



Which Step Actually Failed?

Your clinic has this information. It is the most useful free thing you can ask for.

"It did not work" is not a finding. Four different things can break, and they point at four different systems. Ask your clinic to walk you through which one it was, write it down, and the next round stops being a repeat.

Where it broke

STEP	WHAT TO ASK	WHAT THEY SAID
Eggs retrieved	How many were retrieved, and how many were mature?	
Fertilisation	How many fertilised normally? Conventional IVF or ICSI, and why?	
Embryo development	How many made it to blastocyst, and where did the others arrest?	
Implantation	Did it implant at all? Was there a positive that then fell?	

Then ask these

Based on where it broke, what would you change in the protocol next time?

Is there anything about my terrain — metabolic, immune, clotting, blood flow — you would want investigated before we go again?

How long would you recommend between rounds, and what would you want me to do in that gap?

Are there any add-ons being suggested to me that you would not choose for your own family member?

The gap between rounds — where your leverage is

- ☐ Everything I take reviewed with my prescriber — one list, one reason per item
- ☐ A daily structure my nervous system can recover on — see 'Your Fertility Day'
- ☐ Metabolic labs repeated and compared to last round — direction over months
- ☐ His side tested and worked on in parallel — a 74-day production cycle is a real window
- ☐ A defined recovery window with a date — a planned gap, not indefinite waiting
- ☐ My REI and anyone doing terrain work know about each other — no surprises either way

None of this changes your medication or your protocol — that is your clinic's call, and terrain work runs alongside it, never instead of it. The aim is simply that the next round lands somewhere different.

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