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“Having children  
is a gift”  
Jo Joyner







There has never been a better time to really get your body in perfect fertile shape. New Year's resolutions often fall by the wayside because there is no definite end goal. But improving your body health and wellbeing for the specific purpose of being in the best possible shape for conception, means potentially laying the foundations for a pledge or resolution that is significantly more real and long-lasting than the Atkins diet or a trip to the gym. And the reward? Well, let's just say it will change your life...

**E**ven the most important and determined New Year's resolutions can fail, and more often than not it's because a person's willpower finds itself dragged down and beaten into submission.

Simply, to maintain willpower, you need to maintain focus. If you are clear in your ambitions and have a path that is obstacle-free and inviting, then you're giving yourself the best chance of achieving your goals.

Of course, temptation will always present itself – we wouldn't be human without this emotion – but given the right planning, it can be pushed to the background if your drive and determination is secure and certain.

To make that possible we've subverted the infamous Seven Deadly Saviours to Seven Definitive Saviours. First, we'll leave Andrew Loosely, author of *The Ultimate Fertility Guide*, to present his collection of New Year fertility tips. Then we'll describe a further seven ways that will ensure you know how to stick to your pledges.

And if you're flicking through this issue a few months down the line, don't let the fact that the year has already started put you off, because good fertility health and habits can be commenced at any time - it just requires courage, conviction, and a constant belief that you will achieve your aims... »

# SEVEN NEW YEAR FERTILITY TIPS

BY ANDREW LOOSELY

If you're looking to have a baby in 2011, then this is a great time to start making some resolutions to help increase your chances of successful pregnancy.

Life generally tends to be a bit calmer after the hectic Christmas celebrations so it's a little easier to start reflecting on areas in your life that you could change.

To help get you started I've listed the seven most important tips for increasing your chances of successful pregnancy whilst helping your body get in shape quickly.

Follow these tips as often as you can to improve your chances of successful pregnancy.

## ● 1. Eliminate Stress

The number one contributing factor to infertility is stress. Avoid it if and where possible, or change the way you approach it. Persistent low-grade stress is the most harmful. Try to take some time out for yourself every day and allow yourself periods where you relax completely and calm your mind down so that you feel at ease. Literally empty your mind of things to do, let it go quiet and just drift. You could do this in the bath or just sitting down somewhere peaceful and without interruptions.

Do this every day and you'll quickly notice a difference in how you feel. Try some simple meditation or fertility hypnosis CDs too.



## ● 5. Stay Warm

Keep your lower back, lower abdomen, legs and feet warm at all times. Wear plenty of clothes so the skin in this area feels warm to touch. This is a powerful principle of Oriental medicine and it works very well. The reason for this is that when the lower abdomen and lower body become colder, the blood cannot circulate as efficiently through this area and the blood supply to the uterus is also impeded. This normally results in pain at the beginning of your period.

Keeping these areas warm allows the blood to circulate more freely and more efficiently to the uterus, which increases the success rate of implantation.

## ● 6. Go Organic

Eat organic food where possible, particularly meat, to avoid harmful pesticides and growth hormones that upset your natural hormone balance. Sadly, our food and water today is quite contaminated and many people are not aware that this is a contributing factor towards unexplained infertility.

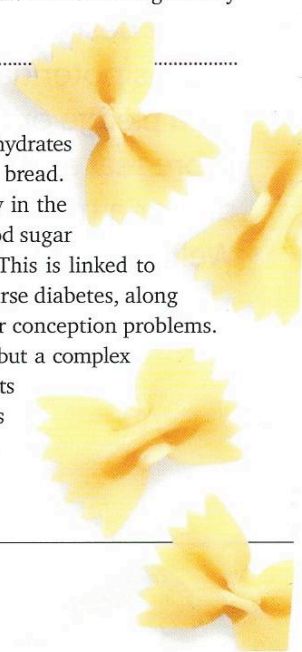
Our bodies absorb the growth hormones in non-organic meat and this causes our own hormone levels to come out of balance. This negatively affects the reproductive system and reduces the chances of pregnancy.

Our bodies are simple and need natural and clean foods that are not laden with synthetic, manmade chemicals. Eat organically to redress the balance.

## ● 7. Reduce Carbs

Try to reduce your intake of simple carbohydrates - flour-based foods such as pasta and bread. These products convert to sugar rapidly in the body and cause problems with your blood sugar level, which affects your insulin level. This is linked to Polycystic Ovarian Syndrome and of course diabetes, along with other issues relating to infertility or conception problems.

All vegetables contain carbohydrates (but a complex type which are good for you). Just eat lots of vegetables, particularly green leafy ones and some red and white meat too, for a completely natural and balanced meal.



## ● 2. Quit Smoking

We all know that smoking is bad for us but when it comes to fertility issues its negative effects are even more profound. Smoke decreases the oxygen level in your blood and so less oxygen is carried to your cells. Without a good supply of oxygen they cannot work properly. If your body doesn't work at its optimum level then, it follows, you will reduce your fertility success too.

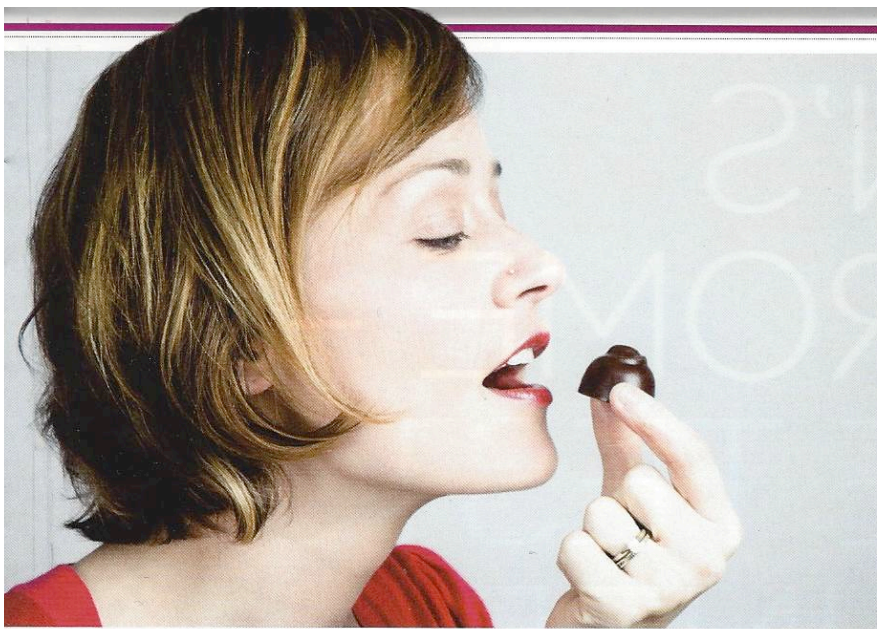
## ● 3. Reduce Alcohol Intake

Ideally, you should stop consuming alcoholic drinks at least two months before actively trying for a baby.

There are many issues with alcohol when thinking about improving fertility. One aspect is that it weakens your body's energy due to it being a poisonous substance. This means that your body has to work extra hard to get rid of the waste from the alcohol and this uses up more energy. The more energy you use, the less energy there is for other functions within the body, and so the reproductive system becomes less efficient.

## ● 4. Avoid Pain Relief Drugs

A recent study at Oxford University has shown that pain relief drugs stop ovulation and therefore reduce the chances of conception. Where possible, move to natural pain relief and use treatments such as acupuncture to treat the cause of the pain.



The tips on the previous page should help you avoid the more damaging factors in your environment and lifestyle. However, knowing what to improve and being able to stick to it are two very different things. Here is our guide to ensuring you can maintain to your new regime:

### ● 1. Be Ambitious

The glass is always half full, and positive thinking will do your fertility hopes no harm at all. Think big, picture your ultimate aims, and always come back to that image when you feel things might be going against you. Dreams and aspirations are inspiring and the things that motivate us to get out of bed each morning. Write these down and discuss them with a partner or friends.

### ● 2. Take It One Step at a Time

While it's important to be ambitious, you must be realistic at the same time. The best way to achieve this is to segment your hopes so that you can tackle them in bite-sized chunks. Create action steps and address each one individually – what do you need to do to overcome this; where and how will you begin?

### ● 3. Set a Time

It's human nature to let things drift, so be determined and stubborn in setting yourself deadlines which need to be adhered to. You need to constantly remind your subconscious that this is a set process of goal-setting and goal-hitting.



### ● 4. Chart Your Progress

The best way to record and interpret your efforts is to note down your progress at every step. Create lists, charts, graphs... whatever works for you, but ensure you keep material up-to-date as a constant reminder of the journey you are on.

### ● 5. Rate Your Progress

Mentally 'download' progress every couple of days, and again at the end of each week. Go back to your original aims and ensure that you are where you want to be. If you are falling behind, construct a plan so that you are able to catch up. While it's important not to be too harsh on yourself, the reality is that you are the only person who can really help you achieve what you want.

### ● 6. Offer Yourself Rewards

Your resolutions may be depriving you of some things you have come to know and enjoy, but that shouldn't prevent you from giving yourself a pat on the back in other ways. List a set of potential incentives, and award yourself one at the end of each significant milestone.

### ● 7. Talk to Others

In 2011, the global communication angles are greater than ever. Support is available at every turn, with people spread all across the world experiencing similar emotions to yours. Always be willing to reach out and share your experiences. While the empathy is undoubtedly good for others, it is ultimately the most rewarding for yourself. ☺



#### FOR MORE INFORMATION:

To find out more about The Ultimate Fertility Guide, visit [www.naturalfertilityexpert.com](http://www.naturalfertilityexpert.com)

TELL US  
ABOUT YOUR  
EXPERIENCES:

We'd be delighted to hear how your New Year's resolutions go this year. No matter what stage of the process you are at, our readers would love to share in your experiences along the way. If you'd be interested in documenting your year ahead, please write in to Fertility Road magazine at [editor@fertilityroad.com](mailto:editor@fertilityroad.com)