



## **Fertility Enhancement**

Our goal is to help you conceive and to encourage healthy, thriving parents that can create a vibrant and healthy child. Just as a gardener enriches the soil before planting a seed, we believe in investing in your health and body prior to conception.

Since it takes about 90 days for a developing egg to mature to ovulation and for new sperm production, it is ideal to dedicate 3 months to taking good care of yourself to ensure the best possible egg and sperm are used for conception.

### **Encouraged for men and women:**

- Eat fresh fruits, vegetables, lean meats, and whole grains
  - Buy organic and local when possible
- 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
  - For men and women, 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
- Spend time connecting with your partner
- Take a prenatal vitamin and any other recommended supplements

### **Things to Avoid:**

- Avoid all processed food
- Avoid excess cold and raw food
- Avoid sugar
- Avoid caffeine
- Avoid alcohol
- Avoid cigarette smoking, drugs, marijuana
- Avoid pesticides and chemicals
  - You can check the chemicals in your personal hygiene products and household cleaners using an app called "Think Dirty"
- Avoid overworking