



Basic Fertility Handout

For the couple:

- Eat a low carb, high protein breakfast - eliminate or reduce coffee and sugar
- Proper sleep and rest are the most powerful natural fertility drugs. Practice good sleep hygiene
- Limit your alcohol intake. More than a few glasses of wine a week can hurt your hormonal balance
- Make space in your life for a baby TODAY.
- Limit your exposure to BPA and Phthalates by:
 - Replacing plastic kitchenware that comes in contact with hot food or drinks
 - Use a stainless steel or glass water bottle
 - Minimize canned and highly processed foods
 - Prepare more meals at home using whole, natural ingredients
 - Wash hands when you return home from handling paper receipts
 - Avoid using conventional hair sprays, nail polishes, and fabric softeners
 - If budget permits, replace hair, skin care, and laundry products with fragrance free or phthalate free products
- For Men:
 - Take a CoQ10 supplement- (Ubiquinol or Bio-Quinon) - 200 mg in the morning with food
 - Drink Morning Rooster tea daily
 - Start a multivitamin with methylfolate
- For Women:
 - Start taking a daily prenatal vitamin as soon as possible. It should include at least 800 mcg of methylfolate or natural food folate
 - Talk to your doctor about adding these supplements:
 - CoQ10 (Ubiquinol or Bio-Quinon) - 200 mg in the morning with food
 - If your Vitamin D level is slightly low consider adding 4000 - 5000 IU of Vitamin D3 per day

Add one or two of these suggestions per week until you have incorporated them all into your daily routine. We'll also create a unique plan just for your specific case as we progress in your treatment.

Supplements Not Supported by Research:

- Pycnogenol
- Royal Jelly
- L-Arginine - in some cases this may be appropriate, but you're not at this step yet!

A great resource for supplements is the It Starts With the Egg website:

<https://itstartswiththeegg.com/supplements/>