

UNEXPLAINED INFERTILITY

Breakthrough



ERICAHOKE.COM

WHAT'S INSIDE

MODULE 1

5 overlooked root causes of unexplained infertility

- *Subtle immune issues
 - *Hidden nutrient deficiencies
 - *Gut-health/inflammation
 - *Trauma impacts (including Infertility)
 - *Toxins
-

MODULE 2

*A Self-Assessment Checklist
("Where could my missing link be?")

MODULE 3

- *How to discuss additional Testing with a doctor
 - *How to get testing on your own
-

MODULE 4

*Case studies & Success Stories



THE UNEXPLAINED INFERTILITY BREAKTHROUGH

By Erica Hoke— Infertility Coach & Author of the Infertility Success Series

“You’re not broken. You’re not out of options. You just need a new roadmap.” If you’ve been told your fertility struggles are “unexplained,” I want you to know this:

You are not alone — and there is more we can investigate together. I’m Erica, and after being told I had less than a 1% chance of conceiving, I went on to defy the odds. Not just once, but multiple times (without IVF and over 35). Today, I help women like you uncover overlooked factors, reclaim their hope, and create the families they dream of.

This guide shares 5 crucial areas often missed in standard fertility care. They could be your missing link (even if you're doing IVF).

Why ‘Unexplained’ Doesn’t Mean Unfixable

Fact: Nearly 1 in 4 infertility diagnoses are labeled “unexplained.”

What does that often mean?

Standard tests came back normal — but deeper layers were never explored. The tips on the next pages are evidence-based, empowering insights to help you uncover what might be holding you back.

THE 5 OVERLOOKED KEYS

1

Immune System Imbalances

Subtle immune shifts (like Natural Killer cell activity or autoimmune markers) can affect implantation and early pregnancy.

Signs to watch:

- Repeated early miscarriages
- Personal or family history of autoimmune conditions (thyroid, celiac, etc.)

✓ Ask your doctor about these conditions:

- NK cell testing,
- ANA, antiphospholipid antibodies

Erica Hoke
Infertility Coach

ericahoke.com

THE 5 OVERLOOKED KEYS



Hidden Nutrient Deficiencies

Nutrients like vitamin D, CoQ10, iron, and zinc directly impact egg quality, ovulation, and embryo development.

Signs to watch:

- Fatigue, brittle nails, low immunity (getting sick often, frequent cold sores, unknown cause of bruising)
- Long-term vegetarian or restrictive diet
- A diet high in processed or packaged foods
- A diet high in soda, caffeine or alcohol all which can deplete nutrients

✓ Consider these tests: Micronutrient panels, vitamin D levels (I love ultra labs and often have discount codes to pass along for these type of panels just reach out)

Erica Hoke
Infertility Coach

THE 5 OVERLOOKED KEYS

3

Chronic Inflammation & Gut Health

A disrupted gut can drive whole-body inflammation — which interferes with hormone signaling and implantation.

Signs to watch:

- IBS, bloating, chronic gas, constipation
- skin rashes, acne, eczema
- Food sensitivities

✓ Consider these tests: GI MAP testing, anti-inflammatory nutrition support like that offered in the NurturePath Fertility Incubator.

Erica Hoke
Infertility Coach

THE 5 OVERLOOKED KEYS

4

Hormone Signaling & Cellular Health
Standard fertility panels often miss subtle hormone dysfunction and cellular mitochondrial health (the powerhouses of healthy egg cells).

Signs to watch:

- Irregular cycles, PCOS signs, abnormally painful periods
-
- Blood sugar swings, insulin resistance, poor sleep, frequent headaches
-
- ✓ Consider testing for: Thyroid antibodies and T3, T4 and Reverse T3, fasting insulin, mitochondrial support nutrients

Erica Hoke
Infertility Coach

ericahoke.com

THE 5 OVERLOOKED KEYS



Emotional Trauma & Nervous System Dysregulation

Unresolved stress, grief, or trauma (including trauma from infertility or pregnancy losses) can shift cortisol, disrupt ovulation, and impact uterine receptivity.

Signs to watch for:

- Chronic anxiety or sleep issues
- Past losses or unresolved grief

✓ Explore: Somatic therapies like EFT & AFT available in the NurturePath Fertility Incubator Program, breathwork, trauma-informed coaching and EMDR

Erica Hoke
Infertility Coach

SELF ASSESSMENT CHECKLIST

If you checked 2 or more...

Your fertility journey may benefit from deeper testing + integrative care.

Recurrent miscarriages

Irregular cycles or PCOS history

Chronic bloating or IBS

High daily job stress or infertility stress

Vitamin D <30 ng/mL

Past trauma, sexual abuse or PTSD

Tests from overlooked issues/symptoms that I can speak with my doctor about

1. NK cell testing, ANA (antinuclear antibodies), antiphospholipid antibodies

2. Micronutrient panels, vitamin D levels

3. GI MAP testing, anti-inflammatory nutrition support

4. Thyroid antibodies, fasting insulin, mitochondrial support nutrients

WHAT IF THEY SAY NO?

Not all practitioners are familiar with these integrative approaches. If your concerns are dismissed or minimized:

- Ask for your records and lab results
- Seek a second opinion (integrative, functional, or reproductive immunologist)
- Know that you have options to order many of these tests yourself

HOW TO ORDER TESTS YOURSELF (WITHOUT A DOCTOR)

Many women are surprised to learn that you can access high-quality, CLIA-certified lab testing on your own — often at a discount.

 I recommend Ulta Labs for affordable, direct-to-consumer testing.

You'll get:

1. Access to a wide range of fertility-related tests
2. Local lab draw at a nearby location
3. Easy-to-read results — plus you can bring them to your next appointment

Note: This is not medical advice and does not replace working with a medical provider.

REAL STORIES OF SUCCESS



FROM MISCARRIAGE TO RAINBOW BABY 🌈

Age: 36

Diagnosis: Unexplained Secondary Infertility

Outcome: Successful Natural Pregnancy

“Erica and I set up a consultation and she guided me to know what questions to ask and what tests would benefit me as I healed from my miscarriage. Erica has been patient, reassuring and positive. I’m so glad she was introduced to me! I now have my rainbow baby girl!”
— Kimberly B.

LOW EGG QUANTITY AND RUNNING OUT OF TIME....

Age: 42

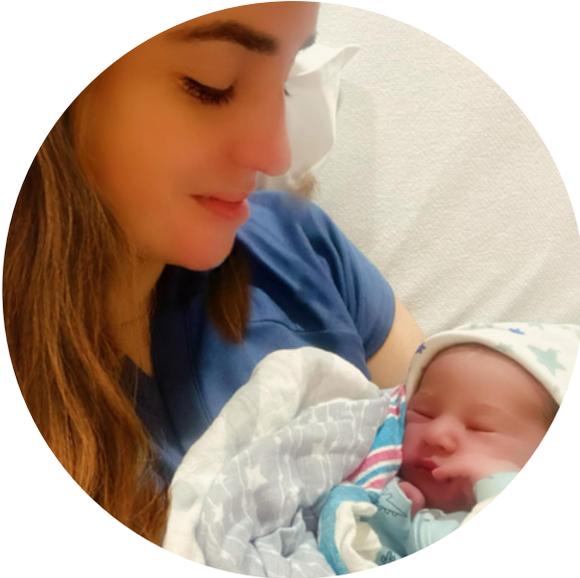
Diagnosis: Unexplained Infertility, DOR

Outcome: 4 x as many eggs/Successful IVF

“IVF kept failing. I was only getting a few eggs per retrieval. After the program I went from 3 eggs per retrieval to 11! One of those is my baby boy. Once we addressed my gut inflammation, I had a healthy pregnancy at 42.”
— Kimberly P.



REAL STORIES OF SUCCESS



FROM 5 MISCARRIAGES IN 2,5 YEARS TO 🌈 BOY!

Age: 38

Diagnosis: Unexplained Secondary Infertility

Outcome: Successful Natural Pregnancy

After I was told by my doctor IVF or donor eggs was my only option and told by my family and friends to “give up” and be grateful for my other 2 kids I found Erica. She understood me and gave me hope for the first time in over 3 years. I am so grateful that I found Erica and her program and she helped me heal my body and keep going-Brenda B.

OVERLOOKED TESTING AND NO SUPPORT

Age: 47

Diagnosis: Unexplained Infertility

Outcome: Successful IVF

After 3 months in the program I had less sugar cravings, my skin looked AMAZING, and my weight improved! It only got better after that because I finally got pregnant with my baby boy. I couldn't have done it without your help! Thank you!- Jane M



YOUR NEXT STEPS

You don't have to figure this out alone. My NurturePath Fertility Incubator program combines an expert team who focuses on functional testing, nutrition support, emotional resilience coaching, and compassionate guidance — all tailored for women 35+ with unexplained infertility.

📅 Book a free Next Steps Call with me to explore what's been missed and how we can create your breakthrough plan.

👉 [\[Book Your Call Now\]](#)



ERICA HOKE

ericahoke.com

Erica@ericahoke.com

No doctor could help me. In fact, I was told my situation was hopeless — that my body was broken.

But I refused to accept that as the end of my story.

Through research, resilience, and a root-cause approach, I healed my infertility.

The results speak for themselves: I conceived naturally multiple times, even after 35 — despite a less than 1% chance.

And I believe there's hope for you, too.

B O N U S
S C R E E N S H O T T H I S T O
S A V E I T F O R Y O U R
N E X T A P P O I N T M E N T

