

SUSANA PUELLES, L.A.C



My Simple Fertility Boosting Checklist

Holistic

+

Healthy

+

Happy

=

Pregnant

ARE YOU TIRED OF FEELING LIKE YOU'VE TRIED EVERYTHING, BUT YOU'RE STILL NOT PREGNANT?

I get it...

You didn't imagine it would be this hard (nobody does)
The heartbreak. The waiting. The months that feel like years.

And someday it might feel like you're losing faith and wanting to give up...
But deep down — you still hear that quiet voice.
Your baby is calling you. And you're not ready to give up.
That's where I'd love to help with this free gift.

The Womb In Bloom Fertility Checklist

This isn't just another to-do list. It's your first step toward restoring trust in your body and creating the conditions for conception — naturally.

The truth is, most women (and their doctors) skip the foundational steps that matter most. They jump straight to treatments, protocols, and pressure... while your body is still stuck in survival mode blocking your efforts!

Here's Some Great News; Your body wants to get pregnant — it's craving safety, nourishment, and support. When you turn on the right signals, it knows what to do.

In This Checklist, You'll Tap Into:

- The critical fertility steps most women (and doctors) overlook — and why they matter
- Simple shifts to help your womb move from struggling to receptive
- The core principles of my **Womb In Bloom Method** that have helped hundreds of women conceive — even after IVF failures or low AMH diagnoses



Susana

Practitioner of Asian & Integrative Medicine, Yoni Expert, Acupuncturist

I'm Susana Puelles, L.Ac. I've spent over a decade helping women who were told they had "no chance" — women who were told to use donor eggs, try surrogacy, or stop trying altogether.

And I've watched their wombs bloom.

I've also been a woman struggling to conceive and experiencing two high risk pregnancies!

This checklist is just the beginning. Your reminder that the basics still work — you're just missing the right support.

Let's start there, together.

You've got this — and I've got your back.

Fertile Foundations

You don't need a perfect body — you need a body that feels safe, nourished, and supported.

Prioritize Your Cycle

Establishing a healthy cycle is priority #1. Your body needs to shed, rebuild, and ovulate with rhythm and ease. A balanced cycle creates optimal eggs and a fertile uterine lining for baby.

Daily Habits Shape Your Fertile Landscape

The small things matter. What you eat, how you sleep, your environment and how you manage stress — all of it adds up. Begin rewiring your physical, emotional, and energetic patterns to invite in new life.

Align Your Body for Conception

Your fertility is a reflection of your overall health. When your body systems (digestive, detoxification, hormonal, nervous) are balanced, your womb is receptive, enhanced and supported.

Resilience & Intention

This journey is hard — but you deserve to move through it with grace. The connection between your heart and womb is real. Tending to your emotional well-being activates deeper healing.

Fertility Alignment Checklist

As you go through the checklist, give yourself:

- ✓ 2 points for every statement you confidently check
- 1 point for anything that's "sometimes" true or in progress
- ✗ 0 points for anything that feels totally out of alignment

Prioritize Your Cycle

- ☐ My periods come regularly, around every 28–30 days
- ☐ My period is healthy, mild to moderate flow, minimal pain, and no intense clots or exhaustion
- ☐ I'm in tune with my cycle and know exactly when they're shifting, ovulating and my moods are mellow and predictable

Daily Habits Shape Your Fertile Landscape

- ☐ I get 7-9 hours of sleep & wake well rested
- ☐ I can feel how certain foods affect my energy, mood, skin & periods
- ☐ I move my body in a way that feels energizing, not draining — and supports how i'm feeling, especially around my period

✨ Most women don't realize that overexercising and under-sleeping can signal to your body that now isn't a safe time for pregnancy.

Align Your Body For Conception

- ☐ My meals are nourishing and I don't have out of control cravings
- ☐ My weight is ideal for my body and my digestion is strong
- ☐ I feel energized without relying on caffeine, sugar, or willpower

✨ Yes, exhaustion is a fertility issue.

Resilience & Intention

- ☐ I can stay grounded during stress, without spiraling
- ☐ I know how to shift my mindset when things don't go to plan
- ☐ I don't waiver from my faith in my bodys ability to conceive.

Your Score Results

10 – 15 points:

You're just getting started — and that's powerful.

Your body is likely sending signals of imbalance, stress, or depletion. You don't need to figure this out alone — the Womb In Bloom Program was made for this exact reason. It's time to rebuild the foundations.

16 – 23 points:

You've laid some groundwork, but your fertility still needs support.

There are a few key shifts — in lifestyle, mindset, and physical alignment — that could make a huge difference in your ability to conceive. Let's look at where your body may still be stuck in survival mode.

24 – 30 points:

You're on a strong path — now it's time to go deeper.

Your body is responding. But to fully optimize your fertility, improve egg quality, and restore hormone harmony, you may need more personalized guidance, accountability, and strategy. That's exactly what we can do together inside my Womb In Bloom Program.

I hope you've enjoyed this gift.

When you have the right foundation, the right tools, and the right support — your body knows how to shift to fertile mode.

Inside my Womb In Bloom™ Program, I guide you step-by-step using natural, evidence based methods to help you restore hormonal balance, boost egg quality, and increase your chances of pregnancy — without IVF, harsh meds, or guesswork.

This is your chance to shift out of confusion and into clarity, connection & calm. I'd like to invite you to Book a free 1:1 Fertility Discovery Session and we'll talk about:

- What your body might be missing
- How to restore the foundations of your fertility
- Whether the Womb In Bloom Program is the right fit for your fertility journey...



I'm Ready.