



HEALTH POINTE JACKSONVILLE
ACUPUNCTURE WELLNESS CLINIC

THE PATH TO

TOP 10 TIPS TO GET PREGNANT FASTER

PREGNANCY



Health Pointe Jacksonville: The Path To Pregnancy

HEALTHY BODIES MAKE HEALTHY BABIES: HARVESTING THE SOIL

It makes sense that healthy bodies are more likely to make healthy babies. Therefore, as you begin to consider starting a family, it is necessary to commit to investing in your health and body prior to conception in order to get in the best fertility shape possible. Especially if you are over the age of 35 or have been diagnosed with Premature Ovarian Insufficiency (POI).

Whether you are just starting to think about having a baby, find yourself on the long road of fertility treatments and failed IVF cycles, or have suffered multiple miscarriages it is critically important to provide your body and eggs with specific nutrients needed to not only conceive, but to carry to term and birth a happy, healthy baby.

In this EBook I'm going to provide you with helpful tools and tips that will bring your system back to its proper and highest functioning state. Many fertility acupuncturists refer to this treatment phase as “harvesting the soil before planting the seed”.

HEALTHY BODIES MAKE HEALTHY BABIES: EGG QUALITY IS EVERYTHING

In the path to achieving pregnancy we will start with the most basic yet most important factors: the egg and sperm. Every person that is on the fertility journey wants the same goal: a healthy baby. Not just a positive pregnancy test!

Egg quality plays a critical role in how long it takes to become pregnant, whether naturally or through In Vitro Fertilization (IVF), and the secret is the egg's DNA. Therefore, becoming pregnant and staying pregnant relies heavily on egg quality (DNA). Poor egg quality is significantly more common in women who have had a difficult time conceiving.

That's where this EBook comes into play. By putting into place the following tips, you are taking a huge leap towards becoming a more fertile YOU.

TIP #1: DETOX

Research has shown that certain common environmental toxins can disrupt hormone balance in the body and contribute hormonal imbalances. The goal is to clean up everyday sources of toxins



ENVIRONMENTAL TOXINS

Avoid phthalates, PCBs, plastics and pesticides. Countless clinical studies have shown that avoiding these toxins significantly boosts fertility alone. Carefully choose which product you bring into your household, and get rid of all plastic containers including water bottles ASAP

FOOD: GO ORGANIC

Foods that have high levels of herbicides and pesticides that act as toxic estrogens in our body can interfere with fertility.



COSEMETICS

Before leaving for work in the morning, most women are inadvertently applying dozens of chemicals that disrupt their endocrine systems and alter their hormones



TIP #2: SLEEP



TOP TIP: Aim for 7-8 hours of consistent shut eye each night for optimal health. Research has found that women who get less than seven hours of sleep are 15% less likely to conceive than those who get 7-8 hours.

Why is this so important? Because all bodily activities that are designed to restore and replenish happens during this time. The most significant factor that sleep affect for fertility is hormone production

Sleep deprivation will signal the body to produce more stress hormones which alternatively throws off all other reproductive hormones.

Goal; be in bed between 10pm - 7am

TIP #3: FOOD



TOP TIP: Aim for 7-10 servings of fruits and veggies for optimal health.

While there is not ONE specific fertility diet, the Mediterranean-style diet, which consists of lots of fresh veggies, fish, poultry, and small amounts only of red meat, legumes and beans, nuts and seeds, good quality oils, small amounts of full-fat dairy, grains, and seasonal fruits has been shown to be the most fertility-promoting diet.

We typically use this style of eating with our Comprehensive Care Fertility patients in the clinic with good success, modified for their unique needs, i.e., gluten- or dairy-free.

Goal: Opt for organic whenever possible

TIP #4: EXERCISE



TOP TIP: Aim for 30-60 minutes of movement 3-5 times per week.

Keeping active while trying to become pregnant helps in so many ways. Blood pumping activities increases blood flow to the uterus which improves egg growth and a healthy uterine lining. It also releases endorphins which helps to dial down stress levels. And finally, it can help to manage weight

Statistics show that by decreasing BMI by just 10% in overweight patients, can boost fertility by just as much

Best forms of exercise include: walking, dancing, yoga, pilates and swimming.

TIP #5: SUPPLEMENTATION

1. **Prenatal Vitamins:** one of most important things to prep for pregnancy; prevents birth defects, improving pregnancy rates, restoring ovulation and boosting egg quality. Opt for a high quality prenatal with at least 800mcg of methylfolate
2. **Vitamin D:** low levels of Vitamin D may negatively impact infertility. A deficiency here may also interrupt the estrogen system and reduce AMH which are both involved in the growth of ovarian follicles. Low levels here also appear to contribute to endometriosis and PCOS. Also important for preventing miscarriage
Optimal levels: 40 ng/mL. Typical daily dose: 2000iu, but this depends on your current levels
3. **CoQ 10:** adding this supplement is one of the best ways to boost egg quality. Dose: 600mg/day,
4. **Vitamin E:** Best for age-related infertility, prep for embryo transfer. Dose; 200IU
Here are our top recommended supplements we suggest while on the TTC journey. For best results
5. **Vitamin C:** Best for unexplained or age related infertility, prep for embryo transfer. Dose: 500-1000 mg
to take for about 3 months before trying to conceive.
6. **Inositol:** Regulates insulin and blood sugar levels, increases ovarian response to stimulus, and improves quality of eggs and embryos. Dose: 3gm/day.

TIP #6: STRESS REDUCTION



TOP TIP: meditation, yoga, support systems and self care are all very important in the TTC journey

There are several studies that link elevated stress levels with lowered fertility. How's that a kick in the ovaries?! Infertility is riddled with elevated stress levels! The important take away here is how you RESPOND to the stressors. The most common response to stress is contraction= decrease blood circulation (ie..to the uterus). The second most common response to stress is elevated cortisol levels. When the body is in a constant state of "fight or flight" (ie. high cortisol state, running from predators), then it simply cannot be in the state of "rest and digest" that is necessary for conception. To put it another way: your body is very smart and knows you are unable to bring life into the world when you're constantly running from predators.

Goal: SLOW DOWN, unplug, and unwind. Get regular massage and acupuncture!

TIP #7: TRACK YOUR PERIODS



TOP TIP: using a period tracker helps you understand and identify important patterns about your menstruation and overall hormone balance.

Tracking your menstrual cycle is an easy way to feel more in control of your health. Documenting the dates, symptoms and other changes throughout the month can be helpful for a variety of reasons -- and not just to help you remember when your period will arrive

. Keeping tabs on your cycle is also a good idea if you're trying to become pregnant, or even if you want to take extra steps to prevent pregnancy.

Goal: For optimal fertility health menstruation should be every 28-30 days, a moderate flow for 4 days with no clotting, no spotting, no pain, with ovulation on cd 14 and with healthy abundant cervical mucus in the ovulation window

TIP #8: SEX



TOP TIP: remember to connect with your partner. studies show female orgasms increase conception levels by 15%. Which translates to the more you ENJOY yourself, the better the outcome. Win-Win!

Did you know that there are only 5-6 days per menstrual cycle that you can actually get pregnant? While a healthy egg can remain alive after being released for 12-48 hours, healthy semen can stay alive in the uterus for up to 5 days!

Goal: For best chances of conception we recommend having intercourse daily throughout your fertility window.

TIP #9: FERTILITY TESTING



TOP TIP: if you and your partner have been trying unsuccessfully to conceive for 12 months we recommend a further testing to try to identify any stumbling blocks (or at 6 months for those over 35)

Common fertility for the ladies:

Cycle day 3 testing: On day 3 of your menstrual cycle we look to test FSH, LH, and AMH values

Cycle day 18+: progesterone, testosterone levels

Others; vitamin D, Vitamin B12, MTHFR, insulin and blood glucose values, DHEAs, HSG, prolactin, iron

For the Fellas: semen analysis, hormone panel, vitamin D, estradiol,

TIP #10: ACUPUNCTURE



So you've tried ALL the things and still haven't gotten pregnant. The frustration builds. Then fear, sadness, and eventually loneliness creeps in. What next? Have you tried adding Acupuncture to the mix yet?

Research clearly demonstrates how acupuncture may significantly improve pregnancy rates when performed right before and after an IUI or IVF procedures.

- increase IVF success by improving diminished ovarian reserve markers
- regulate menstruation and hormone balance
- increase live birth rates by supporting overall health during pregnancy
- improves pregnancy rates in patients who have experienced recurrent pregnancy loss
- improves and regulates ovulation in conditions such as PCOS
- improves semen quality and quantity (yes, we treat the fellas too)
- improve and correct luteal phase defect (hormonal imbalance that affects a woman's ability to conceive and carry a pregnancy, and is defined by a luteal phase shorter than 10 days)

RECOMMENDED RESOURCES



CLINICAL WELLNESS

Exceptional clinical reproductive wellness in Jacksonville.

Health Pointe Jacksonville is one of the oldest and most respected fertility wellness clinics in Jacksonville

FERTILITY FRIEND APP

You can get pregnant only a few days each cycle. Fertility Friend accurately determines these crucial fertile days based on a few easy body observations..



RESOLVE.ORG

National Infertility Association

"We are here until the barriers to building your family are not."

ABOUT



Acupuncture Physician, FABORM fertility expert and owner of Health Pointe Jacksonville, Dr. Julee Miller specializes in treating Women's Health & Infertility, chronic pain and other chronic difficult to treat medical issues in Jacksonville, FL

Health Pointe Jacksonville Acupuncture + Wellness Clinic remains dedicated to providing a world class healing environment that supports the recovery and maintenance of health & wellness to the community of Jacksonville.

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