



Map Your Cycle, Then Your Metabolism

Three cycles of four data points tell you more than a year of app predictions.

An LH strip tells you your body attempted to ovulate. It does not confirm an egg was released. The combination is what tells you something: fertile fluid predicting the window in advance, a sustained temperature shift confirming it afterwards, and the length of the luteal phase — ovulation to period — which is the half almost nobody watches.

Three cycles, four data points

CYCLE	DAY 1 OF REAL BLEEDING	DAYS OF FERTILE FLUID	TEMP SHIFT ON DAY	LUTEAL LENGTH	SPOTTING BEFORE PERIOD?
Cycle 1					
Cycle 2					
Cycle 3					

Baseline labs to ask your own doctor about

- ☐ Full thyroid: TSH, free T4, free T3, antibodies — not TSH alone
- ☐ Fasting glucose and fasting insulin — together — the pairing is the point
- ☐ Ferritin and iron studies — oxygen delivery and lining growth run on these
- ☐ Vitamin D (25-OH)
- ☐ Blood pressure, resting pulse, weight trend — vitals are data too
- ☐ A semen analysis for your partner — half the equation, and the cheapest test in fertility

After three cycles, answer these

Can I now predict my own fertile window before the app does? What tells me?

How long is my luteal phase, on average, and is it consistent?

Which of my baseline labs came back at the edges of the range, and what is being done about each?

Which symptom have I been told is normal that I no longer accept as normal?

These stages overlap. If you have also had a loss or a failed transfer, you are in a later stage as well — start here anyway, because most of the later work sits on top of this.

Free 10-minute call, or the Metabolic & Immune Fertility Evaluation (\$100 — \$50 to reserve, \$50 at your visit) at easttowestfertility.com