

Fertility/Pregnancy – Fact Sheet

Pregnancy is generally 40 weeks with it being measured from the first day of your last menstrual period. It is broken into 3 trimesters with the first trimester (1-13 weeks), second trimester (14-27 weeks) and third trimester (28-40 weeks) or until the baby has been born.

It is important to ensure that you are taking the right measures to prepare for pregnancy including; eating a healthy wholefoods diet, taking a prenatal vitamin and living a healthy lifestyle, **up to 3 months before conceiving** to give your baby the best possible chance.

Fertility Diet

- Eat a wholefoods diet that is particularly rich in fruits and vegetables for antioxidants, phytonutrients and micronutrients.
- Consume cruciferous vegetables to promote glutathione activity, which can assist with the detoxification of hormones.
- Incorporate proteins that are easily digested from plant and animal sources, keeping animal sources to a minimum and red meat to twice a week.
- Organic produce where possible to maximise health benefits and to avoid hormone-potentiating pesticide residues.
- Oily fish for essential fatty acids, however refrain from fish that has high mercury content.
- Eat detoxifying foods such as; beets, carrots, sweet potatoes, garlic, leafy greens, lemons and apples.
- Avoid processed and refined foods, flavourings, preservatives, chemicals and additives.
- Avoid alcohol, drugs and caffeine.

Other Suggestions

- Quit smoking.
- Limit exposure to radiation (e.g. mobile phone use).
- Limit exposure to environmental hazards (e.g. pesticides, solvents).
- Reduce stress, try yoga and meditation.
- Regular exercise to reduce stress, keep weight stable and to increase blood flow to pelvic region.
- Avoid use of medications.

There are other additional testing that may be specific to you depending on your family history or any pre-disposing conditions you may have. This can be a good idea to try if you have been trying to conceive for some time with no luck or if you just want to make sure everything is in order before trying.

Biocentials have a great prenatal vitamin which uses high quality vitamins and minerals to ensure that you reap the benefits.

Customised nutritional plans comprising of a specific food plan with the support of nutrient/herbal supplements can be very effective in boosting your fertility. Further testing can also be organised.

Please visit www.good4younutrition.com.au