

# SPEAKER BONUSES

Available exclusively to All-Access Passholders

## 1 FABM BASICS CHEAT SHEET

Marguerite Duane, MD, MHA, FAAFP | Day 1 | Session 4

Handy single page of essential information about FABMs!

## 2 TEMPDROP COUPON 10% OFF

Natalie Spira | Day 4 | Session 29

All Cycle Power Summit All-Access Passholders get 10% OFF coupon for Tempdrop Confidence or Freedom. MUST ORDER BEFORE MAY 5 at 11:59PM PST!

## 3 MEN'S HEALTH CHECKLIST

Dr. Martin Owen | Day 4 | Session 32

Handy checklist to help men assess their health history and bring their concerns and questions to their healthcare provider.

## 4 CHOOSE YOUR FERTILITY APP CHEAT SHEET

Alison Contreras, PhD, FCP | Day 4 | Session 30

Not all fertility and cycle tracking apps are created equal! Use this cheat sheet to help you decide which one is best for you.

## 5 POST BIRTH CONTROL SYNDROME DETOX GUIDE

Dr. Jolene Brighten | Day 2 | Session 17

Hormonal contraceptives affect every aspect of your body. This Guide is your first step toward health and recovery. You will not regret investing in yourself.

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## 6 MEET YOUR MUCUS CHEAT SHEET + BONUS VIDEO

Megan McNamara | Day 2 | Session 13

Use this handy cheat sheet to understand cervical mucus basics + access to a BUNCH of bonus videos showing the full spectrum of our beautiful cervical mucus. You'll discover why cervical mucus is so important for our health and fertility and how to differentiate it!

## 7 FABM BASICS FOR MEDICAL PROFESSIONALS

Marguerite Duane, MD, MHA, FAAFP | Day 2 | Session 10

The essential information about FABMs for Medical Professionals and information on how to educate, empower, and engage with colleagues and providers.

## 8 THE FERTILE MYRTLE TOXIN AVOIDANCE GUIDE

Dr. Theresa Stigen | Day 2 | Session 16

A comprehensive guide on how to remove fertility destroying toxins from your life. From water and food to things around the house and feminine care products, you'll have answers on how to live a toxin-free lifestyle. Includes tips for the highest impact changes to make for your fertility right away!

PLUS get our Toxicity Testing Program for only \$87 (regular price \$300) for Cycle Power Summit All-Access Passholders!

## 9 PROOV COUPON 20% OFF

Amy Beckley | Day 4 | Session 27

How-To informational card about Proov progesterone test strips, plus 20% off coupon to order on [proovtest.com](https://proovtest.com).

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## 10 SPICE: A GUIDE TO AN INTIMATE MARRIAGE

Holly Baril, CFCP | Day 2 | Session 15

In this bonus, not only do you get the SPICE GUIDE TO AN INTIMATE MARRIAGE, you will also receive:

- The Couple Communication Worksheet Packet
- Discount for the ebook SPICE: A Guide to an Intimate Marriage, full of tools and ideas to stay connected amidst the chaos of everyday life for not a lot of time or money.
- \$50 off In Touch Fertility Education Program Fee with a Fertility Coach with 17 years experience!

## 11 THE SIMPLE ADRENAL FATIGUE GUIDE

Mary L Davenport MD, MS, FACOG | Day 3 | Session 26

Medically referred to as HPA Axis Dysregulation, Adrenal Fatigue is a common but often mis-diagnosed stress-related syndrome. Stress can have a profound effect on cycles and fertility. In this guide, learn about the origins, symptoms, and treatments of Adrenal Fatigue.

## 12 RECONNECT TO YOUR CORE CHEAT SHEET

Chavah Brooke Hull | Day 3 | Session 20

Learn to do abdominal massage in order to reconnect to your core, increase blood supply to promote healing, help release toxins, and increase your sensory and body awareness. Positive physical contact with these areas will help you begin reconnecting with these muscles and tissues.

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## 13 5 REASONS TO CHOOSE NAPROTECHNOLOGY OVER IVF

Shilo Stigen | Day 4 | Session 31

Use this guide to assess if a NaProTechnology approach may be right for you if you're experiencing fertility challenges. Dr. Stigen is a Medical and Surgical NaProTechnology Consultant, President of Mystical Rose OB/GYN, and Shilo's lovely wife! New clients get a discount on a initial NaProTechnology Consult with Dr. Stigen at her office in sunny Southern California. Webinar and/or telemedicine options may also be available.

## 14 ORGANIC LOVE COUPON

Leah A Jacobson, MA, IBCLC | Day 3 | Session 19

Help spread awareness of the woman-centric healthcare model with a \$5 off coupon for any purchase on the Guiding Star Project store! [www.guidingstarproject.com/shop](http://www.guidingstarproject.com/shop)

## 15 POWER APP SUPPORT + FREE COACHING SESSION

Anna Halpine | Day 2 | Session 12

The top rated FEMM app provides ongoing and free support for you to keep charting and build a critical fertility and health record. In support of the Cycle Power Summit, limited time offer free coaching sessions are also available.

## 16 IIRRM PROGRAM DISCOUNTS

Dr. Tracey Parnell | Day 1 | Session 9

The upcoming RRM Choices program will be a patient outreach portal and research site aimed to inform, empower, and support patients to achieve reproductive and overall health through Restorative Reproductive Medicine.

This bonus offers a special rate to this brand new program. Also for medical providers and FABM instructors, get 2 months free for your IIRRM membership.

Upgrade to the All-Access Pass: [www.cps19.com/AAP](http://www.cps19.com/AAP)