Fertility and Age – How to Stay Fertile Longer

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Examining The Link Between Fertility and Age

We all know that fertility and age don't go hand in hand. Is it possible to stay fertile longer? According to the American Fertility Association a woman's fertility begins to decline in the late 20's, drops more sharply after 35 and plummets when she hits 40. After the age 30, the probability of getting pregnant naturally drops by 3%-5% per year and even faster after the age of 40! 

A healthy 30 year old woman has 20% chance of getting pregnant in any given month, by the time she turns 40 the chances drop to 5%!

But don't throw the towel in to fertility and age just yet! There is hope. What these studies don't tell you about fertility and age, is the reason why fertility is dropping with advanced age.

Women are born will all of their eggs while men start producing their sperm in puberty. We've had those eggs around for a long time and everything we've ingested or inhaled or smeared on our skin over the course of our life has either left a positive or a negative mark on all body cells including the eggs and sperm.

Most of the fertility and age issues have to do with accumulation of toxins due to a longer exposure and prolonged lack of necessary nutrients which in turn results in poor energy production, and faster aging and deterioration of the cells including eggs and sperm.

Aged cells are no longer plump and efficient. This means that they are slow on the uptake of nutrients and removal of toxic waists. Their membranes are no longer as efficient as they used to be and they don't communicate all too well anymore. Cells communicate with the other cells through nerve impulses and chemicals they release into the bloodstream letting the body know what they require for optimal function and cell repair. Aged cells don't do that quite as well anymore.

Even if in this poor state of health conception occurs the likelihood of miscarriages and abnormalities is higher. But when the toxins are removed and the nutritional deficiencies addressed your chance of a healthy pregnancy and conception is significantly better. In fact many couples well into their 40s use a natural fertility program successfully.

However you have to stay realistic and depending on your age, state of health and genetic inheritance you may still require other options. Just because you waited a bit longer to have babies does not mean that you should rush now and skip preconception care. Take the time to give yourself and your baby the best possible chance of a successful and healthy conception and pregnancy.

Fertility and Age: How does preconception care increase your chances of a
healthy pregnancy and a healthy baby?

1. You know exactly which foods and substances are deteriorating your fertility and are contributing to ageing and as such you know what to avoid.

2. The detox allows your body to start with cell repair and toxin removal.

3. The fertility diet ensures you are getting enough building blocks required for optimal health of your eggs and sperm, as well as to sustain a healthy pregnancy.

4. All the nutrients required for a healthy pregnancy and a healthy development and growth of your baby are present.

At this point many of my patients say:

"I already have a good diet, eat healthily and exercise"

Many people don't realize that many foods labeled as "healthy" are actually not. If you look closely at the ingredients you'll see all sorts of additives and colors and sometimes even artificial sweeteners which are very toxic to the body. This is very common among vegetarians and vegans who think they have a very healthy diet by avoiding animal products but don't pay much attention to the ingredients of the "fake ham" or "fake sausages" and similar products which miraculously taste just like the "real thing" but with no traces of animal product.

Moreover, even if you eat non processed food and where possible organic, the nutrient content of the food is not what it used to be 100's of years ago. These days food can be picked or caught today in one country and flown out to another part of the world tomorrow so that you can buy it in the supermarket.

In that short space of time that food has been either frozen, or refrigerated, packaged in plastic, gassed, X-rayed, possibly sprayed or waxed to stay fresh for longer. By the time that food is in your plate it has lost half its nutrients and possibly contains a myriad of toxins your liver will have to deal with.

Another common misconception is when people think they eat very healthily by only eating sea food. Deep sea fish which lives for long time is loaded with mercury as are all the mussels and sea creatures without scales. This does not make Cray fish and shrimps healthy either as they crawl on the bottom of the sea and eat the sediment.

Unfortunately our seas are polluted with jet fuel which is rich in heavy metals, which have been found to be a big culprit in infertility. Even the purest organic diet, with cleanest water and toxin free environment may not meet the individual requirements for nutrients and supplementation for optimal preconception care is often required.

By putting simple steps into place not only will you be increasing your chances of getting pregnant naturally regardless of the link between your fertility and age, but you will also help turn back the hands of time on your appearance. The beauty is not skin deep and the youthful appearance doesn't come from a
jar or a bottle!

It comes from modifying your diet by avoiding:

1. fast food
2. fatty food
3. simple carbs (sugary foods)
4. white flour
5. soft drinks
6. coffee
7. alcohol
8. tap water
9. smoking

And modifying your lifestyle;

1. minimum of 7-9 hours of sleep,
2. regular exercise
3. reduced exposure to environmental toxins and radiation.

A study regarding fertility and age by Foresight, the Association for Pre-conceptual healthcare in the United Kingdom demonstrated an astounding success rate of 81% of conceptions among couples previously diagnosed as infertile. Women who participated in the study of fertility and age were between 25 and 45 years old and Men between 25 and 59 years old."

So as you can see it is possible to stay fertile longer and conceive despite advanced age as long as you give your body what it needs to do its anti-aging and healing work naturally.

Fertility and age are of great concern for many modern women. What about you? Are you 38+? Do you feel your fertility may be compromised by your age? I'd love to hear your thoughts on fertility and age!