



6 Things To Do Before You Get Pregnant

Science tells us that the events surrounding conception can affect a baby's health for a lifetime – for better, or for worse. Do pre-pregnancy lifestyle choices make a difference? Absolutely! The health and well being of both parents prior to conception will provide the best fertility outcome. How you prepare for conception holds more value for your children's future development than anything you do during pregnancy or after birth.

The Midwives of NJ recommend doing these 6 things prior to conception.

Make a Plan

Prepare your body a minimum of 4 months before you conceive. Ideal timing would be 6-12 months. Why?

- Because egg development and maturation takes approximately 100 days and sperm development and maturation takes 80 days.
- During this time, the eggs are vulnerable to toxic exposure and nutrient deficiency.
- Because sperm development takes over two months, illness, toxicity, trauma and/or poor nutrition may affect mature sperm, regardless of a man's health at the time of conception.
- Because sperm are 200 times smaller than a woman's egg, they are more prone to damage (from toxins etc.)
- The health of the egg and sperm reflects the health (or toxicity) of the environment in which they are grown.
- It will take some time to cleanse and nourish your body and prepare your home and your mind for this miraculous event.
- The instant the egg and sperm combine, an irreversible genetic code is formed for the future development of your baby.
- The aim is to optimize the genetic potential of your child!



Schedule A Comprehensive Health Evaluation

Have your care provider examine your personal medical history, family medical history, lifestyle and environmental considerations. It's best to incorporate both traditional and functional medical tests to develop an accurate, thorough picture of the state of your health. We recommend this for both Mom and Dad-to-be.

Detox

From conception on, our babies get more than just our genes; through maternal-fetal transfer, they receive a stream of toxins we have accumulated throughout our own lives over time. Pregnancy itself increases the mobilization of a number of stored chemicals and heavy metals, which cross the placenta to the baby. By gently detoxifying and strengthening your pre-conception body, you will give your child the best start in life. Pre-conception cleansing is the best health insurance you can provide your child. A clean egg meeting clean sperm produces a clean baby.

Clean Up Your Diet

Preconception nutrition research has shown that eating a nourishing, whole-foods diet is directly tied to fertility health in both women and men. One of the best things you can do is to begin to clean up your diet.

Research has shown that certain birth defects can be traced to nutritional deficiencies prior to conception; so following these suggestions will start you on a path of eating better.

- Eat a balanced whole-food diet with a low glycemic index
- Eat foods that support liver detoxification
- Choose foods that are high in B vitamins, iron, zinc, omega-3 fatty acids
- Eat a rainbow of colorful foods daily
- Eat foods rich in antioxidants.
- Eat probiotic rich foods.
- Avoid inflammatory foods
- Go organic for meats and produce (or at least stick to the Clean 15 for produce)



Supplement With Quality

A wholesome, healthy diet with plenty of variety is the foundation for good health whether you're trying to conceive or not, however, there are increased nutrient requirements during this time in a woman's life, which for many, require a supplement to ensure they are consuming enough for their needs. Therefore, supplements have to act as a bridge, when trying to meet a therapeutic level of specific nutrients.

Not all supplements are created equal, so be sure to research and find a whole food supplement containing 5-Methyl Folate, not synthetic folic acid. Speak with your care provider about the best supplement brands and a complete preconception supplement protocol.

A Foresight study published in Journal of Public Health in 2011 stated those couples with infertility who followed a simple dietary and nutritional supplement protocol gave birth 81% of the time!

Manage Your Stress

Stress is a necessary part of your hormonal process, but left unmanaged and out of balance, it can lead to adrenal fatigue, chronic fatigue syndrome, depression, insomnia, inflammation, anxiety, and poor fertility health.

That's a lot of mess from stress. The goal here is to keep it from hijacking your life!

So, pick your healing tool: yoga, prayer, meditation, exercise, music, dancing, journaling, make life/work/relationship transformations. Conquer your stress and cultivate peace in your life. This equals a better you, better babies, and a better world.