



Birtz

My Story

Founder of
Birtz Nutrition

Master's in
Female Nutrition

Expert in hormonal
health and fertility

A portrait of Irene del Olmo, a woman with long brown hair, wearing a light blue blazer over a grey top. She is looking slightly to the right of the camera with a neutral expression. The background is a soft, abstract pink shape.

irene del Olmo

About me,

a story of resilience and science

Hello! I'm Irene

My path to motherhood **was not a straight line, but a labyrinth full of seemingly insurmountable walls.** My story begins with one word: impossible.

A lawyer who had worked in the European institutions sector and after living a love story marked by resilience (my partner had lost his previous fiancée to cancer), at some point we decided it was time to start a family. I went for a routine check-up and the diagnosis was devastating: **low ovarian reserve, thyroid problems, and stage 3 triple-negative breast cancer.**

Overnight, I went from planning a life to fighting for it. I faced 12 sessions of chemotherapy and radiotherapy that plunged me into chemical menopause at the age of 33. The doctors were clear: the recovery of my ovarian activity was unlikely. "Accept your new reality," they told me. But I decided to investigate.

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The birth of a method

After cancer, I found myself in a body I didn't recognize. At only 33, I was experiencing the symptoms of a 53-year-old woman: hot flashes that prevented me from thinking, a weariness that weighed on my bones, and that mental fog that makes you lose the thread of a conversation.

The doctors spoke to me about "quality of life" and "acceptance," but my mind, accustomed to finding solutions where others only see dead ends, rebelled. I couldn't accept my identity and my future evaporating without a fight. I plunged into scientific literature with a renewed obsession. If chemotherapy acts on fast-growing cells—destroying the tumor, but also hair, nails, and reproductive cells—**my goal was to reactivate my body's regenerative capacity from the base.**

The cleansing and rescue phase

I understood that before "building," I had to "clean." I designed a protocol focused on liver and excretory activity, which I followed with discipline. There were no secrets: long walks, mandatory gym to mobilize the lymphatic system, and a radical transition to organic. I eliminated cured meats, reduced red meat to a minimum, and made fiber, seeds, and nuts my allies. I needed my liver to process and eliminate every chemical residue from the treatment.

Supplementation

I became my own laboratory. Faced with the lack of complete formulas on the market, I ended up taking a massive amount of daily supplements, systematically reviewing the latest scientific literature to ensure they were truly therapeutic. The doctors looked at me with skepticism: **"It won't hurt you, but it won't change your prognosis,"** they told me. I decided to follow the maxim of Hippocrates: "Let food be your medicine."

Resilience in the face of failure

The path was not idyllic. When my cycle returned months later, medicine dismissed it as "sporadic and unproductive." I didn't stop. We experienced the entire fertility catalogue in three different countries. **We lived through the emotional toll of stimulations** that achieved nothing, failed IVF cycles, explored egg donation—which pushed my marriage to the limit—and even started an adoption process that the COVID-19 pandemic completely paralyzed.

The "Miracle" with a system

In the darkest moment, when the world was confined and everything seemed lost, I decided to stop fighting the circumstances and simply keep myself afloat with the basics: **my nutrition and my supplementation.** It was then that the "impossible" happened: a spontaneous pregnancy in April, with a loss in June. Another pregnancy in September, which culminated in the birth of my daughter.

When my daughter was born, I understood that it hadn't been a random miracle. My body was not a sterile land; it was an ecosystem that simply needed to be repaired, nourished, and understood. I had created a cellular optimization system that worked, and I knew **my mission was to prevent other women from having to navigate that labyrinth blindly.**

The project

The **BIRTZ** project was born from the need to offer other women what I couldn't find: real, honest, and science-based solutions, not marketing.





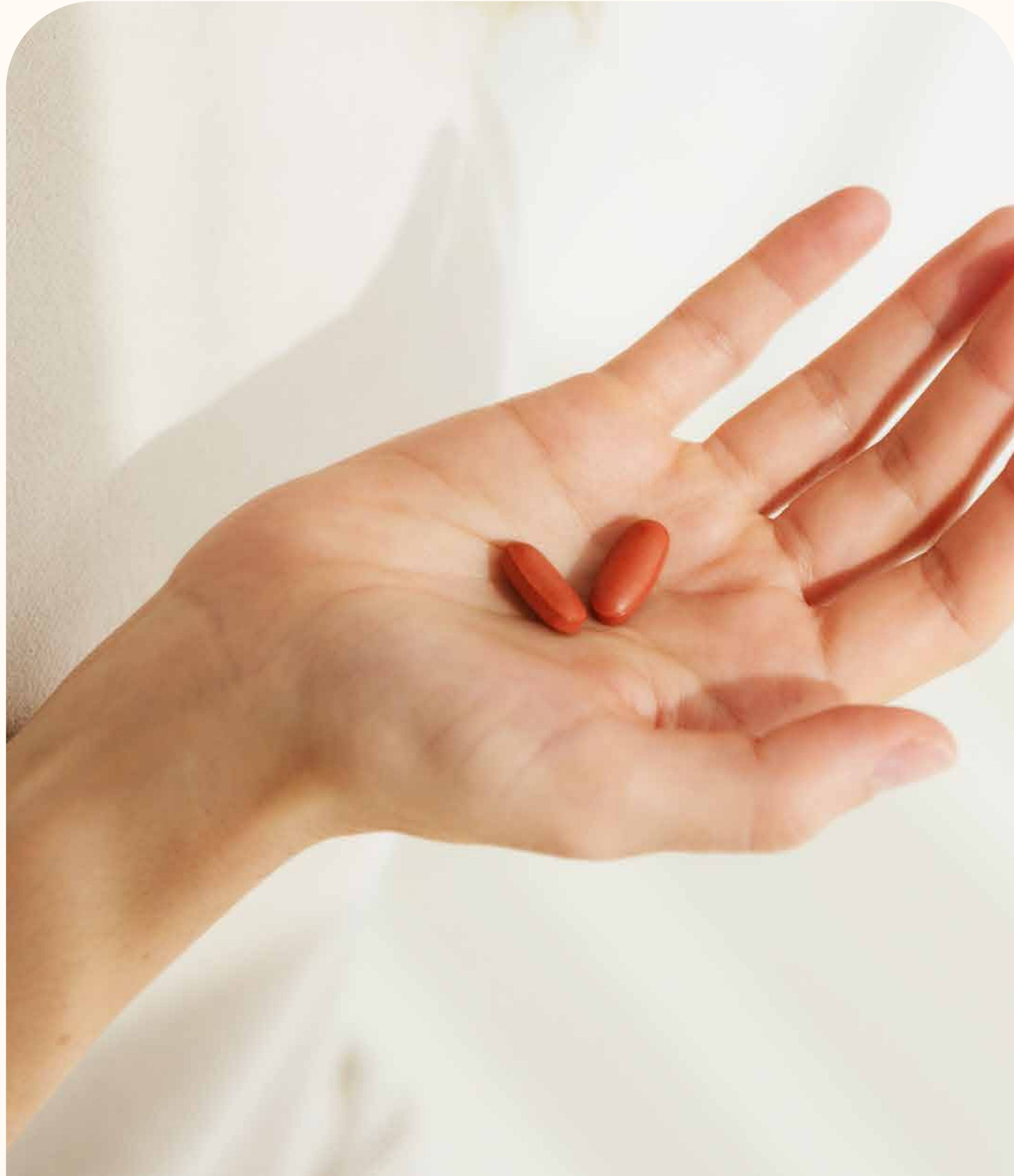
Own and exclusive formulas:

Unlike many brands that buy standard third-party formulas, at Birtz, we design every product from scratch **with pharmacists and food scientists.** We seek the perfect synergy of ingredients and doses that genuinely generate change.



A holistic view of women:

Reproductive health goes beyond the ovaries and uterus; it is 60% of our general health. It affects, among others, the heart, bones, and cognitive health. That is why our formulas evolved to cover different hormonal needs.



Ethical and sustainable commitment.

It seemed paradoxical to me to take care of fertility without considering the future of the planet. That is why **our packaging is biodegradable** (including the caps), a financial challenge we take on for coherence with our values.



Academic Authority:

To back up my personal experience and years of independent study, I completed a **Master's in Female Nutrition at the Faculty of Pharmacy of the Complutense University**, specializing in the impact of fat-soluble vitamins on fertility.

Conversation Topics

podcast proposal

I can offer a unique vision that blends the human and the scientific.

Workshop proposals

Whether your company is looking to upscale the workforce (Learning and Development), just formed your employee Resource group (ERG), or wish to offer a team building activity (HR) in line with your inclusion and diversity policies, we organize corporate workshops on hormonal health and wellbeing in the workplace:

- Beyond software and ergonomic chairs: leverage your team's performance by understanding hormonal blueprints;
- A hormone smart corporate culture: how to retain your best talents at their peak;
- How to transform your corporate culture into a women's best place to work;
- Biological literacy for nurturing your employees: Inclusion and wellbeing;
- Hormonal health: focus on resilience.

Specific workshops on Fertility support and Perimenopause management available upon request.

1:1 COACHING

While medical clinics focus on the procedure, our 1:1 fertility coaching provides the high-touch strategic and emotional guidance required to manage a complex fertility journey through a personal roadmap designed to optimize your biological readiness and mental resilience.



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