



## **IVF Pre-and Post- Transfer Food and Lifestyle Recommendations**

Based on our years of experience, here are our best recommendations for food and lifestyle choices that will ensure the best possible results for your IVF.

**The first key - KEEP IT SIMPLE. There are really no “special foods for IVF success. Three big success factors are:**

1. **Rest** - get plenty of sleep - at least 8 hours and up to 9 - 10 hours a night
2. **Hydration** - 2 - 3 liters of room temperature water a day
3. **Circulation** - don't be too sedentary. A moderately - brisk walk for 5 - 10 minutes a day at least

**It's more about what you DON'T eat than what you do eat:**

1. Keep refined sugar, wheat flour, and animal dairy to a minimum - you don't have to be perfect, just be aware and make conscious choices
2. Don't overindulge in caffeine - 1 serving a day is probably ok but if you can avoid it altogether that's better
3. Same for alcohol - probably best to avoid for now

**Some other tips regarding things you'll read about online:**

1. If you are taking Systemic Enzymes you don't need to eat pineapple core
2. Pomegranate and raspberry leaf tea are both high in bioflavonoids which are helpful for blood vessel health.
3. Walnuts are high in zinc and selenium which are both helpful. Zinc is essential for a host of different processes that control fertility, growth, metabolism, and other processes. Selenium supports selenoproteins which help control our energy, metabolism and DNA synthesis.
4. Keep your feet warm and cozy, however, if your feet feel cold, it doesn't mean you aren't pregnant or won't get pregnant.

Feel free to email us ANYTIME with questions. We are always here to help.

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