Small steps. A shared journey.

A framework for women and men, alongside care from their own clinician.

S.A.F.A.R.I. organises everyday habits and questions for your clinician into six areas. It can help you organise preparation for natural conception or fertility treatment.

Start simply

Choose one small change for this week. Discuss your own care timeline with your clinician from the outset. Preparation does not require perfection.

Scan for free English resources
safariprotocol.org

Dr Vasileios Sarafis MD · Creator of S.A.F.A.R.I.

The six areas

S | Stabilize · Steady daily rhythms
Care for sleep and choose one manageable way to unwind.

A | Anchor · Build a food foundation
Plan varied, balanced meals for both partners.

F | Find · Understand your needs
Discuss your history and appropriate assessment with your clinician.

A | Amplify · Targeted support
Review deficiencies and supplements with individual clinical guidance.

R | Remove · Reduce harmful exposures
Seek support to stop smoking and discuss relevant exposures.

I | Integrate · Connect with your care
Keep useful habits and coordinate them with your own clinician.

An educational framework, with no guarantee of pregnancy. It has not been tested as a complete programme in a clinical trial. Agree tests, supplements and timing with your clinician. Do not wait 12 weeks before seeking assessment or treatment.

Your clinician / practice: _____