



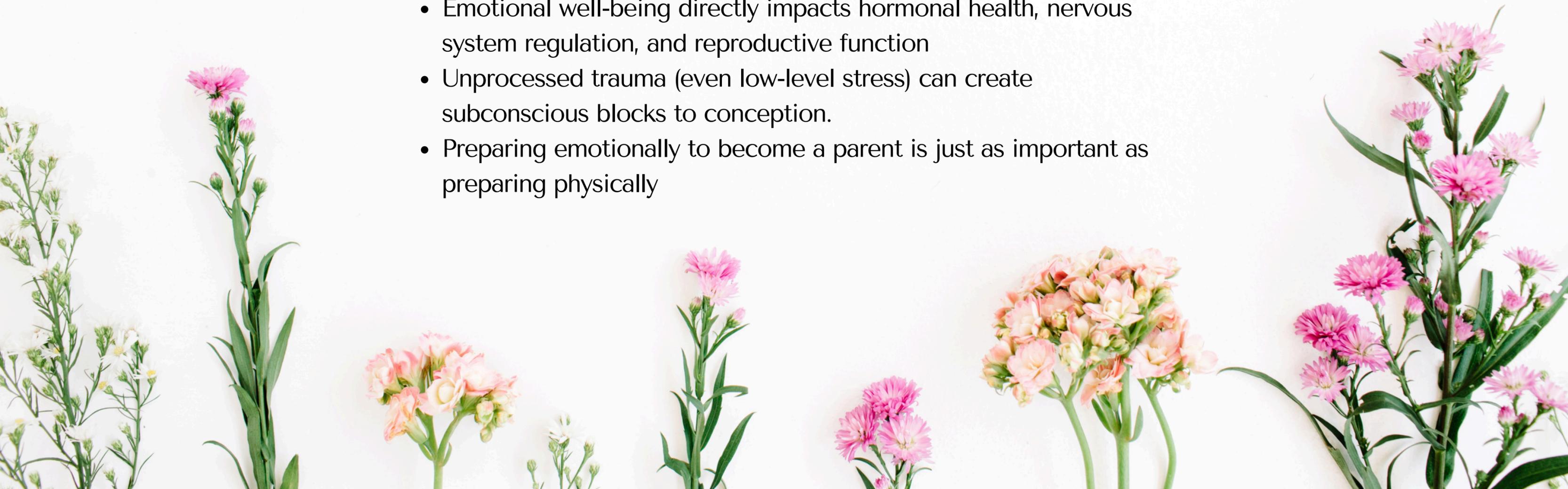
FERTILE FOUNDATIONS

Week 11: Emotional Healing & Intimacy

DR. ASHLEY DE LUNA, ND

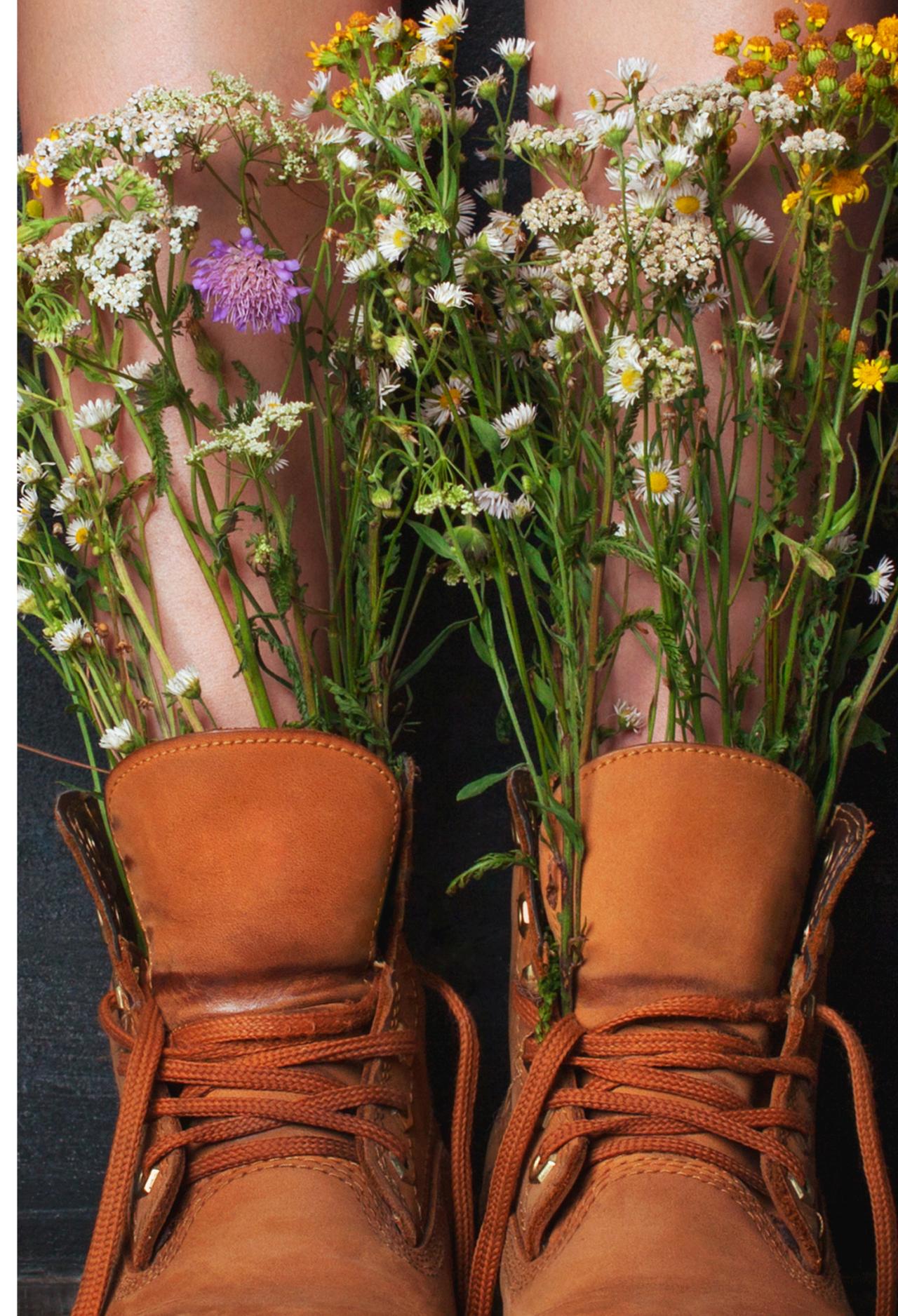
THE MIND-BODY-FERTILITY CONNECTION

- Emotions are not just felt in the mind → they trigger chemical reactions that influence cellular function everywhere in your body
- Emotional well-being directly impacts hormonal health, nervous system regulation, and reproductive function
- Unprocessed trauma (even low-level stress) can create subconscious blocks to conception.
- Preparing emotionally to become a parent is just as important as preparing physically



SOMATIC MEMORY = STORED TRAUMA

- Trauma is not just what happened to you, but how it shows up in the body
- Traumatic memory can live in the body via somatic memory
- Releasing the trauma asks that we tune into the body, listen to its cues, and allow it to safely release what has been stored



ACKNOWLEDGING & HONORING YOUR WOUNDS

Body Check-Ins: Pause throughout the day to ask, "What am I feeling—and where?"

Common storage areas:

- Jaw (unspoken truths, anger)
- Throat (suppressed expression)
- Heart/chest (grief, heartbreak)
- Stomach (anxiety, fear)
- Pelvis (shame, sexual trauma)
- Shoulders/Neck (burden, responsibility)

Look for signs of:

- Chronic tightness or pain
- Numbness or avoidance of awareness in certain areas
- Emotional reactions that feel disproportionate or disconnected from the moment



EMOTIONAL TRIGGERS

SHOW UP AS

- Sudden emotional shifts (rage, fear, panic, numbness)
- Feeling like a small or helpless version of yourself
- Physical reactions (tight chest, racing heart, tension)

JOURNAL OR REFLECT ON

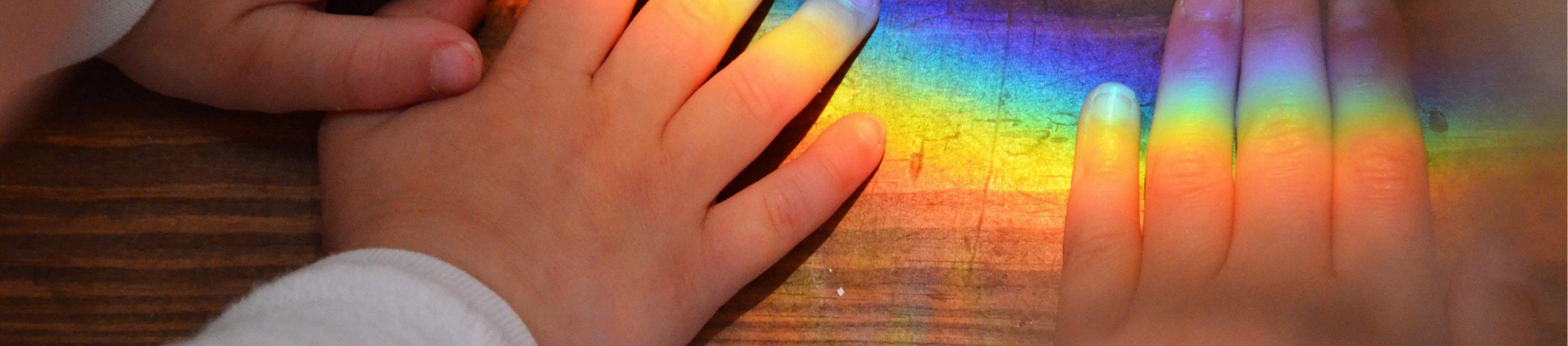
- What kinds of situations make me shut down, react strongly, or withdraw?
- Who or what tends to “bring out” younger parts of me?
- What do I believe in those moments about myself (I’m not safe, I’m not good enough)?



SEXUAL TRAUMA & SHAME

- Many people carry shame, pain, or disconnect related to sex and intimacy.
- Sexual trauma may involve abuse, coercion, betrayal, or medical trauma (like painful exams).
- This trauma can impact libido, hormonal rhythms, feelings of safety in the body, and trust in the fertility journey.
- Shame can disconnect us from our bodies, making it difficult to feel worthy of love, pleasure, or pregnancy.
- Encourage open conversations with your partner if it feels safe. Let them know how to support your healing, especially if touch or intimacy is triggering.





ADVERSE CHILDHOOD EVENTS (ACES)

- ACEs include emotional neglect, physical or emotional abuse, household instability, addiction, or mental illness.
- High ACE scores are linked to negative physical and mental health: chronic disease, hormone disruption, anxiety/depression, and fertility challenges.
- Childhood trauma affects the nervous system, stress response, trust in the body, and beliefs about parenting.
- How it shows up:
 - Nervous system dysregulation and hypervigilance
 - Chronic muscle tension
 - Emotional shut down
 - Feeling unsafe in your body or in relationships
 - Beliefs like "I must do everything perfectly to be loved," or "I have to do everything alone"

TRAUMA CAN BE PASSED DOWN, BUT SO CAN HEALING

- Unhealed trauma can be passed down through behavior AND epigenetic changes
- Healing your story helps prevent your child from inheriting unprocessed emotional pain.
- Reflection: "what do I want my child to feel that I didn't?"



TOOLS FOR HEALING

Counseling/Therapy
Somatic Experiencing
NET (Neuro Emotional Technique)
Craniosacral Therapy
Pelvic Floor Therapy
Inner Child Work
Vagus Nerve Stimulation
Breath work
EFT
Journaling
Energetic Cord Cutting
Womb Clearing Meditations





INNER CHILD WORK

Reconnects you to the wounded parts of yourself that developed in childhood.

These parts often hold fear, shame, or unmet needs that influence how we parent, relate, and care for ourselves.

- Imagine your younger self (at any age that feels significant) and visualize them during meditation.
- Offer them the words and care they needed then: love, safety, protection, encouragement.
- Talk to them daily: "You are safe now. I've got you. I'm listening."
- Keep a photo of yourself as a child visible to build connection.



VISUALIZATION & MANTRAS

- Visualize your future child
- Visualize an easy, healthy pregnancy
- Write a letter to your future baby or your future self
- "My emotions are valid, and I give myself space to feel"
- "I release what no longer belongs to me"
- "I trust the timing of my body and my baby"
- "My pleasure and safety matter"
- "I am already the loving parent my child will need"



COMMUNICATION & SUPPORTING YOUR PARTNER

- Parenting values and roles
- Past traumas or fears around pregnancy/parenthood
- Sexual intimacy and body changes
- Financial planning

ACTION STEPS



Complete an ACE questionnaire (optional and private)

Begin or deepen a self-pleasure or self-touch practice for body connection

Write a letter from your adult self to your inner child.

Schedule time to have a heart-to-heart with your partner. Share one childhood pattern you want to shift before becoming a parent.

Journal or meditate on: “what kind of emotional environmental do I want to create for my baby?”