

7 SIMPLE STEPS TO

Prepare your body
for a Healthy
Pregnancy

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FUNCTIONAL FERTILITY



Sound familiar

If you've download this e-book, chances are you're feeling exactly the way I did not so long ago when I was in the midst of our infertility journey. I'd suffered two miscarriages (the third came later, but that's another story) and felt so lost.

We were in our thirties with our forties closing in on us. And after our second miscarriage I wasn't even sure if I could carry on. No one can prepare you for the devastation of miscarriage. We weren't entitled to any investigations because of the three miscarriage rule.

The one area we hadn't considered was nutrition and lifestyle. I read and researched thoroughly. We started to eat to optimise our overall health AND our reproductive health. Following some thorough blood work, we started to both take a few targeted supplements.

Later that year we did get pregnant again! Fearful of another miscarriage, we took it one day at a time. We used what we'd learnt about nutrition and lifestyle to continue to look after ourselves. It really felt like a miracle, a [dream come true!](#)

Now I want the same for you ...

I'm passionate about helping you to have your miracle baby too.

Here are 7 simple strategies to help you get your body ready for a healthy baby.





Eat Mediterranean Style

A Mediterranean style diet provides your body with antioxidants. Antioxidants provide vital support to your body to heal and repair after a miscarriage. Antioxidants are needed to give eggs (and sperm) the necessary energy to fertilise and grow.

Mediterranean style also includes Omega-3s and monounsaturated fats such as oily fish and avocados, nuts and seeds. Healthy fats are needed to regulate hormones and support a regular menstrual cycle, which is important when trying to conceive. Omega-3 fats are associated with lower incidence of anovulation as well as increased luteal progesterone which is key to preparing the uterine lining for implantation.

REMOVE:

- Margarines & refined cooking oils
- Processed foods
- Overcooked Vegetables
- Fried Foods

SWITCH TO:

Aim for AT LEAST 5 portions fruit & vegetables per day. Try all the colours of sweet pepper, tomatoes, aubergines, butternut squash, courgettes, dark skinned grapes, melon, broccoli, spinach, spring greens, blueberries, raspberries, strawberries, oranges, physalis, kiwi.



Eat Mediterranean Style cont...

Include healthy fats from avocado, pumpkin, sunflower, flax or chia seeds, and aim to eat oily fish such as mackerel, anchovies, herring, sardines, salmon twice per week.

Which highly processed foods/refined fats are you ditching this week?

- 1.
- 2.
- 3.

Which foods containing antioxidants and healthy fats are you switching to this week?

- 1.
- 2.
- 3.

2. Reduce Inflammation

Reducing certain foods is a positive way to bring down inflammation in the body. Inflammation has been associated with numerous conditions which may impact fertility such as endometriosis, PCOS, pelvic inflammatory disease (PID), early menopause (POF) and even poor sperm and ovum quality. Inflammation is also associated with increased weight and dysfunctional insulin production which can also lead to issues with infertility.

Reducing inflammation will give your reproductive system the support it desperately needs, particularly after a miscarriage or if you have any of the above mentioned conditions.

DITCH: Foods containing refined sugar such as fizzy drinks, processed foods and snacks, highly refined white flour in bread and pasta. Restrict alcohol intake.

SWITCH TO: Whole grains such as quinoa, amaranth, buckwheat, brown rice, legumes such as lentils, chickpeas and other beans.

HOW? Try some of these easy swaps:

- Swap white pasta with beef bolognese for brown rice pasta with tomato pasta sauce with brown lentils and stir through baby spinach
- Swap a ham salad sandwich for a salad with colourful veggies, dark leaves, seeds and either cannellini beans or a salmon fillet



Reduce Inflammation cont...

- Swap breakfast cereals for poached or scrambled eggs with a slice of pumpernickel bread and slices of avocado
- Swap afternoon biscuits or cakes for 5 or 6 almonds and a medjool date or a handful of berries and a couple of squares of dark chocolate

Which foods containing refined sugars and flours are you ditching this week?

- 1.
- 2.
- 3.

Which meal swaps are you making this week?

- 1.
- 2.
- 3.

3. Support

WHY?

When you're trying to conceive, and especially after a pregnancy loss, making time for self-care can slip. It is easy to feel alone when you're on an infertility path. Although cortisol is an important part of regulating blood pressure, too much cortisol can interfere with hormonal balance and is associated with increased levels of inflammation.

“Just relax” is one of the worst things anyone can say to someone on a long trying-to-conceive journey. But spending time with people we care about and people who understand our struggles can help reduce cortisol and support hormone regulation which will help maintain a regular menstrual cycle.

HOW?

- Spend time with your ‘tribe’. Join a forum or online group which can be a great way to speak openly about your fears and your experiences as well as your hopes for the future.
- Try epsom salt baths for relaxation. Epsom salts contain magnesium which helps to regulate your circadian rhythm which supports balanced hormones

3. Support cont...

- Try massage as another great way to find calm and restore balance.
- Meditation practices and mindfulness can also be a really great way to support your overall wellness. Try an app like Headspace or Calm

Which 3 ways are you supporting yourself this week?

1

2

3

4. Remove Toxins

WHY?

Unfortunately, the impact of environmental toxins on fertility is not widely understood but they have been associated with hormonal imbalance both for men and women. Some of the key toxins are:

Phthalates which have been found to disrupt hormonal balance. Continued exposure has also been associated with greater incidence of male factor infertility and an increased risk for miscarriage.

BPAs which are used in plastics have been identified as disrupting hormonal balance for both men and women

VCH is a toxin found in pesticides as well as tires and some plastics

PFAS found in non stick pans and in coatings like non stick paper as well as fire-fighting foams.

Removing toxins wherever possible enables your body to eliminate oestrogen dominance which is associated with infertility, fibroids, irregular cycles and miscarriage.

HOW?

Try these suggestions to reduce your 'toxic load':

- Use organic fruits and vegetables, dairy and meat as much as possible



Remove Toxins cont...

- Filter your drinking water and use it for making hot and cold drinks and for cooking water
- Avoid wrapping food in cling film or storing in plastic containers - use stainless steel and glass containers for the fridge. Try cotton wraps for covering and wrapping food.
- Give your household cleaning products an overhaul and reach for those which are specifically labelled non-toxic. Try good old vinegar and bicarbonate of soda - works for most household cleaning except washing up!
- Swap out non-stick frying and milk pans over time

Which changes are you making this week to reduce the toxic load on your body?

- 1.
- 2.
- 3.

5. Move

WHY?

Exercise is a key part of any plan when trying to conceive. Just enough is just right where exercise and conception are concerned. You don't want to overdo it or underdo it.

Exercise is needed for healthy circulation - which is vital in terms of ensuring the blood supply to your reproductive organs in order to regulate your monthly cycle. Exercise also helps with relaxation by creating happy feelings via the release of endorphins.

HOW?

Walking is a great form of gentle exercise which is easy to fit into the day. Yoga is a wonderful form of exercise for those trying to conceive, particularly if it is specifically directed 'fertility yoga'. It supports blood flow to the reproductive organs as well as supporting the reduction of cortisol through relaxation.

Which exercise are you adding to your routine this week?

- 1.
- 2.
- 3.

Which days are you committing to exercise this week?





6. Hydrate

WHY?

If you have dry skin, dry lips, and headaches, there's a good chance you aren't drinking enough water. Every cell in your body needs to be hydrated. It is vital to stay hydrated when trying to conceive as your body's key fluids such as cervical mucus need water in order to be present at optimal levels.

Cervical mucus plays an important role in transporting the sperm to the ovum. Poor hydration is also thought to reduce egg quality. Dehydration in men may lead to a reduction in semen volume as well as a degradation in sperm quality.

Ensuring you both remain hydrated supports the embryo once fertilisation and implantation occur as hydration is an essential part of the energy required within the embryo's cells and the division of cells required to make a baby.

HOW?

Aim to drink 1.5-2 L of filtered water per day (2.5-3 L for men). An easy way to ensure you drink an adequate amount of water is to invest in a 1L stainless steel bottle. Sip one fill of the bottle through the morning and one through the afternoon. Two litres, done! If you enjoy bone broth or miso soups, these also count towards your fluids per day - great for the colder weather.



Hydrate cont...

If you don't enjoy drinking plain water try:

- herbal teas
- flavouring your water with slices of orange and lemon, strawberry and cucumber, watermelon, or sprigs of mint
- Light soups also count

Don't forget, during pregnancy your blood volume will double to support your growing baby, so best to get into the habit of staying hydrated now as you will need 2-3L per day during pregnancy.

What are you including this week to ensure you hydrate your body more?

- 1
- 2
- 3
- 4
- 5

7. Sleep

WHY?

Regular good quality sleep is crucial to your overall well being.

Research indicates that 7-9 hours is ideal and that you should aim to go to bed and get up at the same time every day. Try to work out what the optimum number or hours is for you. Some people function well on 7 whilst others need 9.

Where fertility is concerned, getting enough good quality sleep is important for the reproductive hormones as the hormones associated with the sleep/wake process are also responsible for the maturation of sperm and the triggering of ovulation.

Good quality sleep can support the regularity of the menstrual cycle and of ovulation and thereby the chances for pregnancy.

HOW?

Try some of the below ideas to support improved sleep:

- Try to spend time in natural light early in the day. This could be taking an early morning walk or sitting in front of a light flooded window
- If you are having a coffee, have it before midday to allow your body plenty of hours to metabolise it before bed



Sleep cont...

- Keep your bedroom dark and cool (and wear an eye mask if you can't)
- Have a bedtime routine - listen to music, take a bath, read a chapter of a book, or practice mindfulness. This will help to train your mind and body to know that the time for sleep is approaching

Which sleep improvement techniques are you trying this week?

- 1.
- 2.
- 3.





Hi, I'm Kirsten

I'm passionate about helping women and couples just like you to achieve your dream of having a baby.

I struggled with infertility and pregnancy loss and used nutrition and lifestyle changes to realise my dream and go on to have two healthy boys.

I retrained, studying for four years at the renowned Institute for Optimum Nutrition to combine my passion for fertility with accredited qualifications and the latest research which I bring to my clients.

Do you want to achieve your dream of having a family?

Email me at hello@kirstenmooring.com to take the first steps in understanding and healing your body