

PCOS or Irregular Ovulation 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

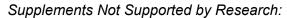
For Men:

- o Take a CoQ10 supplement- (Ubiquinol or Bio-Quinon) 200 mg in the morning with food
- Drink Morning Rooster tea daily
- o Start a multivitamin with methylfolate
- For Women, consider taking these supplements for 2 3 months before trying to conceive:
 - 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) 400 mg 200 mg in the morning with food and 200 mg at lunch
 - 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)
 - N-Acetylcysteine 600 mg anytime of day
 - Myo-inositol: 4 g per day, divided into two doses, one in the morning, one at night

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

https://itstartswiththeegg.com/supplements/

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.



- 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!