# Preparing for conception?

Explore the six areas of S.A.F.A.R.I.

**Sleep · Food · Individual needs**
**Targeted support · Exposures · Coordination**

**Free English guide**
**safariprotocol.org**

Discuss the steps with your own clinician. Explore the book and app if you would like more support.

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.