



# Everyone Dreams

## What is yours?

### Journey to having a family...

When you think about what you want long enough, it becomes an obsession. How long will it take to get there? Why is it not happening for me? Whatever the reason for the disappointment, remember there is many people in your same boat.

I know couples that tried for about a decade to conceive. They went through the gamut of fertility treatments. Their final in-vitro treatment was successful. I know of other couples that tried for one or two years before they were able to attain, maintain, and deliver a healthy baby.

When I became a doctor a few years ago, I was struggling to find my niche. I came to the realization that I can help women gain their health back. I hold a true passion for helping women grow their knowledge about their bodies and educate them about their health. By doing that, I am not only able to help heal them physically, my patients find that it helps them mentally and/or emotionally also.

I encourage both men and women to stop waiting for 'the right time' to start their journey back to health. Right now is always the best time to start getting healthy. Especially if you have dreams of building a family with your loved one. You, as a woman, need to take care

of yourself so that one day soon you will be able to take care of your child. Your health matters now (before conception), during pregnancy, at birth, and long after the birthing process is over.

Many people would give anything to become a parent. It is blatantly apparent when you hear of couples going through emotional agony during the process leading up to parenthood. Those couples are usually ones that spend tens of thousands of dollars on travel, fertility specialists, multiple tests, prescription treatments, in-vitro, etc. With challenges and set backs, the emotional depletion takes its toll.

I would like to be your doctor to help guide you along this road to parenthood so that you retain some hope. The symptoms your body exhibits all tell me a story. After meeting you and hearing what has been going on prior to our first visit, I will be able to review your medical history and order any other tests that I deem necessary to tailor a treatment plan specifically to your body's needs.

Although life is going to continue to have challenges and set backs, it is my goal to limit your negative feelings about your body and your current circumstances. All of you matters during your journey to parenthood. Your physical health is just one component. I can help you!