

5 THINGS YOU MAY BE DOING THAT SABOTAGE YOUR FERTILITY RESULTS



AND WHAT YOU CAN DO
ABOUT IT

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1. Stop drinking coffee
2. Stop eating sugar
3. Lower stress
4. Lower inflammation in your body
5. Supplement your deficiencies

1. Stop drinking coffee

You may think that drinking little bit of coffee or eating just a little bit of cake or other sweet treat is ok for your overall health and that may be true if you did it in moderation or were not trying to conceive right now.

I believe in the motto act pregnant to get pregnant. I had read that drinking 100mg of coffee a day per research is perfectly ok and nothing to worry about. According to some other researchers consuming caffeine can lower your chances of becoming pregnant by 50%. Hear what the research says about this:

from Enhancing Fertility Naturally:

“...caffeine has been shown to have a dramatic effect on fertility in women. Several studies have shown that caffeine intake can substantially lengthen the time it takes to become pregnant. One trial involved 1430 women who were trying to become pregnant showed that the consumption of more than 300mg of caffeine daily almost tripled the likelihood of not becoming pregnant within twelve months and reduced the monthly chance by 26 percent compared with women who did not consume caffeine...only two cups of coffee and four cups of tea daily will put you over the limit...a previous study which selected women who were planning to become pregnant, reported a **50 percent decrease in the probability rate of pregnancy among women who tried for three months or more to become pregnant when they were consuming as little as one cup of coffee a day.**” Pg. 71

Consuming caffeine can affect your blood sugar and make it difficult to control which is a problem called insulin resistance. If you have insulin resistance it could cause you not to ovulate. Women with PCOS can have problems with insulin resistance.

Caffeine especially coffee can cause permanent damage to lining of your intestines because of too much stomach acid and therefore negatively affect your digestion. It can cause irritation and

contribute to leaky gut. Digestion is extremely important to the absorption of critical nutrients needed for fertility and healthy pregnancy – the goal of improving your fertility.

Caffeine can dehydrate cells making it difficult to absorb nutrients. Nutrition is critical to fertility, getting pregnant and sustaining a pregnancy.

Caffeine can cause adrenal exhaustion. The adrenal glands play a huge role in the production of hormones much needed for ovulation and pregnancy.

My thought is if you are investing a lot of time and money with IVF or any other ART like IUI and other assisted reproductive technology, then stopping caffeine as miserable as it can be would be well worth the effort not only in increasing the odds but in terms of your health and the health of your desired baby. Make an excellent choice for yourself now and maybe even in the future of your own health and don't drink caffeine while you are trying to conceive.

There are many **alternatives to coffee**. If you are looking for the energy boost coffee and caffeine gives you – **try green smoothies** or even fertility smoothies, which are loaded with superfoods and good nutrition that boost your energy and improve the health of body and in turn your reproductive organs which need an abundance of antioxidants to stay healthy.

Herbal teas are also a great alternative, if you just like to have something to sip on all day. Pregnancy tea is the name of tea which has herbs which help to strengthen and tone the uterus for an easier labor (possibly) and general preparation of the reproductive organs for pregnancy.

Teccino is a coffee substitute made from certain grains and roots like chicory root. This is fine if you were just trying to stop coffee but not the greatest in pregnancy preparation because some of those roots and grains can negatively affect digestion which is something that also needs building of at this sensitive season.

2. Stop eating sugar



Sugar can wreak havoc on your body in so many ways. It's one of those things we know because we know we're supposed to eat our fruits and veggies and protein and well, be healthy. But why is sugar so bad for fertility?

There are multiple reasons that sugar is bad for fertility and pregnancy. I will only talk about a few here. The first thing is that sugar contributes to inflammation. Inflammation in the wrong amounts prior to embryo transfer for IVF or embryo implantation for someone getting pregnant naturally.

Inflammation is created by your immune system when something is wrong. Your body is trying to remove something it doesn't like or thinks is bad for you or will compromise your overall health. Your body increases blood supply to the place of inflammation and there is an increase of permeability so that proteins and white blood cells among other things can be deposited so that that area can be cleaned up of unhealthy cells.

Inflammation can affect ovulation, hormone production, implantation and pregnancy. Inflammation is involved in conditions like endometriosis and POF which is premature ovarian failure. Inflammation plays a role in regulating genes necessary for endometrial receptivity which is the implantation part of getting pregnant. Inflammation in Reproductive disorders. Pg. 1,2,3,8

Sugar also does the following things all of which affect fertility and pregnancy:

- Sugar can suppress the immune system
- Sugar can upset the body's mineral balance
- Sugar interferes with the absorption of calcium and magnesium
- sugar can cause hormonal imbalance
- Sugar can cause a decrease in insulin sensitivity
- Sugar causes food allergies
- Sugar can cause toxemia in pregnancy

This is just a short list from www.nancyappleton.com. There are some good sugars that you can eat and I suggest you do to improve your digestion. They are prebiotics and feed the good bacteria in your gut. Optimizing and improving your digestion is just another important task to improve your fertility and to make sure you do pre-pregnancy.

I think **stevia** is the best alternative to sugar. You could also try baking with **dates or raisins** which have minerals as well as natural sugar. Eat fruit when you crave something sweet. Trying warming up some **frozen strawberries and blueberries** mixed with coconut oil and stevia, it tastes amazing and sweet and fills that desire.

You can also put frozen berries into a vitamix with coconut milk and stevia and make a ice cream sorbet. There are other sweeteners which do not spike blood sugar or otherwise affect you like processed sugar like monk fruit in a liquid.

3. Lower stress



Lowering your stress has a lot to do with how the adrenal glands work and how they are involved with the production of hormones.

Adrenal glands produce cortisol which gives you the feeling that your heart is racing, you feel extremely focused, and you're ready to run or as they say flight or flee or fight. The blood supply that usually is attending to things digestion and reproduction which can only happen when things are calm gets diverted to your muscles and brain so you can stay alive.

Hormones are made from cholesterol the good kind LDL which gets turned into pregnenolone. Pregnenolone gets turned into DHEA which I have heard called the mother hormone. DHEA gets turned into testosterone and estrogen.

If you are continually under a lot of stress your body will not think it is safe nor has the resources to reproduce. Your body will be too busy making cortisol to do the work needed to keep you alive.

Simple things can help you relax and most especially burn up cortisol. Simple walking is one of them. Deep relaxation is another.



There are many things you may need to do to support your adrenal glands. They may be tired and for some they may be completely

exhausted. **Sleep** is another important support for the adrenal glands and to lower the stress chemicals in your body. Sleep past 9AM as often as possible. You can purchase a **Himalayan pink salt lamp which emits negative ions** which help balance the body and lower stress. There are so many things you could do to lower stress; it just needs to take priority while you are trying to conceive.

Remember it's important to act pregnant to get pregnant and keeping stress to a minimum is extremely important during pregnancy for multiple reasons. You slow down a great deal which makes room for baby which will require your full attention and a much slower pace in life in general at least when baby is first born for a season.

Ideas to lower the stress in your body

1. Deep relaxation and breathing that goes with it
2. Walk on sand, dirt, the beach or just get out in nature
3. Play relaxing music
4. Take a bath
5. Make love

Anything that will lower the cortisol in your body.

4. Lower inflammation in your body – stop trigger foods and eating foods you are sensitive to



I shared earlier that sugar is one cause of inflammation. There are many other causes. Stress, certain drugs, alcohol, infection, trauma and food.

If you are eating foods that you have a sensitivity or allergy to then you are creating inflammation in your body every time you eat them. This inflammation lingers for days, weeks, and if it's chronic months and years.

This inflammation can damage your intestines and hamper your digestion. So how do you know if you are having a negative reaction in your body that you should be aware of and act on?

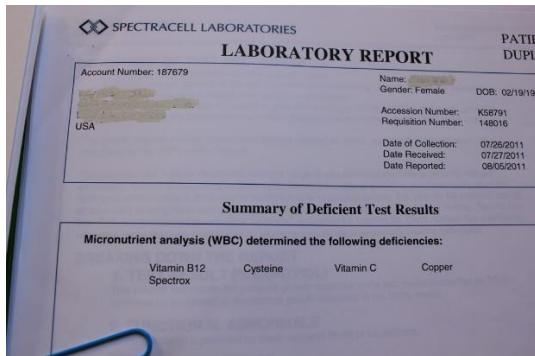
If you have symptoms like a constant runny nose, headache, muscle aches, skin rashes, fatigue especially after eating certain foods, swollen glands, and even low grade fevers.

Your body increases its temperature in response to foods by about .5 to 1 degree. If it goes up more than that 1.5-2 degrees F that means your body has had an immune response and that you probably have a food sensitivity. If your body temperature goes down after a meal it's a sign that the meal was not helpful to your metabolism or thyroid. I experienced this myself when eating mayonnaise. My temperature would go up. Several months later I had an extremely bad reaction to eggs. I also read more about this in an excellent book by Christa Orecchio called *How to Conceive Naturally* pg. 34.

To lower inflammation in your body there are several things you can do:

1. The things we already talked about; no coffee, no sugar, lower stress
2. Stop eating trigger foods you are sensitive to
3. Ground your body in sand, ocean water, being outside barefoot
4. Get tested and take more omega 3 oils and stop eating trans fats, canola oil and too many omega 6 oils which are in foods like corn, soybean, and cottonseed oils
5. Make sure your eating a lot of antioxidants
6. Make sure the bacteria in your gut are balanced, dysbiosis and imbalance of bacteria and fungus can cause inflammation
7. Get tested for environmental toxins and lower them in your house, beauty products and foods

5. Get your vitamin levels tested and supplement your deficiencies



It can be difficult to figure out nutritional deficiencies if you think you generally feel well. Maybe you're just a little tired because you're working a lot, or because you've been really emotional and disappointed with all your trying to get pregnant efforts.

Your body may have deficiencies that are contributing to your inability to get pregnant right now. One example is zinc.

According to

<http://www.fertilityproregistry.com/article/archive/diet/zinc-and-fertility> Zinc is the substance that is known to have the greatest influence on fertility and is effective both in male and female patients that have fertility issues. Zinc is a basic element that makes up genetic material, and if there is a deficit in the body, this will clearly affect fertility.

In women, zinc helps the body use the sexual hormones (i.e. progesterone) efficiently. Zinc is also an element that supports the health of the immune system. A healthy immune system is essential when it comes to fertility.

Just like in women, in men, zinc is important for the body to utilize the male sexual hormones, the estrogen, in an efficient manner. Zinc is normally found in the composition of the sperm. Zinc makes up the coating and the tail of the sperm, and if there is a deficiency of zinc in the system, the quality of the sperm will be net inferior.

Zinc also influences the sperm count. Studies have been performed and the results show that a man with a reduced zinc intake will also have a reduced sperm count.

Getting enough zinc either from your food or supplementation is critical for fertility.

Some sources of Zinc

Zinc is found in nearly all dietary supplements, but may be also taken individually. There are certain foods that are rich in zinc and should be included in the diet of all couples that are trying to conceive:

- Oysters and seafood have a high concentration of zinc
- Meats such as beef, pork, chicken or lamb
- Fish such as salmon or crab
- Yeast
- Dairy products such as milk or yogurt
- Breakfast cereals, which are often supplemented with zinc
- Nuts and seeds
- Rice
- Beans
- Potatoes

There are other deficiencies that can affect you in other ways. B12 for instance can affect your energy level as well as depression, confusion, poor memory, and a sore tongue. B12 deficiency can also affect your nervous system and cause permanent damage if you are deficient. <http://www.mnn.com/health/fitness-well-being/stories/7-nutrient-deficiencies-that-can-make-you-sick>

Vitamin C is another example of which could cause problems with digestion, your immune system, protein synthesis and other things that could potentially affect your ability to become pregnant or have a healthy pregnancy. <http://www.mnn.com/health/fitness-well-being/stories/7-nutrient-deficiencies-that-can-make-you-sick>

If you have any symptoms like fatigue, sore tongue, bleeding or sore gums, as well as any other symptoms of not feeling well like poor

memory, eye site, or other seemingly unconnected symptoms, its really important to get yourself tested for deficiencies. Deficiencies of vitamins or minerals while you are preparing to get pregnant and especially during pregnancy can be the difference between life or death for you or your baby. I don't mean to sound like an alarmist but it could be that critical and you don't know what's coming around the bend during your pregnancy or birth (I had some very interesting experiences that any of which could have caused problems for me or my baby - I tell more in my fertility story).

There are a few different ways to get yourself tested:

1. Lab tests
 - a. Spectra Cell - the full antioxidant and immune function test
 - b. Nutri-Eval - tests the B vitamins as well as A, and minerals and amino acids (which are also important to be processing well before pregnancy)
2. Muscle testing or what's called Q.R.A testing which is a proven muscle testing technique that tests the bioenergetic status of key organ and gland control points of medically accepted reflex points. This is an excellent way to determine what your body is missing on an energetic level which goes beyond specific nutrients but energy requirements. Pregnancy and childbirth are extremely energy intensive and your energy must be high so you can do these things successfully.

I look forward to helping you do the work needed to have the desires of your heart that little baby.

Please contact me about your Free 15 minute discovery session to learn more about how I can help you get healthy enough to be prepared to get pregnant even if you are doing IVF or any ART

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