

Saskia Röell

Mind & Body

Fertility Program

Saskia works in combination with medical professionals. Her specialized Body/Mind Techniques help increase the effectiveness of fertility treatments. She works with women struggling with fertility issues to release past trauma and stress to reduce their fears, so they become emotionally ready to conceive their babies.

Saskia believes Unexplained Fertility can be explainable. In most cases there are underlying emotional reasons that need to be resolved. With her Step by Step Get Pregnant Method she helps women across the world to Get Pregnant, Stay Pregnant and Deliver a Healthy baby.



Saskia teaches women how to blossom into fertility and motherhood at any age, even after 40. She helps women who have tried everything: IVF, IUI, yoga, acupuncture, healthy foods, and affirmations, but nothing has worked for them. The good news is Saskia has helped thousands of women worldwide in their fertility journey who have almost lost hope, and feel like time is running out.



ABOUT SASKIA RÖELL

Saskia's mission is to help every woman who longs to be a mother to hold a baby in her arms.

Saskia is a happy mother of 5, world-renowned Fertility Coach, International Speaker, and Bestselling Author. For over 20 years, she has helped women from all over the world, **solve unexplained infertility, and get pregnant**. Her clients are from all walks of life from Oprah Winfrey's staff members to stay at home moms.

Saskia is the organizer of the International Summit Get Pregnant Now, which provides a variety of help for women struggling to get pregnant. She has conducted hundreds of interviews with fertility experts around the world to give hope & support to women trying to get pregnant.

Saskia is the founder of The Support & Wisdom for Infertility Podcast, which is a podcast where professionals provide support for women going through infertility struggles

Saskia herself has been a featured expert at many events and has also been interviewed by NBC, Hers Magazine, Healthy Living, U.S. News, and Fox News Channel.

She has extensively studied how **unhealed emotional trauma affects a woman's ability to conceive and birth her baby**. She holds certificates in Naturopathy, Transformational Healing, Advanced Hypnotherapy, Somatic Healing, Birthing, and Fertility Therapy.



"My husband and I had been trying to conceive for over two years. After being given the diagnosis of unexplained infertility, **we spent over \$40,000 on fertility treatments, acupuncture, working with a Naturopath, and hypnosis**. I started to question whether or not we were meant to be parents. I signed up for her Fertility Program, and imagine my amazement and joy when I discovered I was pregnant after only three sessions. I am so grateful to Saskia for giving me this wonderful gift." ~**Brett**



"We'd been trying for our second baby for three and a half years and, **I was very depressed** when I met Saskia. We had **suffered two miscarriages** and had no end of investigations, and I was heading for **43 and feeling hopeless**. I totally believed Saskia could help me, and just a few weeks into the program, I discovered I was pregnant. Saskia played a huge part in getting me pregnant, keeping me pregnant, and for the birth of my baby daughter. I recommend her in a heartbeat". ~**Becky**



"I am so very grateful. I cannot say enough good things about Saskia. She helped me identify and **remove specific blocks** with a variety of exercises, some of these blocks I thought I had dealt with, but obviously still affected me. She helped prepare my mind and body for my IVF treatment.. ~**Cheryl**



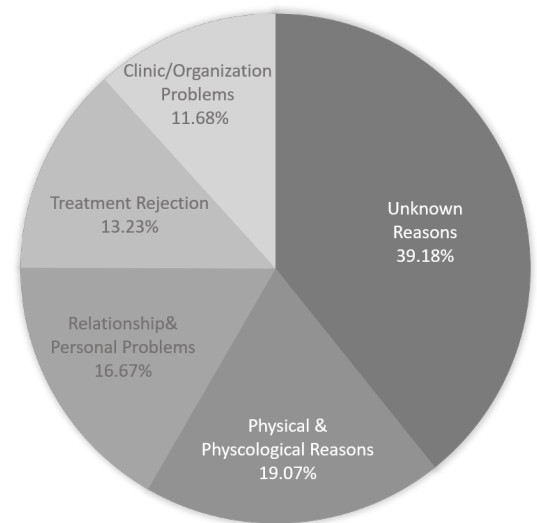


Scientific Studies show that when a women does a **Body/Mind Program she more than doubles her chances** of success to get pregnant. As well with natural conception or along with IVF treatment.

WHY WOMEN QUIT IVF TREATMENT

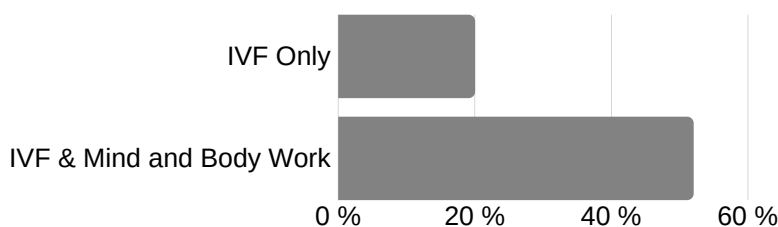
A recent study looked into the discontinuation of fertility treatment that included over 21,000 patients across 8 different countries.

Often patients feel overwhelmed and indecisive when they are advised to seek fertility treatment. Studies show that a big percentage choose not to have fertility treatment or discontinue treatment.



MIND AND BODY PROGRAMS INCREASE IVF EFFECTIVENESS

A new study published in Fertility and Sterility, a publication of the American Society of Reproductive Medicine, shows that women who participate in a mind/body program while undergoing IVF treatment have a significantly higher pregnancy rate than those who do not (52% versus 20%).



"After 7 years of struggle, at 45 I am pregnant!!! My babies and I are doing well I am 9 week and 1 day now. Since I started working with you in your program I **uncovered my blocks and fears** which allowed me to naturally conceive my two beautiful twins and now your program is helping me through my pregnancy." ~**Mary**

"I believe that because of this program I was able to breakthrough my now emotional turmoil and **find peace with my body and spirit to get pregnant**. And once I became pregnant I turned into an emotional mess and ball of mixed emotions and I feared I would have another miscarriage. At that point you shifted the program to help me STAY Pregnant! All my anxiety is gone and I thoroughly enjoy my pregnancy! : ~**Kelly**



CONTACT US

To discuss how Saskia can support your patients alongside their treatment or be a speaker at your next event; please contact Saskia@GetPregnantNow.com

PRESENTATION TOPICS

Increase Your Chances to Get Pregnant While Working with Your Doctor

52% Success Rate vs. 20% with IVF Alone

Mind/Body programs increase pregnancy rates in IVF treatment. Studies show that women who participate in a Mind/Body program for stress reduction have a significantly higher percentage of pregnancy rates than those who don't.

Here is what you'll discover:

- 5 strategies to release anxiety and stress before, during and after the IVF process.
- Discover the #1 tool to create a positive fertile mindset, no matter your age.
- How to get off the emotional rollercoaster of hope and despair, and become calm and emotionally stable during IVF.

HOW TO GET PREGNANT AFTER 40

(especially if you've tried everything!)

Most women, over 40 have tried everything: IVF, IUI, yoga, acupuncture, healthy foods, and affirmations, but nothing works. Time feels like it is running out. The good news is Saskia has helped numerous women get pregnant over 40.

Here is what you'll discover:

- The unknown reason why women struggle to get pregnant - and how you can shift this.
- How to increase the success rate for both IVF and natural conception, without spending tons of money or time.
- How to reset your mind to increase your chances of carrying a baby in your arms by this time next year!

TRIPLE YOUR CHANCES TO GET PREGNANT

Shift Your Body's Chemistry To Get Pregnant Fast

Women have all kinds of fears around pregnancy and motherhood. They may wonder, "Am I too old? What if I miscarry again? Can I handle my career and motherhood?" Discover what could be blocking you from getting pregnant and how to resolve it.

Here is what you'll discover:

- How to get off the emotional roller-coaster from being hopeless to hopeful.
- One simple tip to turn negative stressed-out thoughts into positive self-talk, so you start to trust your body again!
- How to reverse the #1 bad habit, so you can feel light-hearted, fertile, and feminine again.

3 SIGNS OF BABY-MAKING BURNOUT

Getting Pregnant does NOT have to be a Chore!

In the fertility journey, women strive for perfection. They eat gluten-free, avoid wine and chocolate, rigid exercise routine, and have sex on a schedule. They feel their lives are on hold. They lose their joy in life and crash into baby-making burnout.

Here is what you'll discover:

- The 80/20 Fertility Rule and Come Alive Again!
- The #1 Reason Why Baby Burnout Can Prolong Infertility and How to Reverse it Now.
- 3 Steps to Rekindle the Romance with Your Equally Burned-Out Partner.