



Fertility Institute of SAN DIEGO®

GROWING FAMILIES TWO FEET  AT A TIME



Top 5 Ways to Improve Your Fertility: A Holistic Approach

If you're looking for a holistic approach to improving your fertility there are several factors you'll want to take into consideration. The more you know about natural ways to stay healthy during your fertility journey the more easily you can make choices that could increase your chances of conceiving.

But where do you start and what kinds of things should you be focusing on? There's a lot of information out there, and it can feel overwhelming. Here are the 5 main areas you'll want to address, so you can increase your odds of conceiving and keep yourself as healthy as possible throughout your fertility journey.



Focus on Your Overall Health

When you eat right, take any needed vitamins and supplements, and exercise, you can improve your general health. Even people who have made unhealthy choices in the past can turn things around by making these changes. It happens every day. People lose weight, stop drinking alcohol, lift weights or start jogging, and find all kinds of ways to take better care of themselves.

It's not always easy to make big changes, and it's also not always easy to stick to those changes. But it's incredibly important to focus on your overall health, especially if you want to conceive and are hoping for a successful IVF cycle. Of course, it's also very important to pay close attention to what your doctor recommends, as they might have specific suggestions for your situation.

This is particularly important during your fertility journey, because there may be changes you need to make. For example, too much exercise during IVF can actually be detrimental to your pregnancy goals. Instead, you'll want to focus on lighter exercise options and which part of the IVF cycle you're in.

Eating right always matters, though, and avoiding things like caffeine and alcohol can help increase your chances of fertility. Also be on the lookout for too much soy, and try to make the majority of your diet home cooked and healthy. That doesn't mean you can never have a meal out, or eat a sweet treat for dessert, but limiting those things can make a difference.

One of the areas you might not have considered is lack of sleep. When you're sleeping your body is doing important things to strengthen and maintain itself, and so is your mind. Nearly every aspect of your overall health can be affected by a lack of sleep, and that definitely includes fertility.

The Top 5 Foods to Add to Your Diet

Eating right is good for everyone, but there are times in life when it matters more than others. When you want to increase your chances of fertility, there are some important foods to add into your diet. If you're already eating these foods that's great, and you should keep it up. If you're not eating these foods it's time to include them as much as possible.

Technically, there are more than five foods that can really benefit your fertility journey. But focusing on a small group of foods is an easier way to make sure you're getting them into your diet without feeling too overwhelmed about your food choices. Among the main foods to consider are:

- Asparagus
- Salmon
- Kale
- Avocado
- Olive Oil

Naturally, not everyone likes all of these foods or can eat them, and that's okay. You can substitute other veggies for kale, for example, and also consider other plant-based fats if you don't like avocado. You might be a vegetarian, or you don't like seafood. While these are considered among the best of the best, other options that are similar can also help.

For those who don't like olive oil or don't want to use oil in their cooking, eating nuts and seeds in moderation can also be a good option. Getting plenty of healthy nutrients is the most important thing, and that can look slightly different for everyone. Working with your healthcare and IVF professionals to focus on what works for you is the way to improve your diet.

Your Mental Wellbeing

Just like your physical health, your mental health plays a role in fertility. It can be hard to stay positive during your journey, especially if you've had at least one round of IVF without success. It's natural to feel down or anxious about your fertility journey sometimes. The important thing is that you don't dwell on those feelings.

Instead, make time to focus on your emotional and mental wellbeing. That gives you the opportunity to acknowledge how you feel and work through it, instead of bottling it up or pretending it doesn't matter. It definitely matters, but so do all the good things in your life and the other experiences you're having.

You can journal, talk with your friends and supportive family members, or even reach out to a professional for some guidance. Other ways you can address mental health include things like yoga, meditation, or getting out into nature. Don't be afraid to talk to your fertility doctor about mental health concerns. It's all part of your journey and should be considered.

Also make sure to keep doing things that you enjoy. You don't have to make your whole life about IVF appointments. Taking a short vacation, starting up a new hobby, or doing other fun things are all great ways to lower your stress levels and improve your mental health.

Make sure you're setting good boundaries, too. There may be people in your life who are asking upsetting questions or making their opinions known. You don't need that stress during your IVF journey, and it's better to set healthy boundaries with the people in your life. That includes your partner, who should be open to supporting you in the ways that are most important to you.

Acupuncture May Help

As part of traditional Chinese medicine for more than 3,000 years, acupuncture is often included in holistic health practices. Small needles are placed in specific areas of the body to promote energy flow. The belief is that blocked energy can lead to infertility and unblocking the energy through acupuncture can lead to conception.

Acupuncture increases the release of serotonin and B-endorphin from the central nervous system. B-endorphin may lead to an increased release of FSH and LH, enhancing the production of estrogen in the ovaries. Because acupuncture also leads to relaxation it can help increase blood flow to the uterus and ovaries.

The extra blood flow to these areas may encourage delivery of IVF medications and the implantation of an embryo in the uterine lining. Coupled with a decrease in stress and anxiety, which is also a byproduct of acupuncture, this could raise the chances of conceiving from an IVF cycle.

There has been some evidence that using acupuncture both before and after an embryo implantation has led to higher pregnancy rates. It's important to note that acupuncture isn't for everyone, and it's not a guarantee that you'll see IVF success. For people who can use it safely, though, it's another tool to be considered for increasing the chances of conception during an IVF cycle.

Empower Yourself With Knowledge

Among the biggest of the five ways to improve your fertility is gaining knowledge on infertility, its causes, and the treatments that can help. Empowering yourself can help you make the best choices all throughout your journey, and understand the specifics of your treatment more easily.

RESOLVE: The National Infertility Association offers many online resources for fertility. When you read through books, listen to podcasts, or examine online material such as blog posts and white papers, it's important to know the information is valid.

While RESOLVE has been around since 1974, they don't vet the resources listed on their site. In other words, they haven't checked all the information for accuracy. Instead, they're including it because it's an IVF resource. That gives you a starting point, but you still want to carefully consider any resources from that site or any others.

You can read, watch, and listen to hundreds of fertility resources, but it's always possible that some of them won't have accurate information for your journey. If you find conflicting information you can consider the sources and also take a look at whether the majority of sources share a particular opinion or belief.

The best resource, though, is your doctor. Talk to your IVF professional and make sure they agree with any changes you want to make to your treatment plan. If you're considering a radically different diet, more supplements, or a new exercise plan, clearing it with your doctor can help you have peace of mind.

The Bottom Line on Holistic Fertility

A holistic approach to fertility is a comprehensive approach. By making sure you're addressing all the biggest and most important aspects of your health and wellness, you can improve your conception chances. Everyone's fertility journey is different, but they do have a few things in common.

The healthier you are overall, both mentally and physically, the lower your risks may be. Additionally, fertility journeys can be stressful, and managing that stress is a great way to raise your chances of starting or growing your family. With the right mindset, healthcare, and knowledge, you can increase your chances of a successful pregnancy.



Fertility Institute of SAN DIEGO®
GROWING FAMILIES TWO FEET  AT A TIME

The Fertility Institute of San Diego

The Fertility Institute of San Diego is a patient-centric practice, honoring each patient as a unique individual and providing best in class and compassionate fertility care in a warm and nurturing environment. We realize that undergoing fertility treatment is an intimate, complex and emotional process for patients. It is for this reason that Dr. Hosseinzadeh practice philosophy is to treat each patient as she would her own family members. You will be taken care of by a single physician who knows everything about your case and will be there at every visit to perform all of your procedures including ultrasounds, egg retrievals and embryo transfers, unlike the larger practices.

Our team of dedicated professionals has been carefully selected to understand and appreciate what patients experience in treatment and take the time to listen to our patients, make personal contact with them and pay close attention to their individual needs and situation. We provide this level of individualized and personalized care as we determine the best treatment approach for our patients. Our state of the art facilities have been created to provide a relaxing environment conducive to giving patients the best possible fertility experience and outcome.

Schedule your complimentary consultation today!

Book Now!



Fertility Institute of SAN DIEGO®
GROWING FAMILIES TWO FEET  AT A TIME