

Ayurvedic Treatment for Infertility in Wakad: Treatments, Benefits & What to Expect



DR. PRADNYA'S
Gynovitaa
FERTILITY & WELLNESS CLINIC

Ayurvedic Treatment for
Infertility
in Wakad:
Treatments, Benefits & What to Expect

- Natural & Holistic Healing
- Balances Hormones
- Improves Reproductive Health
- Personalized Care & Support

If you're reading this at 11 PM after another negative pregnancy test, or after your third doctor visit this month, you're probably not just "researching infertility."

You're looking for answers.

Maybe you're tired of hearing, "*Just relax.*" Maybe you've searched the same questions on Google more times than you want to admit. Or maybe you're simply wondering whether Ayurveda has a genuine place in your fertility journey.

You don't need another miracle claim.

You need information that makes sense. What Ayurveda can offer, where it may fit into fertility care, what treatment can involve, and when you may need additional medical evaluation.

So, let's talk about it honestly.

Infertility isn't one thing.

It's not always "her problem" or "his problem." Fertility can be affected by female factors, male factors, a combination of both, or sometimes no clearly identified cause. That's why fertility evaluation often looks at both partners rather than placing the responsibility on one person.

Ayurveda takes a broader view of health and traditionally considers areas such as diet, lifestyle, digestion, sleep, stress and reproductive health as interconnected.

That doesn't mean one Ayurvedic treatment can solve every fertility problem. It means the approach can be individualized instead of treating every couple with the same checklist. And that's an important distinction.

Because your fertility journey isn't an Instagram post, a one-size-fits-all tip, or someone else's success story.

It's yours.

If you're considering [Ayurvedic Treatment for Infertility in Wakad](#), the first step is understanding what Ayurvedic fertility care involves, which treatments may be considered, what you can realistically expect, and how it can fit alongside appropriate fertility evaluation and medical care.

What Is Ayurvedic Treatment for Infertility?

Ayurvedic infertility treatment is a personalized approach that combines Ayurvedic therapies, dietary guidance, lifestyle modifications, and, where appropriate, specific procedures such as Panchakarma or Uttar Basti, based on an individual's fertility history and assessment.

It's not a single formula. It's not a guarantee. It's a plan built around *you*.

Before you choose a path, whether Ayurvedic, allopathic, or a combination of both, proper assessment matters more than choosing the "right side." That's where a consultation with a qualified practitioner, such as Dr. Pradnya Dole at Gynovita in Balewadi, Pune, can be an important starting point.

What Is Ayurvedic Treatment for Infertility?

Ayurveda doesn't treat "infertility" as a single disease to attack. It looks at the reproductive system as connected to digestion (Agni), hormonal balance, stress levels (mind-body connection), and the quality of reproductive tissues (Shukra and Artava dhatu, if you want the textbook terms).

How does Ayurveda approach infertility treatment?

Ayurveda approaches infertility by first understanding the root cause whether it's hormonal, related to ovulation, sperm quality, stress, or lifestyle and then building a plan around correcting that imbalance, rather than applying one generic treatment to everyone.

That means:

- Two women with PCOS may get completely different treatment plans, because their underlying imbalance isn't identical
- Men are assessed too — sperm health isn't separate from overall vitality
- Diet, sleep, and daily routine (Dinacharya) aren't "extra tips" — they're part of the actual treatment
- The cause matters more than the label. "Low AMH" or "PCOS" is a starting point for questions, not the end of one

This is Ayurvedic fertility care in Pune done properly — assessment first, treatment second.

Dr. Dole's perspective: "When a couple walks in, the first thing I check isn't a report — it's their daily routine. Sleep timing, meal patterns, stress levels. I've seen cases where correcting Agni and daily rhythm made more difference over three months than any single therapy alone."

Who May Consider Ayurvedic Fertility Treatment?

Let's be real. Not everyone walks into a fertility clinic with the same story.

Some couples may have been trying to conceive for months. Others may already have fertility reports, previous treatment experience, or a diagnosis that has left them with more questions than answers.

For Women

If any of these concerns sound familiar, an Ayurvedic fertility assessment may be worth discussing with a qualified practitioner:

- PCOS or PCOD with irregular menstrual cycles
- Ovulation concerns or unpredictable cycles
- Low AMH and the anxiety that can come with that number
- Wanting to focus on preconception health before trying to conceive
- Other fertility or gynecological concerns identified during an evaluation

Every woman's situation is different. A fertility assessment can help put individual symptoms and test results into context rather than treating one number or symptom in isolation.

For Men

Fertility conversations too often leave men out. That's a mistake.

Male factors can also contribute to infertility, which is why evaluating both partners can provide a more complete picture.

Concerns worth discussing include:

- Low sperm count
- Poor sperm motility
- Other semen analysis concerns
- Lifestyle factors such as smoking, alcohol use, ongoing stress, and poor sleep

A semen report is only one part of the picture, so it should be discussed with an appropriate fertility professional rather than interpreted on its own.

For Couples

Here's something many couples don't realize: infertility isn't automatically a woman's issue. Fertility concerns can involve the female partner, the male partner, both partners, or sometimes remain unexplained even after evaluation.

That's why assessing **both partners** isn't about blame. It's about understanding the full picture and making more informed decisions about the next steps.

Does Age Affect Fertility Treatment?

Yes, age is an important factor in fertility, although it is not the only one.

Fertility can change with age for both men and women, but the changes are different and can vary considerably between individuals. For women, age is particularly important because fertility and ovarian reserve generally decline over time. Male fertility can also change with age, although the pattern is different.

If you're considering Ayurvedic fertility care after 35, a thorough assessment is especially important. It can help you understand your individual situation and have a realistic conversation about available options, timelines, and whether additional fertility evaluation may be appropriate.

The goal isn't to create fear around age.

It's to replace uncertainty with a clearer understanding of where you are and what your next step could be.

Ayurvedic Treatments Used in Infertility Care

Here's the part that matters most: **not every therapy suits every patient**. Anyone who tells you "this one treatment works for everyone" isn't practicing personalized medicine they're selling a package.

Panchakarma and Fertility Care

Panchakarma is Ayurveda's detoxification and body-balancing protocol. In fertility care, it's sometimes used to prepare the body before conception attempts clearing out imbalances that might be affecting hormonal function or reproductive tissue quality. But suitability depends entirely on the individual's constitution and health status, which is why it's assessed case by case, not prescribed automatically.

Uttar Basti for Infertility

Uttar Basti is a specific Ayurvedic procedure sometimes used in female infertility management, involving medicated preparations administered under clinical supervision. This is not a therapy to attempt casually or without proper guidance it requires a qualified practitioner, correct diagnosis, and careful monitoring. It's also not appropriate or necessary for every patient.

Ayurvedic Support for Men's Fertility — Understanding Shukra Dhatu

In Ayurveda, sperm health is understood through the concept of **Shukra Dhatu** — the final and most refined tissue produced by the body, built from everything you eat, sleep, and how well you manage stress along the way. That's why poor Shukra quality is rarely treated as an isolated issue — it's viewed as a signal that something upstream (digestion, sleep, stress, or diet) needs attention too. Support typically includes dietary correction, stress management, targeted formulations, and lifestyle change, based on individual assessment rather than a fixed protocol.

Ayurvedic Support for Women's Fertility

For women, this often includes addressing menstrual irregularities, supporting ovulation, managing PCOS-related imbalances, and preconception preparation — again, tailored to what the assessment actually shows.

Ayurvedic Diet Tips for Fertility (What You Can Start Today)

You don't need to overhaul your entire life overnight. But a few Ayurvedic principles are worth understanding before your first consultation:

- **Eat at consistent times.** Irregular eating disrupts Agni (digestive fire), which Ayurveda links directly to reproductive tissue quality.
- **Favor warm, cooked meals over cold or raw food,** especially around ovulation and menstruation.
- **Reduce excess caffeine and processed sugar** — both are commonly flagged as disruptive to hormonal balance.
- **Prioritize sleep timing,** not just sleep duration. Ayurveda places real importance on sleeping and waking with a consistent rhythm.
- **Manage stress actively** — not as an afterthought. Chronic stress is repeatedly linked to ovulation and sperm quality issues in both Ayurvedic and modern clinical understanding.

These aren't a replacement for personalized treatment — think of them as a starting point, not the finish line.

What Are the Potential Benefits of Ayurvedic Fertility Care?

Let's not oversell this. Ayurveda doesn't guarantee pregnancy, and anyone claiming that isn't being honest with you.

What are the benefits of Ayurvedic infertility treatment?

Ayurvedic fertility care may support hormonal balance, menstrual regularity, stress reduction, and overall reproductive wellbeing through a personalized treatment plan — but outcomes

depend on the individual's diagnosis, underlying cause, and how the body responds. What it *can* offer, when done properly:

- A treatment plan built around your actual body, not a generic checklist
- Diet and lifestyle correction that supports the treatment itself
- Attention to menstrual health, not just "trying to conceive"
- A structured consultation process instead of guesswork
- Ongoing monitoring, so the plan adjusts as your body responds

If someone promises 100% results, that's your cue to walk away — not toward Ayurveda, and not toward any treatment that overpromises.

What Happens During an Ayurvedic Fertility Consultation in Wakad?

This is probably the part you actually want to know before booking anything. So here's what a proper consultation should look like, step by step.

What Should I Expect During an Ayurvedic Fertility Consultation?

A fertility consultation should leave you with more clarity, not more confusion. Here's what the process may look like.

Step 1: Initial Consultation

The practitioner takes time to understand your fertility history, menstrual cycle patterns, previous treatments, lifestyle, and concerns. For men, this may also include discussing semen analysis reports and other relevant fertility information.

It shouldn't feel like a rushed five-minute conversation. The more complete the picture, the better the practitioner can understand your individual situation.

Step 2: Review of Existing Reports

If you've already had blood tests, ultrasounds, semen analysis, or previous fertility treatments, bring those reports to your consultation.

Reviewing your existing records can help the practitioner understand your history and decide whether additional evaluation may be useful.

Step 3: Individual Assessment

This is where the Ayurvedic assessment is combined with your health and fertility history. Depending on the practitioner's approach, the assessment may consider factors such as your Prakriti, digestion, lifestyle, sleep, stress patterns, menstrual history, and other relevant health information.

The aim is to understand your individual situation rather than focus on a single symptom or test result.

Step 4: Personalized Treatment Plan

Once the assessment is complete, the practitioner can explain the proposed treatment plan. Depending on your individual needs, this may include specific Ayurvedic therapies, dietary guidance, lifestyle recommendations, and follow-up consultations.

You should also have an opportunity to ask questions about why a particular treatment has been recommended and what you can realistically expect from the process.

Step 5: Progress Monitoring

Your treatment plan shouldn't necessarily remain the same from the first consultation onward. Follow-up appointments allow the practitioner to review your progress, discuss any changes, and adjust the plan when appropriate.

Fertility care is a process, not a one-day appointment.

Is Ayurvedic Fertility Treatment Expensive?

It's a fair question, and there's no single price that applies to everyone.

The cost of Ayurvedic fertility care can vary depending on the treatment plan, duration of care, consultations, and whether specific therapies such as Panchakarma or Uttar Basti are recommended.

A consultation focused mainly on dietary and lifestyle guidance may have different costs from a treatment plan that includes multiple in-clinic therapies over several weeks or months.

The important thing is **transparency**.

Before starting treatment, ask the clinic to explain the consultation fees, treatment costs, therapy charges, expected duration, and any additional expenses that may apply.

You shouldn't have to guess what you're paying for.

A clear discussion about cost at the beginning can help you make a more informed decision about your fertility care.

Ayurvedic Treatment for Infertility in Wakad for Men and Women

For Women

Concerns such as PCOS or PCOD, irregular menstrual cycles, low AMH, ovulation-related concerns, and preconception health are some of the reasons women in and around Wakad may explore Ayurvedic fertility care.

The right approach depends on the individual's health history, fertility concerns, and assessment. There isn't one treatment plan that works for everyone.

For Men

Male fertility deserves equal attention.

Concerns such as low sperm count, sperm motility issues, and other reproductive health factors may also be part of a couple's fertility journey. Looking at male fertility alongside female fertility can provide a more complete picture.

For Couples

Fertility is a journey shared by both partners.

When both partners are appropriately evaluated, the practitioner can consider the overall fertility picture rather than focusing on only one person. It can also help couples understand why particular assessments or treatment options are being discussed.

For those searching for **Ayurvedic infertility treatment in Wakad Pune** or [fertility treatment near Wakad](#), an individualized approach that considers both partners can be more informative than a quick-fix promise.

The goal isn't to offer a one-size-fits-all answer.

It's to understand your situation, explain your options clearly, and create a treatment plan based on your individual needs.

Can Ayurveda Help With PCOS, Low AMH and Male Infertility?

Short answer: **Ayurvedic care may be considered as part of an individualized fertility plan, but it should not replace appropriate medical evaluation.**

PCOS-Related Fertility Concerns

PCOS can affect menstrual cycles and ovulation, which may make conception more difficult for some women.

Ayurvedic fertility care may include personalized attention to diet, lifestyle, daily routines, and other factors relevant to the individual's overall health. However, PCOS can vary considerably from one person to another, so treatment should be based on an individual assessment rather than a standard approach.

Low AMH

Low AMH can understandably cause a lot of anxiety.

But one number does not tell the whole fertility story. AMH is primarily a marker related to ovarian reserve and should be interpreted alongside factors such as age, menstrual history, other investigations, and the individual's fertility goals.

Ayurvedic care may be explored as part of a broader approach to reproductive wellbeing, but patients should have a realistic conversation about what AMH can and cannot tell them and whether additional fertility evaluation is appropriate.

Male Infertility

Male fertility deserves just as much attention as female fertility.

Sperm health can be affected by several factors, including certain medical conditions, lifestyle factors, and age. Ayurveda may address areas such as diet, lifestyle and overall wellbeing as part of an individualized approach.

At the same time, a **semen analysis and appropriate fertility evaluation** are important when male infertility is suspected. The results can help guide the next steps rather than relying on symptoms or lifestyle factors alone.

When May Additional Fertility Evaluation Be Needed?

Sometimes further evaluation is the most sensible next step.

This may be appropriate when initial findings suggest a more complex fertility issue, when conception has not occurred despite an appropriate period of trying, or when a specialist assessment is recommended based on the individual's age, history, or test results.

Seeking additional fertility care is not a failure of Ayurveda.

It's simply part of responsible, patient-focused care.

The goal should always be to understand the full picture and choose the next step based on the individual's needs, rather than feeling pressured to follow only one approach.

How Long Does Ayurvedic Infertility Treatment Take?

Everyone wants a number. Here's the honest answer: there isn't one universal timeline.

Treatment duration depends on your specific fertility history, the underlying cause identified during assessment, and how your body responds. A plan for PCOS-related irregular cycles looks different from a plan focused on male fertility support. What matters is regular follow-up — so the timeline gets clearer as your treatment progresses, rather than being guessed on day one. Ask your practitioner directly about what to expect for your specific case.

Ayurveda and Other Fertility Treatments: How They Compare

Ayurveda doesn't have to be positioned as "instead of" modern fertility treatment — for many couples, it works alongside it. Here's an honest look at how the approaches typically differ:

	Ayurveda	IVF / Modern Fertility Treatment	Combined Approach
Focus	Root-cause balance: hormones, digestion, stress, lifestyle	Directly assists conception through medical procedures	Ayurveda supports the body while medical treatment addresses the direct mechanism
Typical timeline	Weeks to months, varies by individual	Defined cycle-based timeline	Often longer, but more comprehensive
Best suited for	Lifestyle-linked imbalances, preconception prep, mild-to-moderate concerns	Structural issues, time-sensitive cases, failed natural conception attempts	Couples wanting to prepare the body before or between medical cycles
Invasiveness	Generally low, though some therapies need clinical supervision	Can involve procedures, medication, monitoring	Varies based on combined plan

If you've had a previous IVF cycle that didn't succeed, Ayurvedic care can sometimes support the body during a break between cycles, or help address underlying factors before trying again. If you're currently on any fertility medication or treatment, it's essential to share this with any Ayurvedic practitioner you consult — and vice versa. Full transparency between all your healthcare providers protects you, not just the treatment outcome. Ayurveda isn't automatically superior, and it's not automatically a replacement for specialist medical care. It's one part of a bigger picture — and knowing when to seek additional medical evaluation is just as important as the treatment itself.

How to Choose an Ayurvedic Infertility Clinic Near Wakad

Here's a practical checklist before you book anywhere:

- Is the practitioner qualified, with verifiable credentials?
- Do they have real experience specifically with infertility cases?
- Is the consultation individualized, or does it feel like a script?
- Do they clearly explain the treatment and why it's suited to you?
- Is there a proper assessment before any therapy is recommended?
- Are they transparent about costs before treatment begins?

- Are they transparent about what to realistically expect — including limitations?
- Is there a structured follow-up process?
- Are therapies like Uttar Basti or Panchakarma properly supervised?
- Is the location convenient for regular visits — important for Wakad, Hinjewadi, Tathawade, Punawale, Thergaon, Balewadi, Baner, Pimple Saudagar, PCMC, and greater Pune?

If a clinic can't answer these clearly, that's information too.

Meet Dr. Pradnya Dole, Ayurvedic Gynaecologist & Fertility Specialist

When you're choosing a practitioner for fertility care, credentials matter. Patients deserve to know who they are consulting, what the practitioner's qualifications are, and what experience they bring to the field.

[Dr. Pradnya Dole](#) is the founder of [Gynovitaa Fertility & Wellness Clinic](#) in Balewadi, Pune.

Professional Qualifications

Her qualifications include:

- **BAMS**
- **Fellowship in Gynecology & Infertility**
- **Master of Ayurvedic Dietetics**
- **MSc Psychology**
- **Yoga & Meditation** training

Dr. Pradnya Dole has **17+ years of personalized Ayurvedic consultation experience**. Her clinical practice focuses on infertility management, gynecological concerns, women's health, lifestyle modification, and Panchakarma-based care.

For someone comparing an [Ayurvedic doctor in Wakad Pune](#), these are useful details to consider. Look at the practitioner's qualifications, relevant fertility training, experience, treatment approach, and the kind of care provided rather than relying only on online ratings or promotional claims.

Her background in psychology is also relevant to the patient experience. Fertility concerns can be emotionally demanding, and many patients value a consultation where their concerns are heard alongside their physical and reproductive health needs.

A Personalized Approach to Fertility Care

Every fertility journey is different.

Some patients may come with PCOS or irregular cycles. Others may have low AMH, male fertility concerns, previous fertility treatment, or no clearly identified cause of infertility.

A personalized consultation can help bring these different pieces together and determine what

kind of Ayurvedic care may be appropriate.

If you are considering Ayurvedic fertility treatment, the first conversation should be about **understanding your situation**, not promising a particular outcome.

Note: If the statement about stress, sleep, eating habits, and the body's natural rhythm is an actual statement made by Dr. Pradnya Dole, it can be included as a direct quote with her approval. If it is not a verified quote, it is better to present the idea as general clinical guidance rather than attributing it directly to her.

Why Consider Gynovitaa for Ayurvedic Fertility Care?

Choosing a fertility clinic is about more than finding a list of treatments. You also want to know whether the care is personalized, whether both partners are considered, and whether the clinic communicates clearly about what you can realistically expect.

Individualized fertility care

Consultations at Gynovitaa are based on your fertility history, health concerns, lifestyle, and individual assessment rather than following the same fixed protocol for everyone.

Ayurveda and Panchakarma-based care

Where appropriate, the treatment approach may include Panchakarma and other classical Ayurvedic therapies based on the individual's needs and assessment.

Care for male and female fertility concerns

Fertility involves both partners. Gynovitaa considers male and female fertility concerns as part of the overall picture. In an Ayurvedic framework, this may include attention to factors traditionally associated with **Shukra Dhatu**, along with appropriate fertility evaluation.

Fertility support for couples

From the initial consultation through follow-up, the approach is designed to help both partners understand their situation, the recommended care, and the next steps.

There are no “**No. 1**” claims or “**100% success**” promises here. The focus is on qualifications, experience, individualized care, and a clear treatment approach.

If you're looking for more specific guidance, explore our dedicated pages on [PCOS Treatment in Pune](#) and **Ayurvedic Care for Male Infertility** for a closer look at condition-specific fertility care.

Frequently Asked Questions

What is Ayurvedic treatment for infertility?

Ayurvedic infertility treatment is an individualized approach that may combine Ayurvedic therapies, dietary guidance, lifestyle recommendations, and other treatments based on a person's fertility history and assessment.

Can Ayurveda help with infertility?

Ayurvedic care may be considered as part of an individualized fertility plan. It may focus on diet, lifestyle, general wellbeing, and other factors relevant to reproductive health. However, it should not replace appropriate fertility evaluation, and there is no guaranteed cure or outcome.

What Ayurvedic treatments are used for infertility?

Depending on the individual's needs, Ayurvedic fertility care may include dietary and lifestyle guidance, Panchakarma, and specific Ayurvedic procedures such as Uttar Basti in selected cases. The appropriate treatment should be decided after an individual assessment.

Can Ayurveda help with PCOS and infertility?

PCOS can affect menstrual cycles and ovulation. Ayurvedic care may include personalized attention to diet, lifestyle, daily routines, and overall wellbeing. However, PCOS varies from person to person, so appropriate assessment is important when fertility is a concern.

Can Ayurveda help with low AMH?

Low AMH can be an important part of a fertility assessment, but it does not provide the complete picture of fertility on its own. Ayurvedic care may be explored as part of broader reproductive wellbeing, while the meaning of an AMH result should be discussed with an appropriate fertility professional.

Does age affect Ayurvedic fertility treatment?

Yes. Age is an important factor in fertility assessment, particularly for women, although individual circumstances vary. Age can influence fertility and available treatment options, so it should be considered alongside medical history, investigations, and fertility goals.

Is Ayurvedic fertility treatment expensive?

The cost varies depending on the consultation, treatment plan, duration of care, and specific therapies involved. Before starting treatment, ask the clinic about consultation fees, therapy charges, expected duration, and any additional costs.

What is Panchakarma for infertility?

Panchakarma refers to a group of classical Ayurvedic procedures. Some Ayurvedic practitioners may include selected Panchakarma therapies as part of fertility care when considered appropriate for the individual. It should be performed under qualified professional supervision.

What is Uttar Basti in infertility treatment?

Uttar Basti is a specialized Ayurvedic procedure involving administration of medicine through the urogenital route. It may be considered in selected cases, depending on the practitioner's assessment. Because it is a specific clinical procedure, it should only be performed by a qualified practitioner with appropriate supervision.

Is Ayurvedic infertility treatment suitable for both men and women?

Yes. Ayurvedic fertility care can be considered for both men and women. Treatment plans should be individualized according to each person's fertility concerns, health history, and assessment. When appropriate, both partners can be evaluated as part of the fertility journey.

How long does Ayurvedic infertility treatment take?

There is no fixed treatment duration. It can vary depending on the individual's fertility concerns, treatment plan, response to care, and whether additional fertility evaluation or treatment is needed. Regular follow-up can help determine the next steps.

What happens during an Ayurvedic fertility consultation?

An initial consultation may include a discussion of your fertility history, existing medical reports, lifestyle, menstrual or reproductive health concerns, and other relevant information. The practitioner can then explain the assessment and recommend an individualized treatment and follow-up plan.

Can Ayurvedic fertility treatment be considered after IVF failure?

Some couples may explore Ayurvedic care after unsuccessful fertility treatment. However, the next step depends on the reason for the previous treatment outcome, the couple's medical history, age, and fertility goals. Discussing this with both an Ayurvedic practitioner and an appropriate fertility specialist can help you understand your options.

Where Can I Find Ayurvedic Infertility Treatment Near Wakad?

[Gynovitaa Fertility & Wellness Clinic is located in Balewadi, Pune.](#) and provides Ayurvedic fertility care for patients from Wakad and nearby areas, including Hinjewadi, Tathawade, Punawale, Thergaon, Baner, Pimple Saudagar, PCMC, and other parts of Pune.

If you're searching for **Ayurvedic infertility treatment near Wakad**, Balewadi can be a convenient option to consider, especially if you want fertility-focused Ayurvedic consultation and care.

Start Your Ayurvedic Fertility Consultation Near Wakad

If you've read this far, you're probably not looking for a quick fix. You're looking for clear information, a proper assessment, and a treatment approach that makes sense for your

situation.

That's a good place to start.

Before your consultation, you can:

- Talk openly about your fertility concerns
- Book a consultation with **Dr. Pradnya Dole at Gynovitaa**
- Bring any previous fertility or medical reports you have
- Ask questions about the assessment, treatment process, expected duration, and costs
- Discuss whether additional fertility evaluation may be appropriate for your situation

There are no promises of “**guaranteed pregnancy**” or “**100% natural cure.**”

The focus is on understanding your individual situation, explaining the available options clearly, and providing personalized Ayurvedic fertility care, one consultation and one step at a time.