

FREE FERTILITY GUIDE

5 Fertility Red Flags

Your Body May Be Sending You a Signal

If you have been trying to conceive without success,
the answers may already be in your body.
This guide reveals 5 warning signs that are
commonly overlooked — and what to do about them.

A Message From The Nature Hill

We have worked with over 500 individuals and couples across Nigeria and internationally since 2017. In that time, one pattern has become clear: most people who struggle to conceive are not broken – they are simply uninformed about what their body is trying to tell them.

The five signs in this guide are the most common red flags we encounter during consultations. They are frequently dismissed, misunderstood, or completely overlooked by the people experiencing them.

This guide is not a diagnosis. It is an invitation to pay closer attention – and to take action informed by knowledge rather than hope alone.

If you recognise yourself in any of these pages, please do not wait. The earlier you address underlying imbalances, the better your outcomes will be.

Your fertility journey deserves more than guesswork.

With care,
Crystal & The Nature Hill Team

What You Will Find in This Guide:

- 5 fertility red flags explained in plain language
- The root causes behind each warning sign
- What natural approaches can address each one
- How to take your next step toward a personalised plan

1

Irregular or Absent Periods

Your cycle is your monthly fertility report card

A healthy menstrual cycle runs between 21 and 35 days consistently. If yours is unpredictable, very short, very long, or sometimes missing altogether, your body is communicating a hormonal imbalance that directly impacts your ability to conceive.

Common causes include:

- Polycystic Ovary Syndrome (PCOS) – the most common hormonal disorder in women of reproductive age
- Thyroid dysfunction – even mild imbalances suppress ovulation
- High prolactin levels – often caused by stress or an undetected pituitary issue
- Low body weight or excessive exercise suppressing oestrogen production

Nature Hill Insight:

Irregular cycles often mean irregular ovulation – meaning there may be fewer windows each year to conceive than you think. A root-cause assessment can identify which hormones are out of range.

2

Recurrent Pregnancy Loss

More than one miscarriage is never 'just bad luck'

If you have experienced two or more miscarriages, this is your body's way of signalling that something in the conception or implantation environment needs attention. It is one of the most overlooked red flags in natural fertility care.

Possible underlying factors:

- Low progesterone – the hormone responsible for sustaining early pregnancy
- Uterine lining quality issues affecting implantation
- Undetected autoimmune conditions attacking the embryo
- Nutritional deficiencies in folate, vitamin D, or zinc

Nature Hill Insight:

Recurrent loss is heartbreaking – but it is rarely random. Supporting progesterone levels, uterine lining health, and immune balance can significantly improve outcomes in subsequent pregnancies.

3

Painful or Heavy Periods

Pain is not normal – it is a message

Many women are told that painful periods are 'normal'. They are common – but they are not normal. Severe cramps, heavy bleeding, or pain during intercourse are classic signs of conditions that directly impact fertility.

What could be happening:

- Endometriosis – tissue growing outside the uterus, affecting egg quality and fallopian tube function
- Uterine fibroids – benign growths that can block implantation or distort the uterine cavity
- Adenomyosis – the uterine lining growing into the muscle wall, reducing receptivity

Nature Hill Insight:

Many women with endometriosis or fibroids conceive naturally when the inflammation and hormonal environment are properly addressed. Early identification changes outcomes dramatically.

4

Your Partner Has Never Been Tested

Male factor infertility accounts for up to 50% of cases

This is the most overlooked red flag of all. If you have been trying to conceive and only the woman has been checked, you may be missing half the picture. Male fertility can decline quietly, with no obvious symptoms.

Key male fertility factors to assess:

- Sperm count – how many sperm are present per millilitre
- Motility – the percentage of sperm swimming forward effectively
- Morphology – the proportion of normally shaped sperm
- DNA fragmentation – damage within the sperm that prevents fertilisation even when count looks normal

Nature Hill Insight:

A man can have a normal libido, normal testosterone, and still have severely compromised sperm. Natural support through targeted nutrition and herbal formulations can improve sperm quality within 90 days.

5

You Have Been Trying for Over 12 Months

Time is a factor – but not the only one

If you are under 35 and have been trying consistently for 12 months (or 6 months if you are over 35) without success, this is a clear signal that something in your fertility picture needs closer attention – not just more time.

This does not mean IVF is your only option. It means:

- Your body needs a root-cause assessment, not a waiting game
- Hormonal patterns, lifestyle factors, and nutritional gaps should be reviewed
- A structured natural fertility protocol may be exactly what shifts the outcome
- The sooner imbalances are identified, the more options remain available to you

Nature Hill Insight:

Over 500 clients have worked with The Nature Hill over 7 years. Many came after months or years of trying without answers. A proper assessment often reveals exactly what was being missed.

What Happens Next?

If any of the five red flags in this guide resonated with you, the most important thing you can do right now is get a root-cause assessment – not a generic supplement stack, not another round of waiting, but a personalised evaluation of what is specifically happening in your body.

01 Book a Consultation

A private, structured fertility assessment with our team.

02 Receive Your Protocol

A personalised natural fertility plan tailored to your results.

03 Begin Your Journey

Start a guided programme with ongoing support and tracking.

Book Your Personal Fertility Consultation

Website: thenaturehill.com

WhatsApp available via our website

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