

FERTILITY CHARTING

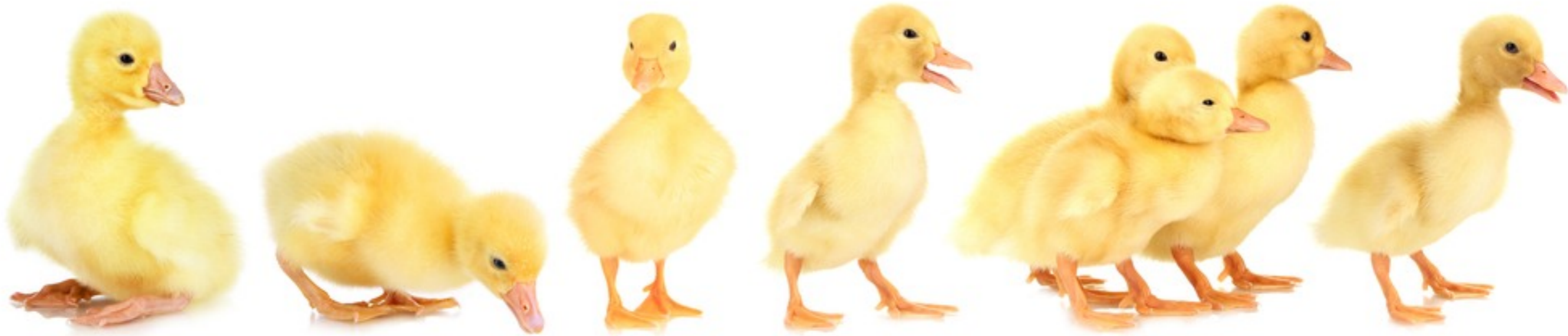
YOUR GUIDE TO BASAL BODY TEMPERATURE
CHARTING FOR CONCEPTION

BY KIM GATENBY



BBT CHARTING

Basal Body Temperature (BBT) charting is a fantastic diagnostic tool that I recommend most women use to check exactly what's going on in their cycle. It can provide information on ovulation, potential thyroid imbalances, and whether your progesterone levels are high enough to maintain a pregnancy after conception. This eBook will give you the basics of BBT charting and how to read your own chart. One important thing to remember is that if you notice a problem with your chart, it can be a good thing! It's much better to find a problem and then work on the solution than it is to have no idea why it's taking so long to conceive. You'll be one step closer to your bundle of joy.

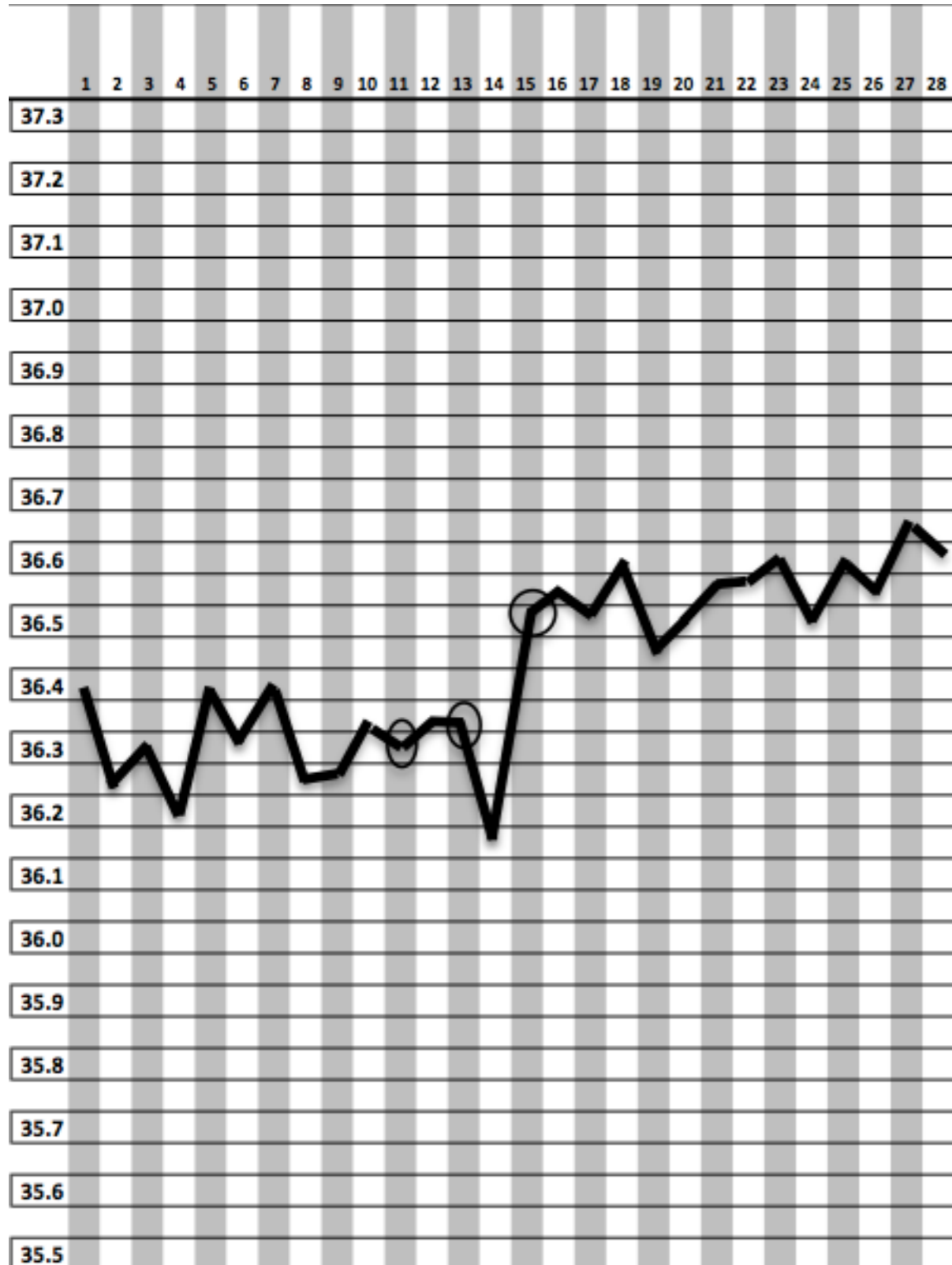


Affirmation:
Being pregnant is easy for me.

HOW TO CHART

Each morning, as soon as you wake up, take your temperature using a BBT thermometer (available from chemists). Make sure you don't sit up in bed or get out of bed before taking your temperature, as too much movement will alter your results. Chart your temperature on the BBT graph corresponding to the day of your cycle. Day 1 of the chart is the first day of your period. Mark your period on the chart with an X, and circle any days that you have intercourse with an O. Your chart will look something like this.

READING YOUR CHART



As a rough guide, it's preferable for your follicular phase (first half) to have temperatures above 36.0 degrees Celsius. (96.8 degrees Fahrenheit). 36.2 to 36.4 Celsius (97.16 to 97.52 Fahrenheit) is an average range. You will notice that each day has different temperatures. This is perfectly normal and relates to factors like your sleep quality. If you have had a restless night's sleep, you might get an unusually high or low temperature. Just mark on your chart in the "conditions affecting temperature" section. You can also get irregularities from waking up earlier or later than usual.

Ovulation will usually be seen as a slight dip in your temperature during the middle of your cycle. This dip doesn't always happen, sometimes your temperature just rises and you get a bit of a surprise that you're already in your luteal phase (second half of your cycle). It's important to note that an egg only survives for 12-24 hours after ovulation unless it is fertilized by a sperm. This is why it's important to try and conceive before ovulation, so that the sperm are already there to meet the egg. Regular BBT charting can show you your ovulation patterns so you are better able to determine the best time for conception. As a rough guide, start having intercourse every second day from a few days before you normally ovulate. As an example, if you normally ovulate on day 14, you should try on days 11, 13, 15. It's not necessary to try and conceive every second day from the end of your period. Your body needs time to develop a follicle.

If your temperatures are low during the follicular phase (numerous days would be below 36 degrees Celsius) then this may indicate hypothyroidism, which is an under-active thyroid. The thyroid is a gland that is responsible for certain hormone secretions. You can see your doctor to get a blood test to confirm this diagnosis, however quite often people with subclinical hypothyroidism will show up fine in the blood test but have unexplained infertility with low temperatures. Your natural therapist will be able to provide advice on how to manage subclinical hypothyroidism if they believe this is causing your low temperatures. It's important to see a professional in this instance to confirm a diagnosis and manage your treatment.

If your chart is not biphasic (meaning it doesn't have two distinct halves of different average temperatures) then it is likely you haven't ovulated. The medical term for this is anovulation. Anovulation can be caused by numerous medical conditions, such as Polycystic Ovarian Syndrome (PCOS), polycystic ovaries, ovarian failure, menopause, low body weight and excessive exercise. It is important to see your health care provider for diagnostics to confirm the cause of your anovulation, and how best to treat it.

Affirmation:
**I am healthy and my body
conceives with ease.**





Affirmation:
My body ovulates with ease.

In Chinese medicine, we have other names for the causes of anovulation, such as damp retention and deficient kidney yin. Your acupuncturist can use this type of diagnosis to make your herbal and acupuncture prescriptions. You may find that yourself and a friend can have the same medical diagnosis, such as PCOS, but are given different Chinese medicine diagnoses. This is because Chinese medicine assesses your specific imbalances irrespective of a disease name. You may have a different underlying cause of your PCOS to your friend, despite having the same medical condition.

When the second half of your chart shows signs of low temperatures, rises slowly from ovulation, or drops slowly after having risen post-ovulation, these can all be signs of low progesterone. In Chinese medicine, we will often diagnose this as Yang deficiency. Yang is warm, so we often try and manage this condition by warming your uterus. Moxibustion over your lower abdomen can be useful for warming your uterus, however it's important that this is prescribed as a treatment protocol by a registered practitioner, because there are some conditions where this treatment wouldn't be appropriate. Some foods that can be helpful at supporting Yang are cinnamon and ginger.



If your chart has very irregular, jagged temperature readings, this can be a sign of stress. I see this quite frequently in clinical practice, especially since trying to conceive can be a stressful time. This excess stress can actually impact your ability to conceive (you may be familiar with the well-meaning folk who tell you to “relax and it will happen” – well this is partly true!). Stress is not always the only factor in infertility, but it’s definitely a contributing factor for some people.

Stress > Inflammation > Hormone disruption

If you see that your chart is quite jagged, it’s your body’s way of telling you to focus on a few stress reduction techniques to help calm your Qi (energy). When we are stressed, our Qi becomes stagnant and fails to flow correctly throughout our acupuncture meridians. By focussing on activities that reduce stress, our Qi can start to flow smoothly again.

‘The time to relax is when you don’t have time for it.’

Jim Goodwin



'So often you find that the people you're trying to inspire, are the ones who end up inspiring you.'

Sean Junkins

I hope you have enjoyed learning about how to record and read your own Basal Body Temperature Chart. Kim's Fertility eBook "Holistic Fertility: It takes more than sex to make a baby" (launching April 2014) contains more detailed information on infertility. It is packed full of information on how to understand your fertility and help improve it as naturally as possible.

Chapters in the Fertility eBook include:

- Stages of your menstrual cycle
- Ovulation
- BBT Charting
- Conditions affecting fertility

- Thyroid health
- Fertility testing and what the results mean for you
- PreConception care
- Fertility enhancing foods
- Recipes
- Stress management
- Affirmations
- EFT Tapping Video
- Sperm health
- Supplements for conception
- Acupuncture and how it can help.



Kim Gatenby is a passionate and dedicated Acupuncturist and traditional Chinese medicine practitioner who has been in clinical practice for the past 8 years.

After completing a 4 year Bachelor degree in Applied Science (Traditional Chinese Medicine), Kim travelled to China to undertake 400 hours of clinical experience in an integrated Chinese hospital.

This is where her passion for healing and wellness took off, and she continued to further her studies in the areas of infertility and pregnancy care.

Today Kim works from her two clinics in Sydney, Australia, while maintaining her dedication to helping people worldwide through blog posts and eBooks. You can keep in touch with Kim through the following channels.



Keep updated with the latest fertility news at www.kimgatenby.com

CHART FOR ONE CYCLE MONTH(S):

DATE	DAY OF WEEK	DAY OF CYCLE
		1
		2
		3
		4
		5
		6
		7
		8
		9
		10
		11
		12
		13
		14
		15
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		31
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		34
		35
		36
		37
		38
		39
		40

Temperature (°C)

37.3
37.2
37.1
37.0
36.9
36.8
36.7
36.6
36.5
36.4
36.3
36.2
36.1
36.0
35.9
35.8
35.7
35.6
35.5

CONDITIONS AFFECTING TEMPERATURE

MUCOUS CHANGES	TEXTURE
	COLOUR
	AMOUNT

SECONDARY SYMPTOMS	PAIN (PERIOD OR MID CYCLE)
	BREASTS
	FLUID RETENTION
	EMOTIONAL STATE/PMT

INTERCOURSE = 0
BLEEDING = X



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THE INFORMATION CONTAINED IN THIS EBOOK IS INTENDED FOR PERSONAL USE AS EDUCATIONAL MATERIAL AND IS NOT A SUBSTITUTE FOR MEDICAL TREATMENT. IF YOU HAVE A MEDICAL CONDITION, PLEASE SPEAK WITH YOUR DOCTOR.