

SYDNEY NATURAL FERTILITY



3 ways you're sabotaging your fertility.

Back in high school they made getting pregnant sound so easy, but it's actually a lot more complex, especially in our modern world where we are often starting a family later in life.

But don't worry, I'm here to set you on the right path to maximising your fertility potential. Below, you will read about 3 common ways you could be sabotaging your fertility, and how to fix it.

Toxin Exposure

We lead very toxic lives, but it's time
for that to change!



There are many toxins in our lives these days, in fact we are exposed to hundreds every day, and some of them have proven to be extremely damaging to your eggs and sperm, which is a disaster for your fertility.

Take an objective look through your house and see where you can reduce your exposure to chemicals. eg the bathroom, kitchen, cleaning cupboard, workplace etc. I personally use Koh for my cleaning and I buy all my personal and laundry/dish products at Nourished Life.

Keep a particular eye out for BPA, parabens, and phthalates. They're the nastiest of all toxins for your reproductive system.

Incorrect Vitamins

Are you taking the right vitamins to support your reproductive health?



There are a few key nutrients when it comes to preconception care. You're probably most familiar with the need to be taking folic acid before and during pregnancy, but it's more involved than that.

I recommend seeing a natural medicine practitioner to get your hands on some high quality vitamins that are tailored to you, but if you can't, then try and opt for a pregnancy multivitamin that contains the active versions of folate, which absorb better than folic acid.

It's also a good idea to ensure you're getting enough vitamin D, and that your partner's sperm is being supported with a men's sperm multivitamin or similar.

If you have a condition that affects fertility, I strongly urge you to make an appointment with someone (ahem, me!) who can tailor your vitamins to you.

Lifestyle no-no's

It's time to start treating your body like you're pregnant. Sorry to spoil the party!



Are you still having regular alcohol?
Are you eating junk food?
Getting 6 hours of sleep and working crazy hours?

All of these things will have negative effects on
your fertility.

If you're having trouble giving up the booze, let me share something that will help you cut it out altogether... parents who drink alcohol in the 3 months prior to conception have a significantly higher risk of having a child with a heart defect. That risk is 52% higher for binge drinkers.

Make a commitment to get healthy together and prioritise feeling well, and the fertility benefits will follow on naturally. You may not notice them, but a healthy lifestyle is setting your baby up for the rest of their life.

I hope you're now feeling inspired and empowered to make some changes to improve your fertility potential.

If you would like some individualised help, I'd love to be a part of your fertility team. I do online consultations worldwide, as well as in-person consultations in my Sydney clinics. You can book online [here](#).

Keep an eye on your inbox (and your junk mail folder, just in case) because I'll be sending you some more great info in the coming days that will help your journey to parenthood.

x Kim

