



Your downloadable resource

Ovulation 101

From Chloe's Clinic episode #8- Ovulation 101 with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

All about ovulation

Ovulation is greatly underestimated and there is a misconception, just as there is with menstruation, that it is non-essential and can be ceased and shut down as part of the reproductive system. This is simply not true. Ovulation is a wonderful process which is essential for a women's health and longevity.

Things that can cause anovulatory (no ovulation occurring) cycles:

- Teen cycles
- PCOS
- High prolactin levels
- Hypothalamic amenorrhea or under-eating
- Recovering from hormonal birth control
- Peri-menopause
- Hormonal Contraception

Questions to ask yourself:

1. Are you ovulating consistently, regularly, or at all?
2. How do you know this?

In Chloe's clinic, a comprehensive Fertility Awareness Method (FAM) is taught to women in for many different purposes. The online program Reclaim Your Cycle also has a whole module in which you can learn the FAM method form the comfort of your own home, a tool that you will have with you for life!

Reclaim Your Cycle

A 4 week program designed by accredited Clinical Nutritionist and Women's Health Expert for women to set the foundation of good health for a better quality of life.

This program is for women of all ages, creating the foundations of optimum reproductive health and thriving fertility. A 4 week, step-by-step online course teaching you how to eat, move, connect and live with a healthy cycle.

Learn more at www.chloecollins.com.au/ryc

For further holistic support visit www.chloecollins.com.au
or contact chloe@chloecollins.com.au

