

Boost Your Natural Fertility For Preparation Before IVF

by Iva Keene MRMed. ND. - Thursday, November 04, 2010

<https://natural-fertility-prescription.com/preparation-before-ivf/>

Are you planning to undergo IVF in the near future? Did you know that taking steps in preparation before IVF to optimize your natural fertility in advance may be one of the best investments in time and effort you've ever made?

Many couples decide to throw their hands up in the air when the IVF route is chosen.

"What's the point when the conception will be carried out in the lab?"

This point of view is largely due to the old-fashioned and outdated view that what you eat and your lifestyle does not impact egg and sperm health and therefore won't affect your chances of a successful IVF cycle - this is simply false. And anyone who tells you this has not been following the research over the last decade.

Because as you are about to discover it very much pays to optimize your egg and sperm health in preparation before IVF. In fact it may well be one of the best investments you ever make.

Here's Why Preparation Before IVF is Needed

Did you know that if you take some simple steps to improve your natural fertility your odds of IVF success can go up by 90%?

Think of what this equates to in terms of dollar savings when you will most likely require fewer IVF cycles for a successful pregnancy, or not at all.

And did you know that the most common cause of IVF failure is poor egg and sperm health?

What this means is that if you take some simple steps to prepare your body and optimize your egg and sperm health for at least four months preparation before IVF your success rate is likely to be much higher and you won't need to expose your body to such high levels of synthetic hormones repeatedly, cycle after cycle...not to mention the enormous (and potentially financially crippling) cost of the procedure.

Many of my clients get confused about improving egg quality because they are told, and know that they are born with their eggs. Yes, that is true but you are born with the -- primordial form -- of your eggs and not the 'mature' form of the eggs which you ovulate each month. There is a big difference! The primordial form is dormant and intact a bit like the seed of a plant. Each month the body starts maturing some of these primordial seeds. To do this it needs to unlock them and feed them so that they may become proper mature eggs ready for ovulation.

And this is the crux!

This maturation process takes 120 days or four months. During this time the primordial eggs chosen for maturation are very vulnerable and open to receiving nutrients. If there are not many nutrients and there are many toxins present in your body, these substances can literary harm the maturing egg. This can result in immature eggs, no eggs, old eggs or eggs with a genetic defect. Such eggs will not be able to grow a healthy human being. Even if conception takes place and an embryo get's implanted the chances of a miscarriage or birth defects are very high because the egg is not healthy. IVF cannot improve the health of your eggs.

Similarly sperm get generated every 116 days. A fresh new batch will also be affected by everything the man has eaten, drunk, inhaled etc...

Damaged sperm can have abnormal shape, altered motility, and there can be too few of them to fertilize the eggs.

Egg and sperm health are the most important part of the puzzle but then there is also the question of hormone production, clean internal environment free from parasites which may attack the tiny fetus, the presence of heavy metals which may retard it's growth and brain development and the list goes on and on.

If you can't get pregnant naturally you should still work on improving and addressing your health in preparation before IVF, in order to ensure your baby's survival during pregnancy and give your baby the best possible start in life through good health.

You may have heard about coffee, alcohol, smoking and fast food being bad for egg and sperm quality but there are literally hundreds of other factors just as well documented and studied as those famous four. Besides there is the right method of preparation before IVF and a way of doing this properly. Giving up coffee for a month and fast food for one week will not yield the desired result.

I've had many clients who came to me after multiple failed IVF attempts. After they implemented the preparation before IVF program I suggested to them they had measurable improvements in the quantity and quality of their eggs and sperm and needless to say the IVF procedure worked from the first go and they are now happily pregnant or already proud parents of healthy girls and boys.

5 Ways to Boost Your Natural Fertility in Preparation Before IVF

1. **Don't rush.** Don't schedule your IVF procedure until at least 120 days of pregnancy preparation have been completed. Your ovarian reserve will not drastically diminish if you wait for four months, on the contrary the eggs that you do have left will be of better quality.
2. **Get your fertility analyzed** by a natural fertility naturopath to get a second opinion on your fertility and to gain insight into aspects of your health and fertility doctors are not trained to diagnose.
3. **Start following** a proven pregnancy preparation before IVF plan which includes dietary and lifestyle changes specifically designed to optimize egg and sperm health.
4. **Start taking** premium quality practitioner grade supplements to ensure your body is getting the right nutrients in the right form for your fertility.
5. **Be patient and be thorough** and follow the plan as best you can and who knows you may not even need IVF and then you can spend the money you saved for IVF on a luxurious baby-moon!

The NFP program is a proven, doctor endorsed and patient recommended, four month pregnancy preparation home study course which shows you exactly what you need to do (and must not do) to ensure the best possible pregnancy outcome be it preparation before IVF or preparation before a natural pregnancy.

If you would like one-on-one help on preparation before IVF I also provide detailed fertility analysis where via a detailed (confidential) online questionnaire I analyze your current state of health and fertility and give you advice tailored to you and your partner's individual needs as well as (if required) a prescription for practitioner grade supplements which are of the highest quality on the supplement market. For further information simply get in touch with me via the website (phone, email or live chat).

What are your thoughts on preparation before IVF? Have you tried IVF already? Did you optimize your natural fertility beforehand? Would you be willing to take some simple steps to optimize your egg and sperm health before the next cycle? I'd love to hear from you.