9 Steps to Optimize *Egg Quality*



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your eggs renewed







welcome

Ok, so you've been told your eggs are getting old (insert annoyed face here). Do you feel like a ticking time bomb? Let's reverse the clock!

It can sometimes feel like we are on a rollercoaster with no end of the wild ride in sight. We are torn between our careers or starting a family, and conflicted with the belief that our bodies can conceive a child in time, but told time just isn't on our side. Some of us have just met our life partners later in life, and some of us are career women ready now to start our families.

Some of us are still in our late 20s or early 30s and just want to ensure that our eggs are in tip-top shape before trying to conceive.

Does it feel like your "prime" has passed? Are you too late? Not necessarily...

This guide gives you the **S.M.A.R.T. E.G.G.S.** steps you can implement NOW to support your egg quality and enhance your chances of a healthy conception, whether it is through natural or assisted reproductive therapies.

Dr. Jess xoxo

MEET DR. JESSICA

Hello future mama...

My heart is so happy right now. Why? Because you are here, allowing me to be a part of your journey to motherhood. Whether you are under or over the age of 35, told that your egg quality is low or want to preserve your egg health, preparing your body for a future pregnancy or have been trying for some time without success... we all have the same goal:

to GET pregnant and STAY pregnant.

But can I add one more goal here? Let's make it a priority to bring our bodies (and subsequently our eggs) into the best shape possible so that we can enhance fertility and optimize the environment for a healthy conception to take place. This is where I come in.

I am a Women's Health Naturopathic Doctor with a focus in fertility and perinatal care. I have worked in integrative fertility for over a decade, and it is my goal to educate as many women and couples as I can to share evidence-based and clinical knowledge with you so you can have the best tools possible to support your journey.

It is my mission to empower women worldwide to embrace their divine feminine power, take control of their health and their fertility, and realize their optimal potential, feel vibrant and energetic. It is my vision that we can raise healthy children and in turn be part of a global movement towards healthier communities.



There is a fountain of youth. It is your mind and your zest for life. But your youth can also remain physical, if you know how to tap into its source.

-Dr. Jessica Dupont, ND.

Dr. Dupont is the creator and facilitator of the noteworthy online fertility program, The Baby Bloomers and offers online fertility and perinatal solutions to women and couples worldwide. She is also creator of the of the Naturopathic Doula Course and teaches Naturopathic Doctors across North America and the UK, and is founder of York Region Naturopathic Doulas. She has published numerous articles and research papers for a variety of health magazines and papers, is a public speaker, author, and has been a guest on numerous health podcasts.

YOU'RE IN THE RIGHT PLACE IF...

- You are over the age of 35 and looking to conceive a child now or within the next few years
- Are younger than 35 and have been diagnosed with Premature Ovarian Failure (POF) or are any age and been told that your egg reserve or quality is poor
- Are ready to take control of your health and do whatever it takes to move forward and give yourself the best opportunity for a successful pregnancy and healthy baby
- Are just wanting to preserve your egg quality so that you can optimize your chances of a healthy conception when you are ready.

MY PROMISE TO YOU

I promise to give you evidence based tools integrated with my clinical knowledge and experience to help you achieve your goal in becoming a mother. I never give up on my patients, and I will never give up on you. I know that we can make powerful shifts in our health when we trust our bodies and give it the tools it needs to not just survive, but to thrive. Today, I give you 9 simple steps you can incorporate NOW to get you started.

FERTILITY AND AGE BASICS

It wouldn't be right to jump into how to enhance your egg quality, without first talking about the basics and how to discover if your eggs are aging and at what rate.

First, let's talk about our eggs. We are born with a set number of eggs (our reserve), and as soon as we begin to menstruate, we lose eggs every month. Think of your eggs as athletes ready to run a race. All of your eggs (the athletes) are sitting on the sidelines waiting for their turn to race. Every month 15 or so of those eggs will get the opportunity to race, but only one of those eggs will win. The winner is the egg that ovulates, and the selection of the winning egg highly depends on the Follicle Stimulating Hormone (FSH). Sometimes, there will be a tie and voila -Twins!

But here's the kicker. The losers of the race do not return to the sidelines. They leave the field, never to return. And so this goes on, month after month, year after year, until finally the reserve becomes depleted. When there are no more eggs left in the reserve, we hit menopause.

So how do you know how your reserve is doing? There are two hormones (Follicle Stimulating Hormone (FSH) and Anti-Mullerian Hormone (AMH)) which are critical to test in terms of finding out your basic ovarian reserve.

Perhaps you know the feeling...finding out you have low AMH and your dreams of having a baby falling apart all around you.

My program member Jeanine went through the same thing. She was told her AMH was LOW at 1.5... and she didn't have this explained to her.

FERTILITY AND AGE BASICS

Of course -- like I'm sure we all would -- she started Googling what low AMH meant. She went from being excited about trying for her baby to feeling HOPELESS. She was only 36 years old.

Fast forward 2 years and she now has a beautiful bouncing baby boy that she conceived naturally after implementing the tools within the program.

A low AMH does not necessarily mean you cannot conceive a child. I REPEAT - a low AMH IS NOT A DEATH SENTENCE.

The AMH simply tells us about your ovarian reserve. It does not tell us however, about the quality of those eggs. Let's go back to our race analogy. Remember those eggs on the sidelines? Well after they have been sitting there for a few decades, they become tired, too exhausted to finish the race. So OUR goal is to make sure that those eggs on the sidelines are being taken care of.

As a general guideline, the following levels (in nanograms per milliliter) represent the **lower limit** of serum AMH values by age:

- 45 years old: 0.5 ng/mL
- 40 years old: 1 ng/mL
- 35 years old: 1.5 ng/ mL
- 30 years old: 2.5 ng/mL
- 25 years old: 3.0 ng/mL

FERTILITY AND AGE BASICS

When your AMH is low however, it CAN tell us that it may take a longer time to pregnancy. It may also mean that it can be harder to hold a pregnancy IF the quality is poor.

FSH is secreted by the brain and talks to our ovaries. FSH stimulates the eggs in the ovary to grow, which causes estrogen and later progesterone to rise. A higher FSH usually indicates low ovarian reserve. So if your bloodwork comes back with LOW AMH and HIGH FSH, this is definitely telling us that egg reserve and like, quality, is poor.

How do these numbers relate to biological age?

In your 20s and early 30s, you usually have more eggs — and more “golden” (i.e. better quality) eggs . In your later 30s and beyond, you usually have fewer eggs, and a higher chance that the quality is suboptimal. As a woman ages, the percentage of chromosomal abnormalities contributing to abnormal embryos increases. So, if you are going through the IVF process (for example), the lower the number of eggs retrieved, the less percentage of embryos that are healthy. While lower AMH and higher FSH levels do lower IVF success, this is more prominent in women in their late 30s and beyond.

But a young person with few eggs (low AMH) should still have a higher percentage of golden ones, and therefore better success.

But why does ovarian reserve differ from woman to woman of the same age? I had a patient ask me this when she was just 30 years old and told her AMH was low.

FERTILITY AND AGE BASICS

The biggest cause is environmental factors that contribute to oxidative stress.

High levels of oxidative stress in human follicular fluid correlate with poor egg quality, diminishing embryo development and subsequent successful pregnancies. Oxidative stress is a phenomenon caused by an imbalance between production and accumulation of reactive oxygen species (ROS) in cells and tissues and the ability to detoxify these reactive products. Essentially, oxidative stress = inflammation = DNA damage = poor egg quality. Other things that need to be addressed of course include hormone imbalance, thyroid and insulin issues.

Factors that contribute to more oxidative stress:

- a higher BMI or obesity
- diets high in poor quality fats, sugar, and processed foods
- exposure to radiation
- smoking cigarettes or other tobacco products
- alcohol consumption
- certain medications
- pollution
- mental, emotional and physical stress
- exposure to pesticides or industrial chemicals

FERTILITY AND AGE BASICS

So what can we do to lower (and potentially reverse) our oxidative stress and damage?

Employing the **S.M.A.R.T. E.G.G.S.** steps is a good start.



outline

S.M.A.R.T. E.G.G.S.

01 Stay Away from the CRAC

Removal of Caffeine, Recreational drugs, Alcohol and Cigarettes

02 Manage Stress

The Stress-Hormone Connection and Balancing Cortisol

03 Achieve a Healthy BMI

The Importance of a Healthy Weight to Conceive and Hold a Pregnancy

04 Right Diet

Setting the Foundation through Vital Nutrition

05 Toxin Removal

Minimizing Exposures and Eliminating Toxins and Heavy Metals

06 Egg Freezing

A Discussion about your Options

07 Get the Blood Flow Moving

Reversing a Stagnant Uterus

08 Go With the Flow

A Necessary Mindset Shift holds the Key to your Success

09 Schedule and Assembly

Assemble and Schedule Consultations with your Fertility Team

outline

STAY AWAY FROM C.R.A.C.



C - Caffeine

R - Recreational Drugs

A - Alcohol

C - Cigarettes

01 STAY AWAY FROM THE C.R.A.C

Eliminating caffeine, recreational drugs (including cannabis), alcohol and cigarette smoking is essential to the health of your eggs, the optimization of your fertility, and chances of bringing a baby to term. This does not just mean cutting back, this means 100% ELIMINATION.

CAFFEINE

Caffeine can reach the follicular fluid and there is suggestive evidence of its possible harmful role on the consequences of the reproductive process. This is not just coffee, but also caffeine intake from chocolate, teas and sodas. The average woman consumes 100mg of caffeine each day, with the top 10% of caffeine consumers exceeding 229mg each day. Studies show that women who consume 1 cup or less of coffee per day are twice more likely to conceive compared to those who drink more. In some studies, increased caffeine intake was found to be a risk factor for not achieving a live birth (either by not becoming pregnant or by having a miscarriage). A 2018 study from more than 15,000 pregnancies found that compared to women with no pre-pregnancy coffee intake, those who drank 4 or more cups per day before pregnancy had a 20% higher chance of miscarriage.

Preliminary studies suggest caffeine may inhibit the fertile egg's maturation process. Caffeine is also thought to perhaps affect ovulation and corpus luteum functioning by causing changes in hormone levels. A Yale study revealed that women who used to drink tea or coffee in the past but stopped prior to fertility treatment had a higher pregnancy and live birth rate compared to current coffee and tea drinkers.

01 STAY AWAY FROM THE C.R.A.C

RECREATIONAL DRUGS

I think it goes without saying that drugs such as Cocaine, Ecstacsy, Flakka, Heroin, Krokodil, LSD, Methamphetamines, Mushrooms and others similar are not safe to consume at any point in your lifetime, especially when trying to conceive a child. These drugs are linked to delay in pregnancy, spontaneous abortion, low birth weight, birth defects, and a baby born addicted to the drug.

But what most of my patients don't know, is that CANNABIS is a big problem as well. Cannabis use is increasing among the general population and pregnant women, particularly in places where cannabis use is legal despite having known and potential negative effects on fertility and pregnancy. Marijuana may also increase the chance of pregnancy loss among couples undergoing infertility treatment with assisted reproductive therapies (ART).

There is also a decline in egg quality among women who smoke cannabis, and the psychoactive ingredients of cannabis also enter the uterus and affect sperm as they pass through the uterus. Using cannabis has been linked to eggs that contain chromosomal abnormalities or other issues that prevent eggs from being fertilized and implanted in the uterus properly.

01 STAY AWAY FROM THE C.R.A.C

ALCOHOL

Since the late 90's research has shown that consuming as little as 1-5 alcoholic drinks per week could significantly reduce the odds of conceiving. This was a small study and since then there have been numerous larger studies which show that more than 14 alcoholic beverages significantly decrease pregnancy rates. However, these studies were done on women who had no previous history of fertility concerns and were not going through IVF.

In the context of egg quality (and for some of you who are going through IVF), the research shows a different story. Women consuming more than 4 alcoholic beverages per week show a 16% lower chance of live birth rate. Saying this, it is imperative that we keep alcohol intake to an absolute minimum. This is the most cautious approach, especially for those who have a history of fertility challenges and/or pregnancy loss, or are going through IVF.

CIGARETTE SMOKING

Chemicals (such as nicotine, cyanide, and carbon monoxide) in cigarette smoke increase the rate of egg loss. Remember, once eggs die off, they cannot regenerate or be replaced. Consequently, menopause occurs 1 to 4 years earlier in women who smoke (compared with non-smokers).

Infertility rates in both male and female smokers are about twice the rate of infertility found in nonsmokers. In addition, the risk for fertility problems increases with the number of cigarettes smoked daily.

Even in terms of IVF, female smokers need more ovary-stimulating medications during IVF and still have fewer eggs at retrieval and have 30% lower pregnancy rates compared with IVF patients who do not smoke.

Because smoking damages the genetic material in eggs and sperm, miscarriage and birth-defect rates are higher among patients who smoke. Ectopic pregnancies and preterm labor also occur more often among female smokers.

01 WORKSHEET

HOW CAN YOU BEGIN TO REMOVE THE C.R.A.C.?
WHAT SUPPORT SYSTEMS CAN YOU PUT IN PLACE?

step 2

MANAGE STRESS



02 MANAGE STRESS

Consistent stress can impact the reproductive system by targeting the ovary, follicle and oocyte. The increased level of cortisol (your stress hormone) reduces both progesterone and estradiol production, and can even lower testosterone. When it pertains to egg quality, the higher cortisol will lower estradiol (estrogen) production by affecting the granulosa cell functions within the follicle, which results in deterioration in oocyte quality.

To lower stress in your life, try some of these techniques:

1) Bring your exercise into Nature. Being in nature helps reduce cortisol and induce relaxation. Try walking in nature instead of in your neighbourhood, and getting out on your lunch breaks.

2) Meditation. Meditating regularly is known to benefit your psychological health and stress management skills, allowing you to maximize your ability to conceive. It also reduces depression and anxiety, which we can all use when struggling with fertility.

3) Daily Check Ins - take a few minutes to plant your feet firmly on the floor, take 10 slow deep breaths and ask your body what it needs in that moment. Is it water? Is it rest? Try to honour it as soon as possible.

4) Remove negative stimuli (and people) from your life that don't serve you in a positive way.

5) SAY NO more often. Take on less tasks and delegate.

6) Consider herbs and supplementation that can regulate cortisol by talking first with your Naturopathic Doctor or Herbalist. We discuss these in the Egg Beauty Regimen program.

step 3

ACHIEVE A HEALTHY BMI



03 ACHIEVE A HEALTHY BMI

Body Mass Index (BMI) is a person's weight (in kilograms) divided by the square of height (in meters). There is a certain range that is optimal for fertility. We do know, of course, that BMI isn't everything. But BMI can be a great predictor for body fat.

Nature knows best. If a woman's BMI is too high or too low, the body will sense this and the reproductive system can shut down.

BMI TOO LOW

If a woman's BMI falls below 19, the body senses famine and ovulation is halted to prevent the risk of having a baby with malnutrition. Excessive exercise can reduce body fat and muscle mass to a point where periods cease for the same reason. Risk of miscarriage is also increased in women with a low BMI.

BMI TOO HIGH

Having a BMI greater than 30 can reduce fertility by 50%. Pregnancy for women with a 30+ BMI is often associated with problems such as gestational diabetes, high blood pressure, larger babies and an increased risk of caesarean section. A BMI that is too high is also associated with insulin resistance and can contribute to anovulation (lack of ovulation) and PCOS.

How to calculate your

Body Mass Index

(BMI) value

$$\mathrm{BMI} = \frac{\mathrm{mass_{kg}}}{\mathrm{height^2_m}} = \frac{\mathrm{mass_{lb}}}{\mathrm{height^2_{in}}} \times 703$$

03 WORKSHEET

The good news is that as soon as you get back on track with your body weight, ovulation and fertility quickly return to normal. Even a minimal weight loss (less than 5% of body weight) can make a difference.

CALCULATE YOUR BMI. IS IT TOO HIGH OR TOO LOW? WHAT CAN YOU DO NOW TO GET YOUR BODY WEIGHT TO A HEALTHY PLACE (DIETARY AND LIFESTYLE CHANGES?)

DO YOU NEED TO INCREASE OR DECREASE PHYSICAL ACTIVITY? IF INCREASING, ADOPT A ROUTINE THAT HAS BOTH WEIGHT LIFTING AND CARDIO. IF YOU NEED TO TAKE A BREAK, WORK ON MORE YIN BUILDING EXERCISES LIKE YOGA, AND TRY SOME MUSCLE BUILDING.

step 4

RIGHT DIET



04 RIGHT DIET

Of course, dietary choices are critical for your fertility and egg health. But with so much information (and misinformation) out there, what can you believe and where do you start?

Let's break it down simply. The best diet for you to consume is a balanced diet of primarily **plant-based proteins, complex unrefined carbohydrates, healthy fats and TONNES of fruits and vegetables.**

One of the keys to this diet though, is balancing out your blood sugar and insulin levels, so the type of carbohydrates you consume matters. Lowering your overall carbohydrate intake to about 150g per day (the average standard American diet eats about 300g) is important to manage blood sugar levels, but choosing the RIGHT carbohydrates is even more important.

When we eat refined carbohydrates such as white bread, this starch is quickly broken down in our digestive system and the glucose (sugar) is released into the bloodstream causing a rapid rise in blood glucose levels. By contrast, unrefined grains and seeds such as quinoa take a much longer time to break down, so the blood sugar raises over time. Spikes in insulin levels in response to the added sugar over time can lead to insulin resistance. Insulin resistance has been shown to impair ovulation, and studies show that women who consume "slower" unrefined carbs have lower rates of ovulatory infertility.

04 RIGHT DIET

With respect to egg quality, where we see insulin be most of an issue is in the context of IVF. Research has shown that women who have higher blood sugar levels have less eggs retrieved, a lower fertilization rate and fewer good quality embryos.

In general though, higher blood sugar levels (and insulin resistance) will also impair mitochondrial function (those tiny power plants inside your eggs that produce energy in the form of ATP and are critical for egg development). Say hello to more oxidative damage, and therefore, lower egg quality.

Your GOAL with your diet --> REDUCE INFLAMMATION + INCREASE ANTIOXIDANTS

Other dietary TIPS and RECOMMENDATIONS:

- Eat whole foods (foods in their most natural state, unprocessed) and as organic as possible.
- Stick to whole, unrefined grains versus processed and refined grains.
- Minimize sugar and saturated fats, including red meat intake.
- Focus on antioxidant rich vegetables and fruit (berries, kale, spinach, collars) and choose vegetables from all colours of the rainbow.
- Your diet should consist of 25% healthy fats including olive oil, avocado, coconut oil, flax, chia, nuts and seeds.
- Eat foods rich in B6. Research has found that supplementing with this vitamin can increase the chance of conception by 40% and decrease early miscarriage by 30%. These foods include avocados, muesli, quinoa, and banana.
- Eat foods that are high in omega 3s (if you are a meat eater, you can consume some smaller fresh water fish (that would have less mercury), but you should also consume plant-based omega 3s such as nuts and seeds, flax, chia seeds and hemp hearts.
- Reduce alcohol consumption, particularly in the lead up to IVF.

04 YOUR CHALLENGE

INCORPORATE SOME OF THESE BREAKFAST, LUNCH, DINNER AND SNACK IDEAS.

BR: STEEL CUT OATS WITH BERRIES AND PUMPKIN SEEDS, SMOOTHIES

LU: LENTIL SOUP, LETTUCE WRAP WITH VEGGIES, VEGGIE BURGER WITH SWEET POTATO FRIES

DN: PIECE OF SALMON WITH SWEET POTATO AND SAUTEED SPINACH, VEGGIE CHILI, VEGETABLE STIR FRY WITH QUINOA

SN: TRAILMIX, VEGGIES AND HUMMUS, APPLE WITH ALMOND BUTTER

REMOVE ALL THE PROCESSED FOODS, SUGAR, AND HIDDEN INFLAMMATORY FOODS IN YOUR PANTRY. WHERE COULD PROCESSED FOODS AND SUGAR BE SNEAKING IN?

(E.G. BARBECUE SAUCE, APPLE SAUCE WITH ADDED SUGAR)

step 5

TOXIN REMOVAL



05 TOXIN REMOVAL

Babies are born pre-polluted. One Environmental Working Group study found a total of 232 toxic chemicals in umbilical cord blood; another found 287 different industrial chemicals and pollutants —180 of which are known to cause cancer in humans and 217 of which are toxic to the brain and nervous system.

These exposures also affect our fertility and genetics, and we pass the impact down to our babies at conception. Then we download more toxins during pregnancy. Toxins and Heavy Metals are linked to childhood autoimmune disease, autism, ADD/ADHD, cancers, obesity and diabetes, neurological disorders, and more.

Our bodies accumulates toxins from chemicals in air, soil, water and substances we consume daily or put on our skin.

With respect to fertility, toxins are linked to:

- An increase in medical conditions such as reduced sperm count and quality, PCOS, Endometriosis
- Sperm DNA changes
- Changes in ovarian function and menstruation
- Chromosomal damage to oocytes
- Delayed pregnancy
- Altered embryonic development increasing risk of spontaneous abortion, and stillbirth.

05 TOXIN REMOVAL

Toxins we need to be concerned about are...

- Organic solvents and Volatile Organic Compounds (VOCs)
- Dioxins such as cigarette smoke
- Heavy metals such as Lead and mercury, arsenic, cadmium and
- manganese
- BPA or Bisphenol-A (found in plastics and cans)
- DDT, DES, PCB
- Phthalates
- Phytoestrogens and 'Xeno'hormones

Xenohormones are Endocrine Disruptors. Close to 800 chemicals are known or suspected endocrine disrupting chemicals, but only a small fraction of them have been investigated. Synthetic compounds displaying hormone-like qualities (and affect our fertility) include:

- Hormonal birth control (oral pill, ring, shot, implant)
- Hormone replacement therapies
- Non-organic meats (animals are given hormones to "fatten them up")
- Solvents and adhesives (paint, nail polish, household cleaners)
- Car exhaust
- Plastics
- Pesticides, herbicides, fungicides
- Emulsifiers (soap and cosmetics)
- PCB's from industrial waste

05 YOUR CHALLENGE

HERE ARE SOME THINGS YOU CAN DO TO REDUCE YOUR EXPOSURE

1. CHOOSE MATTRESSES AND OTHER FOAM SLEEPING PRODUCTS WITHOUT FLAME RETARDANTS
2. CHOOSE MAKEUP AND SKINCARE PRODUCTS THAT ARE FREE FROM BPA, PTHALATES, PARABENS AND FRAGRANCES
3. STOP USING DRYER SHEETS AND FABRIC SOFTENERS
4. CHOOSE GLASS OR METAL FOOD CONTAINERS
5. EAT ORGANIC WHENEVER YOU CAN, ESPECIALLY ANIMAL PRODUCTS AND THE DIRTY DOZEN (SEE BELOW)
6. FILTER YOUR DRINKING WATER
7. AVOID CHEMICAL CLEANING PRODUCTS AND OPT FOR A HOMEMADE VINEGAR AND WATER SOLUTION OR THE USE OF ESSENTIAL OILS

THE DIRTY DOZEN
(THESE FOODS ARE HIGHEST IN PESTICIDES AND SHOULD BE PURCHASED ORGANIC)

STRAWBERRIES
SPINACH
KALE AND COLLARD GREENS
NECTARINES
APPLES
GRAPES
CHERRIES
PEACHES
PEARS
BELL AND HOT PEPPERS
CELERY
TOMATOES

step 6

EGG FREEZING



06 EGG FREEZING

The process of egg-freezing, or oöcyte cryopreservation, involves stimulating the ovaries with hormones to produce multiple eggs, retrieving the eggs from the ovaries and taking them to the lab, where they're cooled to subzero temperatures to be thawed at a later date (for IVF purposes). The procedure goes like this: The woman receives a round of hormone injections that stimulate the ovaries to produce multiple eggs. This stage involves frequent visits to the fertility clinic while the ovaries are regularly monitored by vaginal ultrasound. After roughly a week or two of hormone treatments, the eggs are retrieved. The egg retrieval process takes about 10 minutes and is done under mild anesthesia or sedation.

Why freeze?

Reasons vary. Some women choose to freeze their eggs for medical reasons. Chemotherapy and radiation, for example, can be toxic to the ovaries and cause premature menopause. But it’s not all medical. About three-quarters of the women who freeze their eggs do so because they don’t have a partner. Women are increasingly deferring childbearing in order to focus on demanding careers, and so they want to preserve their eggs for a later date.

Are there risks?

While the surgical procedure is mostly safe, the hormone shots do carry a risk of ovarian hyperstimulation syndrome, or OHSS. This occurs when a woman responds too aggressively to the hormones and the ovaries become swollen and painful. It can be accompanied by nausea, vomiting and abdominal pain.

06 EGG FREEZING

It may be hard to believe that an egg removed from its natural state and frozen for years could be a more viable egg for pregnancy than a slightly older egg that's remained inside your body. But this is true. If you freeze your eggs in your late 30s, you may have a better success at achieving a pregnancy with using these eggs once you enter your 40s.

Here are 6 things to consider before retrieving your eggs:

1) Your age. How old are you and what is your AMH and Antral Follicle Count (AFC)?
2) Retrieving your eggs is not an insurance policy. Not all eggs will be viable. You still need to make sure your eggs are the best quality possible.
3) There's no perfect age at which to freeze your eggs, however the earlier you retrieve the better (later 20s and early 30s) when your ovarian reserve is higher.
4) The egg retrieval process can be intense and cause a lot of stress on you emotionally and physically
5) Egg freezing can be a good option in certain health conditions such as if you've had chemotherapy or radiation, if you've had surgery that could damage your ovaries, if you have a family history of early menopause, Turners Syndrome, or a genetic mutation.
6) Work on your egg quality as much as you can. Work with a Naturopathic Doctor or Functional Medicine practitioner to enhance your chances of a natural pregnancy or improve the quality of your eggs that you retrieve. My online Egg Beauty Regimen Program provides women with a comprehensive plan to achieving optimal egg health.

step 7

GET THE BLOODFLOW MOVING



07 GET THE BLOODFLOW MOVING

What is a Stagnant Uterus? Stagnant blood (a lack of blood flow) prevents the proper functioning of the reproductive system making it difficult to conceive. A lack of blood flow leads to less oxygen and essential nutrients getting to your reproductive organs and is linked to PCOS, endometriosis and fibroids. Lack of blood flow and a stagnant uterus can be caused by a poor diet, sedentary lifestyle, a tight pelvic floor, and stress (just to name a few).

Poor blood flow to the uterine lining can result in a thin (less than 8mm) lining that will be unsustainable for pregnancy, no matter how healthy the egg is. The thickness of your uterine lining is an important factor in a successful implantation.

Blood flow to the growing follicles (that house the eggs), is crucial for healthy development. Studies show that eggs from ovaries that received better blood flow had better outcomes of IVF and pregnancy rates.

Acupuncture has been shown to increase ovarian blood flow and vascularization to the ovaries, especially in conjunction with electro stimulation. Eat a diet rich in blood building foods such as spinach, beats, and beans.

WATCH MY FERTILITY MASSAGE AND IMPLEMENT THE MASSAGE DAILY AFTER YOUR PERIOD ENDS TO THE POINT OF OVULATION.

https://www.youtube.com/watch?v=TQ2uAZGh1gc&t=685s

step 8

GO WITH THE FLOW



08 GO WITH THE FLOW

The stress associated with going through fertility struggles, the rush to conceive, and going through IVF is substantial. When you have a negative test month after month, this can lead to feelings of defeat, guilt, anxiety, depression, anger, resentment and can have a negative affect on self confidence, and relationships with self, friends and your partner. It is easy to fall into negative talk such as "My body is failing me", "I am too old to get pregnant", "My partner deserves better", "I will never get pregnant".

Your mindset alone can affect your body, your hormones, and your ability to conceive. In my Baby Bloomers Online Fertility Program, the first module focuses on Fertility Mindset. I have had many women conceive by just working on their mental health and mindset around their fertility journey.

POSITIVE AFFIRMATIONS TO ADOPT TO SHIFT YOUR MINDSET

MY EGGS ARE HEALTHY AND DEVELOPING PERFECTLY

I FEEL SAFE, SUPPORTED, AND LOVED THROUGH MY FERTILITY JOURNEY

MY WOMB IS A HEALTHY PLACE THAT WILL NOURISH MY BABY

I LET GO OF THE NEED TO CONTROL WHEN I GET PREGNANT

MY OVARIES AND UTERUS ARE IN PERFECT HARMONY TO CREATE AN EASY AND HEALTHY CONCEPTION

step 9

SCHEDULE & ASSEMBLY



09 SCHEDULE & ASSEMBLY

The last, and probably the most important step in supporting your egg quality, is putting your healthcare team in place and setting up appointments with them. Your health team may consist of a Naturopathic Doctor, Acupuncturist, Fertility Specialist, Endocrinologist and OB/GYN.

Remember that your success will increase if you adopt an integrative approach to your health. Proper testing (of not only your hormones) is essential in understanding what is going on in your body and to put together a comprehensive plan.

I have worked in this industry for a decade and it's come to my attention just how misleading some of the information is out there regarding Egg Quality and fertility. Dispelling the myths and working on reversing the clock has become one of my focuses.

This why I have developed the **EGG BEAUTY REGIMEN**™ . This is a comprehensive, evidence based online program designed to support your egg quality and enhance your chances at a successful natural conception or IVF. This program dives deep into comprehensive testing (aside from just your basic hormone tests) and how to interpret them, and how to optimize your egg health through natural remedies, supplementation, nutrition, and lifestyle changes that research and clinical experience has shown time and time again to be effective.

In the meantime, by adopting these **S.M.A.R.T. E.G.G.S.** techniques that you've learned today, I am confident that you are on your way to improving your outcomes already!

09 WORKSHEET

LIST YOUR CURRENT HEALTHCARE PROVIDERS HERE, AND LIST SOME ALTERNATIVE SPECIALISTS YOU CAN CONNECT WITH



Your fertility is an indicator of your general health status. It's so much more than just about making babies.



THE EGG BEAUTY REGIMEN™

A COMPREHENSIVE, HOLISTIC, EVIDENCE BASED APPROACH TO OPTIMIZING THE HEALTH OF YOUR EGGS IN PREPARATION FOR PREGNANCY

KEEP ME INFORMED!

CLICK HERE TO LEARN MORE ABOUT THE PROGRAM AND BE THE FIRST TO KNOW WHEN IT LAUNCHES AND HOW YOU CAN GET THE PROGRAM–ENTRY DISCOUNT!



SHAWNA'S SUCCESS STORY

"I was 39 and told that I would never conceive with my own eggs"

I met Shawna in the summer of 2019. She was 39 years old, and had just finally settled down after finding her life partner. She was never told by her doctors that she should look into conceiving years ago because of her age.

She was sitting in my office, having just recently tested her AMH (which was low) and her FSH (which was on the higher end of normal). She was crying, upset that her doctors wouldn't help her, and said she just wanted the opportunity to TRY conceiving with her own eggs before resorting to an egg donor.

Well, who am I to say no to that? I told her, as I tell anyone, that I would try my best, but she has to commit and do the work.

We worked together for 6 months, going through comprehensive testing, balancing out her hormones, reducing stress, and optimizing her diet. We implemented the tools used here, and dived deep into the comprehensive plan I use in the Egg Beauty Regimen. **She. Did. The. Work.**

Shawna conceived (on her own) in January 2020 and now has a healthy baby girl, Emma.



THANK YOU!

I am so excited for you, and I hope I see more of you! Your journey doesn't have to be as complicated as it has felt so far. One step at a time. I am here for every step, sending love and light to your womb.

Dr. Jess xoxo

STAY IN TOUCH

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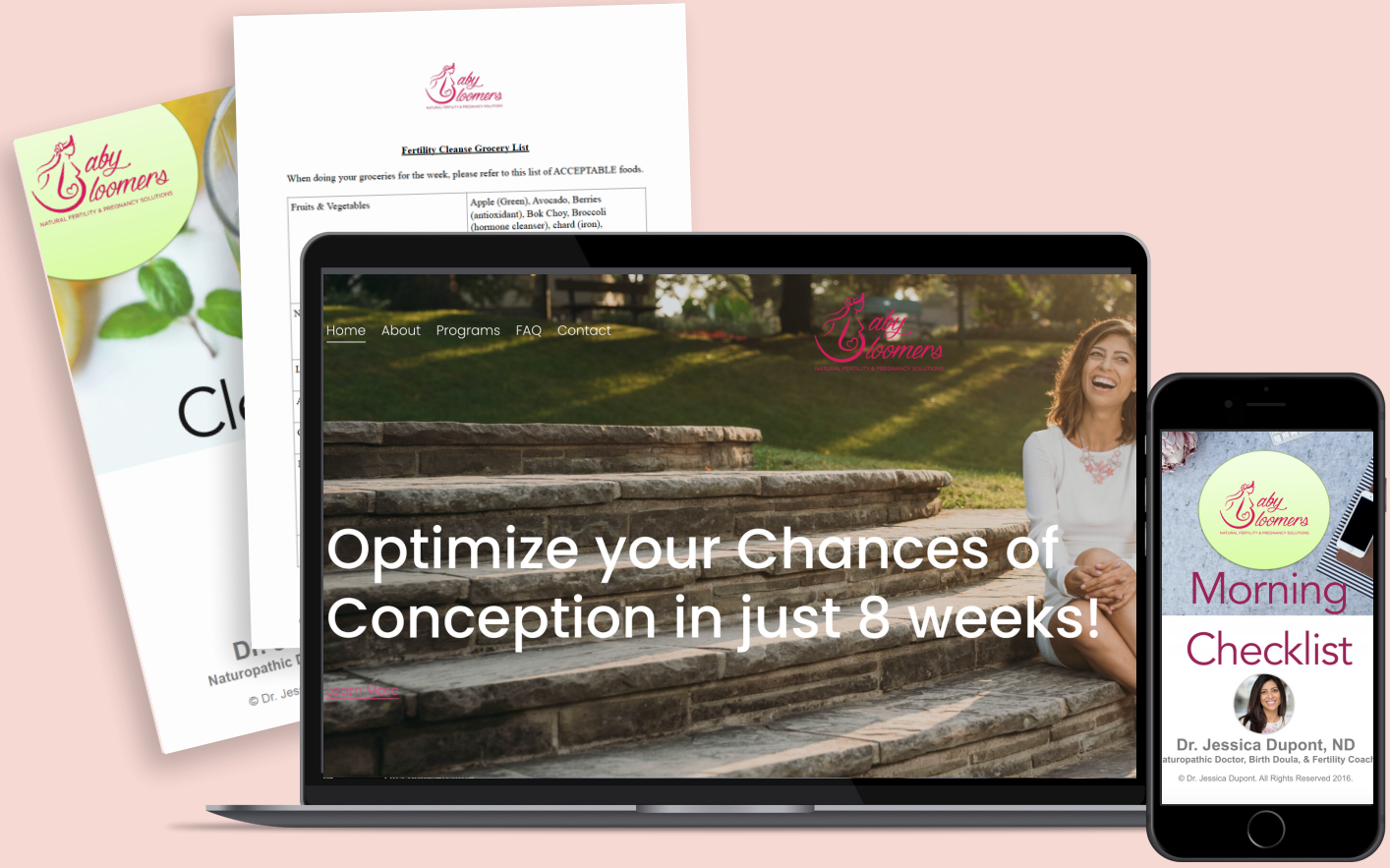
LOOKING TO TAKE YOUR FERTILITY TO A WHOLE NEW LEVEL?

CHECK OUT the

8 week Baby Bloomers Online Fertility Program



Simple, natural and evidence-based solutions to optimize your fertility and chances of conception in just 8 weeks! Fall in love with your fertility again, and create a healthy foundation for your future child.