

The Importance of Proactive Fertility Care

Being proactive about your health is the highest form of self-care. How can you be proactive about your reproductive health today? That's easy.

Know the (biological) facts.

You are never too young (or too old) to learn more about your body, your fertility, and understand where things stand.

- Age matters. When it comes to fertility, the most important thing to think about is your age.
- We are born with all the eggs we're ever going to have. We are born with about 2 million eggs.
- Our number of eggs decreases with age. By the time we reach our first period, we have 300k-400k, from there we lose 1k eggs every month.
- Egg quality is as important as quantity. As we get older, the quality of our eggs also declines. Poor egg quality could result in a higher rate of miscarriage, infertility or other complications.
- Now is a good time to know where things stand. Doctors typically point to 35 as the age at which fertility declines. But fertility isn't just a switch that turns off, it diminishes with time. 1 in 20 women experience premature low ovarian reserve under the age of 35. A fertility assessment will help you know where things stand.
- Information is power. Once you know where things stand, you can make an informed decision about your fertility, and, if you choose, a plan with your doctor.

Check in on your family history.

Genetics play a role in your reproductive health. If a close female relative started menopause early, had trouble getting pregnant, or was diagnosed with a condition like endometriosis, it's possible you might experience the same issues. Talk to the women in your family and learn about their experience.

Make smart choices about your overall health.

There are certain things that will make conception more difficult in the future. The good news is that there are things you can do now that will improve your overall health, and in doing so, will improve your chances of conceiving later.

- Stop smoking. Minimize your caffeine and alcohol intake.
- Avoid highly processed and refined foods like flour, sugar, and seed oils.
- Add healthy fats to your diet including olive oil, eggs, nuts, seeds, and olives.
- Increase your diet to include more omega 3 fatty acids found in flax seed, chia seed, and salmon.
- Add eggs to your diet. Eggs are a fertility superfood containing essential nutrients such as fat soluble vitamins A, D, K, E and choline that are indispensable for reproduction.
- Eat antioxidant rich berries, drink green tea, and add dark leafy greens daily.
- Eat more fiber found in seeds, nuts, dark green vegetables, brassicas, berries, pear, persimmon, guava, green banana.
- Find a stress reducing new habit. Stress is one of the most common culprits of overall inflammation in our bodies, leading to all kinds of health problems, including reduced fertility. Even 5 minutes of daily meditation or breathwork can help reduce anxiety and depression.
- Consider switching to glass containers for food and water. Plastics contain endocrine-disrupting chemicals that can affect fertility.
- Be mindful of the link between weight and fertility.

