



# Frequently Asked Questions

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| 1    How do I know if it's "time" to work with a fertility doula?     | <p>You don't have to wait for a diagnosis or reach a breaking point.</p> <p>If you're trying to conceive — whether it's your first cycle or your fiftieth — and want guidance, emotional support, or help making sense of your body, I'm here.</p>   |
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| 2    I feel ashamed, broken, or anxious. Will this feel too clinical? | <p>Not at all.</p> <p>TTC can feel incredibly lonely and overwhelming, especially when you're not getting the answers or outcomes you hoped for.</p> <p>My support is grounded in compassion, non-judgment, and trauma-awareness — not charts and pressure.</p>  |
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| 3    Do you track your client's cycles and ovulation?                 | <p>Yes — cycle literacy is a huge part of what I offer.</p> <p>I can help you learn your natural rhythms, signs of ovulation, and understand any irregularities. Some clients want me to walk beside them in real-time; others just need help decoding the patterns.</p>   |
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| 4    Isn't fertility something only doctors can help with?            | <p>Doctors handle the clinical piece — but I support the you that exists outside the appointment.</p> <p>That means education, nervous system support, emotional check-ins, cycle understanding, lifestyle shifts (if desired), and helping you advocate for your care when you're in those appointments.</p>  |
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| 5    How do you support someone who's trying to conceive?             | <p>Every client is different — but typically, I offer:</p> <ul style="list-style-type: none"><li>• 1:1 coaching or emotional support (virtual or in person)</li><li>• Cycle tracking and feedback</li><li>• Support around nutrition, sleep, stress &amp; hormone awareness</li><li>• Guidance during timed intercourse, Clomid cycles, or early intervention stages</li><li>• A safe space to ask the questions you're afraid to Google</li></ul> |



Learn more about my TTC support packages [\[here\]](#), or book a free 15-min consult to talk it through.



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6 Do you do spiritual fertility readings?  
Like spirit babies or tarot?

I love this question — and I've definitely seen folks connect with mediums, birth chart readers, or spirit baby guides during TTC.

While I'm not a professional tarot reader or astrologer, I do read charts — just of the cycle kind. 😊

(But yes, I've also read birth charts for friends and pulled oracle cards now and then — it's just not part of my doula practice... yet.)

If spirituality is a meaningful part of your conception journey, you can absolutely bring it into our space. I'm here for science and intuition, data and dreams.

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7 How long does it really take to get pregnant?

Every body is different, but the average couple takes about 3–12 months. If it's been longer than that (or even less and you're feeling anxious), that doesn't mean anything is wrong.

Together, we can figure out what your body might be telling you — and make a plan that feels supportive, not stressful.

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8 Do lifestyle changes actually make a difference?

They can — but not always in the dramatic way the internet makes it sound.

Small shifts to things like stress, sleep, blood sugar, and gut health can support fertility, but you don't have to overhaul your entire life or be perfect.

I can help you focus on what matters most for your situation.

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9 How do I know if I'm doing "enough" to boost fertility?

This is such a common feeling — like if you just find the right tea, tracker app, or crystal, it'll finally work.

There's no gold star in TTC. But we can look at what you've tried, where the gaps are, and where your body may be asking for a bit more support (or less pressure).

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10 What about holistic options — like acupuncture, supplements, or energy work?

Yes! Many people combine holistic and medical fertility care.

I can help you explore options like acupuncture, nervous system regulation, herbal support, or womb massage — and I'll always refer you to trusted specialists when it's outside my scope.

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