



Preconception Reset Blueprint

How to Optimize Your Body Years Before Pregnancy— Without Guesswork

A foundational guide for high-performing women in their 20s–30s who want to understand their body, prevent hormone dysfunction, and prepare for future motherhood.

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Women's Lifestyle Doctor
& Holistic Health Practitioner



Why This Matters More Than You Think

Most women start thinking about their health when something goes wrong—or when they're ready to get pregnant.

But the truth is:

Your body begins shaping fertility, hormones, and long-term health years before that moment.

By the time symptoms appear—fatigue, anxiety, irregular cycles—the imbalance has already been building.

This guide will help you understand:

- ✔ What's happening beneath the surface
- ✔ How to recognize early signs
- ✔ Where to start—without overwhelm

My goal is simple:

*To help you become proactive,
not reactive, about your health.*



The Preconception Window Most Women Miss



Preconception is not a phase.
It's a process.

And it begins:

- In your 20s (or earlier)
- Before symptoms
- Before diagnosis

Your:

- Hormones
- Metabolism
- Nervous system
- Nutrient status

...are all shaping your future fertility right now.

You're not preparing for pregnancy—
you're preparing your biology.



The 3 Systems That Define Your Future Health

1

Metabolic System

- Blood sugar balance
- Energy production
- Early insulin resistance

Signs:

- Energy crashes
- Sugar cravings
- Brain fog



2

Hormonal System

- Cycle quality
- Ovulation health
- Estrogen/progesterone balance

Signs:

- PMS
- Irregular cycles
- Acne



3

Nervous System

- Stress resilience
- Cortisol regulation
- Recovery capacity

Signs:

- Anxiety
- Burnout
- Poor sleep



Your Body Is Already Speaking



You wake up tired even after sleep



You feel “off” but tests are normal



Your cycle is inconsistent



You rely on caffeine to function



You feel wired but exhausted

These are not random—they are early signals.

The Preconception Reset (Simple Framework)



Step 1: Awareness

Understand your body signals
→ **Track energy, cycle, stress**



Step 2: Stabilization

Support your foundations
→ **Nutrition, sleep, blood sugar**



Step 3: Regulation

Balance your nervous system
→ **Reduce chronic stress load**



Step 4: Optimization

Personalize your approach
→ **Labs, deeper analysis (optional)**

Why Most Approaches Don't Work

- ✘ They focus only on symptoms
- ✘ They rely on supplements alone
- ✘ They ignore the nervous system
- ✘ They wait until something is "wrong"

Surface solutions don't fix root imbalances.



Start Here (This Week)



Eat within 1 hour of waking



Prioritize protein in every meal



Reduce caffeine dependence



Get morning sunlight



Track your cycle
(even simply)



Your Next Step

If you're ready to understand your body on a deeper level
and take a proactive approach to your health—

I invite you to take the next step.



Book a consultation



Join waitlist for program



Follow on Instagram

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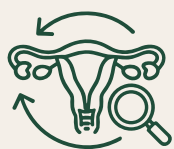
About Dr. Larisa



**Women's
Lifestyle Doctor**



**Holistic Health
Practitioner**



**Creator of
Preconception
Intelligence Method™**

*Helping high-performing women optimize their health
before symptoms and before pregnancy.*



Dr. Larisa Sharipova



*Preconception
is where the future
begins.*

