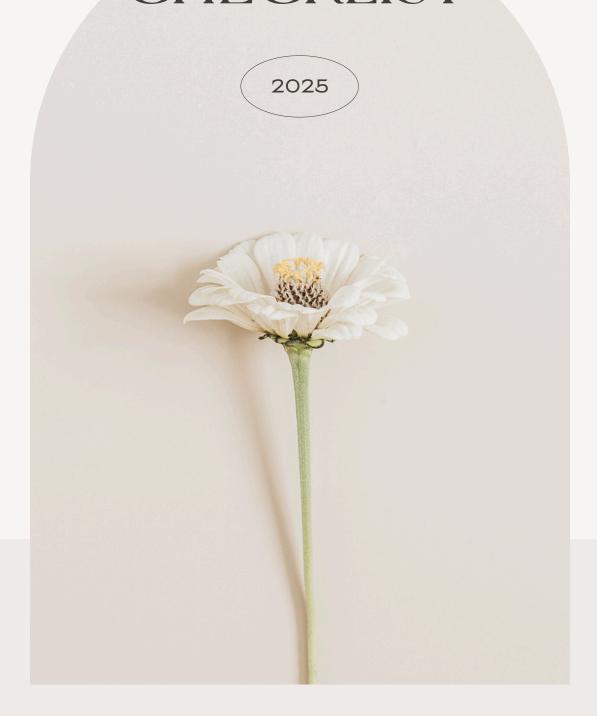
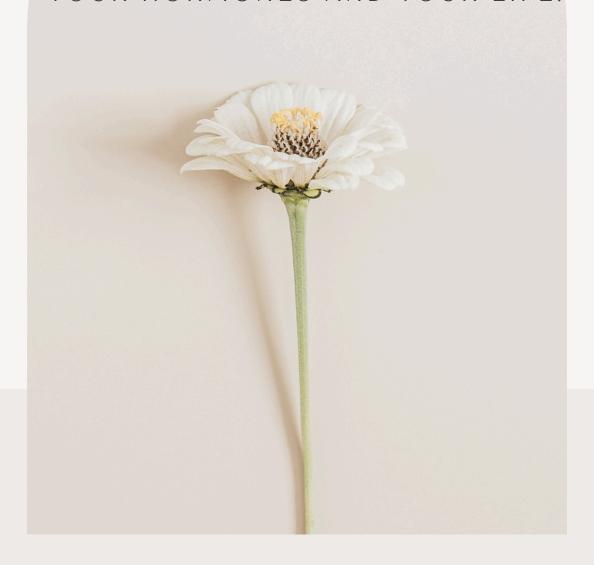
POST IVF HORMONE RECOVERY CHECKLIST



WHO THIS IS FOR?

IF YOU'VE BEEN THROUGH IVF OR OTHER FERTILITY TREATMENTS AND YOU'RE FEELING EXHAUSTED, FOGGY, OR UNLIKE YOURSELF—THIS IS FOR YOU. THIS CHECKLIST GIVES YOU A CLEAR STARTING POINT TO BEGIN HEALING YOUR HORMONES AND YOUR LIFE.



STEP 1: GET THESE 5 LABS CHECKED

(ASK YOUR DOCTOR TO RUN THESE OR REQUEST THROUGH A PRIVATE LAB)

- FULL THYROID PANEL (TSH, FREE T3, FREE T4, REVERSE T3, TPO ANTIBODIES)
- DUTCH TEST (OR BASIC HORMONE PANEL: ESTROGEN, PROGESTERONE, TESTOSTERONE)
- CORTISOL (AM + PM IF POSSIBLE)
- VITAMIN D
- HBA1C AND FASTING INSULIN

WHY? THESE MARKERS REVEAL HIDDEN IMBALANCES KEEPING YOU TIRED, MOODY, OR STUCK IN WEIGHT GAIN.

STEP 2: REMOVE THESE 3 HORMONE DISRUPTORS

- FRAGRANCE-HEAVY BEAUTY OR CLEANING PRODUCTS (SWAP FOR NON-TOXIC)
- PLASTICS (ESPECIALLY AROUND FOOD AND WATER)
- CAFFEINE OVERLOAD (ESPECIALLY IF YOU'RE RUNNING ON EMPTY)

WHY? SMALL EXPOSURES DAILY ADD UP—AND YOUR POST-IVF BODY IS ALREADY OVERWHELMED.

STEP 3: ADD 2 SIMPLE HORMONE-SUPPORTIVE MEALS THIS WEEK TRY:

- A BLOOD-SUGAR BALANCING BREAKFAST (THINK: PROTEIN + FAT + FIBER)
- A MINERAL-RICH DINNER (LEAFY GREENS + ROOT VEGGIES + CLEAN PROTEIN)

WHY? NUTRITION IS A CORE PART OF HORMONE HEALING. EVERY MEAL IS A MESSAGE TO YOUR BODY.

STEP 4: CREATE A SLEEP RECOVERY RITUAL INCLUDE:

- NO SCREENS 1 HOUR BEFORE BED
- MAGNESIUM + HERBAL TEA
- GENTLE BREATHWORK OR JOURNALING

WHY? HORMONES REGULATE
WHILE YOU SLEEP. A
PREDICTABLE WIND-DOWN
ROUTINE TELLS YOUR NERVOUS
SYSTEM IT'S SAFE TO REST.

STEP 5: TRACK THESE 3 SYMPTOMS FOR 7 DAYS

USE A SIMPLE JOURNAL OR APP TO MONITOR:

- MOOD + ENERGY LEVELS
- BLOATING OR CYCLE CHANGES
- SLEEP QUALITY

WHY? PATTERNS REVEAL ROOT CAUSES—AND PROGRESS. WHAT GETS TRACKED, GETS HEALED.

STEP 6: REBUILD TRUST WITH YOUR BODY EACH MORNING, TRY THIS PROMPT:

"BODY, I HEAR YOU. THANK YOU FOR..."

• THEN WRITE DOWN ONE THING YOU APPRECIATE, EVEN IF IT'S JUST GETTING OUT OF BED

WHY? POST-IVF HEALING IS
PHYSICAL AND EMOTIONAL. YOUR
BODY WANTS TO HEAL WITH YOU
—NOT AGAINST YOU.

ABOUT ME

I'M A HORMONE HEALTH COACH WHO HELPS WOMEN RECOVER THEIR HORMONES—AND THEIR LIVES—AFTER FERTILITY TREATMENTS LIKE IVF. YOU ARE NOT BROKEN. YOU DESERVE CARE, CLARITY, AND A PATH FORWARD.

DM ME ON INSTAGRAM

[@THE.HORMONE.HAVEN] TO

CHAT OR ASK QUESTIONS.

WWW.THEHORMONEHAVEN.COM

YOU ARE SO MUCH MORE THAN YOUR LAB RESULTS. YOU'VE GOT THIS.