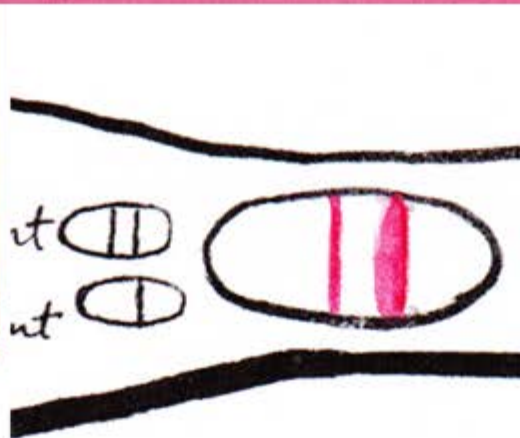
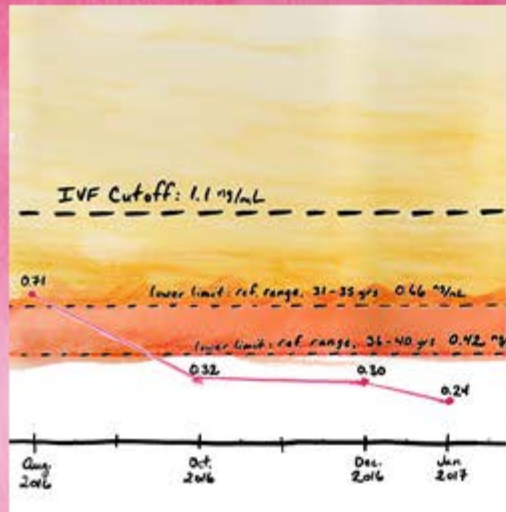
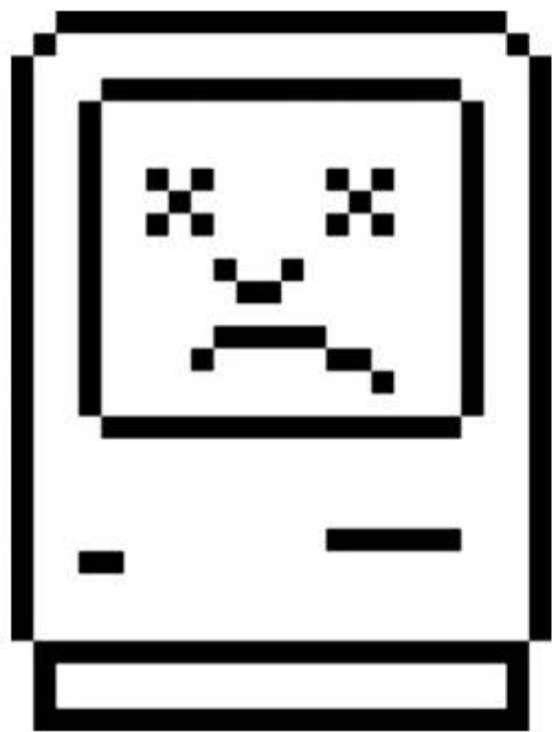


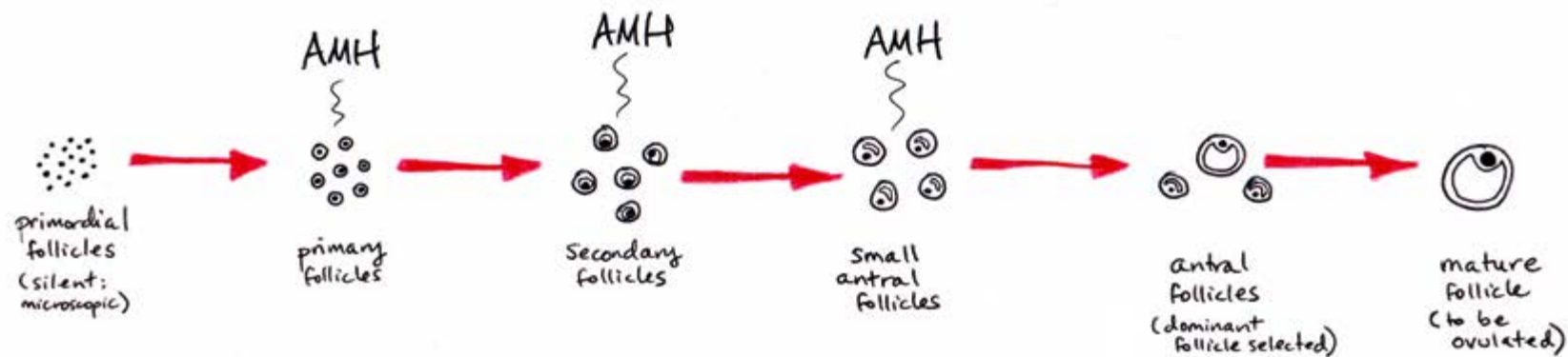


My numbers sucked, and I made this baby anyway

whitney erin boesel
@weboesel

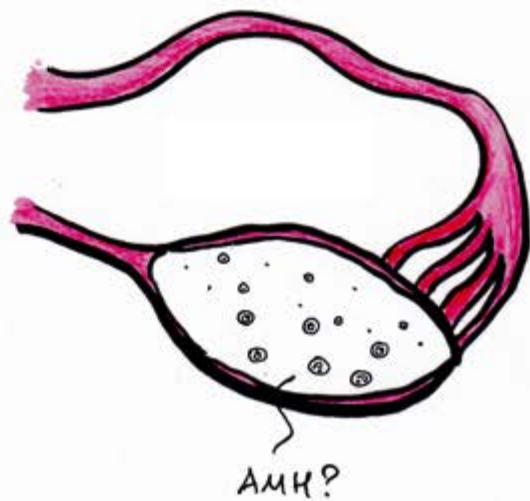


my brain
(july 2014)



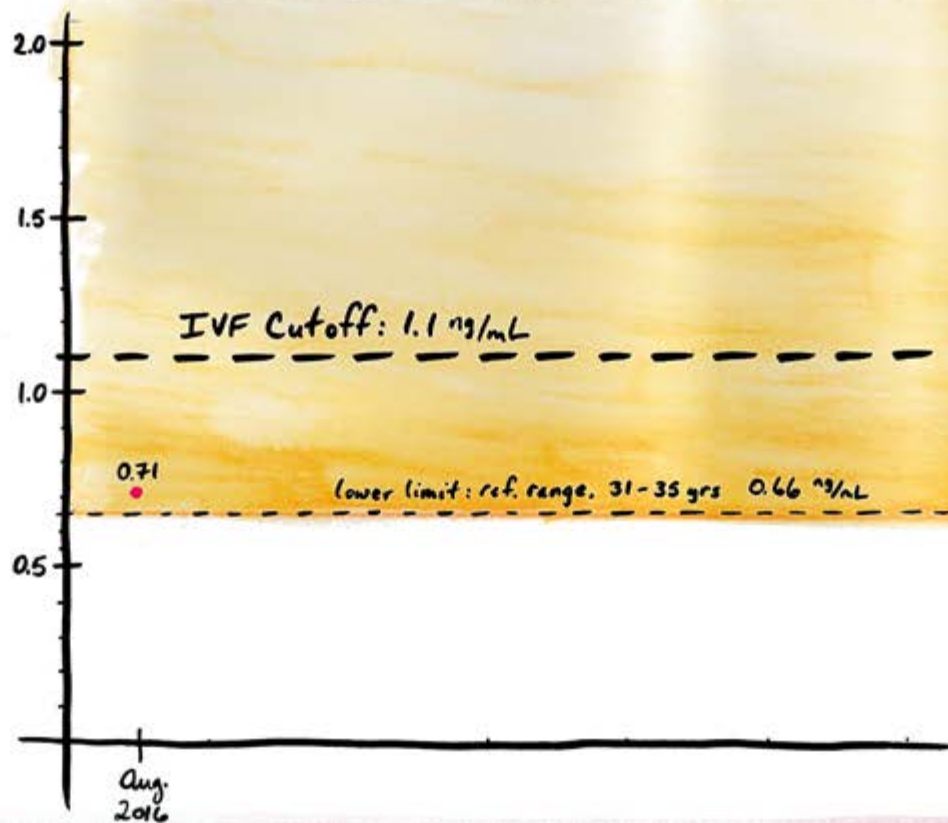


polycystic ovarian syndrome
(PCOS)

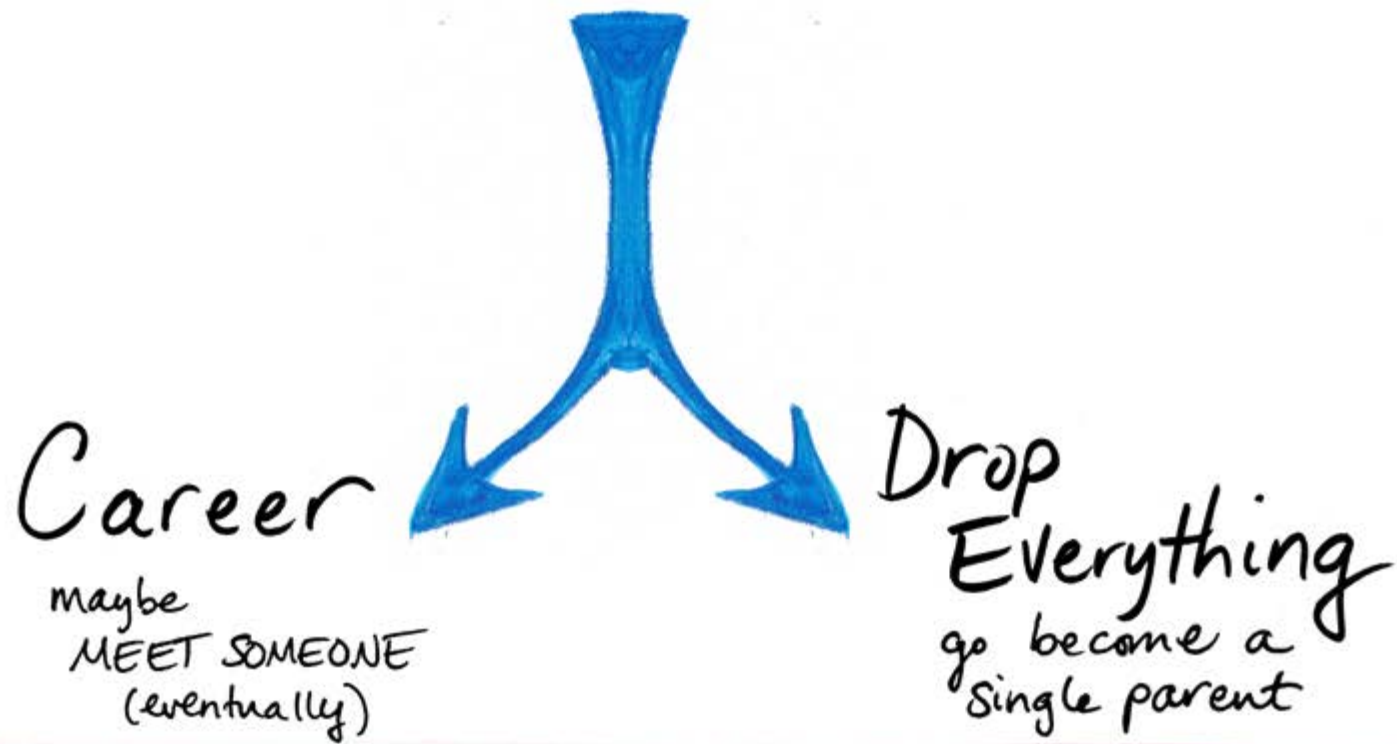


poor ovarian reserve

AMH
(ng/mL)



↳ 2012 (or so) :



~ 2012 (or so) :

WRONG

Career

maybe
MEET SOMEONE
(eventually)

Drop
Everything
go become a
single parent

I'm sorry, but I want kids.
We have to break up.

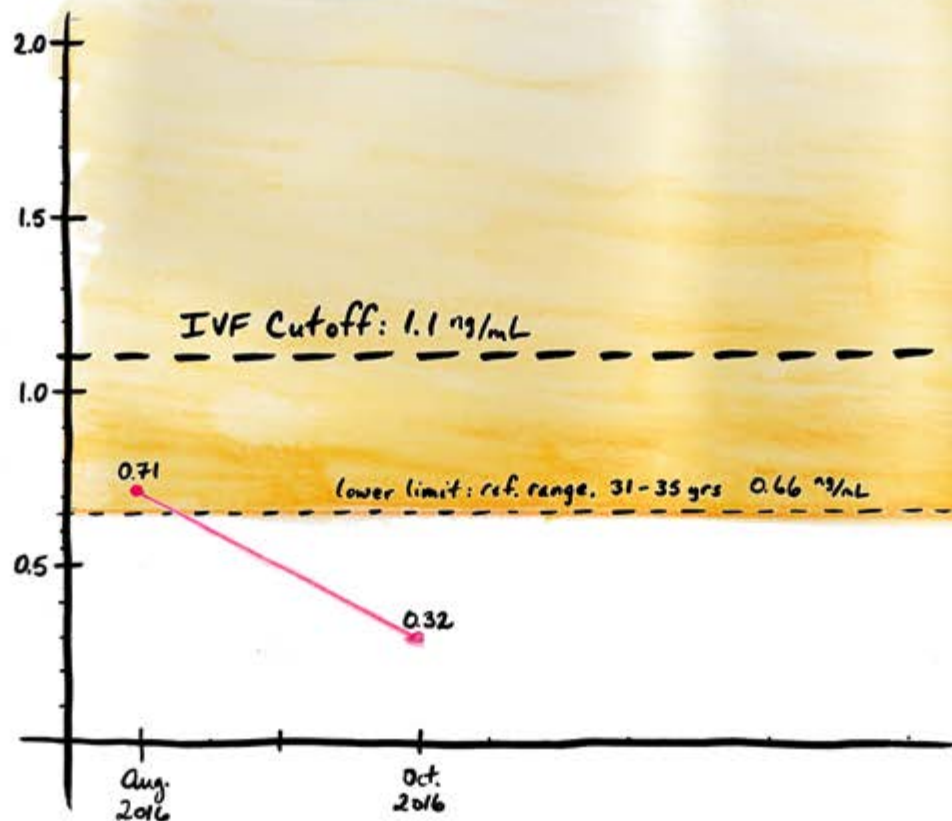
I don't want to break up.

You don't want any
more children.

But I don't want to
break up.

You're just hoping that
I'm infertile.

AMH
(ng/mL)

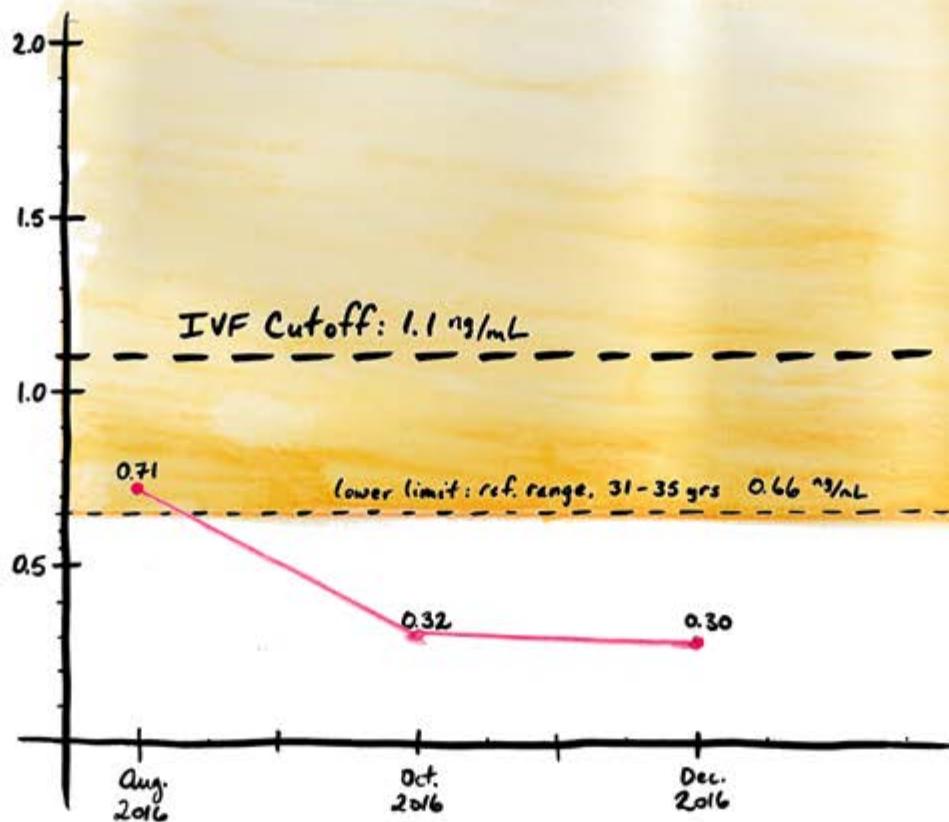


“do you have
ANY MORE
DATA?”

(direct quote)

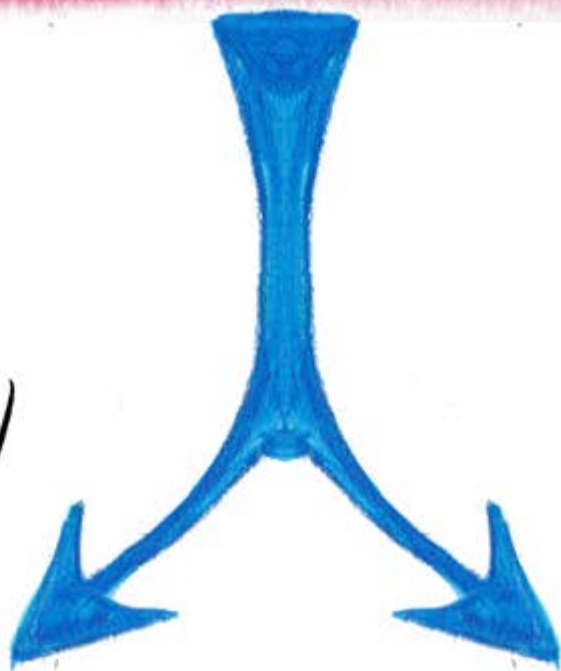


AMH
(ng/mL)



Now
isn't a
GOOD TIME

end relationship
get disowned
disappoint grandmother
geography problem
single parenthood
solo parenting
probably a terrible idea



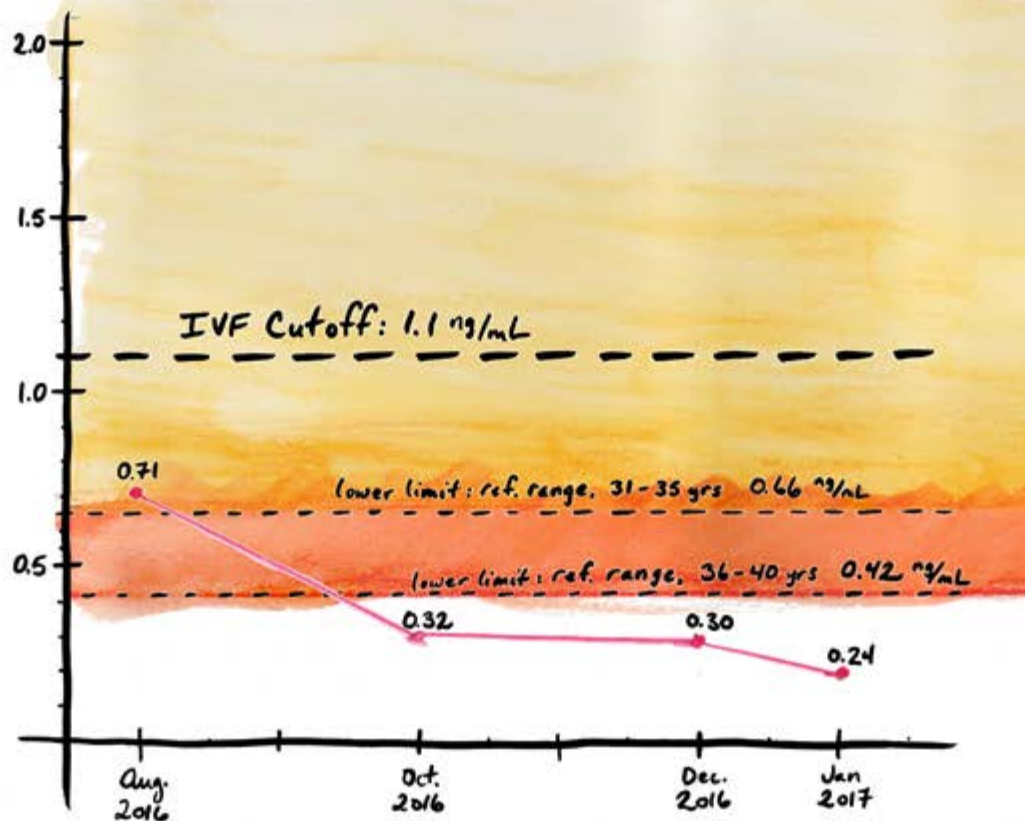
DON'T
bank on
LATER

Soul-crushing regret.

Hypotheses:

- ~~1.) Low AMH caused by low Vitamin D~~ nope.
- 2.) Low AMH is artifact of inter-lab variability

AMH
(ng/mL)



AMH



PERMISSION
to keep waiting



AMH



PERMISSION
to stop waiting

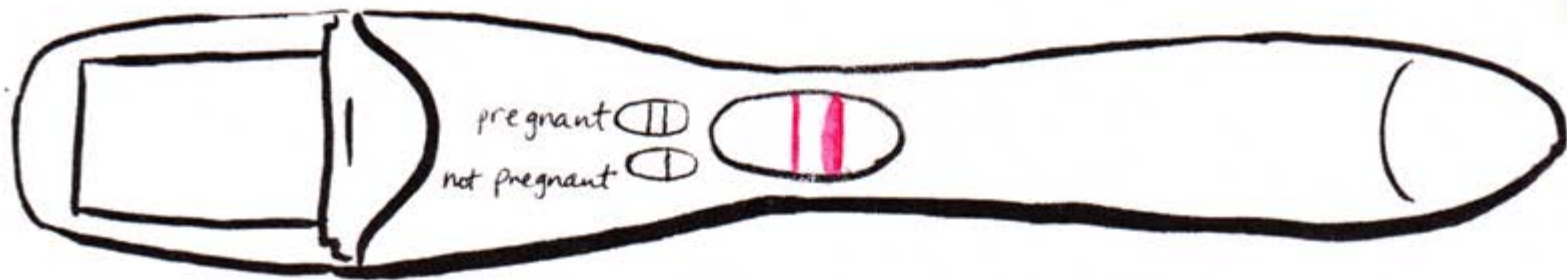


*My Numbers Sucked, But I Made This Baby
Anyway*

Whitney Erin Boesel / @weboesel / #qs17



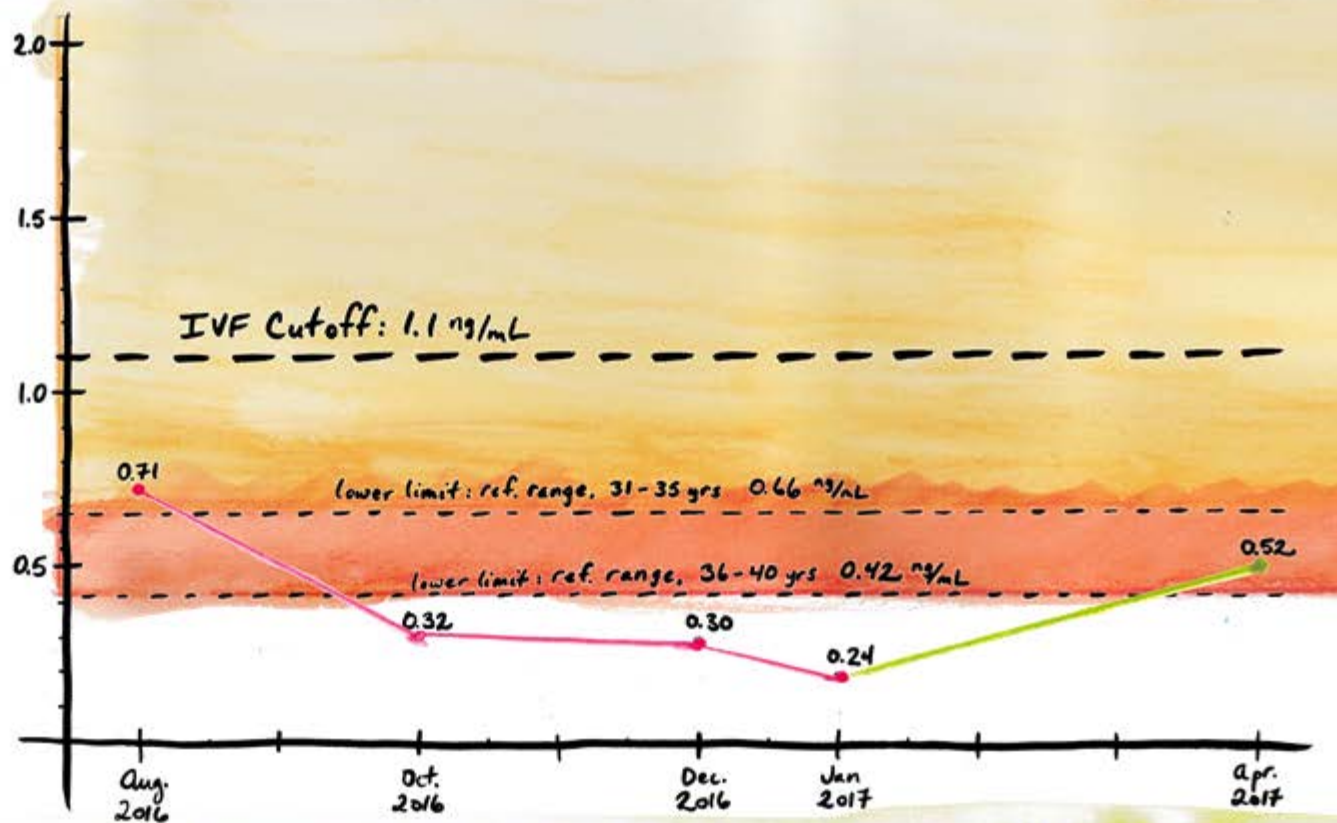
BBT



*My Numbers Sucked, But I Made This Baby
Anyway*

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AMH
(ng/mL)





(Six minutes old)

*My Numbers Sucked, But I Made This Baby
Anyway*

Whitney Erin Boesel / @weboesel / #qs17

AMH

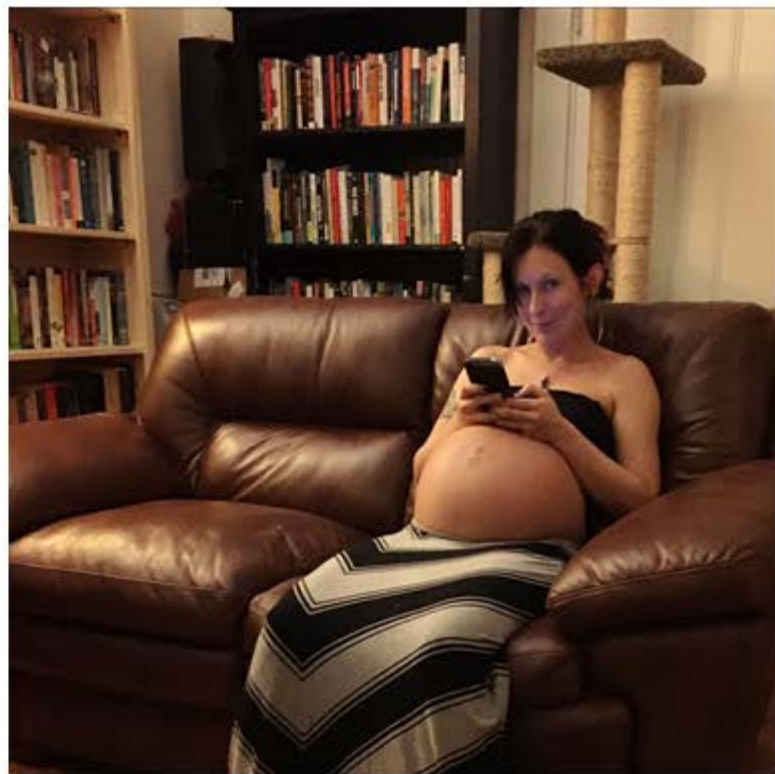
Aug 2015: 0.71
↓ Oct 2015: 0.32
↓ Dec. 2015: 0.30
↓ Jan 2016: 0.24
↑ Apr 2016: 0.52





AMH CAN change

egg QUALITY
>
egg QUANTITY



△ Aug → April:

ADD:

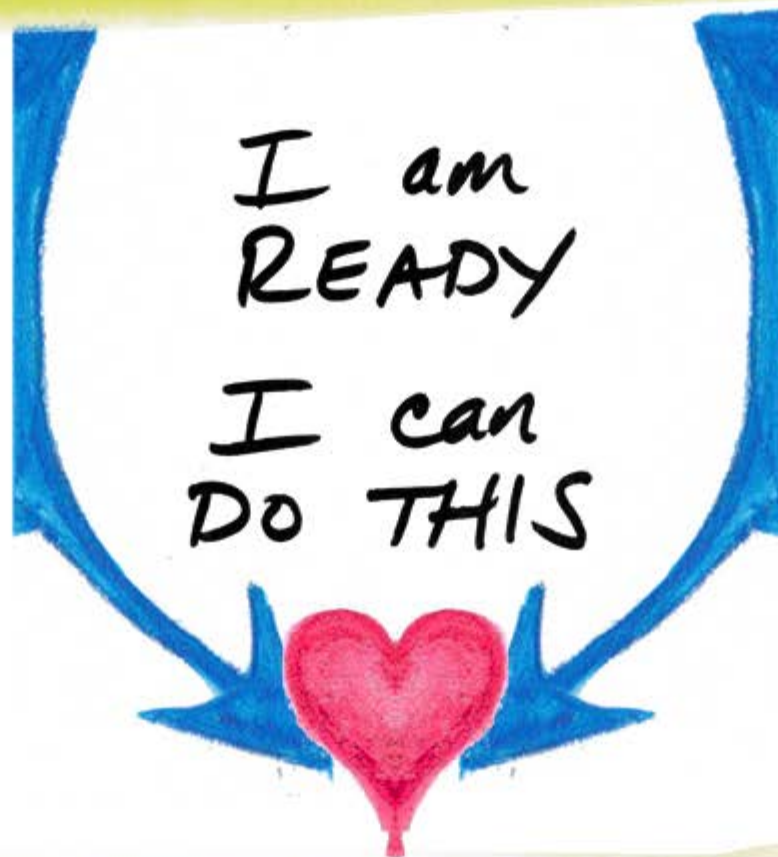
He Shou Wu
Oxblend
HRF-thalamic
Placenta
N-Acetyl Cysteine
Vitex
Probiotics
Fish oil
Evening Primrose
Multi-vitamin
Quercetin & Nettles
Augmented Plum Pit Qi
Astragalus
Hyaluronic Acid

Ubiquinol
Vitamin D
Iron complex
Lysine ex
Cortisol Manager
Amaranth grain
Acupuncture
Yoga

SUBTRACT:

Piracetam
Choline
Bupropion
Adderall
Spironolactone
employment

(ツ)



(24 hours old)



*My Numbers Sucked, But I Made This Baby
Anyway*

Whitney Erin Boesel / @weboesel / #qs17



Thank you!

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