



The 3 Foundations OF A PERFECT PREGNANCY



Axelrad Clinic Academy
Learn How To Live Your Greatest Life.

The 3 Foundations

Of A Perfect Pregnancy

Brought to you by:
The Axelrad Clinic



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The information provided in this Action Plan is not intended to substitute for direct medical advice from a qualified healthcare practitioner. Consult your healthcare provider before beginning any new health regimen, including this Action Plan.

ALL NEW PATIENTS START WITH A FREE INITIAL CONSULTATION

You'll meet one-on-one
with your clinician to see if
our unique blend of
**Acupuncture, Nutritional
and Herbal Medicine and
Mind-Body Coaching** are
a good fit for you.





ABOUT THE AXELRAD CLINIC

The Axelrad Clinic is a **natural medicine clinic** in Houston, Texas where **women from all walks of life** – young women, moms and moms-to-be, professionals, retired, and more – come and **get 100% natural treatment** so they can:

[Balance Their Hormones Without Taking Hormones](#)
[Get Pregnant Naturally](#) or [Finally Succeed With IVF](#)
[Heal From PMS, Endometriosis and Other Gynecological Issues](#)
[Overcome Chronic Stress, Depression, And Anxiety](#)
[Lose Weight Naturally and Permanently](#)

NOTE: If you're new to The Axelrad Clinic, you can click one of the links above to learn more about how we help people with these problems using our unique combination of 100% natural medicine.

And, if you like this Instant Action Plan, [subscribe to our Axelrad Clinic Newsletter](#) and get new case stories, insights, and tips every week...

Offices in Houston, The Woodlands, and Katy.
ONLINE consultations for remote patients available as well.



THE FIVE CORE PRINCIPLES OF RADIANT WELLNESS

Wellness is not something you can buy. It's a MINDSET. It's a way of living that not only seeks balance and strength, but authenticity and purpose. It is beyond surviving. It is THRIVING. It is the will to meet life's challenges with grace, strength, and resilience.

Lovingkindness

Be kind to yourself and others. Be patient. Forgive. You are already perfect.

Clarity

Eat simple foods. Drink lots of water. Focus on your goals. Know your story.

Strength

Be yourself. Respect and honor your feelings. Seek inspiration and cultivate joy.

Simplicity

Don't make it complicated. There is no perfect. Breathe, let go, and move forward.

Consistency

Establish a rhythm. Do something every day that feeds your desire to be your most authentic, genuine self.

BEFORE WE GET STARTED...

It's incredibly important to say a few things:

FIRST – **This is an ACTION plan**, meaning **in order for it to work you must actually do it**. I know that may seem obvious but I'm always surprised how people will come see me in clinic and pay me fairly large sums of money, and then not do most of what I suggest. **The bottom line is that wellness emerges first and foremost from a clear sense of self-responsibility. You must take ownership of your health. Nobody else can do it for you.**

SECOND – **Your results will be unique**. Nothing I recommend here will cause any harm and may help a LOT – a WHOLE LOT. **But, I am unable to make any guarantees**. You just have to try it out! **Again, you have to TAKE ACTION and only then will you see results.**

THIRD – **You are always welcome to contact the clinic if you have questions**. All you have to do is [visit our support page](#) and enter your question or concern and we will ALWAYS get back to you.

Now – let's DO THIS!

YOUR KEYS TO SUCCESS



- 1. Keep it simple** – Don't try to do too many things at once.
- 2. Be consistent** – Commit to this for 5 days in a row so you can really see how much better you feel.
- 3. Be kind** – Keep a positive, gentle, and open-minded attitude and don't be hard on yourself.
- 4. Focus on you** – if your partner or others living in your home don't want to do it, no worries! Just take care of yourself. By feeling your best, you are leading by example.
- 5. Action speaks** – Talking about your changes only dilutes the focus. There's no need to tell everyone. Just focus on doing it!

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THE 3 FOUNDATIONS

BEFORE WE GET STARTED...

The elephant in the room... The question I'm asked often enough to get it out of the way now.

What if I'm already doing all these things?

Simple. Keep doing them!

However, there's a good chance that, once you read this Action Plan and you start to implement it, you'll realize you're not doing all of these consistently or in the way I've laid it out here.

Now, I'm not saying you have to be perfect with this. Nobody's grading you, nobody's giving you a trophy at the end.

The reward for staying consistent with the steps in this Action Plan is an incredibly strong foundation upon which to build a healthy, full-term pregnancy and have a healthy, beautiful baby.

I encourage you to go all in, give this a try. Don't assume just because you think you're already doing this that you are doing it in the most optimal way. Try this out, and see how it affects you. Based on my experience in clinic, I expect VERY POSITIVE results.

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The WHY

Your body is not a machine. It is a living, breathing embodiment of the creative power of nature.

Every second of every day your body is making thousands upon thousands of things – proteins, hormones, enzymes, neurotransmitters, new cells, and millions upon millions of specialized structures and tissues.

Your uterus and the baby inside of it are not a starting point. They are an end point. What I mean by this is that all those millions of things your body is doing – which are “upstream” from your uterus and the rest of your reproductive system – is what will determine how much life and vitality is transmitted to your baby. And that is the entire key to a healthy, full-term pregnancy.

Pregnancy is a beautifully coordinated dance between every single system of your body – your circulatory, nervous, endocrine, digestive, metabolic, blood, immune, and the rest. The environment inside your uterus and the gestational sac is a distilled essence – a special type of blood, fluid, and tissue – that reflects the state of your entire body.

The biggest key, in my experience, to improving and sustaining the health of a pregnancy – which really means “strengthening nature” – is to establish simple habits that continually, and powerfully, reinforce the clarity and potency of the blood and fluid that travels into your uterus and gestational sac.

The cool thing about this is that by establishing these 3 key habits, you’re not only ensuring that your baby gets lots of healthy oxygen and nutrients, you’re also making sure your immune system is more balanced, and your nervous and endocrine systems are calm and focused.

WHO DOESN'T THINK THESE MIGHT BE CRITICAL FOR THE CREATION AND SUSTENANCE OF A HEALTHY PREGNANCY?

THE 3 FOUNDATIONS

The WHAT

8-9 Hours of Nightly Sleep – AT NIGHT

Balances immune system
Supports tissue regeneration and healing
Builds reserve energy

3 Liters of Water – EVERY DAY

Continual, gentle detoxification of all body tissues
Metabolic stabilizer
Appetite regulation

25 Gentle Belly Breaths – BEFORE BED

Tissue oxygenation
Calm and relax central nervous system
Increase blood flow to BABY AND UTERUS



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The HOW

8-9 Hours of Nightly Sleep – AT NIGHT

Be in bed by 930-10pm. Do your belly breaths (see below). Turn off all electronics, TVs, and other light sources. Just rest in the dark if you can't fall asleep right away.

3 Liters of Water – EVERY DAY

0.5 liter bottle before breakfast. Another at 10am. Another before lunch. Another at 3pm. Another before dinner. Another 1 hour before bed.

25 Gentle Belly Breaths – BEFORE BED

Lie on your back. Place your hands on your belly just below your navel. Inhale gently (NO FORCE) and feel your hands rise as your belly expands. Then just relax and exhale naturally. No force on the inhale or exhale.



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How to get started...

Get started NOW. Don't wait.

The key is, as I mentioned earlier – commit to do it daily for at least the next 7 days.

Make sure you don't give up easily. You have to train your body and be patient. If you've been going to bed late or have the habit of staying up late on the computer or your phone, if you're not used to drinking a lot of water, it may take a couple days for your body to get used to the new routine.

But it WILL get used to it!

Change takes time, but this sleep prep method will do WONDERS for your body's ability to get pregnant and STAY pregnant and, ultimately, YOUR LIFE as a whole. I PROMISE.

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Common Questions

Do I need to go to bed at the exact same time every night for this to work?

Make sure on “normal” nights you try to go to bed at the same time. Of course on date nights or other special nights you will stay up later. But you can still do this sleep-prep routine.

Are there any side-effects or problems I should watch out for?

Absolutely not. The only side-effect should be more energy, focus, and strength – all of which are signs that your egg quality is improving!

What if I'm a night owl?

Nobody is naturally an ‘night owl’. We are all biologically tuned to the 24-hour sun cycle. I promise once you practice this for a few days you’ll start to fall into a new rhythm and begin to feel better.

What if I'm urinating to often drinking that much water?

It will settle down as your body adjusts. Actually the increased urination at the beginning is a really good sign that your body is cleansing itself and it wants more water.

What types of pregnancy issues do you treat at the clinic?

We've helped women with many common pregnancy issues like swelling, insomnia, neck/back/hip pain, delayed labor, migraines, and many others. Click the free consultation button if you want to come in and discuss your particular situation. We're here to help!

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HOW TO GET STARTED AT THE CLINIC

For new patients, and those interested in finding out if our services are a good fit for them, we offer a **FREE INITIAL CONSULTATION**. At this visit, you'll meet with your clinician one-on-one to discuss your situation and make sure it's a good fit.

To request your FREE consultation now
simply click the button below
or call +1-713-527-9555.

REMOTE CONSULTATIONS ARE AVAILABLE AS WELL.

