

JUSTINE'S 5 TOP FERTILITY TIPS

Preparation is Key:

Preparing the mind and body for conception supports not only your own health but the future health of your child. It also increases the chances of a healthy conception and pregnancy. It only takes a few months to change the health of both sperm and eggs so start today! Act as if you are already pregnant and change the quality of your life! It's fun!

Have a Strategy:

Following a plan and having a clear fertility strategy makes a lot of sense. Once you have made your plan – KEEP TO IT and stop spending money and time on treatments or other peoples opinions that may not be serving you on your journey. FIND YOUR TEAM OF FERTILITY EXPERTS AND TRUST IN THEM. Remember their aim is always to help you conceive and have a successful and fulfilling pregnancy and birth.

Stress Management:

Stress impacts on fertility and is detrimental to hormones and conception. Finding ways to reduce stress will positively impact on your fertility and your life.

Recommendations: Fertility Coaching, Nutritional Therapy, Mindfulness, Meditation, Exercise, a positive mindset and body treatments.

Emotional Wellbeing:

Your conscious and unconscious mind may be impacting on your ability to conceive – especially if you have suffered a miscarriage, termination or have a known fertility issue. By becoming aware of how your fertility journey is impacting on your emotional and physical health you can dissolve the blocks and heal your heart in your own time, at your own pace and in your own way. Recommendations: Meditation, Reiki, Spagyric Energy Medicine, Emotional Freedom Technique (EFT), Neuro Linguistic Programming (NLP), Fertility Coaching, Silence, Relaxation, Laughter, Love and Fun!

Nutritional Therapy:

What you eat and drink is so important. Fill your diet with natural preservative free, whole foods that balance blood sugars. Exclude the stimulants and follow a fertility diet. See a nutritional therapist who can evaluate you and your partners health to support your nutritional wellbeing. Care for your liver and stay clean! Eating the right way can help towards a healthy conception, pregnancy and birth.