

## **Intermediate 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 Phthlates by:
  - o 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
  - o 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:

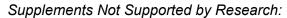
- o Take a CoQ10 supplement- (Ubiquinol or Bio-Quinon) 200 mg in the morning with food
- Drink Morning Rooster tea daily
- Start a multivitamin with methylfolate

## For Women:

- Have you been tested for Vitamin D deficiency, low thyroid, gum disease, and/or Celiac
  Disease? All of these can have a negative effect on fertility outcomes
- 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
  - Additional Vitamin C (500 mg) and Vitamin E (200 IUI)
  - Add an antioxidant such as N-Acetylcysteine or alpha-lipoic acid

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.

A great resource is the book <u>It Starts With the Egg</u>: https://itstartswiththeegg.com/supplements/



- Pycnogenol
- Royal Jelly
- L-Arginine in some cases this may be appropriate. If I think it's appropriate for you, we'll discuss it.

We're looking forward to working with you!