

PRE-CONCEPTION PLANNING GUIDE

THE 3 MOST IMPORTANT LIFESTYLE
CHANGES TO MAKE BEFORE

YOU GET PREGNANT



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WHY PRE-CONCEPTION IS IMPORTANT

The months leading up to pregnancy or Preconception Planning is often undervalued or overlooked unless a woman or couple experience difficulty conceiving, but the benefits go far beyond treating infertility. Numerous studies have shown that if both parents improve their general health while avoiding common lifestyle factors and environmental hazards in the months preceding conception, they can greatly improve reproductive outcomes and avoid many complications during pregnancy that lead to medical interventions. Most important, by improving their own health, parents can improve the future health of their child.

So if you want to cash in on the benefits of a fit pregnancy, including less aches and pains, controlled weight gain, easier delivery, a calmer and more alert baby and easier recovery for you, the time to start is months prior. Begin a Preconception program at least three months before you begin trying to get pregnant.

Why three? In the first two-months you will begin to see and experience the benefits of the lifestyle changes you have been doing. You'll feel strong, energetic, have muscle tone and strength. The additional month will solidify the habits that will carry into your pregnancy and motherhood..

OUR GOALS AND OBJECTIVES

The first step to getting pregnant is building a strong and healthy foundation. The foundation is the baseline on which your baby will be grow from. This must include a healthy 'home' (your uterine lining), proper hormone function (to sustain a healthy pregnancy) and proper nutrient intake, aka food/supplements (to grow a healthy baby). These three things will help you create a strong foundation on which your baby will grow, help you flourish during pregnancy and beyond.



BY WAY OF INTRODUCTION



Hey there! I'm Katie.

A Registered Acupuncturist with a Doctor in Chinese Medicine and founder of the PeriodFix.

What all these fancy titles really mean is this: I help women balance their hormones and get pregnant naturally. So they can feel great in their body, increase their fertility, regulate their periods and have a healthy pregnancy. I am here to help you simplify the ever confusing world of information out there because we both know you don't have time for that!

PRE-CONCEPTION PLAN

TIME TO MAKE YOU A PRIORITY AGAIN

Let me tell you. There's nothing quite like pregnancy to inspire a shake-up in a gal's wellness routine.

All at once, she's switching to decaf, popping extra vitamins, and adopting gentler workouts. But until you see that little blue plus sign on the stick, you're totally okay to keep shooting espresso and cranking the resistance all the way up in spin class, right?

Actually, in Chinese Medicine we question that logic. We believe that parents' habits during the preconception period

—the 180 days or so before sperm meets egg—may be just as crucial to the long-term health of their future child as what happens during pregnancy and infancy.

This is extremely important because the behavior of the father and mother before conception, if not on point, could predispose the newborn to chronic diseases such as obesity, diabetes, cardiovascular disease, and so on." (Yep, your partner needs to get in on this action, too.)

DON'T STRESS SUSAN!

Luckily, it doesn't take much time for healthy lifestyle habits to translate into more positive outcomes & gene expression. Seriously a lot can change in a short period of time. The sweet spot at 3-6 months. Here's the three most important shifts every mom- and dad-to-be should make in the 180 days before conception. Plus, they share a few bonus ways to get a jump-start on preparing a mom's mind and body for pregnancy before the baby-making process begins.

Because let's be honest, it's hard to start making major life changes once you're in the throes of morning sickness and mood swings.



1. ADOPT A PREGNANT WOMAN'S EATING HABITS

THE "EATING FOR 2" RULE APPLIES TO BOTH PARENTS DURING THE PRECONCEPTION PHASE

Essentially, that means cutting out the junk food, alcohol, and caffeine, and loading up on healthy whole foods, like leafy greens, eggs, and omega-3s. Both parents should also make an effort to avoid any foods that could be contaminated with pesticides (such as conventionally grown fruits and veggies) or heavy metals (like high-mercury fish).

QUICK FOOD GUIDE

EAT LESS

- CAFFINE (1 CUP OK)
- MEAT OR DAIRY PRODUCTS, UNLESS ORGANIC OR FREE-RANGE AND HORMONE- FREE
- WHEAT AND PROCESSED CARBS

EAT MORE

- CRUCIFEROUS VEGETABLES (BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, CABBAGE OR BROCCOLI SPROUTS.
- ORGANIC FOODS
- OMEGA-3 FATTY ACIDS - GROUND FLAXSEED, HEMPSEEDS, WILD FATTY FISH (SALMON, MACKEREL, TUNA)

AVOID

- PROCESSED FOODS / FAST FOOD / ARTIFICIAL ADDITIVES
- SOY, CANOLA OR SAFLOWER OIL
- MARGARINE
- MINIMIZE OR ELIMINATE ALCOHOL

2. ESTABLISH A REGULAR EXERCISE ROUTINE

A REGULAR – BUT NOT TOO INTENSE – ROUTINE



Follow a weight-bearing exercise program every morning. Many women are worried that starting an exercise routine is bad before getting pregnant. This just isn't true. Exercise is a great way to support and boost your fertility. We don't want you training for an Ultra-marathon but forming a daily exercise routine now will help regulate your hormones, increase your happiness, maybe shed some unwanted weight before pregnancy and help prep you physically for the years to come.

EXERCISE REVS UP YOUR METABOLIC RATE, IMPROVES MOOD AND BOOSTS YOUR SEX DRIVE!

**DON'T HAVE A ROUTINE?
JOIN OUR VIRTUAL FITCAMP**

3. GET YOUR STRESS LEVELS IN CHECK

TACKLING THE STRESS IN YOUR LIFE

Stress is one of the most important components that affect every cell in our body. Even our sperm and eggs.

If we are stressed, we should do things like yoga, acupuncture, meditation, saltwater floating, get into nature or listen to music and dance.

This is a good time to pinpoint and make adjustments to areas of your life that bring unnecessary stress. It's also a good time to start chatting about things with your spouse that might be stressful to talk about when trying to.

STRESS- BUSTING TIPS

- Breathing is powerful de-stressing tool. several times a day, breathe in through your nose and fill your lungs with air until your abdomen rises. Then slowly exhale from your mouth until your lungs are empty. Repeat this technique five times whenever you do your deep breathing.
- Get 8 hours of sleep every night and try to sleep until 7:30am
- Say "no" when you have too much to humanly accomplish in one day. This will preserve healthy adrenal glands
- Share the household workload. Delegate to your spouse.
- Smile at everyone. It's impossible to be negative or unhappy with a smile on your face - Just try it!
- Carpe diem - "seize the day" - and live it to the fullest. Don't worry so much about tomorrow.
- Believe in yourself. No more negative self-talk and continual self-doubt. Most of us are our own worst enemies. we focus on our weaknesses and minimize our strengths. wake up each day, and tell yourself that you are a good and useful person.
- Notice the beauty around you. Smell the flowers, watch the sunset and listen to the wind.
- Love your family and friends.
- Be good to yourself. Do the things you have always wanted to do. Learn to water ski, sing in a choir, write a book, walk, garden - whatever makes you happy.



BONUS

3 MUST HAVE APPS TO DOWNLOAD TODAY!



1. **My Period Tracker App** - track your cycles, moods, fertility windows.
2. **Calm** - learn how to mediate
3. **Beachbody On-Demand**: Workout, meditate, do yoga, anywhere, anytime & have fun doing it.