



The 30-MINUTE

# EGG QUALITY SECRET



Axelrad Clinic Academy

Learn How To Live Your Greatest Life.

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Double Your Egg Quality In Just 30 Minutes A Day With  
**The 30-Minute Egg Quality Secret**

Brought to you by:  
The Axelrad Clinic



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# FREE VIDEO COURSE

There's a VIDEO COURSE  
waiting for you – FREE –  
where Chris explains the  
entire concept. Plus a  
FREE sleep meditation  
MP3!

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## 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 WHY

The bottom line is this. Sleep is absolutely essential for you to have the best egg quality.

But, not just ANY sleep.

Restful sleep, at night when its dark – this is the kind of sleep that improves egg quality.

Why? Well, first of all because your biology – and the biology of every human – is tuned to the 24-hour sun cycle. This is a biological fact that nobody can escape.

But, it's also because several extremely important things happen at night that make your eggs very, very happy and healthy.

First of all, while you sleep your body repairs cells using Growth Hormone. In fact, you don't secrete Growth Hormone UNLESS you are in REM sleep. And, Growth Hormone also feeds your eggs necessary signals that promote proper maturation.

Secondly, while you sleep your body goes into an anti-inflammatory state that improves your circulation – especially the micro-capillaries like those that supply the follicles and eggs deep inside your ovaries.

Finally – and most importantly – while you sleep your nervous system is able to recover from stress. The nervous system is what triggers your LH surge – the ovulation trigger that also causes final stage of genetic changes that ensure your egg has the right chromosomal structure.

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## The WHAT

You're going to develop a habit of a 30-minute wind-down period before sleep.

This wind-down period helps ensure restful sleep and supports a healthy circadian rhythm – which is absolutely critical for hormonal balance and maximum egg quality.

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## The HOW

1. Make sure you do all your pre-sleep routine (like brushing teeth, removing make-up, getting into your sleepwear) so that you have 30 free minutes before you intend to be sleeping.
2. Example: If you want to be asleep at 10pm (which is the time I recommend at a minimum), you need to be ready to get in bed with all pre-sleep stuff complete by 9:30pm. (FOR THE PURPOSES OF THIS WE WILL USE 10PM AS THE SLEEP TIME).
3. Get in bed at 9:30pm.
4. Make sure all electronics are turned off or in silent mode. This includes phones, tablets, e-readers, and TV.
5. Also turn off all bright overhead lighting. A reading lamp is all you'll need
6. Get some inspirational reading material. Whatever works for you. Make sure it's something that is uplifting for you.
7. Read for about 10 minutes, then close the book, turn out the lights, and lie down to sleep.
8. Begin a gentle in and out breath, paying attention to your belly. This breath should be quiet yet deep, very relaxed.
9. Start at the number 50, and count backwards from 50 to 1 – counting a number on each out-breath.
10. If you don't fall asleep after the first 50, just start back over at 50 again. Keep counting and breathing, letting all your muscles relax.
11. Within 20 minutes you will likely be asleep. If not, just stay in the dark and rest. This is the best thing you can do for your body, mind, and hormonal balance.

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## How to get started...

Get started TONIGHT.

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, it may take a couple nights 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 egg quality. I PROMISE.

By synchronizing your sleep rhythms with the sun, you are falling into your most natural biological rhythm which takes a tremendous amount of stress off all your body systems, including your reproductive system.

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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.

**DON'T FORGET TO  
ACCESS THE VIDEO  
TRAINING!**

It will make this much  
easier for you!

[Click here to go there now](#)





## 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.**

