

A modern dining room with a white island, wooden table, and woven pendant lights. The room features a white ceiling fan, a round mirror, and a potted plant. The island has a light-colored countertop and white cabinets with wooden handles. The floor is made of light-colored wood.

The 12-Step Fertility Guide

THE FERTILITY CRISIS YOU (AND YOUR FUTURE CHILDREN) WILL INHERIT IS BEING CREATED INSIDE OUR HOMES.

Your 12-step guide to protect fertility for you and your family

RACHEL WILEY OLD EARTH

A close-up portrait of a woman with long, wavy blonde hair and light green eyes. She is smiling slightly and looking directly at the camera. She is wearing a dark, patterned blazer over a light-colored top. The background is a plain, light-colored wall.

Hi, I'm Rachel

AND I'M A FERTILITY HOMEOPATH

There is no doubt we are facing a global fertility crisis. According to Dr. Shanna Swan, humans now meet the criteria for an endangered species. Sperm counts are down 50% in 50 years. 20% of women have PCOS. Nothing evolutionary declines that fast. This is not genetic. This is environmental. Our fertility crisis is being constructed in our bathrooms, laundries, kitchens and homes, and now we're here to learn the highest-impact changes to protect ourselves and our future children.

**12 HIDDEN, OVERLOOKED SHIFTS
BROKEN DOWN INTO 12 SIMPLE STEPS**





Step 1: Plastic Exposure

Your fertility is
being shaped by
plastic exposure
every single day.

A background image of a pantry with several glass jars filled with different types of pasta and grains. The jars are arranged on shelves, and the lighting is warm and slightly dim, creating a cozy atmosphere. The text is overlaid on this image.

Plastic isn't inert. It leaches hormone-disrupting chemicals into your body. They are called endocrine disruptors and they directly interfere with your reproductive health.

Scientists estimate that humans ingest and inhale roughly 5 grams of microplastics every week - the equivalent weight of a credit card. As a species, we are ingesting and inhaling more microplastics than at any time in recorded history.

Common plastic chemicals include

- **Bisphenols (BPA, BPS, BPF, BPAF)**
- **Phthalates**
- **PFAS ("forever chemicals")**

These mimic or block hormones like oestrogen and testosterone. When hormones are disrupted, it means menstrual issues, reproductive disorders, poor egg quality, reduced sperm health and implantation issues.

Even a microscopic quantity of BPA contains millions of BPA molecules, meaning even trace amounts contain enough BPA to interfere with hormone signalling.

Exposure doesn't begin in adulthood

Plastic chemicals are found in

- Umbilical cord blood
- Breastmilk
- Placenta

Studies have even discovered microplastics in 100% of every single human testicle tested.

These plastic particles are so small (micro- and nano- scale), they are able to enter the bloodstream (via skin, inhalation and digestion), breach the blood-testis barrier, and accumulate in reproductive tissues.

And the biggest issue?

These chemicals don't just pass through. They accumulate over time. It's not one big exposure. It's the daily accumulation.

***THE PLASTIC DETOX IS A GREAT DOCO TO WATCH ON MICROPLASTICS + FERTILITY**

Let's start with bisphenols

Even where products are labelled "BPA-free", they often contain alternative bisphenols which are just as, or even more, hormonally active than BPA

Where to find them:

- canned food tins
- beer cans
- cash register receipts
- plastic bottles
- food storage containers
- chopping boards and kitchen utensils
- baby bottles

STEP ONE ACTIONS:

- SWAP PLASTIC FOOD CONTAINERS TO GLASS OR STAINLESS STEEL
- COOK MORE FROM SCRATCH TO AVOID CANNED FOODS
- DITCH THE RECEIPTS
- USE GLASS, STAINLESS STEEL AND WOODEN KITCHEN UTENSILS
- NO PLASTIC WATER BOTTLES - USE GLASS OR STAINLESS STEEL
- BUY PLASTIC-FREE TOOTHBRUSHES (MANY BRISTLES ARE MADE FROM PLASTIC)

Next - phthalates

used to make plastics flexible and soft

Where to find them:

- food storage containers
- vinyl flooring
- plastic food wraps
- toys
- fragranced products
(perfume, cologne, shampoo, lotions, soaps, candles, washing powder, hundreds of personal care, cleaning and household items) - more on fragrance coming up

STEP ONE ACTIONS:

- DITCH ALL SYNTHETIC FRAGRANCE (READ CLEANING AND BODY PRODUCT LABELS AND ANYTHING WITH 'FRAGRANCE', 'PARFUM' OR 'PERFUME' IS A NO)
- USE ESSENTIAL OILS INSTEAD OF COLOGNE AND PERFUME. OLD EARTH STOCKS A RANGE OF LOW TOX PERFUMES
- REPLACE CLING WRAP WITH BEESWAX WRAPS
- AVOID VINYL FLOORING AND VINYL TABLECLOTHS WHERE POSSIBLE
- CHOOSE WOODEN FURNITURE AND/OR TOYS
- BUY PACKAGED FOOD IN GLASS WHERE POSSIBLE

Lastly, PFAS 'forever chemicals'

Per- and polyfluoroalkyl substances (PFAS) are used for their non-stick, waterproof and stain-resistant properties

Where to find them:

- non stick pans
- non stick cookware such as sandwich presses, waffle makers, slow cookers and air fryers
- fast food wrappers
- microwave popcorn bags
- flame resistant clothing, furniture and mattresses
- stain resistant carpet

***DARK WATERS IS A GREAT DOCO TO WATCH ON PFAS**

STEP ONE ACTIONS:

- LOOK FOR STAINLESS STEEL OR "PFAS FREE" COOKING EQUIPMENT (NOT JUST "PFOA-FREE" - THIS IS ONLY ONE FOREVER CHEMICAL)
- AVOID ALL 'NON-STICK' COATINGS
- COOK WITH GLASS OR STAINLESS STEEL
- DITCH THE FAST FOOD & EAT HOMEMADE MOST OF THE TIME
- OPT FOR NATURAL CLOTHING FIBERS LIKE COTTON & LINEN
- LOOK FOR LOW TOX FURNITURE OPTIONS LIKE WOOD

Heat makes it worse.

(Heat increases chemical leaching)

Think:

- Microwaving plastic
- Hot food in cheap plastic takeaway containers
- Plastic water bottles in the sun

(AVOID THESE HABITS ENTIRELY)

The good news:

Your body is resilient. Reducing your daily exposure can

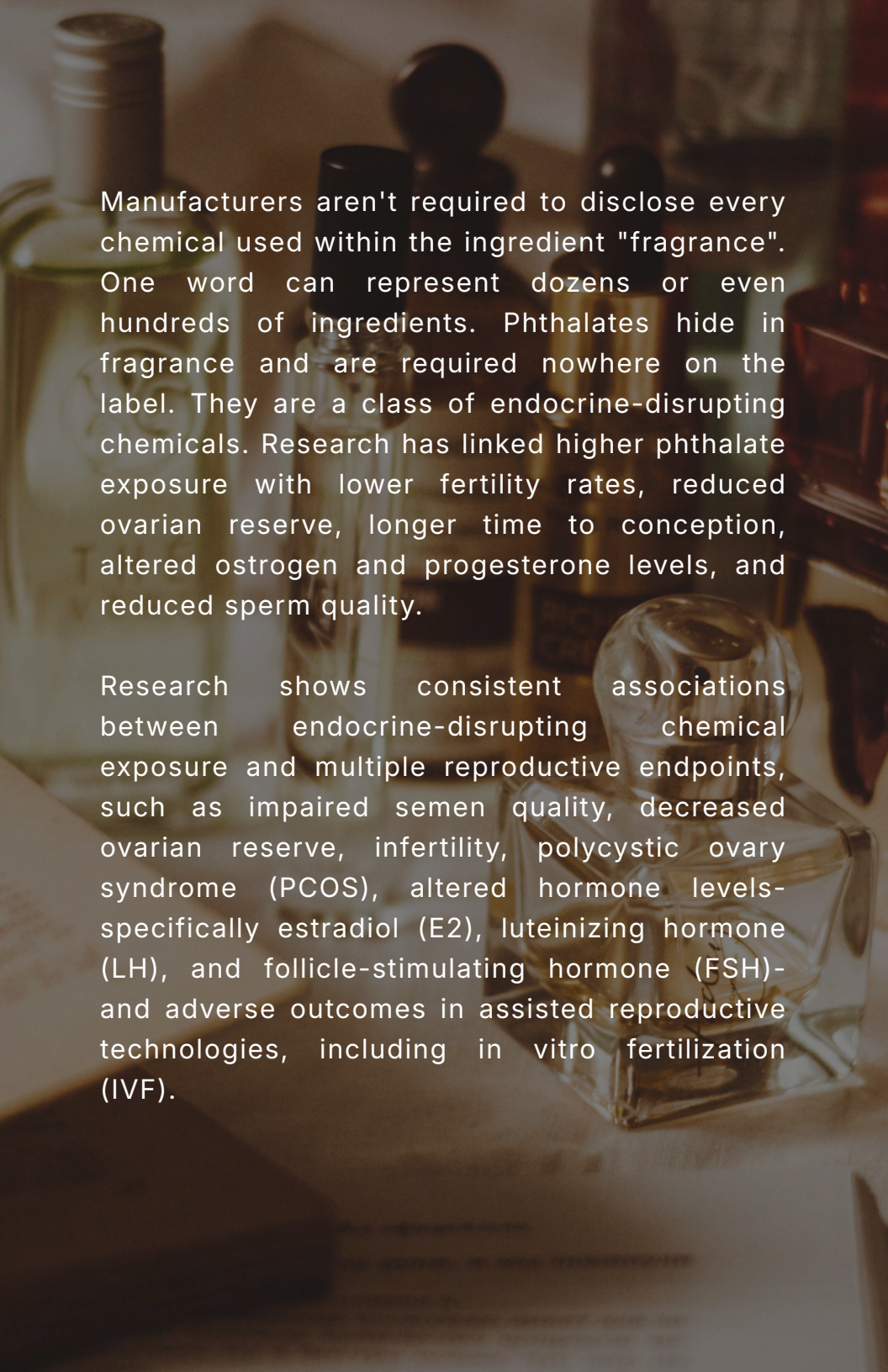
- Support hormone balance
- Lower toxic load
- Improve reproductive conditions

Start with one room or one product. Once one product you usually use is empty, make the better swap. Over time, small changes in your habits become the new way you live. For better low-tox swaps, I have a lot of free posts on Instagram @oldearth_apothecary

A clear glass perfume bottle with a silver cap is centered on a textured, brownish-gold surface. The bottle is rectangular with rounded edges and a simple design. The background has a mottled, stone-like texture with some darker shadows. The text "Step 2: Fragrance" is overlaid in a large, bold, yellow font. Below it, a white rectangular box contains text in a smaller, white font.

Step 2: Fragrance

"Fragrance" might be the most mysterious ingredient on the label of your products. And when it comes to fertility, that's a problem.



Manufacturers aren't required to disclose every chemical used within the ingredient "fragrance". One word can represent dozens or even hundreds of ingredients. Phthalates hide in fragrance and are required nowhere on the label. They are a class of endocrine-disrupting chemicals. Research has linked higher phthalate exposure with lower fertility rates, reduced ovarian reserve, longer time to conception, altered estrogen and progesterone levels, and reduced sperm quality.

Research shows consistent associations between endocrine-disrupting chemical exposure and multiple reproductive endpoints, such as impaired semen quality, decreased ovarian reserve, infertility, polycystic ovary syndrome (PCOS), altered hormone levels—specifically estradiol (E2), luteinizing hormone (LH), and follicle-stimulating hormone (FSH)—and adverse outcomes in assisted reproductive technologies, including in vitro fertilization (IVF).

"Phthalates negatively affect female reproductive health, and in particular alter ovarian and uterine functions."

REPRODUCTIVE TOXICOLOGY, 2022, PMID: 35248714

“Boys born to mums with high phthalate exposure have smaller penises, shorter anogenital distance, more undescended testes and altered genital development markers.”

SWAN SH, ENVIRONMENTAL HEALTH PERSPECTIVE, PMID:
16079079

Tips to avoid fragrance

Fragrance hides in almost everything: Cleaning products, washing powder, perfume, cologne, candles, air fresheners, bin liners, deoderant, hair products, and body products, even the ones labelled “natural”.

STEP TWO ACTIONS:

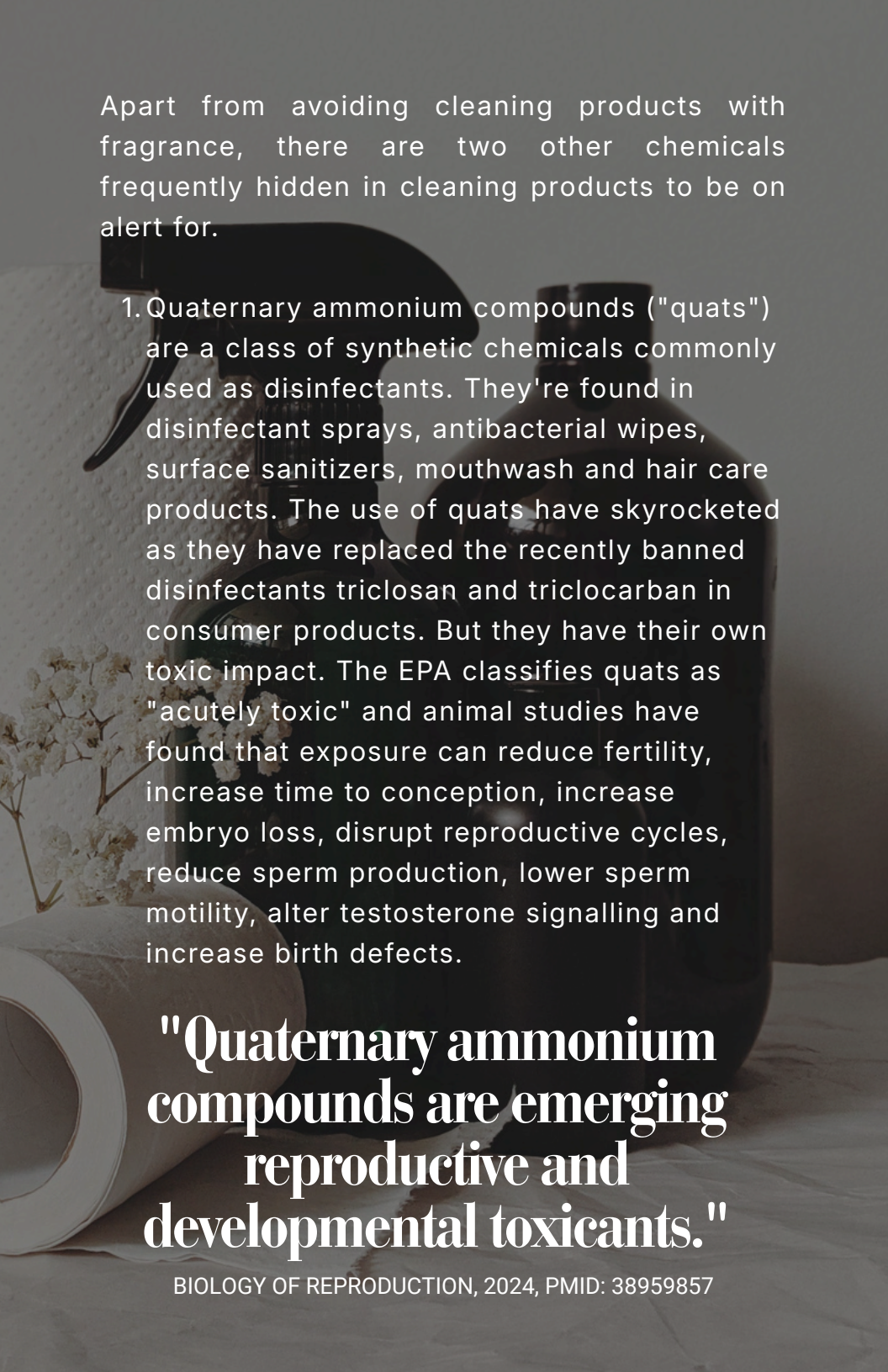
THE BEST THING YOU CAN START DOING IS FLIP THAT PRODUCT LABEL AND READ THE INGREDIENT LIST. ANYTHING WITH “PERFUME”, “PARFUM” OR “FRAGRANCE” LISTED AS AN INGREDIENT IS A NO.

- SWAP TO FRAGRANCE-FREE EVERYTHING
- USE THE SWITCH NATURAL APP TO EASILY SCAN INGREDIENT LISTS
- USE ESSENTIAL OIL BASED PERFUMES AND PRODUCTS
- AVOID PLUG-IN AND HANGING-CAR AIR FRESHENERES
- AVOID SCENTED CANDLES
- WATCH OUT FOR MAKE-UP, SCENTED MARKERS AND OTHER ITEMS THAT CONTAIN HIDDEN FRAGRANCE



Step 3: Cleaning Chemicals

When the endocrine-disrupting chemicals in cleaning products are supported by scientific literature as legitimate reproductive concerns, everything changes real quick - for ourselves and our children's future fertility.

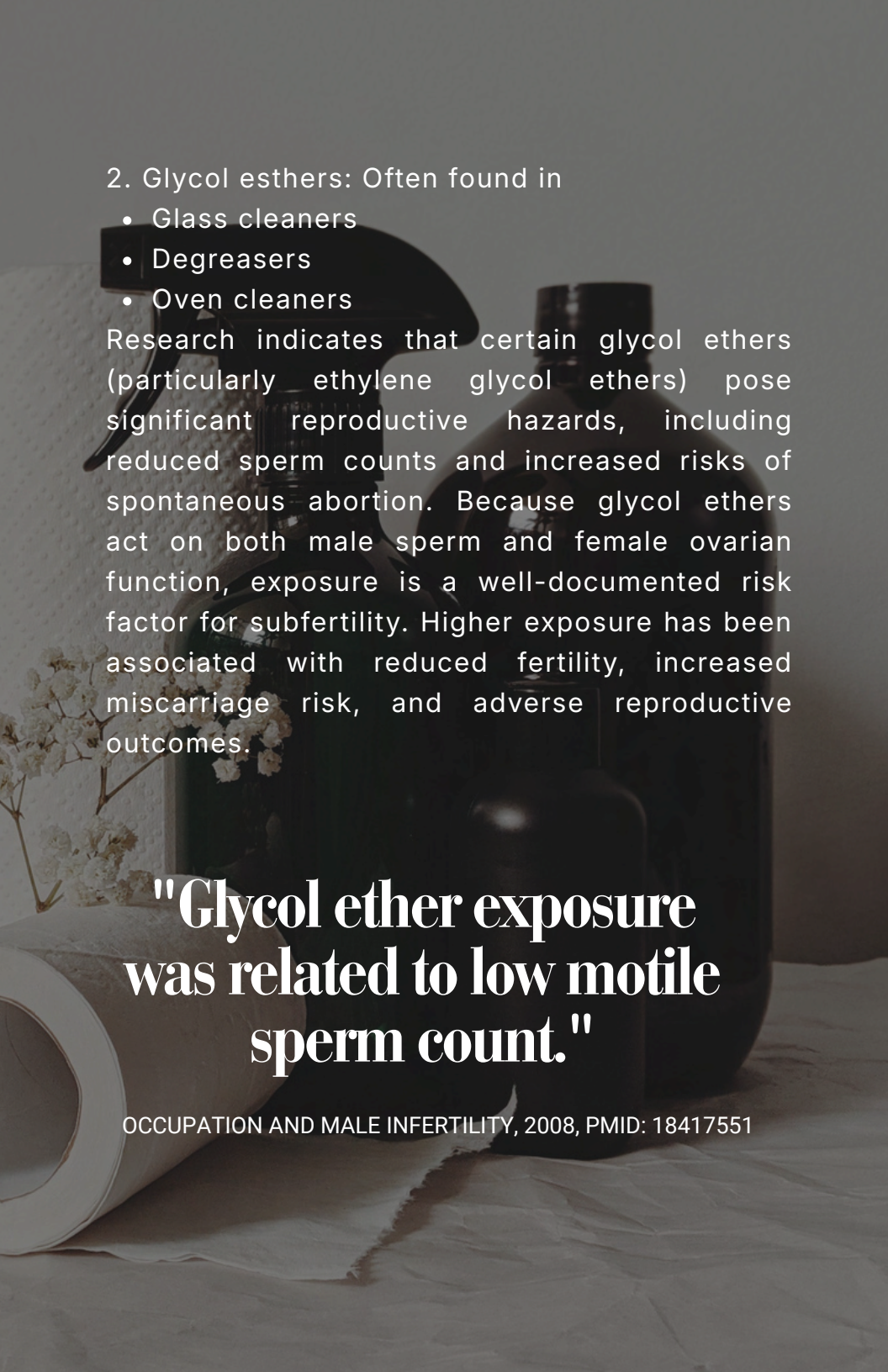
A dark spray bottle and a glass bottle are positioned on a white surface. To the left, a small white vase holds a bouquet of white baby's breath flowers. The background is a soft, out-of-focus white.

Apart from avoiding cleaning products with fragrance, there are two other chemicals frequently hidden in cleaning products to be on alert for.

1. Quaternary ammonium compounds ("quats") are a class of synthetic chemicals commonly used as disinfectants. They're found in disinfectant sprays, antibacterial wipes, surface sanitizers, mouthwash and hair care products. The use of quats have skyrocketed as they have replaced the recently banned disinfectants triclosan and triclocarban in consumer products. But they have their own toxic impact. The EPA classifies quats as "acutely toxic" and animal studies have found that exposure can reduce fertility, increase time to conception, increase embryo loss, disrupt reproductive cycles, reduce sperm production, lower sperm motility, alter testosterone signalling and increase birth defects.

"Quaternary ammonium compounds are emerging reproductive and developmental toxicants."

BIOLOGY OF REPRODUCTION, 2024, PMID: 38959857



2. Glycol esthers: Often found in

- Glass cleaners
- Degreasers
- Oven cleaners

Research indicates that certain glycol ethers (particularly ethylene glycol ethers) pose significant reproductive hazards, including reduced sperm counts and increased risks of spontaneous abortion. Because glycol ethers act on both male sperm and female ovarian function, exposure is a well-documented risk factor for subfertility. Higher exposure has been associated with reduced fertility, increased miscarriage risk, and adverse reproductive outcomes.

**"Glycol ether exposure
was related to low motile
sperm count."**

OCCUPATION AND MALE INFERTILITY, 2008, PMID: 18417551



STEP THREE ACTIONS:

- Choose fragrance-free cleaning and laundry products
- Use natural cleaning basics: vinegar, bicarb, castile soap, and citric acid. There are many low tox DIY cleaning recipes on the blog section of our website: oldearth.com.au
- Improve ventilation while cleaning
- Avoid aerosol sprays and air fresheners
- Avoid disinfectants and sanitizers, looking for low-tox essential oil based alternatives

Step Four: Avoid Parabens

Parabens are another class of endocrine-disrupting chemicals hidden in hundreds of personal care products.



Here's what the evidence shows:

- Parabens mimic oestrogen. Parabens are able to bind to oestrogen receptors.
- The strength varies by type. Longer-chain parabens (such as butylparaben and propylparaben) tend to have greater oestrogenic activity than methylparaben and ethylparaben.
- Parabens are readily absorbed. They can enter the body through the skin from cosmetics and personal care products, as well as through some foods and medications.
- Most are metabolized and excreted relatively quickly, so individual exposures are short-lived. However, because many people use products containing parabens every single day, often unknowingly, exposure can be continuous and hugely problematic.

What does the research say about fertility? Human studies have found associations between higher paraben exposure and:

- Reduced ovarian reserve.
- Changes in menstrual cycle characteristics.
- Lower fertility or longer time to pregnancy in some populations.
- Negative effects on sperm quality and reproductive hormones in men.

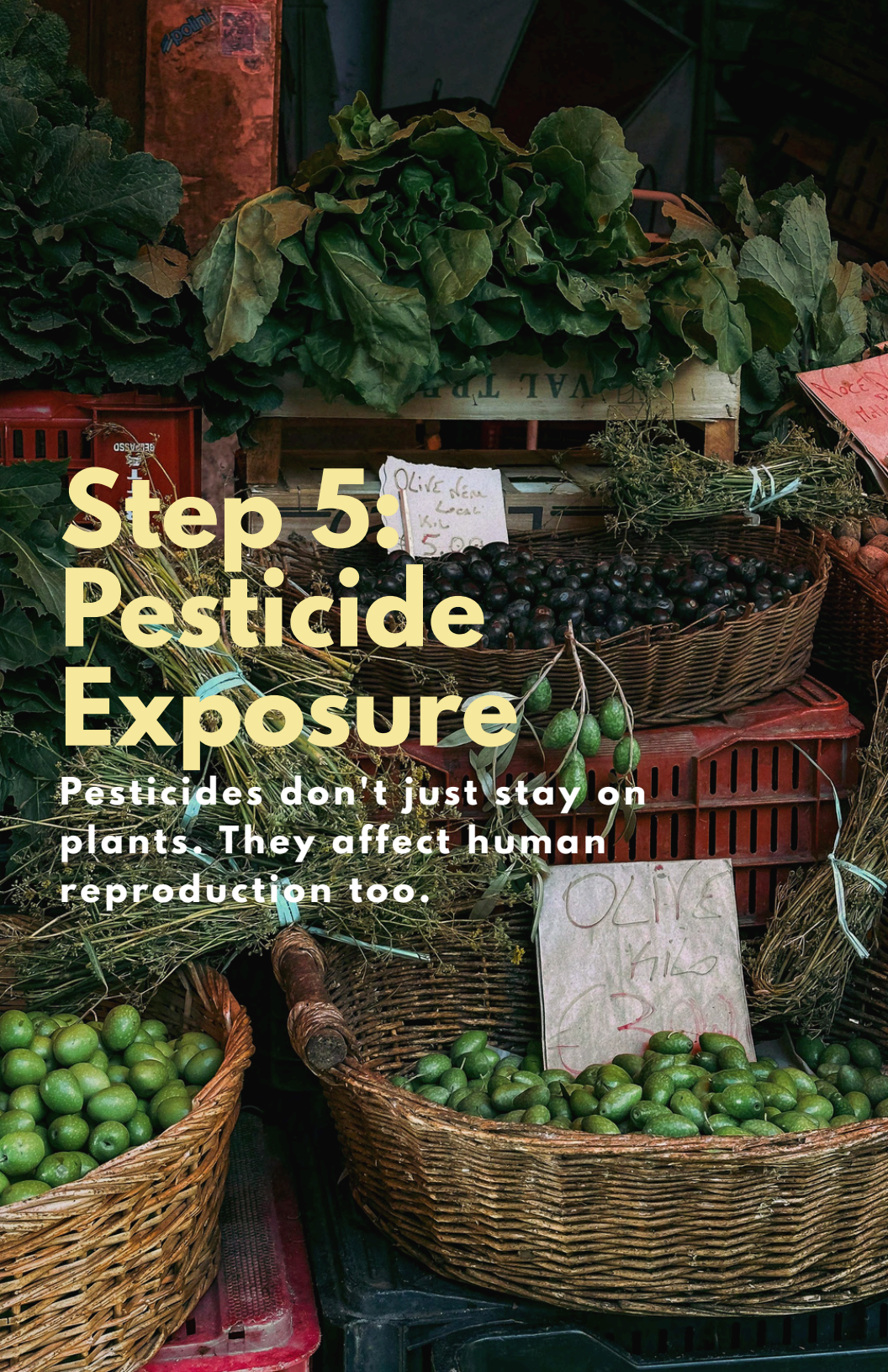
STEP FOUR ACTIONS:

Parabens are a family of preservatives used to prevent the growth of bacteria and mould. They are found in many personal care products, cosmetics and pharmaceuticals, such as

- Moisturisers
- Face creams and serums
- Sunscreens
- Foundations and concealers
- Mascaras
- Lipsticks and lip balms
- Shampoos and conditioners
- Hair products
- Body washes
- Hand soaps
- Deodorants and antiperspirants
- Shaving creams
- Toothpaste

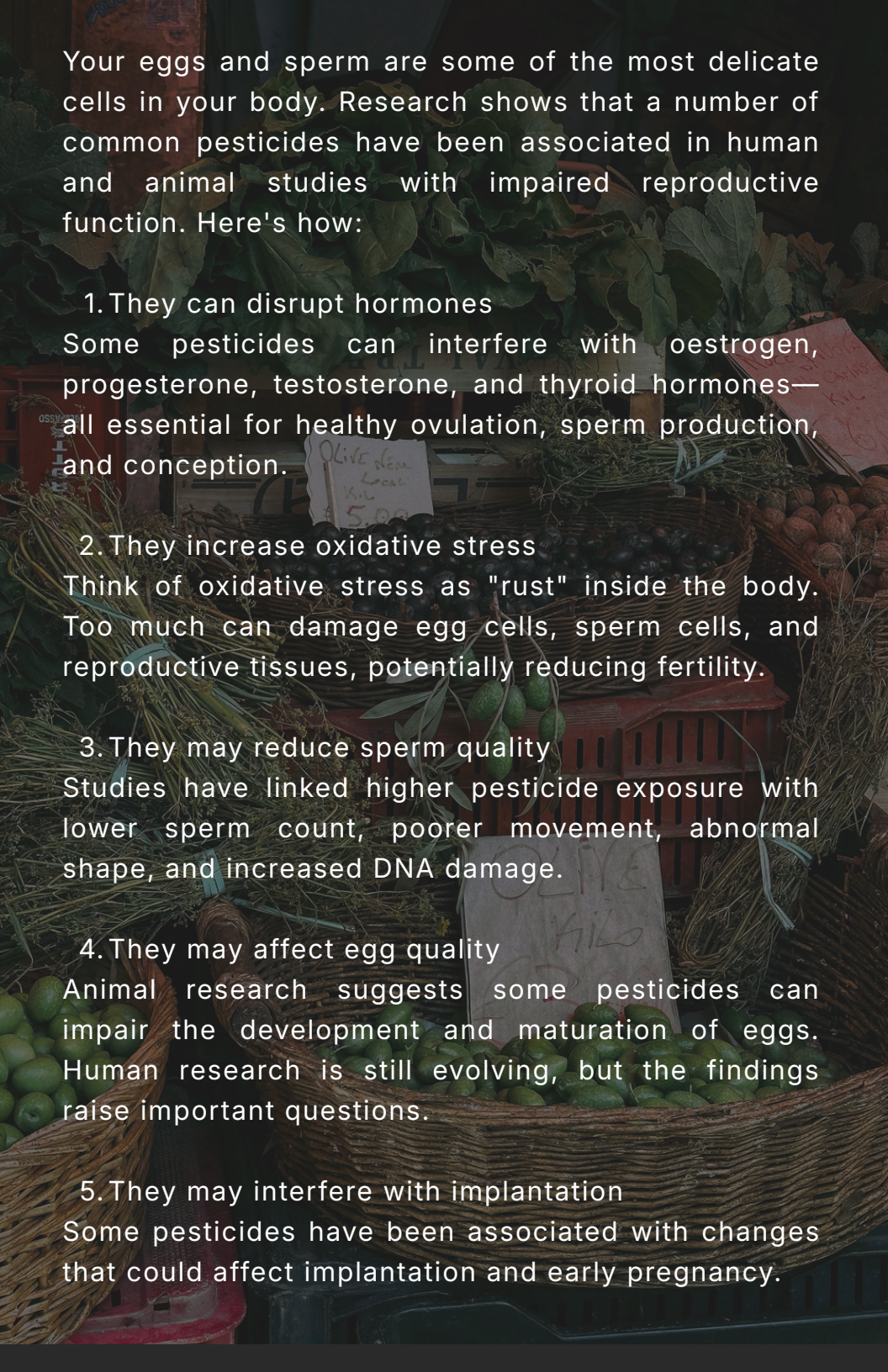
You can reduce exposure by:

- Choosing personal care products labeled paraben-free.
- Reading ingredient lists for ingredients ending in -paraben, such as methylparaben, propylparaben, butylparaben, ethylparaben, or isobutylparaben. Use the Switch Natural app to help decipher ingredient lists.
- Simplifying or DIY your skincare routine to use fewer products overall.

A photograph of a market stall. At the top, there are large bunches of leafy green vegetables, possibly chard or spinach, resting on a wooden crate. Below them, a wicker basket is filled with dark, ripe olives. A small white sign with handwritten text is placed in front of this basket. In the foreground, there are two more wicker baskets. The one on the left is filled with bright green, unripe olives. The one on the right is also filled with green olives and has a larger handwritten sign in front of it. Bunches of fresh herbs are scattered around the baskets. The background shows more of the market stall structure.

Step 5: Pesticide Exposure

Pesticides don't just stay on plants. They affect human reproduction too.



Your eggs and sperm are some of the most delicate cells in your body. Research shows that a number of common pesticides have been associated in human and animal studies with impaired reproductive function. Here's how:

1. They can disrupt hormones

Some pesticides can interfere with oestrogen, progesterone, testosterone, and thyroid hormones—all essential for healthy ovulation, sperm production, and conception.

2. They increase oxidative stress

Think of oxidative stress as "rust" inside the body. Too much can damage egg cells, sperm cells, and reproductive tissues, potentially reducing fertility.

3. They may reduce sperm quality

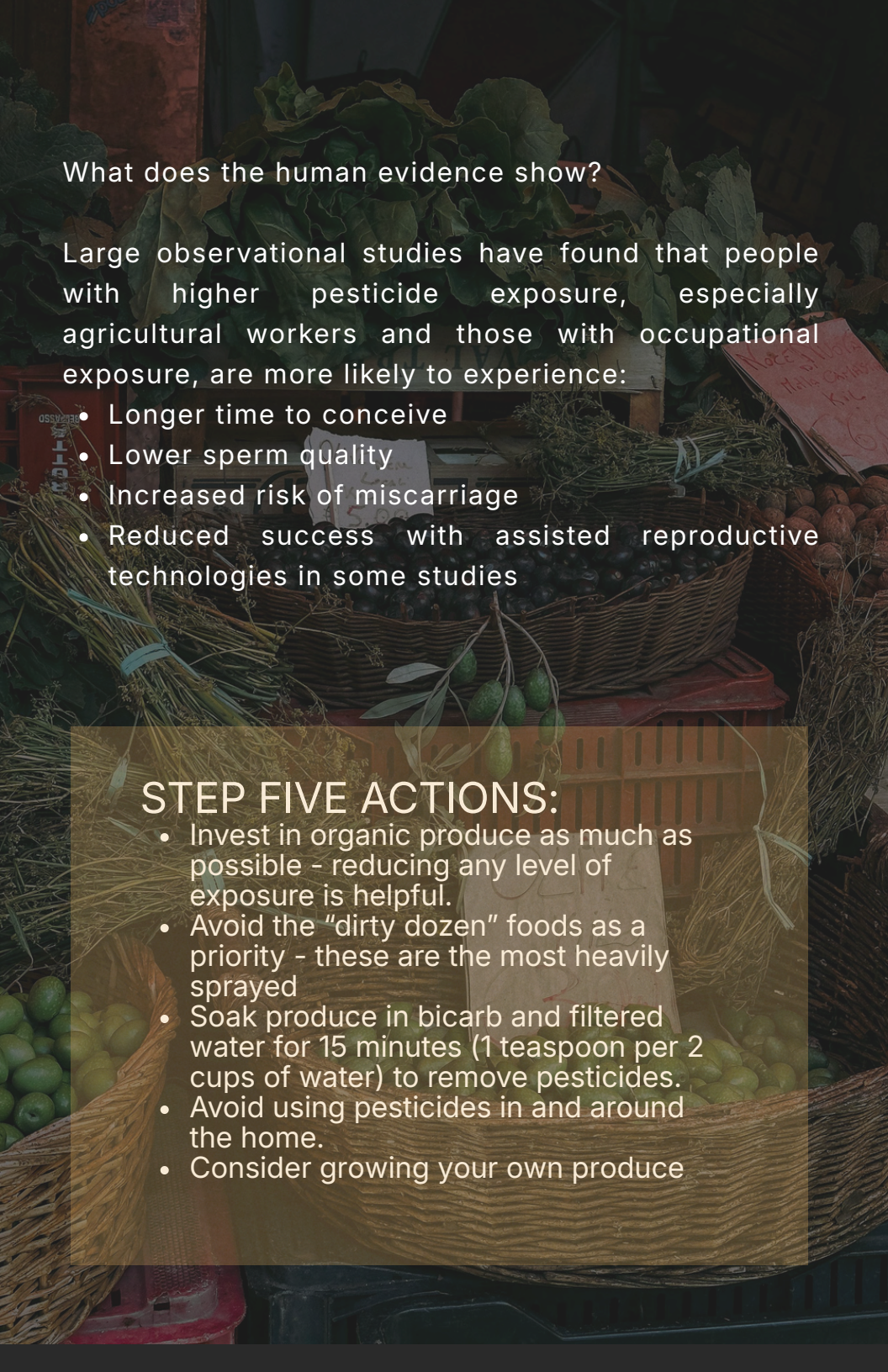
Studies have linked higher pesticide exposure with lower sperm count, poorer movement, abnormal shape, and increased DNA damage.

4. They may affect egg quality

Animal research suggests some pesticides can impair the development and maturation of eggs. Human research is still evolving, but the findings raise important questions.

5. They may interfere with implantation

Some pesticides have been associated with changes that could affect implantation and early pregnancy.



What does the human evidence show?

Large observational studies have found that people with higher pesticide exposure, especially agricultural workers and those with occupational exposure, are more likely to experience:

- Longer time to conceive
- Lower sperm quality
- Increased risk of miscarriage
- Reduced success with assisted reproductive technologies in some studies

STEP FIVE ACTIONS:

- Invest in organic produce as much as possible - reducing any level of exposure is helpful.
- Avoid the "dirty dozen" foods as a priority - these are the most heavily sprayed
- Soak produce in bicarb and filtered water for 15 minutes (1 teaspoon per 2 cups of water) to remove pesticides.
- Avoid using pesticides in and around the home.
- Consider growing your own produce



Step 6: Get Serious About Light

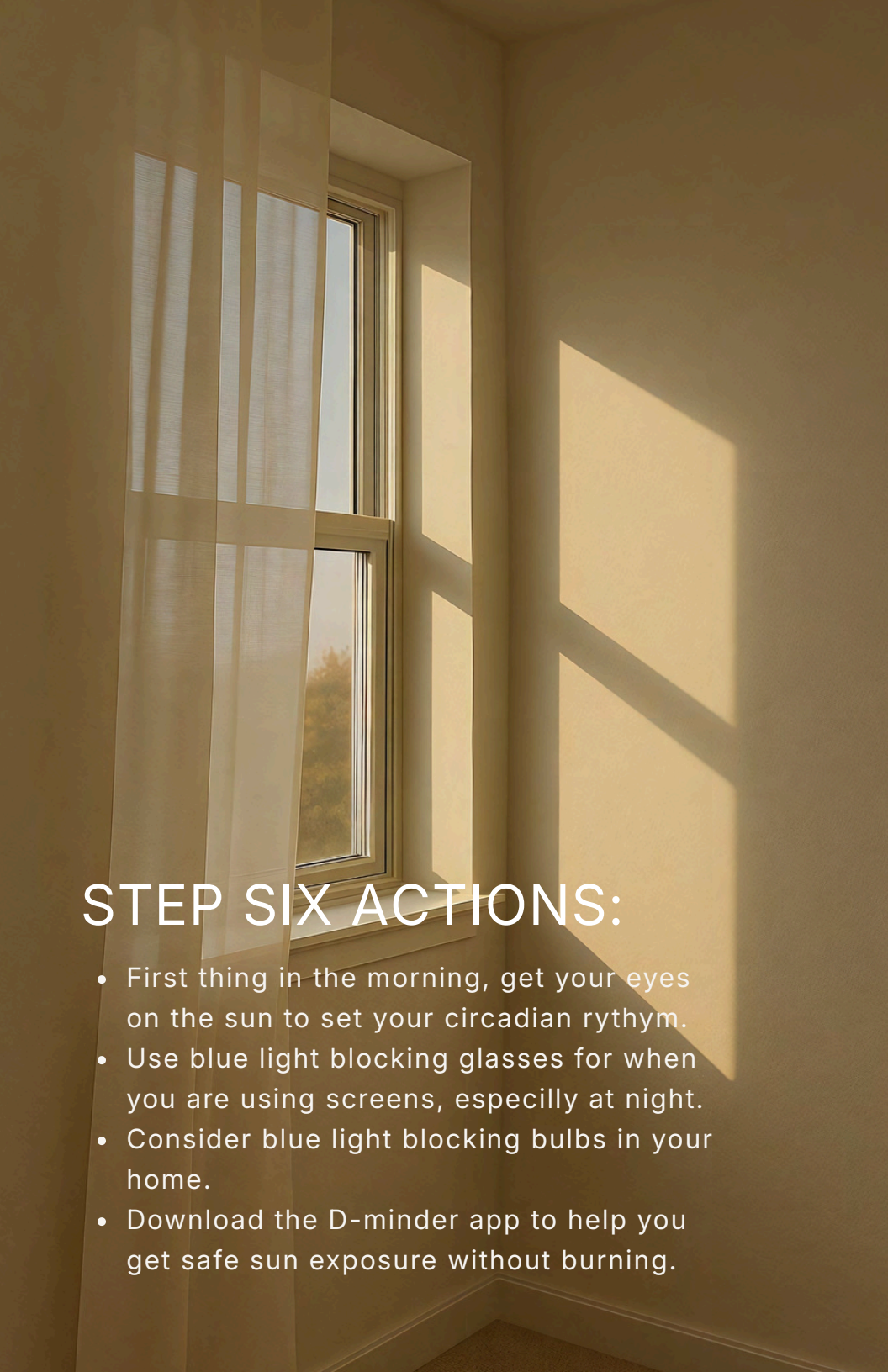
Your light diet is just as important as your food diet, especially when it comes to fertility.

There's so much to say about the blue light coming from our phones, our screens and our light bulbs but in a nutshell: It messes up our pineal gland, our hormones, our metabolism, and our melatonin. Think of blue light from your phones, your screens and light bulbs as a major hormone-disrupting influence and minimize exposure as much as you can, especially if you are struggling to conceive.

Our brains are the receivers of light frequencies emitted in electromagnetic radiation from the sun, and these light frequencies are the foundation of our circadian rhythm. That red light from the morning sun and the evening sun penetrate the retina of our eyes and those signals trigger an entire cascade of hormonal releases. Blue light from our phones first thing in the morning and late at night confuses the body as to what time of day it is and what hormones it should be releasing.

It is no surprise that night shift workers and flight attendants have notoriously low fertility rates. When that circadian biology is thrown out, we can't expect our hormones to know what they are supposed to be doing.

Nature's light frequencies are **crucial** to fertility, and overall health.



STEP SIX ACTIONS:

- First thing in the morning, get your eyes on the sun to set your circadian rhythm.
- Use blue light blocking glasses for when you are using screens, especially at night.
- Consider blue light blocking bulbs in your home.
- Download the D-minder app to help you get safe sun exposure without burning.

A warm-toned photograph of a wooden table. On the table are a green Heineken beer bottle, a brown Budweiser beer bottle, a white bowl, a banana, and a knife. The background is softly blurred.

Step 7: Reconsider Alcohol

There is no “safe” limit of alcohol when it comes to fertility. Even moderate intake can impact hormones, egg quality, sperm quality and detox pathways.



ALCOHOL & FERTILITY

"There is no safe level of alcohol for women trying to conceive."

JENSEN TK ET AL, DOES MODERATE ALCOHOL CONSUMPTION AFFECT FERTILITY? HUMAN REPRODUCTION, 1998.

Think only heavy drinking affects fertility? Even moderate alcohol intake has been associated with delayed pregnancy, impaired ovulation, hormone disruption, and changes to the signalling needed for successful implantation. And the effects don't just stop at women's fertility. Men are affected, too.



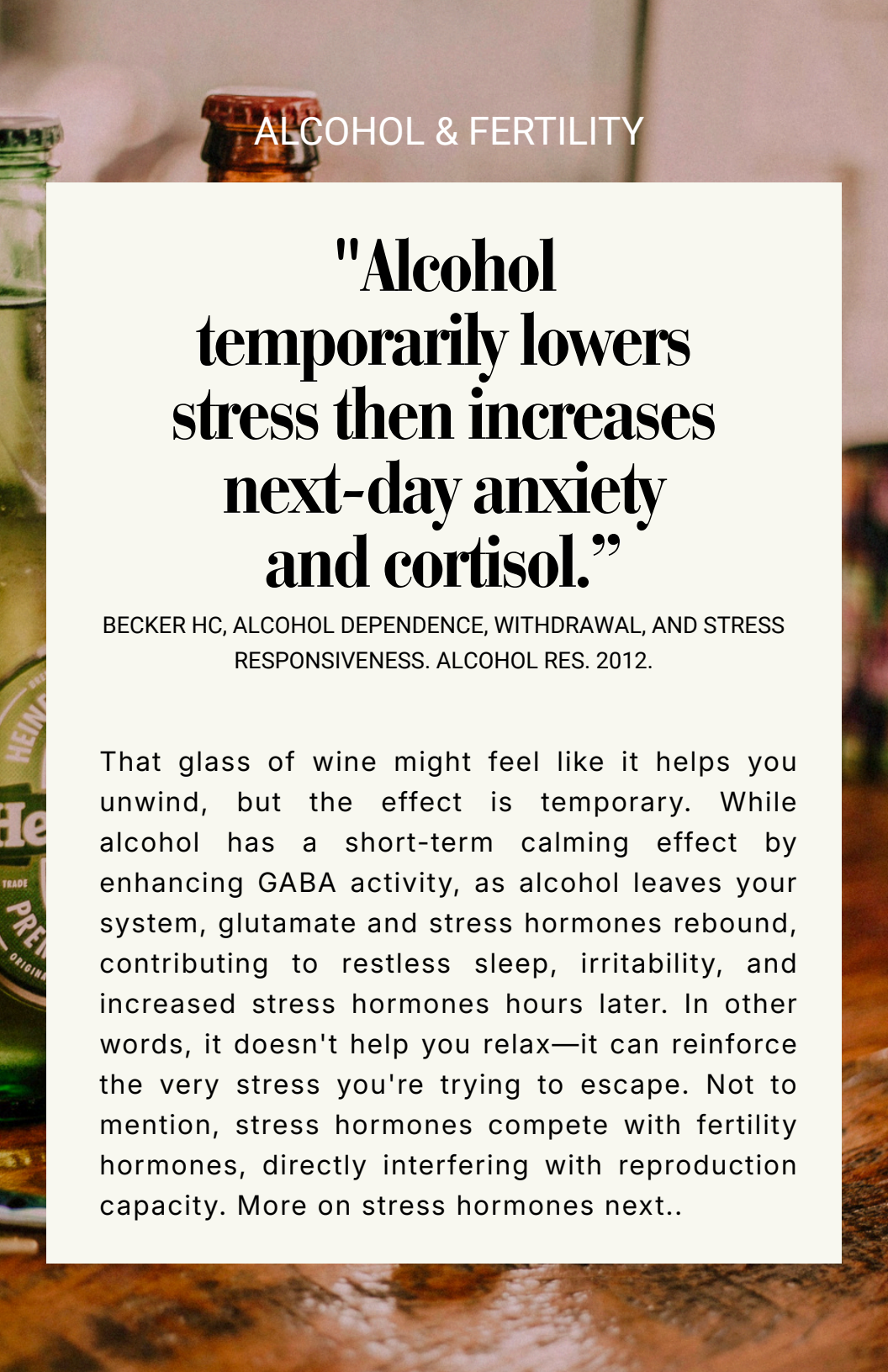
ALCOHOL & FERTILITY

"Alcohol has been linked to reduced semen volume and altered reproductive hormone levels."

HADI S, ET AL. INVESTIGATING THE ASSOCIATION BETWEEN ALCOHOL INTAKE AND MALE REPRODUCTIVE FUNCTION: A CURRENT META-ANALYSIS. ANDROLOGIA. 2023.

"Several studies have linked alcohol consumption with increased sperm DNA damage, a factor associated with reduced fertility."

JAAFAR FH, ET AL. EFFECT OF ALCOHOL CONSUMPTION ON THE SPERM DNA INTEGRITY: A SYSTEMATIC REVIEW. JOURNAL OF AGRICULTURAL SCIENCE. 2017.



ALCOHOL & FERTILITY

"Alcohol temporarily lowers stress then increases next-day anxiety and cortisol."

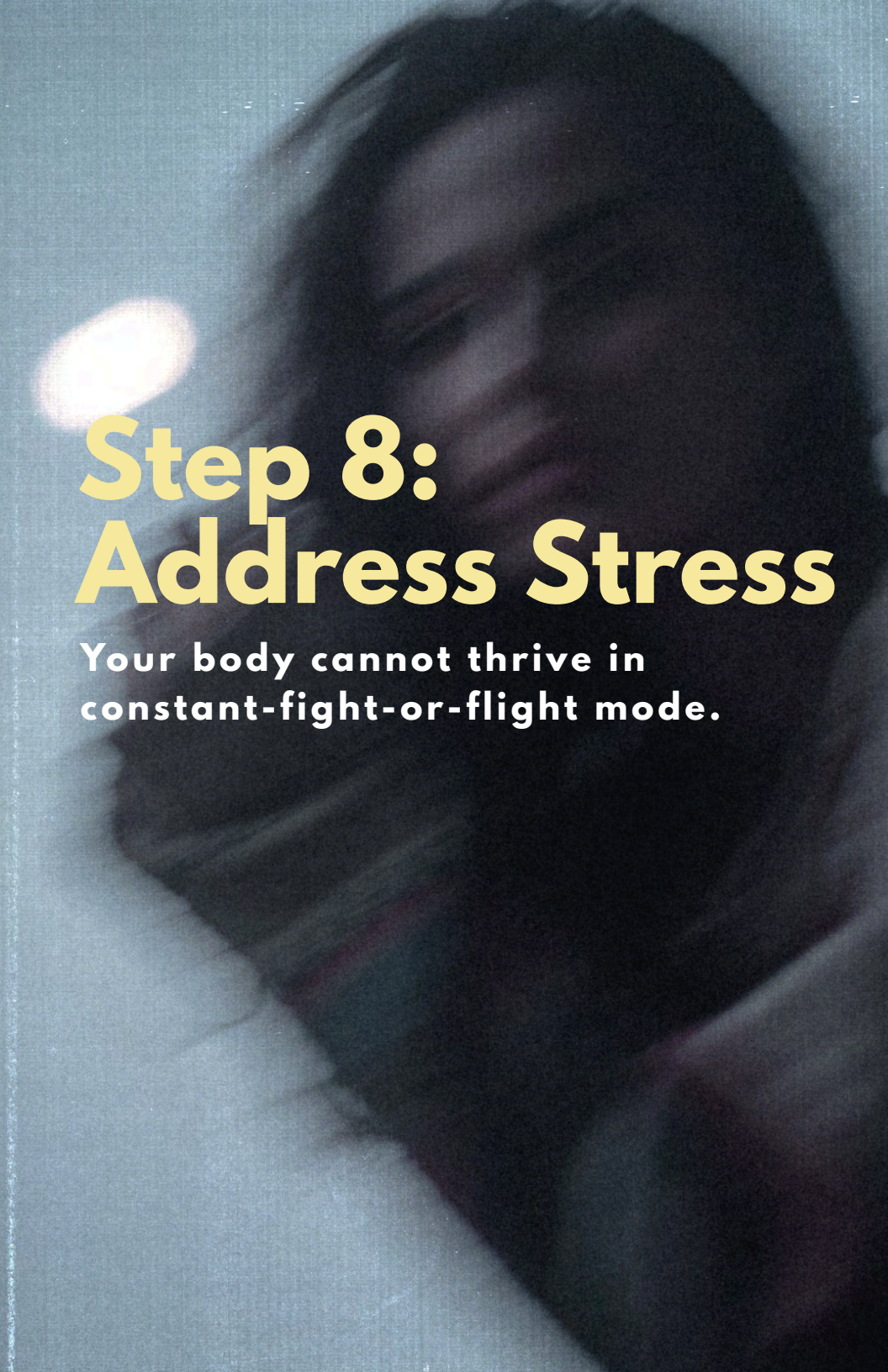
BECKER HC, ALCOHOL DEPENDENCE, WITHDRAWAL, AND STRESS RESPONSIVENESS. ALCOHOL RES. 2012.

That glass of wine might feel like it helps you unwind, but the effect is temporary. While alcohol has a short-term calming effect by enhancing GABA activity, as alcohol leaves your system, glutamate and stress hormones rebound, contributing to restless sleep, irritability, and increased stress hormones hours later. In other words, it doesn't help you relax—it can reinforce the very stress you're trying to escape. Not to mention, stress hormones compete with fertility hormones, directly interfering with reproduction capacity. More on stress hormones next..

The background of the slide is a blurred photograph of a bar setting. On the left, a green Heineken beer bottle is visible, with its label partially showing. Next to it is a brown glass bottle, possibly of another beverage. In the foreground, there are white ceramic glasses, one of which appears to contain a light-colored liquid. The surface they sit on is a dark, textured wooden bar top. The overall lighting is warm and slightly dim, creating a soft, out-of-focus atmosphere.

STEP SEVEN ACTIONS:

- Address alcohol use and work towards replacing with better habits.
- Be clear about your why as this helps you stay committed to lowering your use.
- Remove temptation. Keep alcohol out of the house or make it less accessible.
- Identify your triggers and plan an alternative response, for example, after a long hard day.
- Replace the ritual. Try sparkling water in a wine glass, herbal tea, alcohol-free beer or wine.
- Have a response ready if someone asks why you're not drinking.
- Manage stress differently, with exercise, nature or essential oils.
- Save alcohol use for special occasions
- Know that breaking the habit is hardest in the beginning, and in time you will feel so much better without it.



Step 8: Address Stress

**Your body cannot thrive in
constant-fight-or-flight mode.**



Ask yourself honestly: How supportive is your current lifestyle to nervous system regulation?

Stress hormones compete with fertility hormones. meaning that as cortisol and adrenaline rise, they can suppress the signalling between the brain and reproductive organs, disrupting ovulation, sex hormone production, and the hormonal environment needed for conception.

STRESS & FERTILITY

"Women with high stress biomarkers take 29% longer to conceive and are twice as likely to be diagnosed with infertility.

LYNCH ET AL., HUMAN REPRODUCTION, 2014

Your body can't prioritise survival and reproduction at the same time. Chronic stress can disrupt the hormones that regulate ovulation, making it harder to conceive over time.

Reducing stress isn't a luxury. It's one of the foundations of reproductive health.

STRESS & FERTILITY

"Chronic stress disrupts ovulation and increases the risk of irregular or absent menstrual cycles by up to 40%."

HARLOW ET AL., JOURNAL OF WOMEN'S HEALTH, 2019

A healthy cycle is like a report card on health. It's a sign that your hormones are being well supported. Chronic stress can disrupt the hormonal signalling that regulates ovulation, contributing to irregular, missed, or painful cycles.

STRESS & FERTILITY

“High perceived stress in women is linked to significantly lower progesterone levels, impairing both fertility and mood stability.”

PETRAGLIA ET AL., ENDOCRINE REVIEWS, 2018

Progesterone plays an important role in reproductive health, sleep, and nervous system regulation. Chronic stress steals from progesterone production, contributing to PMS symptoms, mood changes, and hormonal imbalance.

It's clear we need to get stress under control, but how?

Here are evidence-based strategies that have consistently been shown to reduce stress and support nervous system regulation:

- Prioritize sleep
- Spend time in nature
- Grounding - bare feet on the earth
- Exercise regularly
- Strengthen social connections
- Use essential oils - Old Earth stocks a range of nervous system supports like our Stress Away roller and Calm Balm, using blends backed by scientific literature on their effect on neurotransmitters like cortisol
- Spend time doing enjoyable activities
- Breath work
- Self care investment like regular massage or yoga classes
- Better boundaries around work, extended family and capacity.



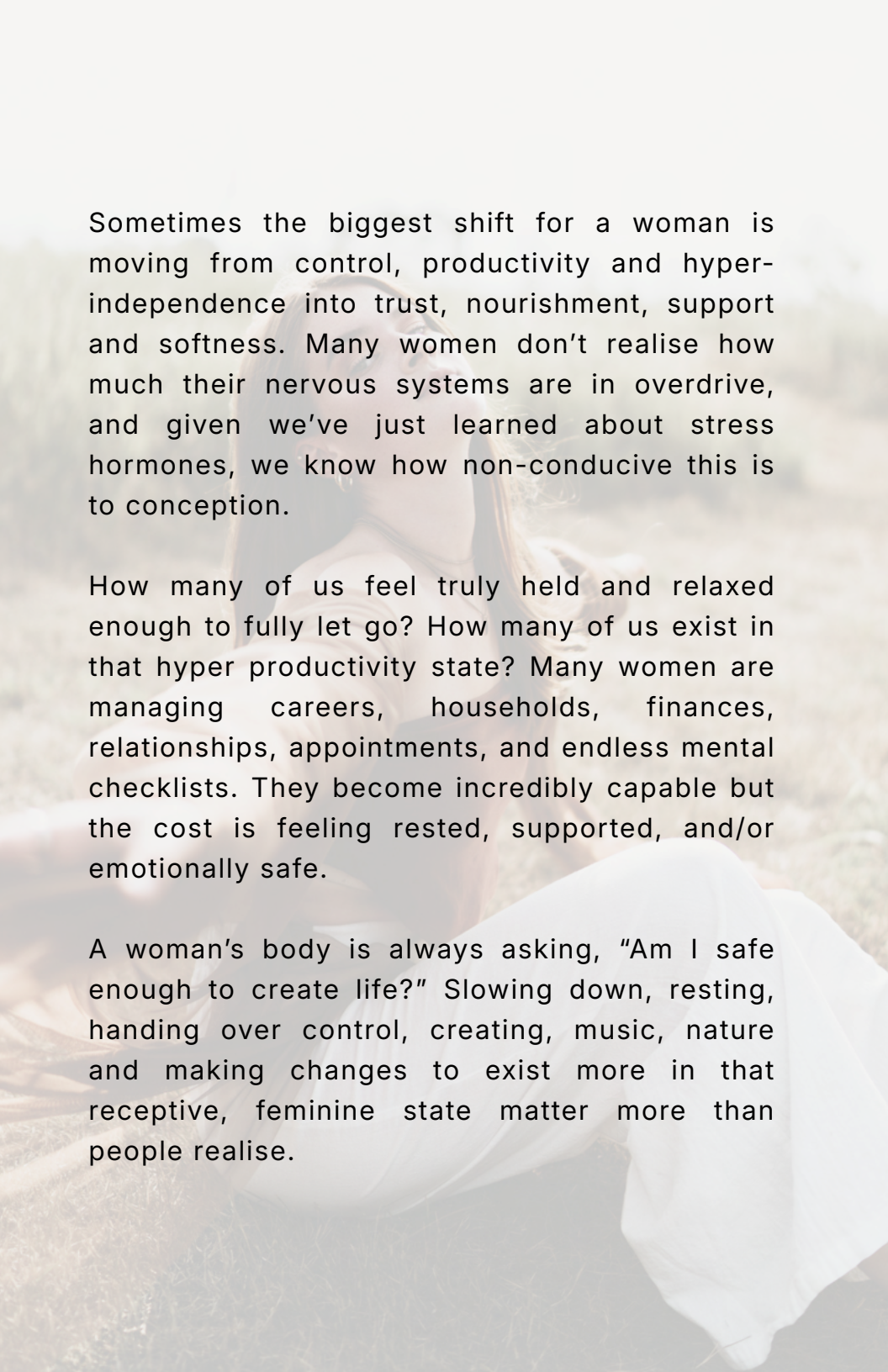
STEP EIGHT ACTIONS:

- Get to know yourself and what makes you feel personally calm
- Find a way to schedule in better self care practices throughout each week
- Ask yourself honestly what things are threatening your stress levels and make moves to outsource, let go of or change the issues involved.

A woman with long brown hair, wearing a brown top and white pants, is lying on the ground in a field of tall grass. She is reaching out her right hand towards the camera. The background is a soft-focus landscape with trees and a bright sky.

Step 9: Masculine/Feminine Balance

This is a topic so prevalent
yet so under-discussed

A woman is lying down, her head and eyes covered by a white cloth. She is looking towards the camera with a slight smile. The background is a soft, out-of-focus natural setting.

Sometimes the biggest shift for a woman is moving from control, productivity and hyper-independence into trust, nourishment, support and softness. Many women don't realise how much their nervous systems are in overdrive, and given we've just learned about stress hormones, we know how non-conducive this is to conception.

How many of us feel truly held and relaxed enough to fully let go? How many of us exist in that hyper productivity state? Many women are managing careers, households, finances, relationships, appointments, and endless mental checklists. They become incredibly capable but the cost is feeling rested, supported, and/or emotionally safe.

A woman's body is always asking, "Am I safe enough to create life?" Slowing down, resting, handing over control, creating, music, nature and making changes to exist more in that receptive, feminine state matter more than people realise.



It can be helpful to ask yourself:

- Do I always feel like I have to be in control?
- Is asking for help uncomfortable?
- Do I find it difficult to truly rest without feeling guilty?
- Am I constantly striving, achieving, or anticipating the next task?
- When was the last time I felt deeply relaxed, cared for, and able to simply receive?

There are distinct remedy profiles in homeopathy related to an inability to relax. Let's touch on some of them briefly to see if you recognise yourself in any of them. (Note: These don't just apply to women!)

Remedy

Carcinosin

Quick Keynotes

Perfectionist. People-pleaser. High achiever. Takes responsibility for everyone. Finds it hard to say no or put their needs first. Constantly "on." Carcinosin can't relax because of duty and perfectionism. Core thinking: "I can't let anyone down" and "I have to be perfect/achieve to be loved".

Nux vomica

Driven, ambitious, competitive. Can't switch off the mind. Workaholic. Irritable when interrupted. Relies on coffee, alcohol, or stimulants. Wakes around 3–4 am thinking about work. Nux vomica can't relax because of drive and overstimulation. Core thinking, "I'll rest when everything is done".

Arsenicum album

Many fears and anxieties - about health, finances, or security. Needs order and control. Pessimistic or fears the worst. Restless despite exhaustion. Typical "worry wart". Arsenicum can't relax because of their need to be in control. Core thinking is, "I must avoid chaos and keep order."

Calcareo carbonica

Overwhelmed by responsibility. Worries about the future and finances. Feels burdened by obligations. Wants security and routine. Can appear calm but carries constant worry. Calc carb can't relax because life is a lot and they worry they won't be able to cope.

Remedy

Natrum
Muriaticum

Quick Keynotes

Self-contained. Doesn't easily share feelings. Dwells on past hurts. Responsible and dependable. Appears composed while carrying emotional tension internally. Natrum muriaticum can't relax because emotions are internalised. Core thinking, "I'll deal with it myself."

Aurum
Metallicum

Intense sense of duty. Sets impossibly high standards. Feels responsible for success and failure. Serious, hardworking, struggles to rest without guilt. Core thinking, "Rest feels undeserved."

Silica

Quiet perfectionist. Conscientious. Sensitive to criticism. Lacks confidence despite competence. Finds it hard to stop striving. Silicea can't relax because they're quietly striving to do everything properly while doubting whether they're good enough. Core thinking, "I don't want to get it wrong."

Kali Phos

Mental exhaustion from prolonged stress. Burnout. Feels frazzled after study or caregiving. Easily startled. Nervous fatigue. Kali phos can't relax because the nervous system is depleted.

Every day homeopaths see that what is called someone's "personality" simply isn't the case as we watch people change under homeopathic treatment. This doesn't mean you need to become a different person or that being ambitious somehow causes infertility. Rather, it invites balance so you can thrive and so your nervous system can unravel. Often clients will tell me that after taking their remedy, their husband or family member noticed how different they seem. They'll also comment on how much better they have become at letting what used to bother them go more. If your nervous system rarely experiences calm, homeopathy can rewire the organism and it's thinking patterns to allow more balance.

In the meantime, intentionally creating more moments of restoration matters. Challenge yourself by:

- Receiving support, whether through your partner, family, friends, or a therapist, rather than carrying everything alone.
- Learning to delegate responsibilities and allowing others to help.
- Building small rituals of pleasure into your day, such as reading, bathing, journalling, or sitting in the sun without feeling the need to be productive.
- Consider homeopathy if you can't change your thinking patterns on your own.

A woman with long brown hair, wearing a white long-sleeved shirt, is lying down in a field of dry grass. She is looking towards the camera with a slight smile. The background is a soft-focus field of tall grass under a bright sky. The text is overlaid on the image in a black, sans-serif font.

It's also worth reflecting on the dynamics within your relationship. Do you feel emotionally safe, heard, and supported? Are responsibilities shared fairly? Is there unresolved conflict, resentment, or pressure surrounding conception? Is there a masculinity within your partner that allows you to switch to the feminine state easily? And if not, could changes be made so that dynamic is there? While relationship dynamics are rarely the sole cause of fertility difficulties, chronic relational stress can contribute to an ongoing state of nervous system activation.

Ultimately, the question isn't whether a woman is "feminine enough". But supporting your nervous system and creating an energetic state of rest and safety is a lifestyle aspect that is worth paying attention to.

Sometimes optimization begins not with doing more, but with creating a life in which your body receives consistent signals that it is safe, nourished, supported, and able to rest.

We also need to talk about testosterone.

Testosterone levels are down over 50% in just two decades, and this is affecting both sperm health and the masculine/feminine balance within relationships. As we've touched on earlier, modern environmental toxins like plastics, cosmetics, colognes, personal care products, body washes, shampoos and deoderants are oestrogenic compounds which are blocking testosterone production. The first step is to as much as possible remove these items from daily life, and the second part is to start fuelling your body with natural ways to boost testosterone.

How to naturally boost testosterone (with links to research if curious):

- Cut out seed oils (PMID: 31568827)
- Stop eating soy (PMID: 19919579)
- Avoid polyester underwear (PMID: 8279095)
- Stop drinking beer – replace with other alcohol form if absolutely neccesary (PMID: 10372741)
- Boost consumption of beef liver and eggs
- Get sunlight (PMID: 32375348)
- Short, explosive weight training (PMID: 21058750)
- Lose body fat (PMID: 22495883)
- Listen to 528 Hz (PMID: 30414050)
- Sleep 8 hours (PMID: 21632481)



Step 10: What Are We Eating?

So many people have no idea how much of what they are supposed to eat. Under-eating for both men and women tells the body to conserve energy—not prioritise reproduction.

Firstly, many women are exercising intensely, restricting calories, and fasting excessively without realising the impact this can have on fertility hormones. Hormones are built from nutrients. Cholesterol and healthy fats are essential for hormone production, ovulation and sperm health. Undereating and low fat diets are counter productive to fertility.

Secondly, reproduction is one of the body's most energy-demanding functions. When energy intake is consistently too low, the body adapts by conserving resources. In women, this can suppress ovulation and alter menstrual cycles. In men, chronic energy deficiency can reduce testosterone levels, impair sperm production, and negatively affect sperm quality. Eating enough—not just enough calories, but enough protein, healthy fats, and micronutrients—helps signal to the body that conditions are favourable for reproduction.

So, what should you eat?

There isn't a single "fertility diet," but there are consistent dietary patterns associated with better reproductive health. For both men and women, the goal is to eat enough calories, prioritise whole foods, support stable blood sugar, and consume adequate protein and healthy fats.

Fertility-friendly macronutrient targets

- Protein: 25–30% of calories
- Fat: 30–40% of calories, primarily from unsaturated fats
- Carbohydrates: 35–45% of calories, mostly from high-fibre, minimally processed sources
- Fibre: 25–35 g/day

For a moderately active adult eating ~2,200 calories, this equates to eating per day approximately:

Protein: 120–140 g

Fat: 75–90 g

Carbohydrates: 190–240 g

Fibre: 30–35 g

example daily meal plan

Breakfast

Overnight oats with:

- 1 cup Greek yoghurt
- ½ cup oats
- Mixed berries
- Chia seeds
- Walnuts
- Drizzle of honey

Nutrition
Protein: ~35 g
Healthy fats: ~18 g
Carbs: ~45 g

Morning snack

- Apple
- 2 boiled eggs
- Handful of almonds

Nutrition
Protein: ~18 g
Healthy fats: ~18 g

Lunch

Roast chicken salad

- 150g shredded chicken
- Mixed leafy greens
- Quinoa
- Avocado
- Cherry tomatoes
- Olive oil & lemon dressing

Nutrition
Protein: ~40 g
Healthy fats: ~30 g
Carbs: ~35 g

Afternoon snack

- Cottage cheese
- Kiwi
- Pumpkin seeds

Nutrition
Protein: ~20 g
Healthy fats: ~10 g

Dinner

Grass-fed beef stir-fry

- 150 g lean beef
- Brown rice
- Broccoli, capsicum, mushrooms, ginger, garlic
- Sesame oil

Nutrition
Protein: ~40 g
Healthy fats: ~18 g
Carbohydrates: ~45 g

Foods to eat regularly

Protein

- Eggs
- Greek yoghurt
- Cottage cheese
- Lean beef
- Chicken
- Turkey
- Lentils
- Chickpeas
- Organ meats

Healthy fats

- Extra virgin olive oil
- Avocado
- Walnuts
- Almonds
- Macadamias
- Pumpkin seeds
- Chia seeds
- Flaxseed

Carbs

- Sweet potato
- Oats
- Quinoa
- Brown rice
- Sourdough
- Fruit
- Legumes

Vegetables

Aim for 5–7 serves daily, and eat fresh produce (organic if possible) with a large variety including: broccoli, spinach, kale, leafy greens, sprouts, beetroot, carrots, cabbage, capsicum, mushrooms, celery, beans, snow peas, and cauliflower. Add fermented veggies to the mix as well!

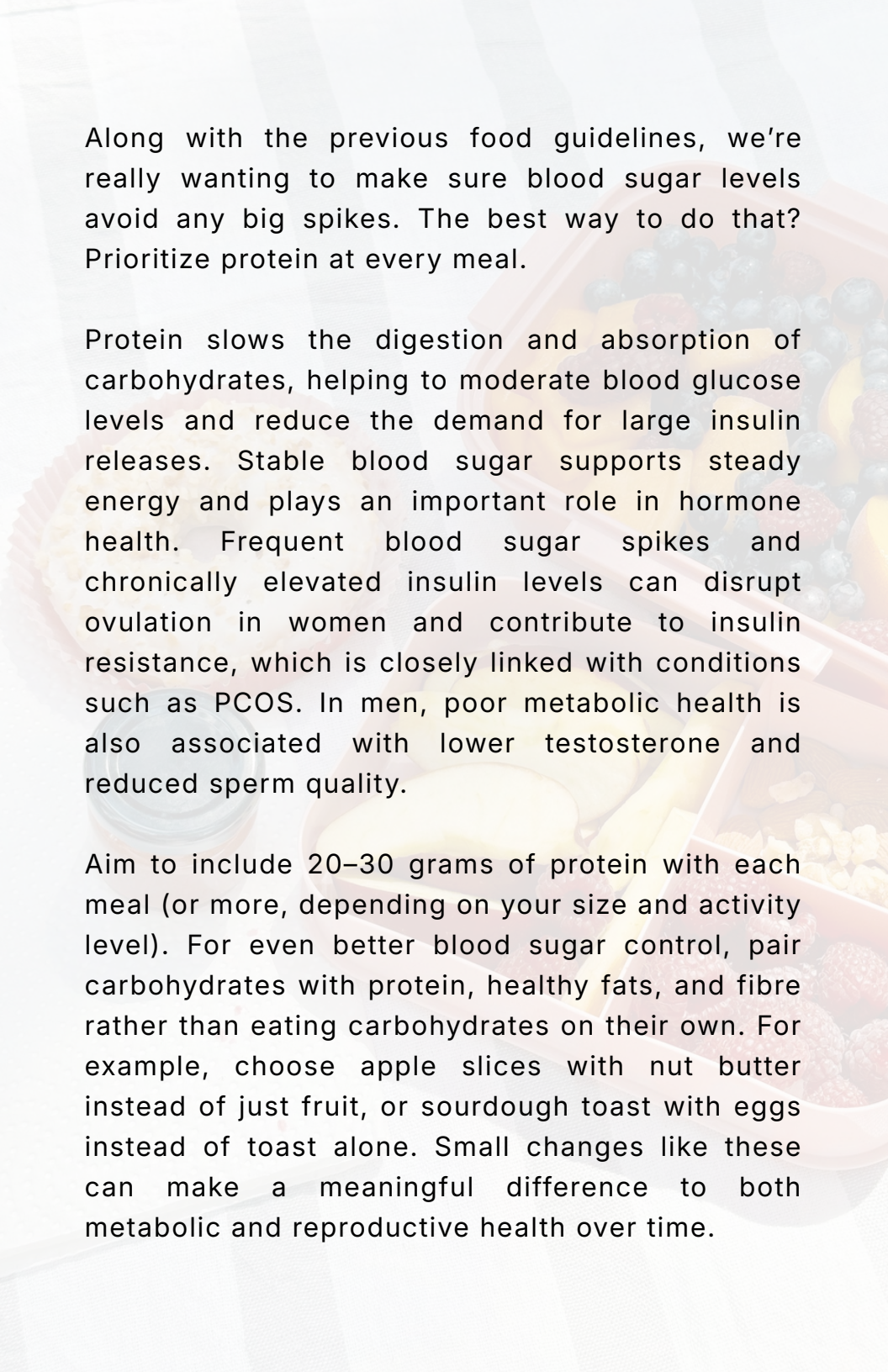
The overall pattern is essentially a Mediterranean-style diet with adequate protein and healthy fats. This dietary approach has the strongest evidence for supporting fertility, pregnancy outcomes, and sperm health in both men and women.

main tips

- Eat enough—avoid chronic calorie restriction.
- Include 20–40 g of protein at each meal to support hormones, muscle, and blood sugar.
- Don't fear healthy fats; they're essential for hormone production.
- Eat oily fish 2–3 times per week.
- Include colourful fruit and vegetables daily to increase antioxidant intake.
- Limit ultra-processed foods and sugar-sweetened drinks.



The other main focus with our diet is to prioritise blood sugar balance. Frequent blood sugar spikes can impact hormones, inflammation, ovulation and insulin sensitivity.



Along with the previous food guidelines, we're really wanting to make sure blood sugar levels avoid any big spikes. The best way to do that? Prioritize protein at every meal.

Protein slows the digestion and absorption of carbohydrates, helping to moderate blood glucose levels and reduce the demand for large insulin releases. Stable blood sugar supports steady energy and plays an important role in hormone health. Frequent blood sugar spikes and chronically elevated insulin levels can disrupt ovulation in women and contribute to insulin resistance, which is closely linked with conditions such as PCOS. In men, poor metabolic health is also associated with lower testosterone and reduced sperm quality.

Aim to include 20–30 grams of protein with each meal (or more, depending on your size and activity level). For even better blood sugar control, pair carbohydrates with protein, healthy fats, and fibre rather than eating carbohydrates on their own. For example, choose apple slices with nut butter instead of just fruit, or sourdough toast with eggs instead of toast alone. Small changes like these can make a meaningful difference to both metabolic and reproductive health over time.

why protein *at breakfast?*

Because most of us are grossly under-eating it, particularly women.

Protein so often takes a back seat to carbohydrates at breakfast. Many of us also have **no idea** how much we're supposed to be eating for optimal functioning. For women, protein needs vary depending on many factors but it works out to be approximately 1.5g-2g/kg/day. So for example, moderately active women in the 60-75 kg range would have a daily protein target of 90-110g/day, spread across meals is the goal.

When spread across meals this equates to:

- Breakfast: 20-30g
- Lunch: 30-40g
- Dinner: 30-40g
- Optional snack: 15-20g

To put that in perspective, our "good protein" breakfast of 2 large eggs = about 12-14g protein, approximately half our protein goals for the meal.

Breakfast? A key meal where we need to start asking ourselves "Where's the protein?"

***MY COOKBOOK IS OUT SOON! PACKED FULL OF NUTRIENT DENSE + PROTEIN RICH RECIPES FOR BREAKFAST, SNACKS, LUNCH + DINNER**

Some high
protein
breakfast
ideas



breakfast

DIY greek yoghurt bowls

overnight protein oats

cottage cheese pancakes

apple + pear nut crumble

parsnip fritter bacon stacks

homemade sea salt cacao granola

chocolate mousse protein puddings

brekky burritos

3-ingredient chia jars

DIY acai bowls

bacon + egg homemade flatbreads

three egg sourdough



A close-up photograph of a person's hands holding a black smartphone. The person is wearing a light blue ribbed sweater. The background is blurred. Overlaid on the image is the title 'Step 11: EMF Exposure' in large, bold, yellow font, and a paragraph of text in white font below it.

Step 11: EMF Exposure

Another area that has received increasing attention in fertility research is exposure to radiofrequency electromagnetic fields (RF-EMFs) from devices such as mobile phones, Wi-Fi routers, laptops, and other wireless technology.

Some laboratory and observational studies have suggested that prolonged, close-range exposure to RF-EMFs may be associated with changes in sperm quality, including reduced motility, lower viability, increased DNA fragmentation, and higher levels of oxidative stress. The evidence for effects on female fertility is more limited and less consistent, although animal studies suggest that developing eggs may also be susceptible to oxidative stress from certain environmental exposures.

Sperm and ova are among the most specialised cells in the human body. They rely on healthy mitochondria, are particularly vulnerable to oxidative damage, and have limited ability to repair DNA. While we cannot eliminate every environmental exposure, it makes sense to reduce those that are easy to modify, especially when trying to conceive.

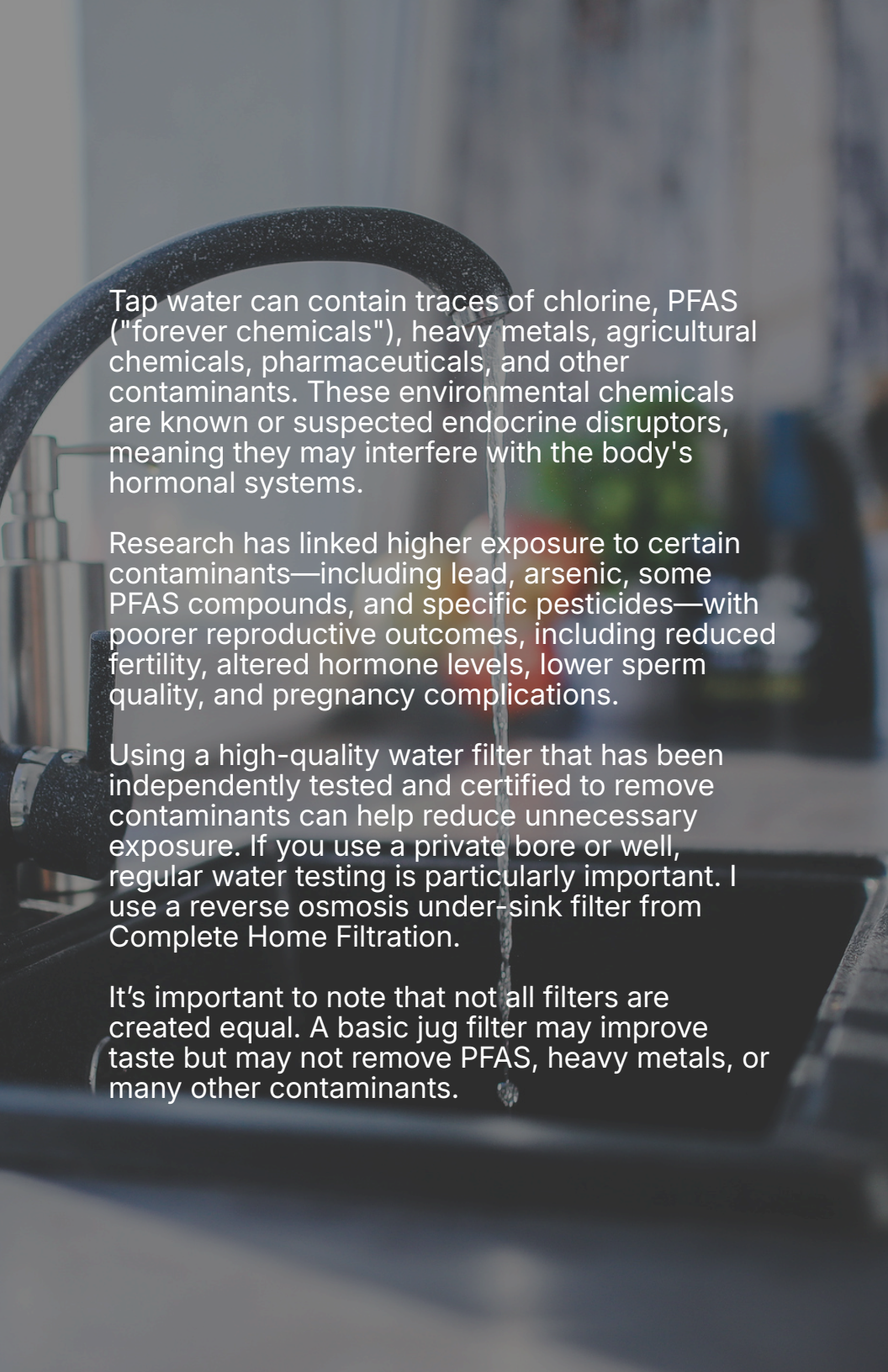
Simple, low-cost precautions include:

- Avoid carrying your mobile phone in your trouser or bra pocket for prolonged periods.
- Keep laptops off your lap; use a desk or lap tray instead.
- Use speakerphone or wired headphones for long calls
- Avoid sleeping with your phone next to your bed or in close range.
- Switch your Wi-Fi router off overnight.
- Avoid placing wireless devices directly against your abdomen or pelvis for extended periods.
- Opt for wired headphones instead of wireless ear buds.



Step 12: Filter Your Drinking Water

What if one of the biggest threats to your fertility is flowing straight from your tap?



Tap water can contain traces of chlorine, PFAS ("forever chemicals"), heavy metals, agricultural chemicals, pharmaceuticals, and other contaminants. These environmental chemicals are known or suspected endocrine disruptors, meaning they may interfere with the body's hormonal systems.

Research has linked higher exposure to certain contaminants—including lead, arsenic, some PFAS compounds, and specific pesticides—with poorer reproductive outcomes, including reduced fertility, altered hormone levels, lower sperm quality, and pregnancy complications.

Using a high-quality water filter that has been independently tested and certified to remove contaminants can help reduce unnecessary exposure. If you use a private bore or well, regular water testing is particularly important. I use a reverse osmosis under-sink filter from Complete Home Filtration.

It's important to note that not all filters are created equal. A basic jug filter may improve taste but may not remove PFAS, heavy metals, or many other contaminants.



As you work your way through the steps, give yourself time to shift your habits. It doesn't happen overnight. Tackle one thing for the week, or the month. Swapping out products and choices, one by one, a little at a time all adds up to big changes, so that in 6 months to a year, you are living a fertility-friendly lifestyle and protecting both your health and your family's.

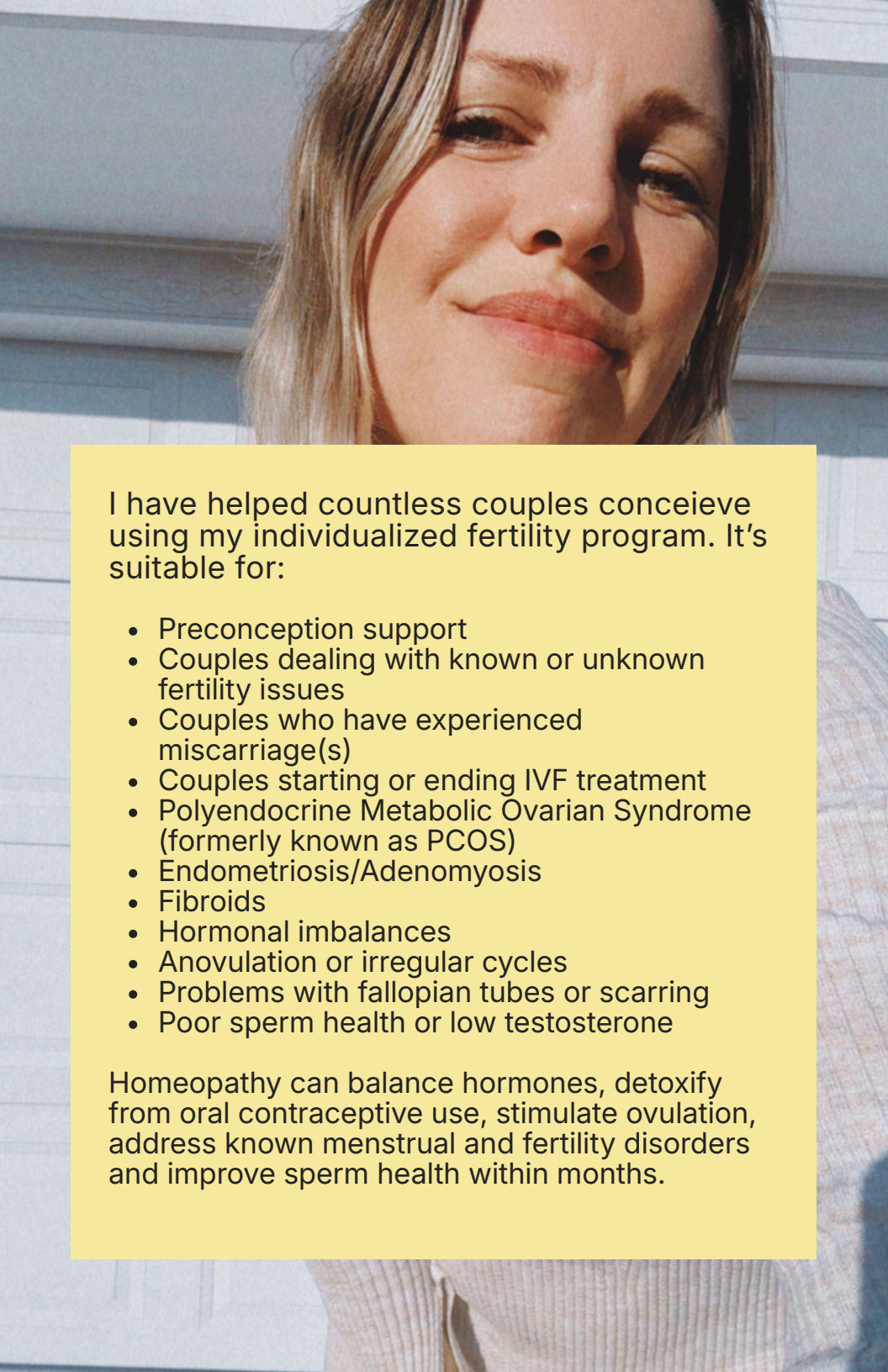


And if you need extra support conceiving, this is where individualized care comes in. Homeopathy provides a personalised roadmap to help you uncover:

- why your cycles aren't thriving
- why you can't fall pregnant
- why nothing else is working
- what your symptoms mean
- a natural solution to your diagnosis

Inside the Old Earth 6 Month Homeopathic Fertility Program you'll receive:

- Comprehensive case-taking
- Individualized homeopathic prescriptions for both partners
- Ongoing support and accountability
- A clear plan tailored to your unique circumstances



I have helped countless couples conceive using my individualized fertility program. It's suitable for:

- Preconception support
- Couples dealing with known or unknown fertility issues
- Couples who have experienced miscarriage(s)
- Couples starting or ending IVF treatment
- Polyendocrine Metabolic Ovarian Syndrome (formerly known as PCOS)
- Endometriosis/Adenomyosis
- Fibroids
- Hormonal imbalances
- Anovulation or irregular cycles
- Problems with fallopian tubes or scarring
- Poor sperm health or low testosterone

Homeopathy can balance hormones, detoxify from oral contraceptive use, stimulate ovulation, address known menstrual and fertility disorders and improve sperm health within months.

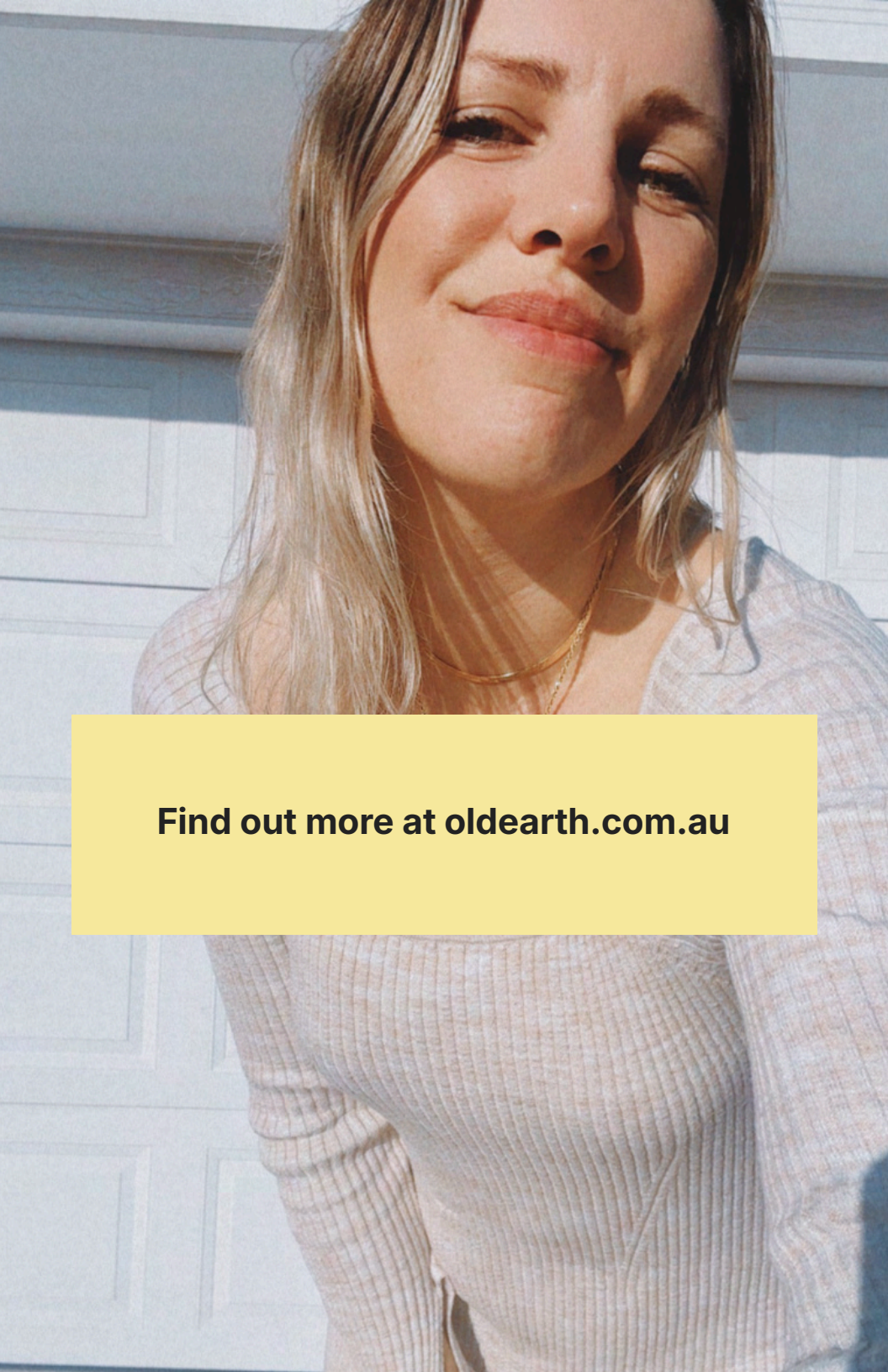


If you've tried everything but haven't yet tried homeopathy, it may be the missing piece.

And remember: Healthy eggs and sperm don't develop overnight. Sperm take around 74 days to mature, hence the 4-6 month fertility program duration) while egg quality is influenced by a woman's health in the months leading up to ovulation. Giving yourself at least three months to optimise nutrition, stress, toxic load, sleep, and lifestyle before trying to conceive can help create the healthiest possible environment.

And if you already have children and are simply here to learn how to protect their future fertility, they are lucky to have you. Keep going.

Rachel x



Find out more at oldearth.com.au