



3 Foolproof ways to determine ovulation

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Charting Your Temperatures

Ensure that you download the “Charting Sheet” as you will need that to record your details in. At first, charting may seem a little awkward and you may feel that it doesn’t make sense. Just keep going and after 2 full cycles you will start to notice some patterns emerging. I have analyzed 100s upon 100s of charts and I can’t emphasize enough how much information I can obtain from your chart. I can tell if your progesterone levels are sluggish, your ovulation too late, your thyroid suboptimal and many other conditions that may be affecting your fertility.

Please use an oral basal thermometer for charting, not any other type as they are not sensitive enough and will give you inaccurate readings!

- Start on the first day of bleeding (flow, not spotting) which is day 1 of your cycle, mark in the day, date and month. You can then complete the rows Day of the Week, Date and Month
- You should take your temperature daily, before getting out of bed. Put a dot in the center of the box. You may need to adjust the reading for an early or late rising. If you rise EARLIER than usual, adjust the temperature UP by 0.05 degrees Celsius for each half hour. If you rise LATER than usual, adjust the temperature DOWN by 0.05 degrees Celsius for each half hour.
- Some conditions can affect your temperature; these include alcohol, fever, a disturbed night or becoming overheated. Make a note if any of these occur.
- Ovulation is generally considered to occur at the beginning of the temperature rise. The temperature rises because of the increased production of progesterone at ovulation. The temperature drops slightly (about 0.3 degrees Celsius) just before ovulation takes place

Mucous

Mucous changes – you may have some difficulty with this in the beginning. Instead of trying to make a clear decision about which what type of mucous you are experiencing, simply write down one descriptive word. It really doesn’t matter what words you use as long as they are used consistently, are specific and meaningful to you and describe what happens in our cycle. Fertile mucous is secreted for up to 6 days before ovulation. Fertile mucous is wetter, thinner and more abundant than non fertile mucous – much like egg white. Mucous changes will tell you that ovulation is not far away.

OPKs

These are purchased online or from a pharmacy. A urine-based OPK detects the increase of a hormone called luteinizing hormone (LH) that occurs



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approximately one to two days before ovulation. This is the trigger for ovulation and it's also a signal that your fertile window has arrived. A small amount of LH is always present in your blood and urine. But in the days before ovulation, the amount increases by about two to five times. The 12 to 36 hours between the beginning of the LH surge and the moment when your egg is released is the most fertile part of your cycle and the most likely time for conception.

By using temperature charting, your mucous and an OPK, you will be undergoing my foolproof method called the Golden Triad which will reveal the 24-hour window that your egg is fertile. You should see that fertile mucous starts 1-2 days before the temperature drop and at a similar time to a positive OPK result.

I encourage you to complete 3 months before trying to conceive, as this will teach you an enormous amount about your body. As your ovaries take it in turn to ovulate, not every month will be exactly the same either, which is why 3 months will determine both ovaries best ovulation days.