



lotus

integrative health & nursing



Fertility Programs

An overview of the programs we offer for those wishing to start a family

Dr. Milan Chavarkar DNP, RN





Dr. Milan Chavarkar DNP, RN is a functional fertility specialist. She is using functional medicine and natural fertility clinical protocols which have been used successfully to help women 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.
- Prepare for IVF and IUI.



The Four Steps To Optimal Fertility

EXPLORE

Uncover the root causes of fertility issues through an extensive health history, testing, and data collection.



ELIMINATE

Clear the mind, body, and spirit of toxins.



ENERGIZE

Use tools necessary like healthy foods, movement, supplements and herbs to energize and rebalance hormones.



EMBRACE

Believe in the innate power of your body's ability to heal, get pregnant, and embrace parenthood.



Our program has 4 phases which usually take 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 and coaching.

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 Programs

Schedule a free discovery call to find the program that fits you!

Introduction to Functional Fertility Course \$49

Starter course with handouts and videos of our natural and holistic approach fertility programs: Introduction to Functional Fertility, Understanding Hormones and Periods, Understanding Lab Tests, Functional Tests, BBT charting and much more. A great way to explore your fertility and understand what Functional Fertility has to offer!

If you decide to join another program after the course, we will give you \$49 off towards your next program.

[Purchase Course Here](#)

Explore Your Fertility Visit \$400/ 60 minutes

Feel overwhelmed? Don't know where to start? Statistics show that many people waste precious time before they get fertility help. Start your journey with a fertility specialist!

Get help understanding your fertility and save time when you create a plan with an expert. We can help you get testing and review exactly where you stand - you and your partner. We offer discounted lab tests prior to your visit or use your insurance. Review the tests and understand your options in detail. Whether you choose Functional Fertility, IUI, or IVF, we help guide you on your path with a plan and send you to trusted providers to get the help you need. Discounts on the Mira fertility tracking system and other products are available for participants. All care is available online through Zoom or in-person. *Additional fees for lab tests and ultrasound.

Coming Soon Fertility Boot Camp (Group Visits)

This is a 3 month initial fast track group program to get the optimal fertility results you want, whether you are preparing for natural reproduction or IUI/IVF. Designed as an educational program, you will learn the tools necessary to improve your own fertility through lifestyle changes. A holistic approach is the most successful and we teach you about EVERYTHING that impacts your fertility. We rapidly go through the four phases EXPLORE, ELIMINATE, ENERGIZE, and EMBRACE to show you how to be successful in your journey. We provide videos, handouts and suggestions on the best products, supplements, tools, and practices to improve your fertility. Get support from peers in group education visits. Discounts on the Mira fertility tracking system and other products are available for participants. All care is available online through Zoom only.

Starts August 2024- please email us at info@lotusintegrativehealth to be placed on our waiting list.

Our Programs Cont.

Lotus Fertility Program (One-on-One Visits)

This is an exclusive one-on-one nurse coaching program with Milan Chavarkar DNP, RN, a functional and integrative medicine nurse (OR, WA, AZ) and nurse-practitioner (CA) specializing in fertility. All care is available online through Zoom or in-person.

Clients are enrolled for 3-12 months. Available for those who want to try naturally or prepare for IVF procedures for egg or embryo freezing, solo or couples.

Includes:

- Individual monthly visits with Milan Chavarkar DNP, RN
- Tailored coaching for individuals/couples
- Check-ins with fertility coach monthly
- One visit with a dietician
- Loving support and messaging
- Functional lab testing- Dutch hormone test or stool microbiome test
- Sperm testing through Fellow
- Hormone and fertility lab orders as needed
- Handouts and video course on functional fertility
- Basal Body Temperature (BBT) Charting and App Guidance
- Fertility Food Plan
- Everyday Guide to Toxins
- Over-the-counter herbal supplement education
- 10% off herbal supplements through Fullscript
- Discounts on lab testing at LabCorp
- Discounts on Mira fertility tracking system
- Discounts on IUI, Ultrasound, PEMF Therapy
- Use your FSA/HSA!

Please schedule a discovery call if interested.

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



In-Person Services

Please schedule a discovery call if interested.

Intrauterine Insemination (IUI) \$500

Not ready for IVF but need some help?

IUI is a first step to using technology to help you on your fertility journey. This method is especially helpful after working on your fertility during the Lotus Fertility program and/or after doing Abdominal Reiki Massage & Red Light Low Level Cold Laser. Also essential for people using sperm donation. Sperm washing and preparation is an additional \$250.

Ovulation Induction Therapy (Coming Soon)

Use Clomid or Letrozole to induce ovulation for those who have issues having regular cycles.

Receptiva Testing \$600 (Coming Soon)

ReceptivaDx is the only test that can identify leading causes of unexplained infertility in a single sample including endometriosis and progesterone resistance. ReceptivaDx includes BCL6, a marker that identifies uterine lining inflammation most often associated with asymptomatic (silent) endometriosis. BCL6 is found in more than 50% of women with unexplained infertility and around 65% of women with two or more IVF failures. We use this test result to then apply functional medicine protocols to improve the reproductive microbiome, reduce inflammation, and improve hormone balance.

Ultrasound for Tubal Patency \$600

Ultrasound testing is essential to understanding what is truly happening with your fertility. We offer simple ultrasounds to visualize your uterus and tubes using special technology called ExEm® Foam, the only FDA-approved contrast agent for use with Trans Vaginal Ultrasound (TVUS), which can be performed in the privacy and comfort of the office.

Ultrasound for Antral Follicle Count, or Early Pregnancy Tracking \$350

We can also perform an antral follicle count in your early menstrual cycle or track early pregnancy development if needed.

Abdominal Reiki Massage & Red Light Low-Level Cold Laser (6 sessions) \$1499

This program includes 6 sessions of 60-minutes each, which helps improve circulation and rejuvenates the uterus and ovaries. This therapy has shown to improve the results of those doing fertility work. This hands-on external treatment is especially helpful to those who are planning IVF. Sessions are done in person at our Campbell office over 1 week if visiting from out-of-town, or weekly if local.

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

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

Milan Chavarkar DNP, FNP, RN has a doctorate of nursing practice, is a licensed registered nurse and nurse practitioner in the State of California, and a licensed registered nurse in Arizona, Washington state, and Oregon. She is actively seeking nursing licensure in other states. She is available for educational coaching and consultation in other states. In person visits are available with Milan Chavarkar DNP, RN at our Campbell office in Silicon Valley.

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