



# REVITALIZE *Conception*

## Optimizing Fertility Checklist



## REDUCE ENVIRONMENTAL TOXINS

We are constantly exposed to chemicals in our environment that build up overtime in our body, increasing our risk for systemic inflammation. Research has shown that toxins can affect fertility and/or fertility treatments by acting as endocrine disruptors and damaging the reproductive system. Endocrine disruptors are natural or man-made chemicals that mimic or interfere with your body's hormones. The most common endocrine disruptors are:

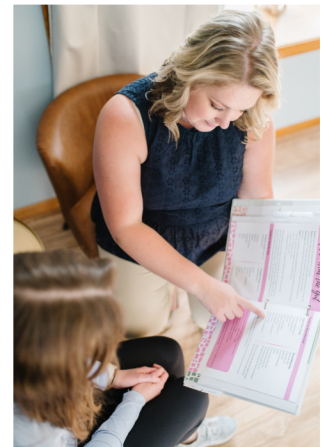
- organochlorine compounds
- bisphenol A (BPA)
- organophosphate pesticides and herbicides.

Simple strategies to reduce exposure to endocrine disrupting chemicals is to transition to clean brands including home and beauty products, following the “Dirty Dozen” food list and using a water filter.



## IMPROVE LIFESTYLE FACTORS

If you are trying to conceive, now is the time to start assessing and possibly adjusting your extracurricular activities such as smoking or alcohol intake. Both can have a negative impact on hormone production and fertility, especially if used in moderate to excessive amounts. Heavy use of either alcohol or smoking may diminish your overall egg reserve, ultimately reducing your chances of a successful conception.



## REPLENISH YOUR BODIES MICRONUTRIENTS

Often women use hormonal birth control prior to trying to conceive. Once you stop, many may not know that this can deplete your body of specific micronutrients that are important to optimize fertility. Listed below are a few micronutrients that are important to replenish with added information on their importance on the fertility process.

- **Folic acid** - important for neural tube formation (what eventually creates your baby's brain and spinal cord)
- **Vitamins B2, B6 and B12** - essential to reduce inflammation
- **Vitamins C and E** - antioxidants that decrease inflammation and may influence the environment for healthy sperm
- **Magnesium, Selenium and Zinc** - minerals that remove heavy metals (toxins) and protect the maternal thyroid perinatally (important for hormone production and egg release)



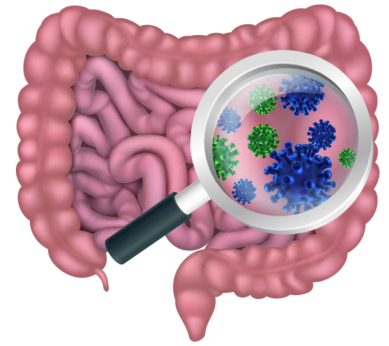


## GUT HEALTH AND INFLAMMATION

Chronic inflammation can be fueled by the ingredients you are consuming in your daily diet, especially if your diet consists highly of processed foods. There are chemicals within these processed foods that can make the gut lining more permeable, thus allowing for larger particles to pass through that normally shouldn't. Think toxins! This can then increase inflammation within the body which alters hormone production, organ function and nourishing an optimal environment to conceive.

Five of the top inflammatory foods/liquids that you may consider reducing or eliminating include:

- wheat
- sugar
- dairy
- vegetable oil
- alcohol



## KNOW YOUR STRESS RESPONSE

If you are like most people, you probably downplay the impact of stress and just accept it as part of life, however chronic stress can be a major factor in infertility. In a normal stressful event, a person's body produces cortisol, the stress hormone. Cortisol is produced from the same compounds that make up our sex hormones, such as estrogen and progesterone. If your body is constantly experiencing stress it prioritizes producing cortisol instead of critical sex hormones needed for fertility.

We can help you restore your body's response to stress using a unique Heart Rate Variability (HRV) test. This test provides measurements on daily stressful events, how your body is currently responding to stress and allows us to build a strategy to improve stress management.



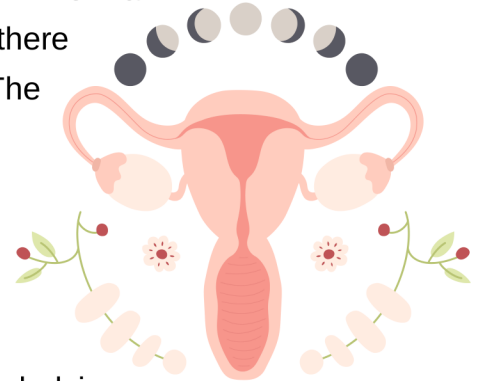
## OPTIMIZE VAGINAL HEALTH

Your vaginal region needs an ideal environment to reduce risk of infection and accumulation of harmful bacteria. This can be measured by testing your pH with a simple swab. The optimal vaginal pH is between 3.8-4.5. Any change in pH outside of this range can result in infertility due to less than optimal conditions for sperm mobility, greatly reducing the chances of the sperm reaching the egg for fertilization.



## OPTIMIZE OVULATION

Your menstrual cycle is divided into three separate phases: Follicular, Ovulatory and Luteal phases, each controlled by different hormones. A normal cycle typically ranges between 21-35 days, however there are 2 days in which you are most likely to conceive. The day before and the day of ovulation.



Many women may not know the specific details of their menstrual cycle so it is an important first step to start tracking your cycle when trying to optimize your fertility. Any irregularities in your cycle can indicate underlying health issues and will also tell you if/when you are ovulating so you know the best window of time to try and conceive.



## ELIMINATE MECHANICAL FACTORS

There are multiple reasons that women can suffer from tissue restrictions around the uterus and other female organs. Common reasons include:

- a scar from a surgery or c-section.
- infection.
- chronic inflammatory condition and/or pelvic floor dysfunction.

Restricted tissues reduce blood flow and can alter the tubal space that carries the egg and sperm. A pelvic health physical therapist can be very beneficial to improve the tissue quality using specialized hands on treatment to reduce any restrictions. This will optimize normal organ function and improve the path that sperm and egg travel for fertilization.







## IS YOUR EXERCISE TOO INTENSE?



Regular fitness and activity assists with balancing hormones and reducing stress, which can help boost fertility. However, if you are having difficulty with conceiving you may want to reassess what type of exercise you are doing, how often and the duration.

Vigorous or intense exercise also places stress on the body and if it is repetitive the body may not have enough time to recover, putting you at risk for a state of depletion and chronic inflammation. Over time this vigorous activity can alter menstrual cycles and hormone levels that are needed to support a pregnancy.



## PARTNER'S LIFESTYLE AND HEALTH MATTER TOO!

We often only think about what a woman needs to do in order to optimize fertility. However, a large portion of the topics above can be applicable to your partner as well. Their lifestyle choices, health and activity level play a role in the quality of sperm and your fertility journey! Research even states that simply going on walks together as a couple can increase your chances of conception!

Are you interested in learning about a more natural and holistic approach to help you get pregnant? Contact us Today!



[contact@revitalize-pt.com](mailto:contact@revitalize-pt.com) • [revitalize-pt.com](http://revitalize-pt.com)

11951 W. Janesville Rd. Suite E  
Hales Corners, WI 53130 • (414) 331-2323

530 N. 108th Pl. Suite 200  
Wauwatosa, WI 53226 • (414) 708-8066