

# Endometriosis & Fertility: Natural Support Tips That Helped Me Conceive

Hi love,

I'm Emma — a mum of two, and endo warrior. I created this guide to share the exact tools, habits, and natural approaches that helped me reduce my endo symptoms and conceive naturally four times.

## My Top 6 Natural Tools for Managing Endo & Boosting Fertility

### 1. Anti-Inflammatory Diet Basics

- Avoid: Dairy, red meat, eggs, gluten (if sensitive), processed food.
- Embrace: Leafy greens, berries, sweet potatoes, flaxseeds, chia, whole grains, legumes.  
I follow a mostly vegan, anti-inflammatory diet. This alone made such a difference with pain and bloating.

### 2. Herbal Support

Instead of self-medicating, I recommend getting a herbal blend specifically designed for you and your symptoms by a qualified herbalist or naturopath.

### 3. Daily Gut & Liver Support

- I had a smoothie every morning. [Here is the recipe for what i call my fertility smoothie](#) ( i conceived within a few months for every pregnancy after adding this smoothie )
- Swapped my morning coffee for dandelion root tea.
- Added supplements when I remembered.
- Ate a well-balanced diet.
- Warm lemon water each morning.

### 4. Low-Tox Living

- Switched to organic pads.
- Removed synthetic fragrances.
- Cleaned with natural products.
- Cooked in stainless steel or glass.  
This significantly reduced flare-ups.

### 5. Cycle Syncing & Gentle Movement

- Tracked my cycle with an app and by checking cervical mucus.

- Did low-impact workouts and daily walks.
- Learned to honour each cycle phase.

## 6. Mind-Body Connection

- Slowed down whenever I could.
- Took warm baths and used heat packs.
- Practiced breathing through the pain, especially on my period.
- Journalled and visualized a healthy womb and pregnancy.

## My Results

- Went from 8 periods a year to a more regular 35-day cycle.
- Reduced pain, bloating, and fatigue.
- Naturally conceived 4 times.

This journey didn't happen overnight. But slowly, gently, I found what worked for me — and I hope this guide helps you find what works for you too.

## Want To Go Deeper?

- **Read:** [How I Conceived 4 Times Naturally With Endometriosis](#)
- **Read:** [My Journey to an Endo Diagnosis](#)
- **Shop:** My handmade wellness tools launching soon

Endometriosis is painful, but you are not broken. With support, your body can do incredible things.

With love,

Emma