

Creation

10 Simple Steps To Fertility



A [Creation Fertility](#) FREE Guide.

[Creation Fertility](#) - 10 Simple Steps Towards Fertility

Creationfertility.com

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Justine Evans 2014©

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Step 1: Preparation is Key

Preparing the mind and body for conception 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!



By PREPARING FOR PREGNANCY you can address fundamental FERTILITY health issues such as

- How Your Diet May Be Affecting Your Fertility
 - Help With Immunological Problems
- Reduce Miscarriage Risk and Improve Success Rate with IVF/ICSI
- Make Lifestyle Changes To Improve Your Chances of Conceiving
 - Reduce Toxic Build Up and Imbalances

A study DURING 2009 showed that couples with a previous history of infertility who made changes to their lifestyle, diet and took nutritional supplements had an 80% success rate of a positive pregnancy. University of Surrey

Research indicates that to determine the long term health of offspring eating and lifestyle habits should be considered before pregnancy” The Society for the Study of Reproduction, July 2009

How Long Should You Prepare for Pregnancy?

That really depends on your age and reproductive issues but generally 12-16 weeks. Women are born with all their eggs life but it takes four months for the egg to mature before it is released. During this period it is susceptible to damage by nutritional and environmental factors. Sperm takes 72 days to form and needs to enjoy a period of optimum health during this time to maximise the chance of a healthy outcome.

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Step 2: Strategy

Follow A Plan And Have A Clear Fertility Strategy.

1. Take time with you partner to make your plan.
2. See a Fertility Consultant or Coach if you need advise or support to make your plan
3. FIND YOUR TEAM OF FERTILITY EXPERTS AND TRUST IN THEM
4. Once you have made your plan – KEEP TO IT
5. Stop spending money and time on treatments or other peoples opinions that may not be serving you on your journey.

Fertility Coach: Helping you maintain a positive mindeset, offering guidance and support, helping you make informed decisions without bias.

Fertility Consultant: Helping you throughout your fertility journey. Whether you are Preparing for Pregnancy, Trying to Conceive (TTC), have a sub or infertility issue or have been offered exploratory surgery or tests from your GP or Hospital or perhaps you have undergone an assisted conception procedure(s) which has failed and need support during your follow-up consultation. The Creation Fertility Consultant can attend your appointments to “listen in” - helping you to understand the reasoning for the tests/surgery, the suggested recommendations offered and whether there are alternatives that could be considered enabling you to feel secure in your decisions towards a positive fertility journey.

Remember their aim is always to help you conceive and have a successful and fulfilling pregnancy and birth.

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Step 3: Think Nutrition

WHAT YOU EAT AND DRINK IS SO IMPORTANT

Fill your diet with natural preservative free, vegetables and whole foods

Balance blood sugars - add regular forms of organic protein

Include good fats – coconut oil, fish oil, olive oil

Drink fresh filtered water

Ensure you have optimum levels of vitamin D, essential fertility minerals and vitamins

Exclude stimulants and follow a specialised fertility diet

Detox – removing toxins and fungal infections

Use helpful herbs and nutrients to boost fertility and support a healthy pregnancy

Care for your liver and stay clean!

Eating the right way can help towards a healthy
conception, pregnancy and birth.

Remember it is important to evaluate you and your partner's health to support
your fertility journey.

[Nutritional Therapy](#)

For more information on how nutrition can benefit you [Free Support](#)



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Fertility Diet - Eating For Conception

Do	Proteins	Carbohydrates	Fats	Vegetables and fresh sprouts	Fruit	Fluids	Herbs and Spices	The Supers!	Supplements
Buy fresh and in its natural form!	Rotate food groups and include a protein serving with each meal.	Include 1-2 portions of fibrous carbohydrates a day unless you are vegetarian!	Include a serving daily. Seeds: Sunflower Pumpkin Mustard Flaxseed, Linseeds Cumin Fennel Fenugreek	7-10 servings of vegetables daily and think seasonal! Steam, stir-fry, sauté, juice, grill, bake, eat raw. Look at www.eattheseasons.co.uk for seasonal foods. Try all forms of vegetables although minimal starchy vegetables such as white potatoes	2 pieces of fresh seasonal fruit daily Berries including pomegranates, Alma, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados	Essential – 1.5 litres to 2 litres daily which can be made up from Filtered water Herb teas Hot water with lemon and ginger, Soup Juices Smoothies Milk: Almond, hemp, coconut, goat, sheep Oat	Use liberally Garlic Turmeric Ginger Cardamom Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalayan rock salt,	Have one serving of the Supers daily Sauerkraut Wheatgrass Spirulina Barley Grass Blue green algae Alfalfa Chlorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocoa	These should be recommended by a healthcare professional. Most prenatal supplements however contain some of the following Bee Pollen/Propolis Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Choose wild, organic or free range food.	Bake, poach, steam, stir-fry Oily Fish (sardines, krill, trout, mackerel, herring)	Whole grains such as jumbo oats or oat meal, wheat germ Brown rice Buckwheat Quinoa Millet Spelt Polenta	Mustard Flaxseed, Linseeds Cumin Fennel Fenugreek Broccoli sprouts	Include: green leafy vegetables and beetroot, Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass	Alma, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts./seeds	Filtered water Herb teas Hot water with lemon and ginger, Soup Juices Smoothies Milk: Almond, hemp, coconut, goat, sheep Oat	Cardamom Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalayan rock salt,	Wheatgrass Spirulina Barley Grass Blue green algae Alfalfa Chlorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocoa	Bee Pollen/Propolis Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Wash well.	Wild salmon Wild Game Beef Lamb Poultry Oysters	Whole grains such as jumbo oats or oat meal, wheat germ Brown rice Buckwheat Quinoa Millet Spelt Polenta	Mustard Flaxseed, Linseeds Cumin Fennel Fenugreek Broccoli sprouts Ground flaxseeds	Include: green leafy vegetables and beetroot, Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass	Alma, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts./seeds	Filtered water Herb teas Hot water with lemon and ginger, Soup Juices Smoothies Milk: Almond, hemp, coconut, goat, sheep Oat	Cardamom Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalayan rock salt,	Wheatgrass Spirulina Barley Grass Blue green algae Alfalfa Chlorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocoa	Bee Pollen/Propolis Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Include a variety of foods – preferable seasonal and locally sourced.	Wild salmon Wild Game Beef Lamb Poultry Oysters	Whole grains such as jumbo oats or oat meal, wheat germ Brown rice Buckwheat Quinoa Millet Spelt Polenta	Mustard Flaxseed, Linseeds Cumin Fennel Fenugreek Broccoli sprouts Ground flaxseeds	Include: green leafy vegetables and beetroot, Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass	Alma, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts./seeds	Filtered water Herb teas Hot water with lemon and ginger, Soup Juices Smoothies Milk: Almond, hemp, coconut, goat, sheep Oat	Cardamom Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalayan rock salt,	Wheatgrass Spirulina Barley Grass Blue green algae Alfalfa Chlorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocoa	Bee Pollen/Propolis Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Drink!	Eggs Cheese Sprouted Seeds Whey protein Hemp Protein powder Pea protein Yoghurt Milk Kefir	Legumes (e.g. chick peas) Pulses such as lentils Beans (Barlotti, aduki, black eyed etc)	Mustard Flaxseed, Linseeds Cumin Fennel Fenugreek Broccoli sprouts Ground flaxseeds	Include: green leafy vegetables and beetroot, Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass	Alma, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts./seeds	Filtered water Herb teas Hot water with lemon and ginger, Soup Juices Smoothies Milk: Almond, hemp, coconut, goat, sheep Oat	Cardamom Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalayan rock salt,	Wheatgrass Spirulina Barley Grass Blue green algae Alfalfa Chlorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocoa	Bee Pollen/Propolis Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Include “quiet” time daily to relax and switch off	Pea protein Yoghurt Milk Kefir	Legumes (e.g. chick peas) Pulses such as lentils Beans (Barlotti, aduki, black eyed etc)	Mustard Flaxseed, Linseeds Cumin Fennel Fenugreek Broccoli sprouts Ground flaxseeds	Include: green leafy vegetables and beetroot, Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass	Alma, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts./seeds	Filtered water Herb teas Hot water with lemon and ginger, Soup Juices Smoothies Milk: Almond, hemp, coconut, goat, sheep Oat	Cardamom Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalayan rock salt,	Wheatgrass Spirulina Barley Grass Blue green algae Alfalfa Chlorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocoa	Bee Pollen/Propolis Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Laugh, love and be joyful with plenty of fun!			Omega Oil Olive oil (virgin) Rice bran oil Coconut butter or oil Almond or nut or animal butter						

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Step 4: Dump The Addictions

Addictions come in many shapes and sizes! Creation Fertility recommends counselling, complementary therapies and nutritional therapy to help restore normal brain chemistry whilst blood sugar regulation helps control cravings.

Alcohol: Whilst alcohol is an “accepted social toxin” it is teratogenic. During pregnancy alcohol crosses the placental barrier and enters the foetus, causing the level of the alcohol to be approximately the same as the mother. From a nutritional standpoint ***alcohol interferes with nutritional utilisation including zinc and folic acid, affects digestion, as well as increasing urinary excretion of vitamin and minerals.*** Alcohol has been shown to affect brain development in a baby. If regular alcohol is consumed during pregnancy it can lead to:

Foetal Alcohol Syndrome (FAS): A serious condition which can lead to abnormalities such as underweight and under length at birth, slow growth and failure to thrive after birth. It can affect the baby’s ability to suckle, disrupt sleep/wake patterns, and affect balance, motor control, visual recognition, memory, and mental development. Babies can be born with an unusually small head, joint and limb abnormalities, possible mental retardation and /or behavioural issues including hyperactivity and extreme nervousness. During school these children have also been found to be negatively related to co-operation, retention of information, comprehension of words, impulsiveness, tactfulness, word recall, organisation as well as attention skills. If this isn’t enough on maturation and adulthood children born to social drinkers continue to present subtle alcohol related decrements such as attention, memory and learning difficulties and a genetic likelihood of becoming a future alcoholic.

Alcohol and Male Reproduction: Alcohol causes loss of sperm cells, atrophy of the penis and semen tubules, increases the ratio of abnormal sperm, significantly decreases sperm concentration, output and motility and in some cases lead to sterility and impotence.

Caffeine: *“Caffeine intake can substantially lengthen the time it takes to become pregnant” Stanton et al, 1995*

Present in tea, coffee, painkillers, cola drinks, medicines and chocolate. Caffeine has harmful effects on all aspects of reproductive health. Several studies have shown that it can lengthen the time to become pregnant, for some people, as little as one cup of coffee a day can halve the chances of conceiving. It has been shown that it can cause DNA damage and has also been linked to an increased risk of miscarriage and lowered birth weight. Studies have shown that caffeine can affect sperm motility and been shown to immobilise sperm.

Substitute caffeine with pure water, herb or fruit teas, Bambu or Barley Cup or Caro or Rooibosch tea. If you are on any medication it is important to check with your GP that it is caffeine free and safe to take during pre-conception and pregnancy.

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Street Drugs and Medication:

Cannabis – damages sperm production and causes problems with the placenta. There are 421 component chemicals which are combusted into over 2000 other chemicals when smoked – these remain cushioned in fat surrounding body organs which include the testes and ovaries. One of these is THC (tetrahydrocannabinol). This is known to increase the chances of in-fertility or a malformed child.

Cocaine or Crack - research indicates that this drug increase the chances of low birth weight, malformation, lifelong brain damage and psychiatric problems for both the user and child.

Opiates - heroine and methadone increase the risk of miscarriage, still births and mental instability.

Prescription Drugs - painkillers, tranquilisers, anti-depressants and over the counter products are not necessarily “safe” during preparing for pregnancy, when trying to conceive or pregnancy. It is important that you check with your GP whether your medications are safe.

It can take up to 10 years to remove the toxins from a smoker's body!

Smoking:

Besides nicotine cigarettes contains thousands of other toxic, carcinogenic, mutagenic and immunosuppressive compounds including polycyclic aromatic hydrocarbons, cyanide, carbon monoxide, lead and cadmium, ammonia and insecticides. The American tobacco industry, under pressure from Congress have named a further 599 chemicals it adds to cigarettes. Some of the adverse effects of smoking of reproduction and child health:

Reduced gestation period and low birth weight

Peri-natal mortality, still births and spontaneous abortions – smoker's placenta's tend to be thinner

Foetal malformations – cleft palate, cleft lip, central nervous system abnormalities, reduced growth, learning difficulties, neurological abnormalities, abnormal EEGs including epilepsy and hyperactivity. Children of heavily smoking fathers are more than twice as likely to have malformations. Children of smokers are more likely to have respiratory conditions. Evidence also suggests various diseases of the nervous system, sense organs, blood and blood forming organs, the skin, subcutaneous tissue and diseases of the genito urinary system.

Male and female infertility – in female's cigarette smoking has been linked with early onset of the menopause as well as directly linked with infertility. In males it is associated with decreased sperm density, decreased sperm count, reduced testosterone secretion, and morphologically abnormal sperm and spermatozoa which can have a direct cause of various foetal malformations.

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My husband and I had been trying for a baby for more than three years. We didn't know how to help ourselves or whether to start exploratory tests or even assisted conception. One of my clients suggested I see Justine, a fertility expert. I starting seeing Justine; initially we discussed my health history and Justine advised me how to prepare my body for pregnancy. We discussed the food I should eat and which supplements I could take. I received some amazing reflexology treatments which helped me relax my body and mind. Justine also introduced me to meditation which has not only changed my outlook on life but now become a part of my life.

I am very pleased with my fertility experience and Justine's professional approach - not only as a professional fertility guru but also as a woman who is supportive and understanding. I can't recommend Justine enough for the whole experience and my amazing result. **I AM PREGNANT!** I will see Justine throughout my pregnancy for her continued support! She has helped make me and my husband very happy. Henrieta Thompson, Surrey 2014

I first went to see Justine about five months after trying to conceive. Like most couples, we were starting to get a little impatient so I wanted some advice about how we could improve our chances. Justine was very informative and it was good to talk to someone about my worries and concerns. She recommended that we were both checked by our doctor to rule out any physical possibilities for not yet conceiving. She then put us on some natural remedies and vitamins to help our bodies prepare. We did make some important changes to our lifestyle, including reducing our alcohol intake and within six months I was pregnant. I continued to see Justine for nutritional and supplementation advice during pregnancy and I also had regular reflexology and reiki treatments which were very beneficial and relaxing. Justine supported me all the way to the end and was even texting me during labour! I would highly recommend Justine as a Naturopathic Nutritionist and fertility therapist and for general pregnancy support. Thanks Justine :) — Claire S, Walton on Thames 2013

Having been fobbed off by several doctors and made to feel like a total hypochondriac, I thought the symptoms I had were just bad luck. However, after discussing things with Justine, she suspected PCOS and Endometriosis. Armed with her advice and a list of tests to ask for, my doctors finally took me seriously and tests confirmed that I did indeed have both. Without Justine, my Endo would never have been diagnosed and removed. Justine put me on pre natal supplements after my operation and told me when I should be trying, and I became pregnant in just 2 months. I had a brilliant pregnancy, with regular reflexology, and a natural 5.5 hour labour. I couldn't recommend Justine highly enough and without her support, I would not have my beautiful baby daughter. Rosie H, Twickenham. November 2013

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Step 5: Manage Stress

Stress, whether physical or emotional may cause infertility and infertility is certainly a cause of stress!

The Chinese noticed several thousand years ago that women who had difficulty conceiving often had an underlying emotional issue preventing conception. Modern studies have now confirmed that psychological and emotional blocks can create infertility issues. There may be subconscious fears around pregnancy, labour, childbirth, hospitals, medical treatments, motherhood, loss of independence or individuality, questions about the husband's ability to be a good father, unresolved dysfunctional patterns from a woman's own childhood or even the fear that a new baby might be a threat to the relationship with the spouse.

Stress disrupts the hormonal communication between the brain, the pituitary, and the reproductive's. Research has shown that stresses have been found to suppress ovulation and menstrual cycle function, lower self-esteem and poor body image and increase feelings of negativity. For men, it can affect sperm count, motility, and structure of the sperm and may lead to difficulty with ejaculation or worse still, impotence. When we are under stress, we experience several neuro-chemical changes. This can alter the ordered release of hormones that regulate the maturation and release of an egg, alter the concentrations of several important chemical messengers involved in reproduction change and affects the emotional state. Nerve fibres connect the brain directly to both the fallopian tubes and the uterus. The autonomic nervous system influence the ovary's ability to produce healthy eggs and hormones. For example, when a woman is under stress, spasms occur in both the fallopian tubes and the uterus, which can interfere with movement and implantation of a fertilized egg. Niravi Payne, in her book *The Language of Fertility* cites Dr. Lorraine Bonner. She explains that "The mind-body knows that in situations of extreme tension our sex organs are our most expendable parts. The mind- body knows that when times are tough, that is not the time to make a baby."

The Viscous Circle

**Stress affects hormones which reduces the chance of conception.
Conception failure creates further stress which results in further loss of fertility.**

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Step 6: Emotional Wellbeing

Your conscious and unconscious mind may be impacting on your ability to conceive – especially if you have been trying to conceive for some time, 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 the dissolve the blocks and heal your heart in your own time, at your own pace and in your own way using complementary therapies.



Fertility Massage

Fertility Reflexology

Meditation

Reiki

Energy and Flower Essences

Emotional Freedom Technique (EFT)

Neuro Linguistic Programming (NLP)

Fertility Coaching

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Step 7: Make Time for You – A Positive Mindset with Meditation

Meditation is essentially a tool to help calm the mind and find the point of stillness. The female body is only ready to conceive when it feels safe and relaxed so whilst many consider fertility mediation as visualisation or focusing on a positive outcome – such as a healthy womb, conception and connecting with the unborn child meditation in essence is simply focusing attention on the breath to calm and relax the physical body and mind, thereby creating a perfect condition for conception.



There are numerous forms of meditation – all help to instigate change towards positive thought.

Breath work and Silence: Simply focusing on the breath

Posture: Connecting with the physical body

Mantra/Chant: Internally repeating a word or saying that resonates with you

Visualization: Being taken on a journey – led through spoken word

Mindfulness: Observing and being absorbed into a thought, feeling, reaction, or “doing something” without internal criticism.

Whilst meditation can be practiced independently most forms can be incorporated into other complementary therapies including fertility and pregnancy reflexology, massage and healing such as Reiki. Creation Fertility offers group practice, 1-2-1 sessions, audios and e-books to help you.

Downloadable audio meditations and more information on meditation and fertility [Free Meditation](#)

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Step 8: Exercise

Support The Reproductive System Through Exercise.

Exercise accelerates lymphatic flow, sends oxygen to all organs, increases metabolism and encourages efficient detoxification as well as helping to calm your mind!

Walk Buy a pedometer and see how many steps you do a day!

Try these tips for getting more steps into your life:

- Get off the bus early and walk the rest of the way home or to work.
- Cook fresh, healthy food as often as you can. You'll walk more around the kitchen while you prepare it.
- Walk to the station instead of taking the car or bus.
- Invest in a 'Shelley' or shopping trolley and shop locally if you can.
- When you're at a loose end at home, and thinking of a cup of tea and a biscuit, go out for a walk instead.
- Get fit with Fido – walk the dog.
- Find a walking partner so you have someone to chat to as you walk.
- Get an iPod or use your phone to listen to your favourite tracks or pod casts as you go.

Re-bounding - great fun. These mini- trampolines can be purchased from many sports shops.

Swimming – good all round exercise.

Dancing/Salsa/Jiving/Ballroom Dancing – Really uplifting and a great exercise to do with your partner!

Yoga and Pilates – excellent form of exercise and stress management and as an aid to conception and hormonal balance.

Yoga and Pre-conception - The ancient Indian science and art of yoga is a self-help system which promotes mental and physical well-being and balance by creating a holistic link between body, mind, emotions and spirit. Yoga has a general deep cleansing effect on the entire system and can help to regulate the body's hormone levels by improving endocrine function and creating favourable conditions for conception. Specific postures stimulate and tone the reproductive system, improving energy flow and circulation to these areas and preparing the body for a successful conception and pregnancy. Regular practice of yoga offers focus and motivation to make important lifestyle and dietary changes, which in turn can increase fertility health.

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Step 9: Establish Your Fertile Time

Under hormonal control, the well-nourished egg is released from the ovaries around day 12-17. It travels down the fallopian tubes and it is here that fertilisation takes place between 24-48 hours after its release. Interestingly, sperm can survive for several days although it is believed that they can only fertilise eggs for about 24 hours. Once fertilized the egg, now called a zygote continues to travel down the fallopian tube and implants in the lining of the womb. This can take up to 1 week.

Timing of intercourse is essential! The day before ovulation is the most important day for intercourse however, regular intercourse during your most fertile period ensures fresh sperm meet fresh eggs!

Techniques to Determine the Fertile Period

- ❖ **Mucus** produced by cells in your cervix is determined by hormonal level. At the beginning and end of each cycle, oestrogen levels are low. This produces only small amounts of sticky, opaque, acidic, non-fertile mucus. When oestrogen levels reach their peak (just before ovulation) the mucus becomes very stretchy, less acidic, jelly-like, wet and fertile. This change in texture and acidity allows the sperm to move more freely through the mucus in order to reach the egg. It is a clear indication of your approaching ovulation, suggesting intercourse should be taking place. **Using a clean forefinger**, collect a small amount of mucus from the mouth of the vagina. You can then analyse its colour and texture and stretchiness.
- ❖ **Cervical changes.** The cervix is found at the top of the vagina. It should feel like a firm, smooth protrusion with a very small opening in it. At the beginning of your cycle the cervix will feel low in the vagina. At ovulation, it rises as much as 2-3 centimetres and may be difficult to reach. It also feels softer and the opening may widen slightly.
- ❖ **Temperature changes.** This test is only useful to confirm that you are ovulating but as a women's temperature only rises after ovulation it does not anticipate the best time to have sex. To make a chart take your temperature every morning before eating or drinking. Your body temperature will rise about 0.2°C in the days following ovulation as a direct result of the effects of progesterone. PLEASE NOTE: these charts are not ideal as your temperature can be affected by many other factors including illness, stress and late nights!
- ❖ **Ovulation Kits** – Ovulation kits monitor hormone levels and many people find them easy to use.

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Step 10:

***Most Importantly
Enjoy Each Step Of The Journey***

Work As A Team

Laugh

Love

Be Joyful!

Justine Evans ND is a Fertility and Pregnancy Coach, Naturopath and Body Worker Supporting Fertility, Pregnancy and Birth.

Disclaimer: This article is meant for general information only and not construed as guidance or recommendation. It does not take into account any medication you may be taking, food sensitivities or allergies, nor any form of health issue. Naturopathic consultations and assessment are recommended on an individual basis and it is important to speak with a health professional before changing your diet.

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For Preconception and Optimum Fertility

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