

Six Month Before Conception: Top Steps for Optimal Health and Fertility Prior to Conception

For Women

- 1) Discontinue use of oral contraceptives. Oral contraceptives rob the body of zinc and other nutrients that are critical to a fertile environment.
- 2) Do a cleansing fast.....see Recipes section for suggestions on cleansing recipes. A cleansing fast helps flush out any toxins that have accumulated from a poor diet (processed, refined and sugary foods), use of recreational or pharmaceutical drugs, alcohol consumption, environmental toxins, or exposure to viruses. Toxins have a very detrimental effect on the fertility of sperm and eggs, and can ultimately effect the health of the fetus and the baby.
- 3) Eliminate most foods that contain sugar, yeast, soy and other toxins. As mentioned in #2, toxins have a way of clogging up our internal systems preventing the healthy stuff from getting where it needs to go. And make no mistake, sugar, yeast, and soy are interpreted in the human body as “toxins”.
- 4) Eliminate fast, processed and refined foods / maintain a diet rich in nutrient-dense foods.
- 5) Maintain a diet consisting primarily of organic foods. Once again, by eating organic foods you are eliminating toxins. Eat lots of organic liver and organ meats if you have the palate for them (tongue, kidneys, tripe, brain). Organ meats are extremely high in nutrients such as protein, iron, copper, folate and vitamins A and B. Eat lots of organic eggs, quality organic butter from grass-fed cows, cream, fermented dairy products, vegetables (with special focus on leafy green veggies that are high in folate, legumes and seafood (avoid seafood that may contain mercury).
- 6) Drink filtered or purified water.
- 7) Keep stress at a minimum. Stress activates a response from the adrenal glands which impacts hormone regulation and can interfere with fertility and conception.
- 8) Get your weight under control if you are overweight. Even a moderate weight loss of 5-10% of body weight can be enough to restore fertility and improve metabolic markers.

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Women (continued)

- 9) Take a folate or 5-MTHR supplement. Check to see if folate is an ingredient in your pre-natal vitamin. An artificial form of folate is often used in supplements called “folic acid”. Folate from food sources, or 5-MTHR (the activated form) are more effective sources of this nutrient and can help improve fertility.
- 10) Take an essential fatty acid supplement. Take a supplement of essential fatty acid or cod liver oil. Omega-3 essential fatty acids support fertility and proper development of the fetus.
- 11) Take a probiotic everyday that is predominantly lactobacillus bacteria strains.
- 12) Get plenty of sleep and exercise. Getting regular, adequate sleep and exercise is nourishing and restorative for the body. Exercise helps keep fluids moving, stimulates the immune, digestive, and detoxification systems, and ensures production of much needed enzymes and hormones.
- 13) Stop smoking, alcohol consumption (excessive), and stop recreational drugs. This should be listed first. All of these are poison to your body and will have a damaging impact on your fertility, can stunt the growth of the fetus, and cause below average IQ development in children. You can not be an effective, engaged, responsible parent if you are abusing alcohol or drugs.. If you’re going to the trouble of analyzing and improving your diet to increase your odds of fertility and conception, then start by eliminating the things that are the most toxic habits and substances you could be ingesting – nicotine, alcohol (excessive use), and drugs. Stop. Now.

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For Men

Men's health is as vital to your ability to conceive as the woman's. Since the woman, by far bears the biggest burden of a pregnancy (and many would argue through child-rearing as well), this is a perfect opportunity for all future dad's to step up to the plate and demonstrate your commitment to your role as a caring, concerned, engaged partner and parent. What a better time to start than right now?

- 1) Do a cleansing fast. A cleansing fast helps flush out any toxins that have accumulated from a poor diet (processed, refined and sugary foods), use of recreational or pharmaceutical drugs, alcohol consumption, environmental toxins, or exposure to viruses. Toxins have a very detrimental effect on the fertility of sperm in men, just as they do on the eggs in women.
- 2) Eliminate most foods that contain sugar, yeast, soy and other toxins. As mentioned in #1, toxins have a way of clogging up our internal systems preventing the healthy stuff from getting where it needs to go.
- 3) Eliminate fast, processed and refined foods.
- 4) Keep stress at a minimum. Stress activates a response from the adrenal glands which impacts hormone regulation and can interfere with fertility and conception
- 5) Maintain a diet consisting primarily of organic foods. By eating organic foods you are eliminating toxins. Eat lots of organic liver and organ meats if you have the palate for them (tongue, kidneys, tripe, brain). Organ meats are extremely high in nutrients such as protein, iron, copper, folate and vitamins A and B. Eat lots of organic eggs, quality organic butter from grass-fed cows, cream, vegetables (with special focus on leafy green veggies that are high in folate legumes and seafood (avoid seafood that may contain mercury).
- 6) Get your weight under control if you are overweight. Even a moderate weight loss of 5-10% of body weight can be enough to restore fertility and improve metabolic markers.

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Men (continued)

- 7) Drink filtered, distilled or purified water., half your body weight everyday.
- 8) Take a zinc supplement. Zinc is an important nutrient for healthy, fertile sperm.
- 9) Take essential fatty acid supplement or cod liver oil supplement. Take a supplement of essential fatty acid or cod liver oil. Omega-3 essential fatty acids support fertility in men and women.
- 10) Get plenty of sleep and exercise. Getting regular, adequate sleep and exercise is nourishing and restorative for the body. Exercise helps keep fluids moving, stimulates the immune, digestive, and detoxification systems, and ensures production of much needed enzymes and hormones.
- 11) Stop smoking, alcohol consumption (excessive), and stop recreational drugs. As with the section for women, this really should be listed first. All of these are poison to your body and will have a damaging impact on your fertility, can stunt the growth of the fetus, and cause below average IQ development in children. You can not be an effective, engaged, responsible parent if you are abusing alcohol or drugs. Let me be blunt: there's no point in eliminating the junk food or taking the other health-restoring measures listed here if you aren't taking your health and fertility seriously enough to discontinue smoking, excessive alcohol consumption, and/or drugs. Stop. Now.