



Fertility Enhancement

Just as a gardener enriches the soil before planting a seed, we believe in optimizing your overall health so the body can produce the best possible eggs and the uterus is prepared to receive a pregnancy.

As it takes approximately 100 days for an egg to develop toward ovulation, we encourage you to adopt a healthy diet and lifestyle in the four months prior to a possible conception.

We encourage you to:

- Eat fresh fruits, vegetables, lean meats, and whole grains
 - Buy organic and local when possible
 - Eat warm, nourishing foods such as soups and stews
- Drink plenty of water
- Moderate exercise at least 3 times per week
- Keep stress to a minimum
 - Yoga and meditation can help
 - Journal writing is another healthy way to manage stress
- Weight loss if needed
 - Being overweight can increase your risk for infertility
- Get 8 hours of sleep, nap if needed
- Do activities you enjoy, spend time outside in nature
- Take a prenatal vitamin and any other recommended supplements

We encourage you to avoid:

- Processed foods
- Excess cold and raw food
- Sugar
- Caffeine
- Alcohol
- Cigarette smoking, vaping, drugs, marijuana
- Pesticides and chemicals
 - You can check the chemicals in your personal hygiene products and household cleaners using an app called "Think Dirty"
- Over-working
- Over-exercising