**Audrey’s new sibling’s options**

**(FOCUS IS) What you want vs what is best in the baby centred/Nature approach vs what is on offer medically**

A baby as soon as – assuming there is also the best outcome for all concerned (including new one-being made)   
OR Baby Insurance – making sure . **No guarantees in life.**

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|  | **Going ahead - transplant now** | **Waiting till your body is ready** | **Going natural with healing** |
| **YOUR** ISSUES/CONCERNS | Embryo is ‘C’ grade – tested as ‘OK’ (& is the last one left) | Take “too long” - disbelief that ovulation is likely/’too old’/want close together siblings. | Thinks have already done so. Limitations/beliefs Body has not done nat ov before. |
| **MY** CONCERNS (Need to take HOPE out of the equation) | Get the ‘nest’ baby ready/sperm was not/will not still be OK – healthy men make great sperm. | Undo these – and get sperm vastly better in case needed, | Make the best baby possible. Everyone wins |
| ADVANTAGES of each: | Get on with it (rush) All will work out – tested/ on progesterone (Fingers crossed) | More likely to grow into easy pregnancy – **if embryo** really is viable. – testing NOT all answer | Plan B – both of you conceive naturally the stronger baby. |
| WHAT TO DO? | Overhaul all that is happening within the context of what the IVF people try to do by chemical micromanaging. | Take serious look at what you want in 10 year’s time and go with that. No rush . . Explore the ‘must have’s’ more | Get Mark to where his body is a well oiled machine . .pumping out what is needed - having cool balls, a hot rod & a healthy gut. |
| Engage me as the continuity of care natural health guide.. . | So you have the best chance of what has been set in motion. | So you have the best chance –less stressed/more likely/clearer | No guarantee –the ‘last chance’– go back to nature – give her the reins. |

**Allowing body to heal - in nature, B/F will leach out too much of new baby’s resources.**