



“You're here
at this very
moment for
a reason.”

Robert J. Kiltz, MD

Dr. Robert Kiltz is Founder and Director of CNY Fertility, which is **ranked among the top ten fertility centers in the nation** with over 300 employees and chapters in six locations, including Atlanta and Montreal.

Over more than two decades of helping families grow, **Dr. Kiltz has developed cutting-edge approaches to fertility grounded in Western medicine and supported by practices from Eastern healing arts.** To treat the whole person—mind, body, and spirit, Dr. Kiltz revolutionized the Fertility industry by providing full service healing arts centers where patients receive massage, acupuncture, and yoga instruction. This patient-centered approach extends to **Dr. Kiltz's commitment to democratizing access to fertility treatments by making CNY the nation's most affordable fertility clinics.**

Dr. Kiltz routinely shares his thoughts on wellness, spirituality, and fertility in his blog Mind Body Smile and as host of the podcast The Fertile Life: Conversations with Doctor Kiltz. Each week thousands of viewers participate in his Fertile Fireside Chats broadcasted live on Facebook, where he answers questions about fertility in real time while sharing his recommendations for a ketogenic lifestyle based on a high fat, moderate protein, and low carb diet.

A thought leader in the keto movement, Dr. Kiltz believes that a keto diet dramatically improves mental

clarity, fertility, and health, empowering people to live their best lives. In addition to his own media channels, **Dr. Kiltz appears regularly on numerous popular blog-sand has shared his views as a speaker at TEDx.**

Dr. Kiltz is a Diplomat of the American Board of Obstetrics and Gynecology and Fellowship trained and Board Certified in Reproductive Endocrinology and Infertility. A graduate of the University of Southern California, he completed medical school at the University of California, Davis.

After residency at the University of Colorado Health Science Center in Denver, he practiced at Kaiser Permanente in California followed by a fellowship in Reproductive Endocrinology and Infertility at Harbor UCLA Medical Center. Prior to founding CNY Fertility, Dr. Kiltz practiced reproductive endocrinology and infertility at the Alta Bates In Vitro Fertilization Program while serving as a clinical faculty member at the University of California San Francisco, annually ranked among the top two medical schools in America.

Raised in Los Angeles and now a Central New Yorker by choice, Dr. Kiltz is a licensed pilot, frequently commuting in his Cirrus SR22T between CNY Fertility's offices in Albany, Syracuse, Rochester, and Buffalo. He makes his home on the beautiful shores of Skaneateles Lake, where he draws inspiration from his practices as an accomplished painter and potter.

“It's an honor to be recognized for my contribution to health and wellness in New York. I believe very strongly that each and every person should have the option to start or grow their family. It has been my mission to make fertility care affordable and accessible to all, regardless of income level or likelihood of success.”

1
FertilityIQ
NY Doctor

4
Published
Books

More than
8.000
Likes on personal
facebook page

Over
8
Public presentations
per month

The dreams we have for our futures exist for a reason. Our commitment to ourselves to follow these dreams determines the quality of our lives. While this journey may not always be easy, **I am here to help.**

I believe that **everyone deserves to have a family.** I provide access to care for all, including those turned away from other clinics. While I am a Western trained reproductive endocrinologist, I have become a fertility specialist by integrating traditional Eastern medicine into my practice to bring together the best of both worlds.

Through the power of positive thinking, changes to diet, and a nurturing attitude toward overall health, **you can achieve what you envision and desire most.** By showing up for yourself, you have already begun. I'm here to show up for you too.



DOCTOR ROBERT KILTZ
Founder & Director

Meet Doctor Kiltz



Doctor Kiltz in the Press

DOCTORKILTZ.COM



Frozen for nine years: The story of one WNY infant

"Dr. Kiltz...is giving the gift of life... What better thing to do in life than give life?"

The Washington Times

Indiana couple shares their struggle with infertility

"Dr. Rob Kiltz is known for taking on challenging IVF cases and treating his patients in a spa-like atmosphere at a reduced price. The average price of an IVF cycle is \$12,400, according to the American Society for Reproductive Medicine. CNY Fertility charges \$3,900 per cycle."



Trying to conceive? Try the better baby diet of beef, butter & bacon

"Fertility expert Dr. Robert Kiltz...provides references to Diet Doctor and other low carb ketogenic resources. Dr. Kiltz has another popular saying ...'Fertile fatty foods first! It's the fastest path to reproduction.'"



The Future of Fertility

"The CNY fertility center in New York offers spa-like settings and yoga for fertility patients. Accessibility to this generation is fertile ground."

THE WALL STREET JOURNAL.

The Fertility Clinic That Cut IVF Prices in Half

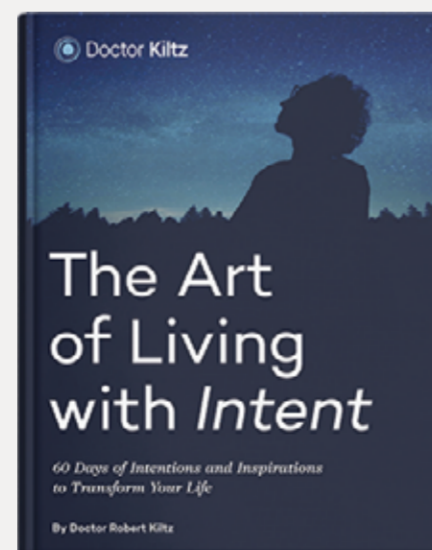
"Robert Kiltz...charges \$3,900 for one cycle of IVF. That's about a third of the national average cost... CNY has been profitable every year since its 1997 opening."

Books by Dr. Kiltz



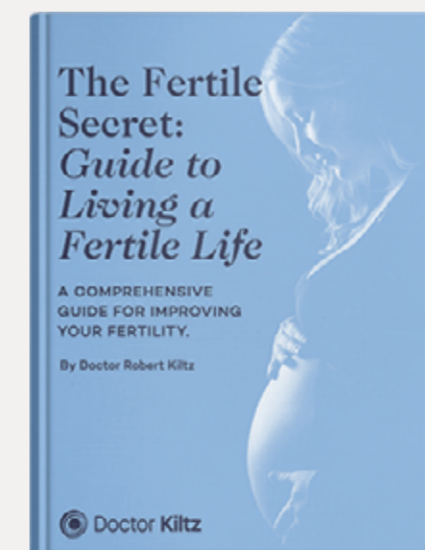
Daily Inspirations: How to Create a Positive Change in Perspective, Attitude, and Outlook

Dr. Robert Kiltz shares the inspirational quotes and contemplations that lifted his spirit and guided his personal reflection. He shares his lessons for learning to slow down, breathe deeply, and look inward for the strength and inner guidance you need to feel connected with the universe, achieve your goals, and live the life of your dreams.



The Art of Living with Intent: 60 Days of Intentions and Inspirations to Transform Your Life

You are here at this very moment for a reason. Perhaps that reason is curiosity, coincidence, or not even apparent. Everything that happens at every moment of the day is an opportunity for you to learn and grow.



The Fertile Secret: Guide to Living a Fertile Life

This unique blend of Eastern and Western medicine prepares the reader for a life-changing journey to a healthy and fertile life. Focusing on the body's natural ability to evolve and change, Dr. Kiltz highlights the many ways that you can take an active role in your fertility.

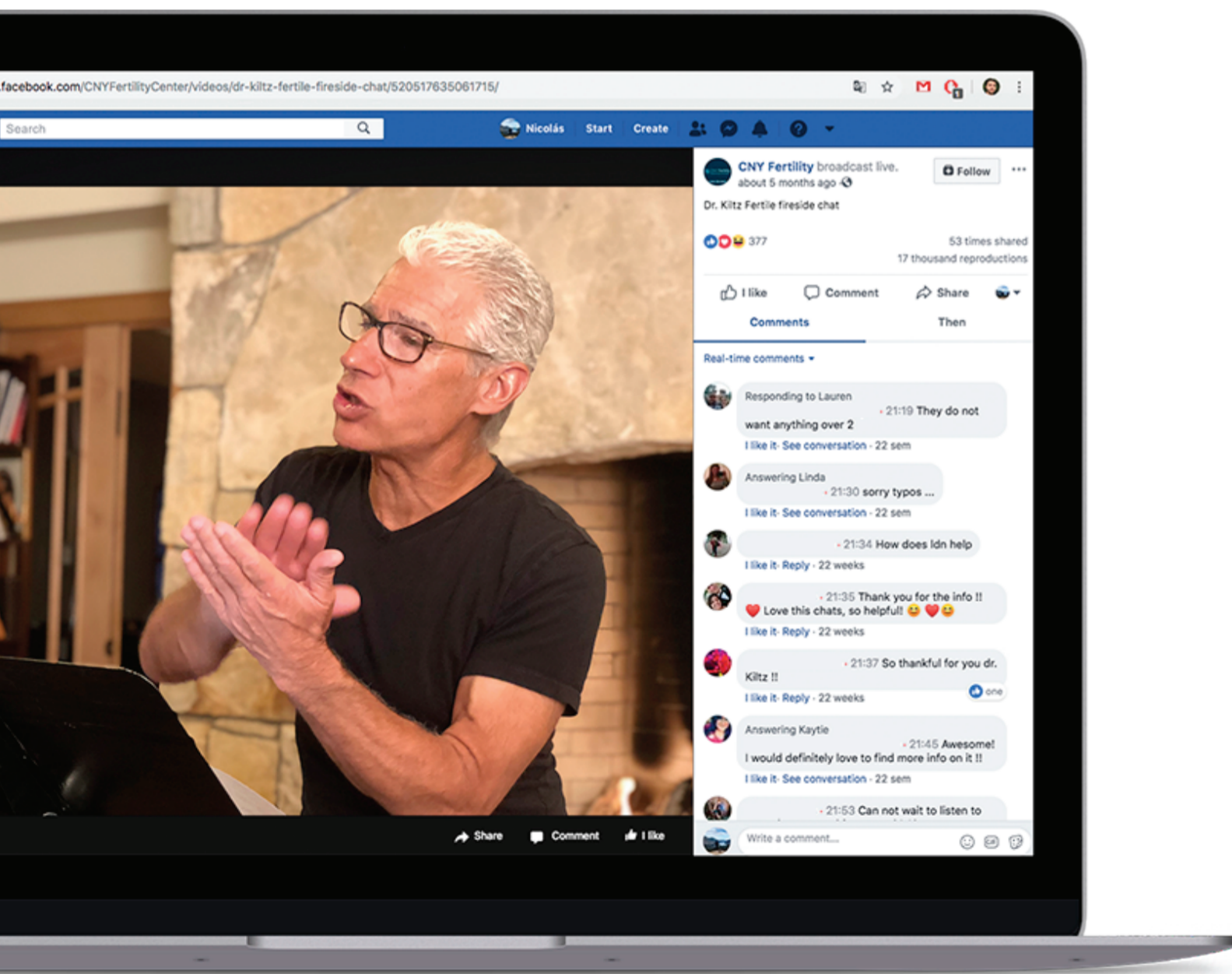


The Human Ferrari.
TED Talk by
Doctor Kiltz
December 31, 2018.

DR. KILTZ FEATURED ON TEDX

Fertile Fireside Chat Stream

A chance to ask anything about fertility, treatment options, reproductive immunology, protocols and more. No matter where one is on their journey, there is no better way to learn how to improve fertility and the odds of a successful pregnancy.



JOIN THE TALK ON FACEBOOK

More than
14.000
Views Every
Week





Over
4.000
Likes Per
Chat Stream

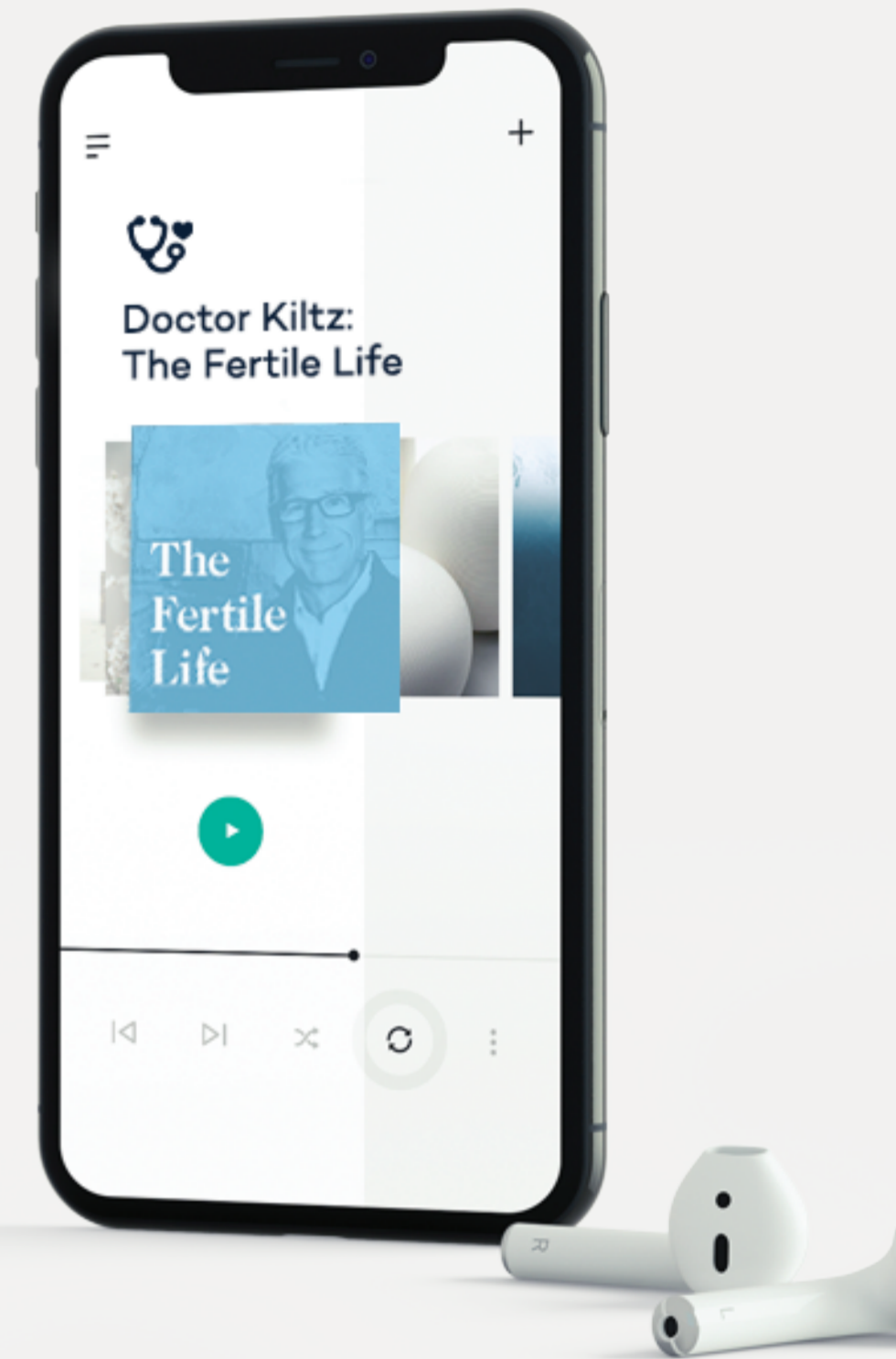
More than
8.000
Comments
Per Chat!

The Fertile Life: Conversations With Dr. Kiltz

Listen in as Doctor Kiltz has candid conversations with experts in the fields of health, wellness, mindfulness, and creativity.

UPCOMING GUESTS

-  **Sarah McLean**
Meditation Expert and Author of *The Healing Power of Attention*
-  **Erin Falconer**
Author of *Getting Sh*t Done*
-  **Ken Barry MD**
Author of *Lies My Doctor Told Me*
-  **Maria Emmerich**
Author of *Keto*



"I am incredibly grateful to all of our patients and staff for the trust they put in me and CNY Fertility each and every day. The fertility journey is not an easy one, but I get to witness incredible strength, grace, perseverance and lots of little miracles on a daily basis. I am thankful for twenty years of helping families grow, and look forward to continuing our commitment to affordable, accessible fertility care for many years to come."

CNY Family

Our CNY branches encompass a variety of aspects of reproductive care. We pride ourselves on the community created as our clients connect with and support each other through their individual fertility journeys.

From IVF to egg freezing, to healing arts and nutrition, we address your diverse needs through a spectrum of services.

 **CNY Fertility**

 **CNY Preserve**

 **Doctor Kiltz**

 **CNY Healing Arts**

DOCTORKILTZ.COM

 **CNY Fertility**

CNY Fertility Center provides industry-leading, comprehensive, and affordable fertility solutions to individuals and couples worldwide. We opened our first office in Syracuse in 1997, and have since opened centers in Albany, Rochester, and Buffalo. Founded by board-certified OB-GYN and Reproductive Endocrinologist Dr. Robert Kiltz.

CNYFERTILITY.COM

Over
20.000
Babies Born

Clients From
50
States And 15
Countries

Over
250
Years Of Combined
Provider Experience

More Than
25.000
Likes on Facebook

 **CNY Preserve**

CNY Preserve empowers women by making high quality egg freezing services accessible and affordable. We help ensure that the future holds options for each of our clients by offering comprehensive and easy-to-understand care.

CNYPRESERVE.COM **COMING SOON**




THE KEY TO FERTILITY, LONGEVITY, AND HEALTH

On our journey of helping couples to conceive and build families, we have discovered that the truth is just the opposite: Fat is healing. Fat is the building block of every cell in our bodies. Fat can reduce inflammation and help our body repair itself. It's fruits, fibers, vegetables, grains, and milk that make us fat and chronically inflamed.

THE B.E.B.B.I DIET: KETO FOR FERTILITY

Make Bacon 🥓, Eggs 🍳, Butter 🧈, Beef 🥩 & Ice Cream 🍦 the mainstays of your regular diet.

 These foods are the basis of Kiltz's Keto or the B.E.B.B.I. Diet which supports fertility.