



lotus

integrative health & nursing



Lotus Functional Fertility Programs

Dr. Milan Chavarkar DNP, RN





Dr. Milan DNP, RN is a functional fertility specialist. She is using The Fertile Foundations™ clinical protocols which have been used successfully to help 85% of women under 38 to conceive, increase the chances of healthy pregnancy for all women, and improve the outcomes of pregnancy. Conditions such as fibroids, endometriosis, polycystic ovaries, thyroid disease, cardiovascular disease are just a few conditions that are addressed in our programs.

Our goal is to help in the creation of healthy families!

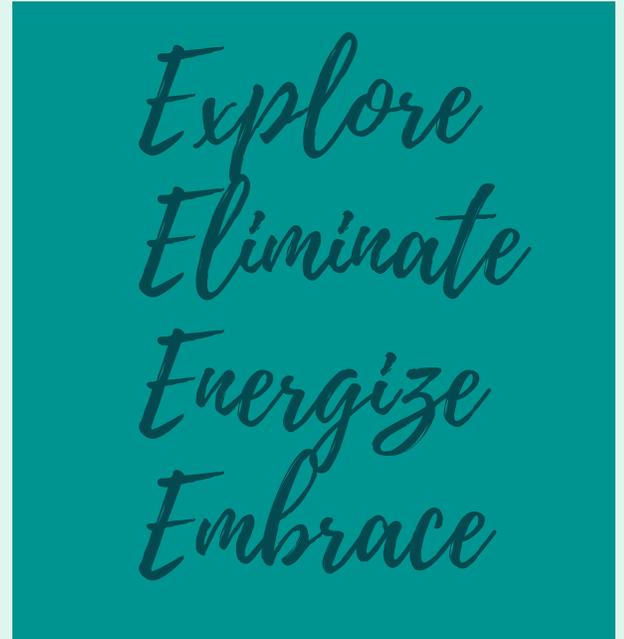


Our programs are for those prospective parents who are:

- Planning a pregnancy and would like to be in optimal health
- Having trouble conceiving and need help identifying the cause
- Struggling with medical issues that reduce fertility
- Working with a reproductive endocrinologist and are about to start fertility treatments.
- Interested in trying a holistic approach after trying artificial reproductive technologies.



Our program has 4 phases which usually take about 3-6 months for the average client to prepare for a healthy pregnancy by stabilizing hormones, decreasing inflammation, improving egg quality, and preparing to embrace pregnancy. All programs apply to one or both partners, as they are equally important in the process. We work with men to improve their health and sperm quality. Healthy bodies (eggs and sperm) make healthy babies.



Step 1- Explore the Root Cause

This step is the most important. We will spend lots of time talking. The true art of healing is in the coach-client relationship. We will learn more about you and your partner, your health symptoms, and fertility journey. We will put all of those pieces of the puzzle together to determine WHY this journey has been or could be a struggle for you. Based on your history, we will develop a plan of actionable lifestyle changes. We help you obtain specific functional medicine tests if necessary so you can understand the root cause of problems.

Step 2- Eliminate Toxins from the Body

Elimination of toxins is individualized for each couple. We want to remove toxins in the body, especially the ones known to be harmful for fertility and to the health of a baby. Detoxification involves assessing the impact of external hormones from IVF, IUI, or oral contraceptive use, eliminating environmental toxins, and stopping substance use such as cigarettes, alcohol, and recreational drugs. Healthy eating support will also eliminate exposure to toxins in our foods.



Step 3- Energize the body by rebalancing hormones

Hormonal rebalancing is key to fertility care success. You will take specific action based on the results of your functional medicine testing and use supplements, herbs, monitoring cycles, modifying food plans, and lifestyle changes to impact health and achieve true healing. We will monitor closely and keep an eye on how both of you are responding to the lifestyle interventions with regular communication, coaching, and group classes.

Step 4- Embrace Pregnancy and Parenting

Our functional fertility programs are based on a compilation of fertility research, results, and experience. Even with this program being strongly evidence-based, there is also some unwritten magic in a successful fertility journey. Knowledge and Belief are also important to the process, and our program is here to honor and help couples heal on emotional and spiritual levels through mind-body-spirit healing. We will work with you on a spiritual level to be ready to embrace a pregnancy and become parents to new life.

OUR FERTILITY PROGRAMS

Jumpstart To Fertility and Pregnancy in 90 Days Program

Our introductory educational group online program is a first step for those starting functional fertility work in preparation for pregnancy.

It includes the following:

- Monthly group fertility educational sessions (1 1/2 hour)
- Private Group with fertility coach to ask questions
- Monthly energy healing (1/2 hour)
- Monthly spiritual life coaching (1 hour)
- Twice weekly exercise training sessions (Two 1/2 hour sessions)
- Starter video course on functional fertility- Introduction to Functional Fertility, Understanding Hormones and Periods, Understanding Lab Tests, Functional Tests, BBT charting, and Fertility Food Plan
- Basal Body Temperature (BBT) Charting and App Guidance
- Fertility Food Plan
- Diva's Guide to Everyday Toxins
- Over-the-counter herbal supplement education
- 10% off herbal supplements through Fullscript
- Discounts on temperature tracker and home lab kits for baseline fertility for men and women
- Use your FSA/HSA

Reminder these group sessions are educational only and do not provide individual medical advice. We ask clients to have a health provider to consult before making lifestyle changes suggested in the educational forums and sessions. Those wishing for nurse coaching are encouraged to sign up for our Lotus Star program.



Functional Fertility Program (3 months)

This exclusive one-on-one nurse coaching with Dr. Milan DNP, RN and can be done in conjunction with or after the Jumpstart Program. All care is on-line through Zoom or can be in-person.

Includes:

- Individual monthly visits with Dr. Milan DNP, RN (1 hour)
- Tailored education for individuals/couples
- Check-ins with fertility coach monthly
- Loving support and messaging with Dr. Milan
- Gift box with herbal goodies

Please note: There are additional fees for functional labs and supplements as needed depending on your health issues.

Abdominal Reiki Massage and Low-Level Laser (6 sessions)

This program includes 6 sessions of 90-minute reiki massage and cold low level laser therapy which helps improve circulation and rejuvenates the uterus and ovaries. This therapy has shown to improve the results of those doing natural fertility work. This hands-on external treatment is especially helpful to those who are planning for IVF. Sessions are done in person at our Campbell office over 1 week if visiting from out-of-town, or weekly if local.

Dr. Milan is a licensed nurse and nurse practitioner in the State of California and a registered nurse in Arizona. She is actively seeking nursing licensure in other states. She is available for educational coaching and consultation in other states.

Meet Your Providers

We provide support, education, and coaching tailored for each individual. We treat them with respect and humanity regardless of background. Our team approach is collaborative and recognizes the value and importance of each discipline in contributing to the vitality and wellness of our clients. We truly feel integrative health care is the key to solving the fertility crisis by emphasizing prevention through natural medicine, lifestyle, and wellness principles. We look forward to serving our clients with compassion and care.



Dr. Milan Chavarkar, DNP, RN

Founder / Functional Fertility Specialist

I started my career as a midwife and have been a family nurse practitioner for 20 years. My own experiences of PCOS, infertility, and motherhood have led me to this calling and I want to use my experience to help people have the families they dream of. With many years of training, I use conventional, integrative, and functional medicine knowledge, natural therapies, health coaching, mindfulness techniques, energy healing, supplements, and herbal therapies to help my clients with fertility issues. I absolutely love my work and value the deep connection I have with my clients.

Education

University of California, Berkeley
Bachelor's Molecular and Cell Biology, 1993

Columbia University in the City of New York
Bachelor's Nursing, 1997

Columbia University in the City of New York
Master's Nursing, Nurse Midwifery, 1998

Harbor-UCLA Research Education Institute
Post-Master's, Family Nurse Practitioner, 2002

University of California, San Francisco
Doctor of Nursing Practice, 2019

Professional Organization Memberships

International Society for the Study of Women's Sexual Health

Fertile Foundations Collective

Institute for Functional Medicine

American Holistic Nurses Association

American Association of Nurse Practitioners

California Association for Nurse Practitioners

American College of Nurse-Midwives

Integrative Medicine for the Underserved

The Club, Silicon Valley Women's Service Group



**Nikki Berces-Mardenly, MSN, MPH, RN
Nurse Educator/Coach**

Traveling to many countries and growing up in a multicultural community in the Bay Area have promoted my aspiration for cultural adventure. Hence, after receiving my bachelor's degree in nutritional sciences at the University of California, Berkeley, I immediately joined the Peace Corps and lived in the beautiful country of Samoa (formerly Western Samoa) for two years. In addition to meeting my husband there, who was a fellow Peace Corp volunteer, I taught nutritional education and conducted research on malnutrition and anemia among young children admitted to Samoa's National Hospital.

Subsequently, my interest in preventive health brought me to Baltimore, Maryland, where I received a master in public health at Johns Hopkins University (focus on International Health). Although I worked for over six years at the Santa Clara County Public Health Department, my work with the community shifted my interest to more clinical settings and I matriculated at the University of California, San Francisco, where I received a master in nursing, focusing as a family nurse practitioner. I have since worked as a nurse practitioner in women's health, internal medicine, urgent care, and nurse oversight for Covid 19 testing while living in California, Washington, Massachusetts and Florida. However, my passion has always been working with women and their families in Women's Health.

Aside from working in the health field, I enjoy my other role: being a mom to my two teenagers and toy maltipoo dog, Capri. I also enjoy going on dates with my husband, spending time with my very large extended family, catching up with friends, reading, exercising, traveling, going to the beach, and binge-watching shows.

My Philosophy of Care: Although a focus on prevention is important, emphasis on having a balanced life is essential. Through empathy and understanding, I believe that sustaining a partnership with patients is key in promoting healthy lifestyles and well-being.



Julia Jun, RMT, CHC
Certified Medical Reiki Master
Integrative Nutrition Practitioner

I am a Certified Medical Reiki Master as well as a Master Teacher in Usui, Karuna and Holy Fire Reiki. As a Board Certified Member of the American Association of Drugless Practitioners and graduate of the Institute for Integrative Nutrition, I am able to blend lifestyle and nutritional education with energy healing to further support and promote the body's natural ability to balance and heal. My life before energy medicine and holistic health was in the corporate world and I am also a classical violinist. Stress and depression is what had me stuck in my life but thankfully, it was my body's way of guiding me to leave a toxic corporate job and Reiki. I have been practicing energy medicine for almost 20 years, but Reiki finally found me in 2013.



Tim Fortescue, D. Min.
Life Coach

I am the owner and operator of Faithfully Growing, a life coaching practice. I am a professionally trained life coach and hold a Doctor of Ministry in Leadership. For nearly two decades, I have been involved in ministry leadership in the church, community, and seminary settings. During this time, I have been impacted by life coaches and mentors who have helped make my life better. The impact others have had on me has helped me to be able to coach and mentor others.



Troy Lopez

Certified Personal Trainer

Hello everyone! My name is Troy Lopez. I have been a certified personal trainer since 2012, and fitness has always been a huge part of my life. The beginning of my training was based around sports and athletics, specifically as a competitive wrestler. After suffering a few injuries, I quickly switched things around and expanded my knowledge in rehabilitation and preventative exercise. I continue to expand my education in different areas so that I can be more holistic and this has helped sculpt my training style to be a complete health coach to my clients. My goal is to keep everyone moving, motivated, and energized in a fun, safe, and healthy way.



Amanda Robles, BA

Administrative Assistant

I am a Bay Area native, now residing in the Los Angeles area. I studied and received my Bachelor of Arts degree in Humanities with an emphasis in American studies from San Jose State University. I have always loved performing and have danced from a very young age. I am lucky to share my love for the arts and fitness as a dance instructor for children since 2012. I have extensive administrative background and experience as an office manager, and have enjoyed working in environments that promote healthy living and activity. I love to cook, bake and spend time with my family and puppy. While I currently reside in LA, I am an avid Bay Area sports team fan, and love cheering on my teams. I look forward to assisting patients getting started with our fertility program, and working with both clients and Dr. Milan in all aspects of the program.

Steps for Favorable Fertility



Water

Drink 1/2
your body
weight in oz
per day



Smoking/ Drinking

Damages
eggs &
sperm cells



Exercise

Not too
much & not
too little



Coffee

Only OK if
you don't
need it,
otherwise it's
damaging
your adrenals



Diet

Whole foods
only, lots of
variety of
veggies



Sleep

Crucial for
melatonin
production
for egg and
sperm health

Ready to start your dream
family?

Call or E-mail us today!

408-337-2767

info@lotusintegrativehealth.com

FEATURES	JUMPSTART PROGRAM	FUNCTIONAL FERTILITY PROGRAM
MONTHLY GROUP EDUCATION	✓	
PRIVATE GROUP WITH FERTILITY COACH	✓	
MONTHLY ENERGY HEALING	✓	
MONTHLY SPIRITUAL LIFE COACHING	✓	
TWICE WEEKLY EXERCISE TRAINING SESSIONS	✓	
STARTER VIDEO COURSE- INTRODUCTION TO FUNCTIONAL FERTILITY, UNDERSTANDING MENSTRUAL PERIOD, HORMONES, LAB TESTS, BBT, FUNCTIONAL TESTING, FERTILITY FOOD PLAN	✓	
BASAL BODY TEMPERATURE (BBT) CHARTING AND APP GUIDANCE	✓	
FERTILITY FOOD PLAN	✓	
DIVA'S GUIDE TO EVERYDAY TOXINS	✓	
SUPPLEMENT EDUCATION	✓	
10% OFF SUPPLEMENTS THROUGH FULLSCRIPT	✓	
DISCOUNTS ON TEMPERATURE TRACKER AND HOME LAB KITS FOR BASELINE FERTILITY ASSESSMENT FOR MEN AND WOMEN	✓	
INDIVIDUAL MONTHLY VISITS WITH FERTILITY SPECIALIST (1 HR)		✓
TAILORED PLAN FOR INDIVIDUALS/COUPLE		✓
CHECK-INS FROM FERTILITY COACH MONTHLY		✓
INDIVIDUAL SUPPORT AND DIRECT MESSAGING		✓
GIFTBOX WITH HERBAL PRODUCTS		✓
ABDOMINAL REIKI MASSAGE AND COLD LASER IN PERSON (ADD-ON PROGRAM)		

There may be additional fees for functional lab tests and supplements based on your health issues. Ability to use FSA/HSA.