

Optimize Your Fertility

Planning a Pregnancy? Experiencing Fertility Problems?

Undergoing IVF or fertility treatments?

Repeated Miscarriages?

Understanding what you can do to optimize your fertility will save you time and money

With Guest Lecturers:

Dr. Lisa Doran N.D.

Dr. Nora Pope N.D.

This course will lead you through the top 3 ways that you can optimize your fertility naturally.

1. Top 3 reasons for infertility discussed, Irregular periods, Endometriosis and PCOS
2. Preparing the body for pregnancy by detoxification and optimal nutrition
3. Understanding your menstrual cycle, how to chart your menstrual cycle, how to detect the signs of your fertility and how to regulate your menstrual cycle.
4. Clearly identifying, understanding and dealing with emotional factors that can interfere with your ability to conceive.

Seating is Limited so please register Early

Locations and Dates for 2007:

Please note that this seminar is offered in two formats:

3hour condensed session offered during the week and

a 6 hour session offered on a Saturday which is much more detailed.

Session A : Wednesday July 25th – Mother Craft, Toronto, Young and Davisville 6:30pm – 9:30 pm

Session B : Saturday September 22nd–The Barefoot Doctor Naturopathic Clinic, Scarborough 9am-4pm

Session C : Saturday November 10th – Mother Craft, Toronto, Young and Davisville 9am-4pm

To register please call: 416-901-0656 or mail in our registration form

REGISTRATION FORM

Optimize your Fertility

Name: _____ **Today's Date:** _____

Mailing Address: _____

Email Address: _____ **Phone number:** _____

Session you are Registering for: _____

Session A \$45

Session B \$90

Session C \$90

All Fees include light refreshments for morning and afternoon snacks as well as a note package.

Currently we only accept cheque or cash as payment.

Please mail in a cheque (payable to Lisa Doran) and your registration form to:
The Barefoot Doctor, 6758 Kingston Road, Unit 6 Scarborough, ON M1B 1G8

or stop by the clinic – we are located at Port Union and the 401 – shared with Sage-Femmes Rouge Valley Midwives.
