follow one trustworthy plan.

You've spent enough time collecting advice. Now it's time to start collecting understanding.

And that understanding begins with something many women have never been properly taught—the incredible story your body tells every month through your menstrual cycle. Once you learn to read those signs, you'll stop feeling like you're guessing and start feeling like you're participating in your own fertility journey with confidence.

Chapter 3

The W — Watch Your Cycle: The Missing Clue Hidden in Your Monthly Calendar.

(W — Watch Your Cycle).

In the last chapter, we cleared away one of the biggest obstacles to your fertility journey—confusion. You discovered that following every piece of advice you hear can leave you feeling overwhelmed instead of informed. You also met the WOMBREADY™ 90-Day Fertility Preparation Method, the roadmap we'll use throughout this guide.

Now it's time to begin with the very first step.

W — Watch Your Cycle.

This is where many women say, "I wish someone had explained this to me years ago."

And honestly?

I wish they had.

Your Body Has Been Talking to You Every Month

Let me ask you something.

How many times have you looked at your period as just... your period?

You simply marked it on the calendar, bought sanitary pads, and waited for it to end.

Most women do exactly that.

But here's what many don't realize.

Your menstrual cycle is more than bleeding once a month.

It's your body's monthly report card.

Every cycle tells a story.

The question is...

Have you been listening?

The Biggest Mistake Most Women Make

Years ago, a newly married woman came to one of my fertility seminars.

She smiled and said,

"Sir, I know exactly when I ovulate."

I asked her how she knew.

She replied,

"It's always on Day 14."

I smiled back.

Then I asked another question.

"What if your cycle isn't 28 days?"

She paused.

She had never thought about that.

Many women believe ovulation always happens on Day 14.

That isn't true.

While some women ovulate around the middle of their cycle, the exact timing varies from person to person—and even from month to month.

That's why learning your own pattern is more helpful than relying on a fixed date.

Think of Your Cycle Like Planting a Farm

If a farmer plants seeds during the wrong season...

Will he expect a harvest?

Of course not.

Not because the seeds are bad.

Not because the soil is bad.

But because timing matters.

The same is true when trying to conceive.

Your body has fertile days and less fertile days.

Understanding that timing can help you make informed decisions.

The Four Seasons of Your Cycle

I like to explain the menstrual cycle using the four seasons.

It makes it much easier to remember.



Season One – Your Period

This is the first day of your cycle.

Your uterus sheds its lining.

Bleeding begins.

For many women, this lasts between three and seven days.

This is your body's way of preparing for a fresh cycle.



Season Two – Preparation

After your period ends, your body begins preparing an egg for possible release.

Hormone levels change.

Energy often begins to increase.

Some women notice clearer skin.

Others simply feel more energetic.



Season Three – Ovulation

This is one of the most important parts of your cycle.

Ovulation is when an ovary releases an egg.

The egg can only survive for a limited time.

Because sperm can survive in the female reproductive tract for several days under the right conditions, the days leading up to ovulation and the day of ovulation are generally considered the most fertile part of the cycle.

This is often called the fertile window.

Season Four – Waiting

After ovulation, your body prepares for one of two possibilities.

Pregnancy.

Or another menstrual period.

If pregnancy does not occur, hormone levels fall and another cycle begins.

Then the journey starts again.

Your Body Gives You Clues

One thing I love telling women is this:

Your body whispers before it shouts.

Many women think ovulation happens without any signs.

Not always.

Some women notice changes such as:

- ✓ Clear, stretchy cervical mucus (often compared to raw egg white)
- ✓ Mild discomfort on one side of the lower abdomen around ovulation
- ✓ Increased interest in intimacy
- ✓ Slight changes in basal body temperature (when tracked consistently)

Not everyone experiences the same signs, and that's okay.

The goal isn't to have every sign.

The goal is to learn your body's pattern.

Meet Ada's Story

Ada had been married for almost two years.

Every month, she guessed.

Some months she counted dates.

Other months she relied on phone reminders.

She admitted something that surprised her.

"Doctor, I don't actually know my own cycle."

So we started with something simple.

No expensive gadgets.

No complicated calculations.

Just a notebook.

Every month she wrote down:

- The first day of her period
- When it ended
- Any changes she noticed
- Her mood
- Any possible ovulation signs

Within three months, she understood her cycle far better than she ever had before.

She wasn't "guessing" anymore.

She was observing.

That knowledge also helped her have a more informed conversation with her healthcare provider.

Your WOMBREADY™ Cycle Observation Journal

Today we're creating your first powerful tool.

Your Cycle Observation Journal.

Draw a simple table like this.

Date	Day of Cycle	Bleedi ng	Cervical Mucus	Notes
July 1	Day 1	Heavy	None	Mild cramps
July 2	Day 2	Mediu m	None	Better today
July 10	Day 10	None	Creamy	Good energy
July 14	Day 14*	None	Clear/stretch y	Possible fertile signs

Remember: Day 14 is only an example. Your fertile window may be different depending on your cycle.

Keep recording every day.

Don't worry if your journal isn't perfect.

Consistency matters more than perfection.

Five Things to Watch Every Month

As part of the WOMBREADY™ 90-Day Fertility Preparation Method, pay attention to these five things:

1. The First Day of Your Period

Always record the first day of bleeding.

This becomes Day 1 of your cycle.

2. How Long Your Cycle Lasts

Count from the first day of one period to the first day of the next.

Many healthy cycles vary in length.

Knowing your own pattern is what matters.

3. Changes in Cervical Mucus

Healthy cervical mucus often changes throughout the cycle.

Learning these changes can help you better understand your fertile window.

4. Your Energy and Mood

Hormonal changes can influence how you feel.

Recording these patterns helps you understand your body better.

5. Any Unusual Symptoms

Write down anything unusual, such as:

- Very heavy bleeding
- Severe pain
- Bleeding between periods
- Missed periods without explanation

If you notice persistent or concerning symptoms, speak with a qualified healthcare professional.

Don't Panic Over One Irregular Month

Here's something I want you to remember.

One unusual cycle doesn't automatically mean something is wrong.

Stress.

Travel.

Illness.

Changes in routine.

All of these can sometimes affect the timing of your menstrual cycle.

That's another reason why tracking over several months gives a clearer picture than focusing on just one cycle.

Your 7-Day WOMBREADY™ Challenge

For the next seven days:

1. Start your Cycle Observation Journal.
2. Record how you feel each day.
3. Notice any changes in your body.
4. Write down questions that come to mind.
5. Share what you're learning with your husband.

This isn't about becoming an expert overnight.

It's about becoming familiar with your own body.

Small observations today can become valuable information tomorrow.

If you remember only one thing from this chapter, let it be this:

Your body is not keeping secrets from you—it has been giving you clues all along. The more consistently you observe your cycle, the more confidently you can understand your fertility journey.

Now that you've learned how to watch your cycle, it's time to prepare the place where new life can grow. In the next chapter, we'll explore how your daily habits—from the food on your plate to your sleep, movement, and stress—can support your overall reproductive health. This is where the O.M.B. Formula of the WOMBREADY™ 90-Day Fertility Preparation Method begins, and it's one of the most practical parts of your journey.

Chapter 4

The O.M.B. Formula: Preparing Your Body Before Pregnancy Begins.

O — Optimize Your Overall Health.

M — Make Lifestyle Improvements.

B — Build Healthy Habits That Last.

(Optimize Your Overall Health • Make Lifestyle Improvements • Build Healthy Habits)

By now, you've done something many women have never been taught to do—you've started paying attention to your body's natural rhythm instead of simply waiting for your next period.

That's a big step.

Now here's where it gets even more interesting.

Understanding your cycle is like knowing when to plant a seed.

But even the best seed needs healthy soil.

Your body is that soil.

The question is:

Is your body getting the everyday support it needs?

This chapter is not about becoming perfect.

It's about making small, consistent changes that support your overall health and prepare you for pregnancy.

That's exactly what the O.M.B. Formula is all about.

O — Optimize Your Overall Health

Many women think fertility begins in the womb.

Not exactly.

It begins with your overall health.

Your body works as one complete system.

Your heart.

Your brain.

Your hormones.

Your reproductive organs.

Your immune system.

Everything is connected.

When one area struggles, another may also be affected.

That's why preparing for pregnancy isn't just about your uterus.

It's about caring for your whole body.

Your Body Is Like Building a House

Imagine you're building your dream home.

Would you start with the roof?

Of course not.

You begin with a strong foundation.

If the foundation is weak, even the most beautiful house may develop problems later.

Preparing for pregnancy works in a similar way.

Before expecting new life to grow, it's wise to strengthen the foundation.

Start With Your Plate

One of the first questions women ask me is:

"Sir, what food should I eat to get pregnant?"

I always smile because they're expecting one magical food.

There isn't one.

No soup.

No fruit.

No seed.

No herbal drink.

No single meal can guarantee pregnancy.

Instead, focus on eating a balanced diet that supports your overall health.

Think of your plate as a team.

Each food has a role.

Include foods such as:

 Vegetables

 Fruits

 Protein sources like eggs, fish, beans, or lean meat

 Whole grains

 Healthy fats like nuts, seeds, and avocados

And don't forget water.

Your body depends on proper hydration for many normal functions.

Nigerian Foods That Can Fit Into a Healthy Lifestyle

Healthy eating doesn't mean abandoning Nigerian food.

Far from it.

You can enjoy familiar meals while aiming for balance.

Examples include:

- Beans and plantain
- Moi Moi

- Vegetable soup with reasonable portions of swallow
- Brown or Ofada rice with vegetables
- Boiled yam with garden egg sauce
- Sweet potatoes
- Fish pepper soup
- Okra soup with fish
- Fresh fruits such as oranges, watermelon, pawpaw, and pineapple

The goal isn't expensive food.

The goal is balanced nutrition.

Healthy Weight Matters

This topic can be sensitive.

So let me say this carefully.

This isn't about chasing a perfect body.

It's about supporting your health.

Both being significantly underweight and significantly overweight can affect reproductive health in some people.

If you're concerned about your weight, speak with a qualified healthcare professional who can guide you safely.

Avoid crash diets.

Avoid starvation.

Avoid miracle weight-loss products.

Your body deserves better than that.

Sleep Is More Powerful Than Most People Think

Let me ask you something.

When was the last time you enjoyed seven to nine hours of restful sleep?

Many married women sleep late.

Some stay awake scrolling social media.

Others are working two jobs.

Some are caring for relatives.

Life is busy.

But sleep is not laziness.

Sleep is part of self-care.

While you sleep, your body performs many important functions, including supporting hormone regulation and overall health.

Try these simple habits:

- Keep a regular bedtime.
- Reduce screen time before bed.
- Make your room as comfortable as possible.
- Avoid heavy meals just before sleeping.

Small changes can make a big difference.

Stress Doesn't Mean You're Failing

Let's clear up a common misunderstanding.

People often say,

"You're not getting pregnant because you're stressed."

That statement isn't fair.

Stress alone is not a simple explanation for fertility challenges.

However, chronic stress can affect your sleep, appetite, relationships, and daily routines.

Managing stress supports your overall well-being.

And that's worth doing, whether you're trying to conceive or not.

Simple Ways to Reduce Everyday Stress

Here are a few practical ideas:

- ✓ Take a 20-minute walk.
- ✓ Pray or meditate if that's meaningful to you.
- ✓ Listen to calming music.
- ✓ Talk honestly with your spouse.
- ✓ Write your thoughts in your WOMBREADY™ Journal.
- ✓ Spend time with supportive people.

Notice what isn't on this list?

Buying another miracle product.

Sometimes peace is more valuable than another bottle of supplements.

Move Your Body

Exercise doesn't have to mean joining an expensive gym.

Movement is movement.

You could:

- Walk around your neighbourhood.
- Dance to your favourite worship songs.
- Stretch every morning.
- Use the stairs instead of the lift when possible.

Aim for regular, moderate activity that fits your health and lifestyle.

If you have a medical condition, ask your healthcare provider what type of exercise is appropriate for you.

M — Make Lifestyle Improvements

This part of the WOMBREADY™ Method is about looking honestly at everyday habits.

Ask yourself:

- Do I smoke?
- Do I drink excessive alcohol?
- Am I taking medicines or supplements without medical advice?
- Am I exposing myself to harmful chemicals at work?
- Do I ignore health check-ups?

Small lifestyle changes can contribute to better overall health.

Don't try to change everything today.

Choose one habit.

Master it.

Then move to the next.

B — Build Healthy Habits That Last

Motivation comes and goes.

Habits stay.

That's why I don't want you to depend on excitement.

I want you to build routines.

Here's a simple habit tracker you can use.

Habit	Mond ay	Tues day	Wednes day	Thursd ay	Frid ay	Saturd ay	Sund ay
Drink enough water	✓	✓	✓		✓	✓	
Eat vegetables	✓		✓	✓	✓		✓
Walk 20 minutes		✓	✓	✓		✓	✓

Sleep before 10:30 pm	✓		✓		✓	✓	✓
Journal	✓	✓	✓	✓	✓		✓

Don't aim for perfection.
 Aim for progress.

A Story I'll Never Forget

I once met a couple who believed they needed another expensive fertility treatment immediately.

Before making that decision, their doctor encouraged them to improve a few everyday health habits and complete recommended evaluations.

Over the following months, they became more consistent with sleep, nutrition, exercise, and medical follow-up.

What changed most wasn't just their routine.

It was their confidence.

They finally felt like they understood what they were doing instead of reacting to fear.

That peace made the journey much easier to navigate, regardless of the outcome.

Your O.M.B. Weekly Challenge

For the next seven days:

1. Eat at least one extra serving of vegetables each day.
2. Drink more water consistently.
3. Walk for 20–30 minutes on most days, if your healthcare provider says it's appropriate.

4. Go to bed a little earlier.
5. Record your progress in your WOMBREADY™ Journal.
6. Choose one unhealthy habit to improve this week.

Remember, don't try to become a different person overnight.

One small change repeated every day becomes a powerful habit.

If you remember one lesson from this chapter, let it be this:

Preparing for pregnancy begins long before a positive pregnancy test.

Every healthy choice you make today is an investment in your overall well-being and your future family.

So far, you've learned how to understand your cycle and how to strengthen your daily health habits. But there's one important truth many couples overlook: fertility is not a journey for one person alone. In the next chapter, we'll explore why your husband is an essential part of this process and how working together can replace fear, blame, and isolation with teamwork, understanding, and hope through the R.E.A.D.Y. Connection of the WOMBREADY™ 90-Day Fertility Preparation Method.

Chapter 5

The R.E.A.D.Y. Connection: Why Two People Make One Fertility Journey.

Review Fertility Signs.

Engage Your Partner.

Ask the Right Medical Questions.

Develop Your Personal Plan.

Your Next Steps with Confidence.

By now, you've learned two powerful lessons.

First, your body speaks to you every month through your menstrual cycle.

Second, preparing for pregnancy isn't about finding one miracle food or one miracle product. It's about building healthy habits consistently.

Now, we're about to talk about something many couples avoid.

And honestly?

It may be one of the biggest reasons some marriages become strained during the fertility journey.

Let's talk about teamwork.

Because pregnancy may happen in one person's body, but the journey belongs to two people.

Stop Carrying This Burden Alone

I remember speaking with a woman after one of my seminars.

She waited until everyone had left.

Then she quietly asked,

"Sir... must I keep pretending to be strong all the time?"

Her eyes filled with tears.

She continued,

"My husband doesn't know how much I'm hurting. I don't even know how to tell him anymore."

That conversation stayed with me.

Many women carry the emotional weight of infertility alone.

They smile during the day.

They cry in the bathroom.

They pray silently at night.

Meanwhile, their husbands may also be hurting—but neither of them knows how to start the conversation.

Marriage was never designed to carry heavy loads separately.

Fertility Is Not A Woman's Responsibility

This is one message I wish every family would hear.

When pregnancy doesn't happen immediately, many people automatically look at the wife.

Questions begin.

Pressure increases.

Sometimes blame follows.

But medical evidence tells us something different.

Fertility challenges can involve the woman, the man, both partners, or sometimes no clear cause is found after evaluation.

That means one partner should never carry all the blame.

Not in the family.

Not in church.

Not at home.

The Danger Of The Blame Game

Blame quietly destroys marriages.

It begins with little comments.

"If only you had..."

"Maybe you waited too long..."

"You should try harder..."

Before long...

Those words become walls.

Walls between husband and wife.

Walls between hope and happiness.

Remember this:

The problem is never your spouse.

The problem is the problem.

[In most cases been able to identify the root course]

Fight the problem together.

Not each other.

E — Engage Your Partner

One of the most important parts of the WOMBREASY™ 90-Day Fertility Preparation Method is learning to involve your husband.

Not after one year.

Not after five years.

Now.

Your husband deserves to understand what you're learning.

And you deserve his support.

This doesn't mean every conversation will be easy.

But honest conversations build stronger marriages.

How To Start The Conversation

You don't need a perfect speech.

Keep it simple.

Try something like this:

"I've been learning more about fertility, and I'd really like us to go through this journey together. I don't want either of us to carry this alone."

Notice something?

No accusations.

No blame.

Just partnership.

That's where healing conversations begin.

Four Questions Every Couple Should Discuss

Find a quiet evening.

Switch off the television.

Put your phones away.

Then ask each other these questions.

Question One

How are you really feeling about our fertility journey?

Listen.

Don't interrupt.

Don't defend yourself.

Just listen.

Question Two

What worries you the most?

Sometimes husbands worry too.

They simply don't express it.

This question creates space for honesty.

Question Three

What kind of support do you need from me?

The answer may surprise you.

One partner may need encouragement.

Another may simply need someone to listen.

Question Four

What should our next step be together?

Notice the word "together."

That's the goal.

R — Review Fertility Signs Together

Earlier, you learned how to observe your cycle.

Now involve your husband.

Show him your cycle tracker.

Explain what you've learned.

Let him understand your fertile window.

The more informed both partners are, the easier it becomes to make shared decisions.

Knowledge should belong to both of you.

A — Ask The Right Medical Questions

Many couples walk into a clinic feeling nervous.

Then the doctor asks,

"Do you have any questions?"

Silence.

Not because they don't have questions.

Because they forgot them.

That's why I encourage every couple to prepare before appointments.

Here are some helpful questions you may want to ask your healthcare provider:

- Based on our history, what evaluations do you recommend?
- Are there lifestyle changes that may support our overall reproductive health?
- Should both of us be evaluated?
- Are any medications or supplements appropriate for us?
- When should we return for follow-up?

Write the answers in your WOMBBREADY™ Journal.

Don't rely on memory alone.

When Should You Seek Medical Advice?

Many couples wonder,

"How long should we keep trying before we see a doctor?"

This depends on several factors, including age, medical history, and menstrual patterns.

As a general guide:

- If the woman is under 35 years old, many healthcare providers recommend seeking evaluation after 12 months of regular, unprotected intercourse without pregnancy.
- If the woman is 35 or older, evaluation is often recommended after 6 months.
- Seek medical advice sooner if there are known concerns such as very irregular periods, previous pelvic infections, recurrent pregnancy loss, or known reproductive conditions.

Every couple is unique, so don't hesitate to speak with a qualified healthcare professional if you're concerned.

D — Develop Your Personal Fertility Plan

Now it's time to put everything together.

Your plan doesn't have to be complicated.

Here's an example.

Our WOMBREADY™ Plan

- ✓ Track my cycle every month.
- ✓ Eat balanced meals most days.
- ✓ Exercise regularly.
- ✓ Sleep at least seven to eight hours.
- ✓ Pray together every evening.
- ✓ Schedule our medical appointment.
- ✓ Review our progress every Sunday.

Simple.

Clear.

Practical.

That's how lasting habits are built.

Y — Your Next Steps With Confidence

Fear asks,

"What if nothing changes?"

Confidence asks,

"What's my next step?"

See the difference?

Confidence doesn't mean having all the answers.

Confidence means knowing what to do next.

That's exactly what this guide is helping you build.

A Couple's Story Of Teamwork

I'll never forget meeting Tunde and Amaka.

When they first came to a fertility education workshop, Amaka did all the talking.

Tunde sat quietly with his arms folded.

During one exercise, I asked husbands to write one sentence describing how they felt.

Tunde wrote,

"I thought I had to stay quiet because I didn't know how to help."

That one sentence changed everything.

When they began talking honestly, attending appointments together, and supporting each other instead of carrying silent fears, their marriage became stronger.

Their greatest victory wasn't simply having a plan.

It was becoming a team again.

That's what I want for you too.

Your WOMBREADY™ Couple Challenge

This week, complete these seven steps together:

1. Set aside one evening with no distractions.
2. Share how each of you truly feels.
3. Review your cycle journal together.
4. Write five questions for your healthcare provider.
5. Agree on one healthy habit you'll both improve this week.
6. Schedule any recommended medical appointment if needed.
7. End the conversation by encouraging one another—not criticizing.

These small actions can strengthen your relationship while helping you move forward with greater confidence.

If you remember one lesson from this chapter, let it be this:

The fertility journey is not about one person trying harder. It's about two people walking the same road, supporting each other, asking the right questions, and making informed decisions together.

You've now learned how to understand your cycle, improve your daily habits, and build a stronger partnership. But even with the best preparation, some couples face medical conditions they never expected. In the next chapter, we'll uncover the hidden fertility roadblocks that often go unnoticed, explain what they are in simple language, and discuss when it's time to seek specialized medical care. Knowledge replaces fear, and that's exactly where we're headed next.

Chapter 6

The Fertility Roadblocks Most Couples Never See Coming.

By now, you've come a long way.

You've stopped chasing every piece of advice that comes your way.

You've learned how to understand your cycle.

You've started building healthier daily habits.

You've also discovered that fertility is a journey for both husband and wife—not a burden for one person alone.

Now here's where many couples become afraid.

They hear words like fibroids, blocked tubes, low sperm count, or hormonal imbalance, and immediately think,

"Maybe we'll never have children."

I want you to pause right there.

Take a deep breath.

Knowing about a possible roadblock is not the same as losing hope.

In fact, understanding what may be happening is often the first step toward making informed decisions with your healthcare provider.

Let's talk about some of the most common roadblocks in simple, everyday language.

Not Every Delay Means Infertility

One of the biggest mistakes couples make is assuming that a delay in pregnancy automatically means infertility or being [Barren].

That's not always true.

Many healthy couples need time before pregnancy happens.

How long it takes depends on many factors, including age, health, timing, and sometimes factors that require medical evaluation.

That's why guessing isn't helpful.

Learning is.

Roadblock 1 — Irregular Ovulation

Think back to Chapter 3.

We talked about ovulation—the release of an egg.

If ovulation happens irregularly or not at all, it can make conception more difficult.

Some signs that may suggest ovulation is irregular include:

- Very unpredictable menstrual cycles
- Months without a period
- Extremely long or very short cycles
- Difficulty identifying a fertile window

These signs don't automatically mean something is seriously wrong, but they are worth discussing with a healthcare professional.

Roadblock 2 — Fibroids

Many Nigerian women have heard frightening stories about fibroids.

Let's separate facts from fear.

Fibroids are non-cancerous growths that develop in or around the uterus.

Some women never know they have them.

Others experience symptoms such as:

- Heavy menstrual bleeding
- Pelvic pressure or pain
- Frequent urination
- Pain during intercourse
- Difficulty becoming pregnant in some cases

Not all fibroids affect fertility.

Their size and location can make a difference.

That's why evaluation by a qualified healthcare provider is important before making assumptions.

Roadblock 3 — Blocked Fallopian Tubes

Imagine a bridge connecting two towns.

If that bridge is blocked, it becomes difficult for people to cross.

Your fallopian tubes work in a similar way.

They provide the pathway where the egg and sperm may meet.

If one or both tubes are blocked, pregnancy can become more difficult.

Possible causes may include:

- Previous pelvic infections
- Certain sexually transmitted infections
- Previous abdominal or pelvic surgery
- Endometriosis

Only appropriate medical testing can determine whether the tubes are open.

No herbal drink or social media advice can confirm this.

Roadblock 4 — Hormonal Conditions

Hormones act like messengers in your body.

They tell different organs what to do and when to do it.

If those messages become unbalanced, the menstrual cycle and ovulation may be affected.

One common condition is Polycystic Ovary Syndrome, often called PCOS.

Some women with PCOS may experience:

- Irregular periods
- Acne
- Excess facial or body hair
- Weight changes
- Difficulty with regular ovulation

Not everyone with PCOS has the same symptoms.

Many women with PCOS go on to have children, especially with appropriate medical care and lifestyle support.

Roadblock 5 — Male Fertility Factors

Let's have an honest conversation.

Too often, fertility discussions focus only on women.

But men's health matters too.

Healthy sperm are an important part of conception.

Things that may affect male fertility include:

- Low sperm count
- Reduced sperm movement
- Certain medical conditions
- Smoking
- Excessive alcohol use
- Exposure to high heat or certain chemicals

- Some medications

This is why both partners may need evaluation—not just one.

Remember:

Marriage is a partnership. Fertility is too.

Roadblock 6 — Age

This topic makes many women anxious.

Age does matter because fertility naturally changes over time.

However, age is only one piece of the puzzle.

Your overall health, your partner's health, and your medical history also play important roles.

Instead of worrying about your age every day, focus on what you can control:

- Healthy habits
- Timely medical advice
- Good communication
- Consistent cycle tracking

Those are productive steps.

Roadblock 7 — Unexplained Infertility

Sometimes, after appropriate medical evaluation, everything appears normal, yet pregnancy still hasn't happened.

This is often called unexplained infertility.

It doesn't mean nothing is happening.

It simply means current testing has not identified a clear cause.

For many couples, this can be emotionally challenging.

If this happens, continue working closely with your healthcare team to discuss the most appropriate next steps.

When Should You Seek Specialist Care?

Many couples wait too long because they hope next month will be different. Hope is important.

But so is timely action.

You should consider speaking with a healthcare professional if:

- You've been trying to conceive for the recommended period based on your age.
- Your periods are very irregular or absent.
- You have severe pelvic pain or unusually heavy bleeding.
- You have experienced recurrent pregnancy loss.
- Your husband has known reproductive health concerns.
- Either partner has a history of significant reproductive infections or surgery.

Seeking medical advice is not a sign of failure.

It's a sign of wisdom.

Questions to Ask a Fertility Specialist

Before your appointment, write these questions in your WOMBBREADY™ Journal:

1. What could be contributing to our difficulty conceiving?
2. Which tests, if any, do you recommend for each of us?
3. What lifestyle changes would you recommend?
4. Are there treatment options appropriate for our situation?
5. What should we realistically expect over the next few months?

Don't be afraid to ask questions.

Good healthcare is built on good communication.

A Story of Hope

I once met a couple who delayed seeing a doctor because they were afraid of what they might hear.

For almost three years, they relied on rumours, herbal mixtures, and online advice.

Finally, they decided to get evaluated.

Their greatest surprise wasn't the diagnosis.

It was the relief of finally understanding what was happening.

Instead of living with endless "what ifs," they had a plan.

That plan gave them peace.

And peace is powerful.

Your WOMBREADY™ Medical Preparation Checklist

Complete this checklist before your next healthcare appointment:

- ☐ Update your cycle journal.
- ☐ Write down your symptoms.
- ☐ List any medications, supplements, or herbal products you use.
- ☐ Record any previous pregnancies or miscarriages, if applicable.
- ☐ Note your medical history and surgeries.
- ☐ Encourage your husband to prepare his own health history.
- ☐ Write down every question you want to ask.

The better prepared you are, the more productive your appointment can be.

Faith and Medicine Can Walk Together

As a health educator, I meet many couples with strong faith.

Some worry that seeking medical care means they don't trust God.

I don't believe those two things have to compete.

Many people pray for wisdom while also seeking appropriate healthcare.

Faith can give you strength.

Knowledge can help you make informed decisions.

Hope can remain alive through both.

If you remember one lesson from this chapter, let it be this:

A roadblock is not a dead end. It's simply a sign that it's time to understand the road better and choose the next step wisely. Fear grows in uncertainty, but confidence grows through knowledge, preparation, and appropriate medical guidance.

You've now completed the heart of the WOMBREADY™ 90-Day Fertility Preparation Method. In the next chapter, we'll bring everything together into a practical week-by-week action plan that shows you exactly what to do over the next 90 days. No more guessing. No more confusion. Just a clear roadmap you and your spouse can follow together, one step at a time.

Chapter 7

Your WOMBREADY™ 90-Day Success Roadmap.

We've come to the final chapter of this guide.

Take a moment and think about how far you've come.

When you opened Chapter 1, you may have been carrying fear, confusion, or even guilt.

Today, you understand your cycle better.

You've learned how everyday habits support your overall health.

You've discovered that your husband is your teammate, not your opponent.

You've also learned that fertility challenges can have many possible causes and that informed medical care matters and draw you and your partner closer to becoming father and mother.

Now it's time to put everything together.

No more wondering, "Where do I even start?"

From today, you'll have a practical roadmap.

Remember, the WOMBREADY™ 90-Day Fertility Preparation Method is not a guarantee of pregnancy within 90 days. Instead, it is a structured plan to help you become informed, organized, and intentional while preparing for pregnancy and working with your healthcare provider.

The Three Phases of the WOMBREADY™ Journey

To make the next 90 days easier to follow, we'll divide them into three simple phases.

Phase 1 (Days 1–30): Build Awareness

During this first month, your goal is to understand your body and your current lifestyle.

Focus on:

- Tracking your menstrual cycle.
- Starting your WOMBREADY™ Journal.
- Eating balanced meals.
- Drinking enough water.
- Improving your sleep routine.
- Beginning moderate physical activity if appropriate.
- Having honest conversations with your spouse.

Don't try to change everything at once.

Progress is better than perfection.

Phase 2 (Days 31–60): Build Consistency

By now, your new habits should start feeling more natural.

This month is about staying consistent.

Continue:

- Tracking your cycle.
- Following healthy daily routines.
- Reviewing your journal each week.
- Supporting each other emotionally.
- Scheduling or attending medical appointments if recommended.

- This is also a good time to review any questions you've written down and discuss them with your healthcare provider.

- Continue healthy habits.
- Review your progress.
- Celebrate small wins.

● Update your personal fertilityPhase 3 (Days 61–90): Build Confidence

- By the final month, you'll likely know much more about your body than you did when you started.
- Your focus now is to:
 - plan.
 - Decide on the next steps with your healthcare team if needed.

Confidence comes from preparation—not perfection.

Your Daily WOMBREADY™ Checklist

Every morning, ask yourself these questions:

- ☐ Did I drink enough water today?
- ☐ Did I eat balanced meals?
- ☐ Did I move my body?
- ☐ Did I get enough rest?
- ☐ Did I record anything important in my cycle journal?
- ☐ Did I show kindness to myself today?
- ☐ Did I encourage my spouse today?

You don't need a perfect score every day.

You simply need to keep showing up.

Your Weekly Review

At the end of every week, sit down together for about 20–30 minutes.

Discuss:

1. What went well this week?
2. What was difficult?
3. What healthy habits did we maintain?
4. What can we improve next week?
5. Do we have any new questions for our healthcare provider?

These conversations help you stay connected as a couple.

A Simple Fertility-Friendly Meal Planner

Healthy eating doesn't have to be complicated or expensive.

Here's a simple example using familiar Nigerian foods.

Day	Breakfast	Lunch	Dinner
Monday	Oats with fruit	Beans and plantain	Vegetable soup with fish
Tuesday	Moi Moi and pap	Brown rice with vegetables	Boiled yam with egg sauce
Wednesday	Whole-wheat bread and eggs	Okra soup with fish	Sweet potatoes and vegetables
Thursday	Fruit smoothie	Beans and rice	Grilled fish and salad
Friday	Oatmeal	Vegetable stew with rice	Garden egg sauce and yam

Saturday	Eggs and fruit	Moi Moi and vegetables	Pepper soup with fish
Sunday	Healthy family breakfast	Home-cooked balanced meal	Light evening meal

This is only an example.

Adjust your meals according to your culture, budget, dietary needs, and any advice from your healthcare provider.

A Monthly Progress Tracker

At the end of each month, answer these questions.

Month One

- ✓ Did I complete my cycle tracking?
- ✓ Did I improve my daily habits?
- ✓ What did I learn about my body?

Month Two

- ✓ What habits have become easier?
- ✓ Did my spouse and I communicate better?
- ✓ Did we attend any recommended appointments?

Month Three

- ✓ What progress have we made?
- ✓ What questions remain?
- ✓ What is our next step?

This simple review helps you see progress that you might otherwise overlook.

Protecting Your Emotional Health

Trying to conceive can be emotionally exhausting.

Some days you will feel hopeful.

Other days you may feel disappointed.

Both feelings are normal.

When those difficult days come:

- Talk to someone you trust.
- Pray if that's part of your faith.
- Take a walk.
- Write in your journal.
- Spend time doing something you enjoy.
- Avoid comparing your story with someone else's.

Remember:

Your value is not measured by a pregnancy test.

Your worth has never depended on becoming a parent.

Celebrate Small Victories

We often celebrate only the big milestones.

But don't forget the small ones.

Celebrate when:

- ✓ You finish tracking an entire cycle.
- ✓ You improve your eating habits.
- ✓ You finally ask the doctor the questions you've been avoiding.

- ✓ You and your spouse have an honest conversation.
- ✓ You replace fear with understanding.

Every one of those steps matters.

When Things Don't Go as Planned

Let's be honest.

Life doesn't always follow our timetable.

Some couples conceive quickly.

Others need more time.

Some may need additional investigations or treatment.

Whatever your journey looks like, don't let disappointment convince you that your efforts were wasted.

Everything you've learned in this guide helps you make informed decisions and care for your overall health.

That knowledge will continue to serve you.

Your Personal WOMBREADY™ Commitment

Before you close this guide, read these words slowly.

I choose knowledge over confusion.

I choose teamwork over blame.

I choose healthy habits over quick fixes.

I choose informed medical care when needed.

I choose hope over fear.

I will prepare faithfully, take one step at a time, and trust that every healthy choice I make today is an investment in my future.

Write your name beneath these words.

Add today's date.

Keep this page where you can see it.

A Final Letter From My Heart

Dear Sister,

Thank you for allowing me to walk beside you through these pages.

Although we may never meet in person, I hope this guide has made you feel less alone.

My greatest wish isn't simply that you finish reading this book.

It's that you leave it feeling stronger, wiser, and more confident than when you started.

Remember that every fertility journey is unique. Some couples experience joyful news sooner than expected. Others need more time, additional testing, or treatment. Whatever your path, do not lose sight of your worth.

Your marriage is valuable.

Your health is valuable.

Your hope is valuable.

Keep learning.

Keep communicating with your spouse.

Keep working with trusted healthcare professionals.

Keep taking care of yourself.

And above all, keep believing that your story is still being written.

One chapter does not define the entire book.

So if you take nothing else from this guide, remember this:

The greatest gift of the WOMBREADY™ 90-Day Fertility Preparation Method is not a promise of pregnancy—it is the confidence that comes

from understanding your body, making healthy choices, working as a team with your spouse, and seeking the right support when you need it.

That confidence is something no disappointment can take away.

Because when knowledge replaces confusion and hope replaces fear, you are already moving forward.

Congratulations!

You have successfully completed the WOMBREADY™ 90-Day Fertility Preparation Method.

You now have:

- A practical fertility preparation framework.
- A cycle-tracking system.
- Daily and weekly health routines.
- A couple's communication plan.
- Medical appointment preparation tools.
- A structured 90-day roadmap.
- Greater confidence to navigate your fertility journey.

Your journey doesn't end here—it begins here.

I sincerely pray that this guide becomes a source of encouragement, wisdom, and practical support for you and your spouse.

May you move forward with courage, peace, and hope. 🌸

Meet You at the Other End. Keep Shining as You Journey Toward Your Ultimate Dream of Motherhood.



Your Exclusive Bonus Package

Your purchase of **The WOMBREADY™ 90-Day Preparation Method** includes the following premium companion resources from **AFRIWELL™ Wellness Academy**, carefully designed to help you stay organized, ask better questions, reinforce your learning, and confidently apply what you've learned throughout your fertility preparation journey.



BONUS #1 The WOMBREADY™ Fertility Success Companion™

Your Week-by-Week Action Guide to Preparing for Pregnancy with Confidence

This practical companion workbook helps you turn knowledge into consistent daily action throughout your 90-day preparation journey.

Rather than wondering what to do next, you'll have a structured system to help you stay organized, monitor your progress, and build healthy habits one step at a time.

Inside You'll Discover

- ✓ A simple Week-by-Week 90-Day Action Plan
- ✓ Daily Fertility Preparation Checklists
- ✓ Weekly Husband & Wife Accountability Sessions
- ✓ Fertile Window Planning Calendar

- ✓ Nutrition & Healthy Lifestyle Tracker
- ✓ Sleep & Physical Activity Planner
- ✓ Prayer & Personal Reflection Journal
- ✓ Healthcare Appointment Preparation Worksheets
- ✓ Weekly AFRIWELL™ Action Challenges
- ✓ Personal Progress Review Pages

What Problem Does It Solve?

Many couples begin their fertility journey with enthusiasm but struggle to remain consistent.

This companion workbook provides a clear structure that helps you stay focused, organized, and accountable throughout your preparation journey—transforming good intentions into practical daily habits.

BONUS #2: The WOMBREADY™ Fertility Consultation Handbook™

Your Complete Doctor Visit Checklist, Consultation Planner & 100 Practical Fertility Questions Answered

Preparing for a healthcare appointment can feel overwhelming, especially when you're unsure what questions to ask or how to make the most of your consultation.

This professional handbook helps you prepare confidently by providing practical educational guidance and consultation planning tools.

Inside You'll Discover

- ✓ More than 100 Practical Fertility Questions & Educational Answers
- ✓ Healthcare Appointment Preparation Checklists
- ✓ Doctor Visit Planning Worksheets
- ✓ Common Fertility Questions Explained in Simple Language
- ✓ Women's Reproductive Health Questions
- ✓ Men's Reproductive Health Questions
- ✓ Nutrition & Healthy Lifestyle Guidance
- ✓ Medical Consultation Note Pages
- ✓ Follow-Up Appointment Planner
- ✓ AFRIWELL™ Knowledge Corner Throughout the Guide

What Problem Does It Solve?

Many couples leave healthcare appointments wishing they had asked more questions or understood the information more clearly.

This handbook helps you prepare thoughtful questions, organize important health information, and become a more informed participant in conversations with qualified healthcare professionals.



BONUS #3 The WOMBREADY™ Guided Audio Companion Series™

Listen. Learn. Reflect. Prepare with Confidence—Wherever Life Takes You.

Not everyone has time to sit down and read every day.

This professionally designed guided audio series allows you to continue learning while driving, walking, working, cooking, exercising, or relaxing at home.

Each session has been created to reinforce the lessons from **The WOMBREADY™ 90-Day Fertility Preparation Method** through calm, conversational, and easy-to-follow audio guidance.

The Complete Audio Programme Includes



BONUS #3

The WOMBREADY™ Guided Audio Companion Series™

A Companion Resource to the WOMBREADY™ 90-Day Fertility Preparation Method™

MODULE 1 – Welcome to Your 90-Day Preparation Journey

- Script 1 – You Are Not Alone
- Script 2 – Why Preparation Matters
- Script 3 – Preparing Together as Husband and Wife
- Script 4 – Reflection & Your First AFRIWELL™ Action Challenge

MODULE 2 – Building the Right Mindset

- Script 1 – The Power of Your Mindset
- Script 2 – Replacing Fear with Understanding
- Script 3 – Letting Go of Comparison & Unrealistic Expectations
- Script 4 – Reflection & Your Weekly AFRIWELL™ Action Challenge

MODULE 3 – Understanding Fertility Preparation

- Script 1 – Understanding Fertility Preparation
- Script 2 – Fertility Myths and Facts
- Script 3 – Factors That Can Influence Fertility
- Script 4 – Reflection & Your Weekly AFRIWELL™ Action Challenge

MODULE 4 – Healthy Lifestyle Foundations

- Script 1 – Nutrition for Overall Reproductive Health
- Script 2 – Sleep, Physical Activity & Daily Wellness
- Script 3 – Managing Stress and Building Healthy Habits
- Script 4 – Reflection & Your Weekly AFRIWELL™ Action Challenge

MODULE 5 – Preparing Together as Husband and Wife

- Script 1 – A Shared Journey
- Script 2 – Communicating with Compassion
- Script 3 – Supporting One Another Through the Journey
- Script 4 – Reflection & Your Weekly AFRIWELL™ Action Challenge

MODULE 6 – Preparing for Healthcare Conversations

- Script 1 – Making the Most of Your Medical Appointments
- Script 2 – Understanding Common Fertility Assessments
- Script 3 – Asking Better Questions
- Script 4 – Reflection & Your Weekly AFRIWELL™ Action Challenge

MODULE 7 – Staying Consistent Throughout the 90 Days

- Script 1 – Building Lasting Habits
- Script 2 – Overcoming Setbacks
- Script 3 – Staying Encouraged Throughout the Journey
- Script 4 – Reflection & Your Weekly AFRIWELL™ Action Challenge

MODULE 8 – Moving Forward with Hope and Confidence

- Script 1 – Looking Back on Your Journey
- Script 2 – Celebrating Progress Beyond Results
- Script 3 – Your Next Steps
- Script 4 – Final Encouragement & Closing Message

Plus

- ✓ A 90-Day Audio Listening Plan
- ✓ Weekly Reflection Exercises
- ✓ AFRIWELL™ Knowledge Corner
- ✓ Weekly AFRIWELL™ Action Challenges
- ✓ Frequently Asked Questions

What Problem Does It Solve?

Busy schedules often make it difficult to stay consistent with learning.

This guided audio companion helps you continue your fertility education wherever life takes you, making it easier to review important concepts, stay motivated, and reinforce healthy habits throughout your preparation journey.

BONUS #4 — AFRIWELL™ WOMBREADY™ Support Circle + Monthly Expert Sessions

Join a supportive educational community where you can connect with others, participate in discussions, stay accountable, and attend **one expert-led educational session every month.**

Join Support Circle + Monthly Expert Sessions whatsapp community

CLICK THE LINK BELOW:

<https://chat.whatsapp.com/FNiPIZhY2gyBLpODjH0V7d>

<https://chat.whatsapp.com/JHtYh0WQQZe7XAvNR9hK1G>

YOUR JOURNEY DOESN'T END HERE

Completing the **WOMBREADY™ 90-Day Fertility Preparation Method™** is an important milestone—but it is not the end of your journey of learning, preparation, growth, and encouragement.

That's why **AFRIWELL™ Wellness Academy** is extending the WOMBREADY™ experience beyond the pages of this guide through the **AFRIWELL™ WOMBREADY™ Support Circle**.

The Support Circle is a supportive educational space where you can connect with others, share experiences, ask general questions, discuss lessons from the programme, stay accountable, and continue learning together.

Through the Support Circle, you can:

- Connect with others on a similar preparation journey.
- Share experiences, encouragement, and positive accountability.
- Participate in educational discussions and activities.
- Ask general questions related to the programme.

- Continue building and maintaining healthy habits.
- Learn from new educational topics beyond the guide.
- **Join an expert-led educational session once every month.**

Each monthly expert session provides an opportunity to hear from a qualified professional, explore important topics, gain new insights, and ask general questions in a supportive learning environment.

The Support Circle is designed to provide **education, encouragement, connection, and peer support**. It does not replace personalized medical advice, diagnosis, or treatment from a qualified healthcare professional.

YOUR NEXT CHAPTER BEGINS HERE

Your 90 days may have an ending—but your journey doesn't have to.

Keep learning.

Keep preparing.

Keep supporting one another.

Keep growing.

And keep hope alive.

Welcome to the next chapter of your WOMBREADY™ journey.

AFRIWELL™ Wellness Academy

Empowering Health. Inspiring Hope. Transforming Lives.

Join Support Circle + Monthly Expert Sessions whatsapp community

CLICK THE LINK BELOW:

<https://chat.whatsapp.com/FNiPIZhY2gyBLpODjH0V7d>

<https://chat.whatsapp.com/JHtYh0WQQZe7XAvNR9hK1G>

A Special Message from AFRIWELL™ Wellness Academy

At **AFRIWELL™ Wellness Academy**, we believe that meaningful preparation begins with reliable education, practical action, and informed decision-making.

These companion resources have been carefully developed to work together as a complete learning system—helping you stay organized, build healthy habits, prepare for productive healthcare conversations, and approach your fertility journey with greater confidence.

While no educational resource can guarantee pregnancy, we hope these tools empower you to make informed choices, strengthen your partnership, and move forward with clarity, hope, and purpose.

Thank you for allowing **AFRIWELL™ Wellness Academy** to be part of your journey.

Empowering Health. Inspiring Hope. Transforming Lives.

Join Support Circle + Monthly Expert Sessions whatsapp community.

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