



5 Ways to Maximize Your Chances of Getting Pregnant





THE BASICS

Introduction & Definition



THE 5 WAYS

Navigating your Fertility Journey with Empowering Tips



BONUS MATERIAL

More Resources to Help you Maximize your Fertility



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Recap & Next Steps

WELCOME



Getting pregnant can be a complex process and may take some time for some couples. Research indicates that up to 25% of couples may take between one and two years to conceive. To increase your chances of success, there are various steps you can take to optimize your fertility potential. This document serves as a valuable resource to help you maximize your fertility and speed up your time to pregnancy.

Ambalance Wellness Centre



THE BASICS

The Basics

- Infertility is defined as the inability to become pregnant after one year of regular, unprotected sexual intercourse if you're under 35, or six months of sexual intercourse, if you're 35 or older.
- Age has a substantial influence on fertility. Fertility begins to decline after the age of 35 for women and continues to steadily decrease as a woman ages.
- Other causes of infertility in women include irregular periods, PCOS, endometriosis, hormonal imbalances, weight fluctuations, blocked fallopian tubes, the shape of the uterus, or cancer therapies.
- For males, even if they can father children later in life compared to women, age still impacts fertility and also the health blueprint of your future child. Men over 40 might notice a reproductive decline and this can contribute to the diagnosis of unexplained infertility and miscarriages. There is no magic pill, yet, so we recommend following the tips in this document to improve your chances of conceiving and having a healthy baby.

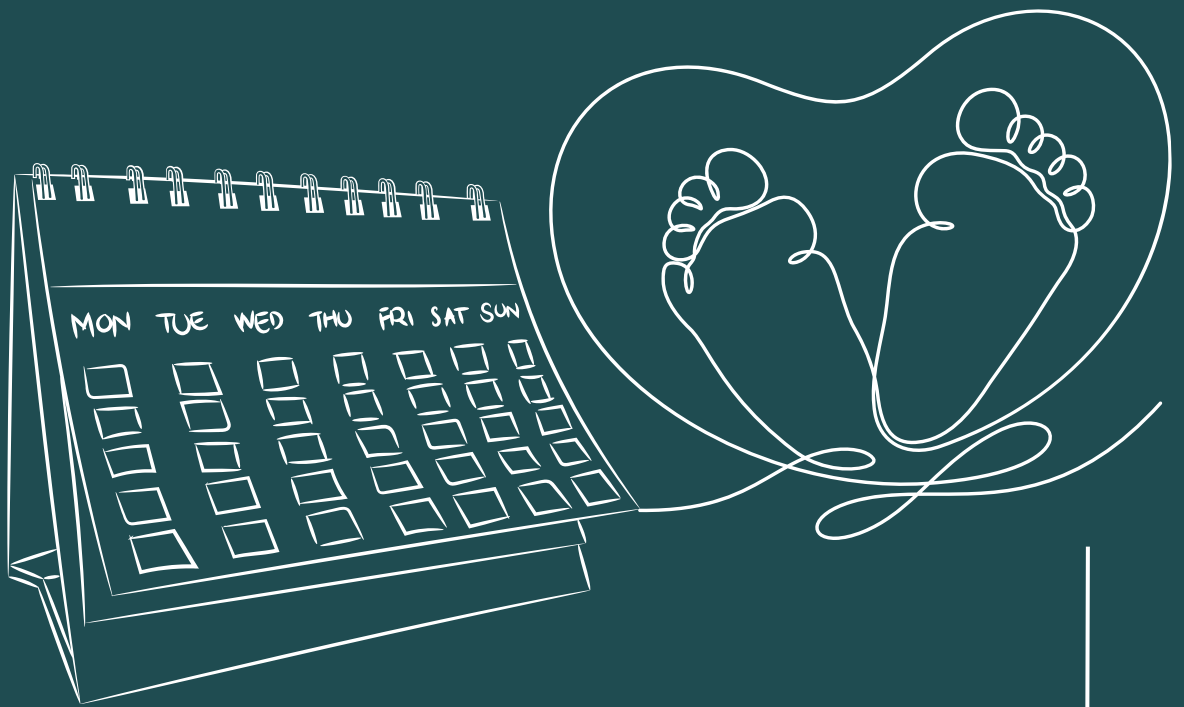




THE WAYS

#1 Understand Timing and Your Peak Fertility Window

Your fertility window is the seven days during your monthly cycle when the chances of you conceiving a baby is the highest. Typically, it's the five days before ovulation, the day of ovulation, and the day after ovulation. However, every person is different so it's important to know when YOUR peak fertility window is.



Monitor Your Ovulation

Track your ovulation. You can do this by picking up some ovulation predictor (LH strips) tests from your local pharmacy or Acubalance. A positive LH surge indicates you will ovulate within 24-48 hours. Intercourse on the day of your LH surge and the two days immediately following are peak days of your fertility window for timing intercourse.



Look For Changes In Cervical Discharge

Another indicator of being in your peak fertile window that you can pay attention to is when your cervical mucus changes consistency to clear & stretchy (resembles egg white consistency). This change in 'fertile' mucus is friendly to sperm and even nourishes them so when you notice egg white discharge it is also a good time for intercourse.



Understand the Timeframe of Egg Life vs Sperm Life

An ovulated, unfertilized egg has a viable life span of about 24 hours. However, sperm can live within a woman's body for up to 3-5 days. So, by knowing when you're ovulating, you can accordingly plan to have intercourse during the 3-5 days leading up to ovulation.

"Never keep a lady waiting" Since the egg only survives for a short period of time, you want the egg surrounded by sperm once it is ovulated, to increase the chances of fertilization while it is viable. Therefore have sperm waiting for the egg to be released by having intercourse during the peak fertile window which is the 5 days leading up to ovulation.



How Often to Have Sex

To maximize your chances of conceiving, have sex every other day (or daily) in the five days leading up to your ovulation, plus on the day of your ovulation, and the day after your ovulation. Since the egg's viability is relatively short, it's helpful to provide new, strong sperm often during the five fertile days window.



#2 Taking a Deeper Dive into Fertility Testing

Leave no stone unturned when looking for underlying causes of your infertility challenges.

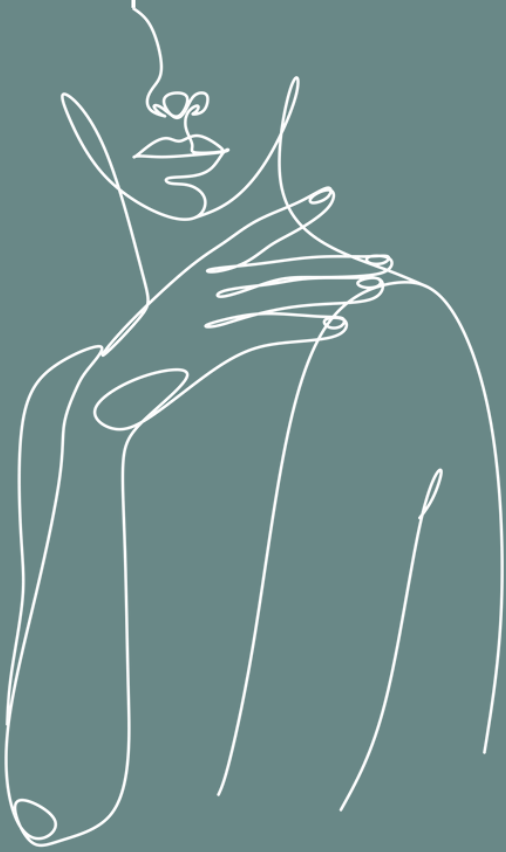
Making a baby puts a huge demand on the body, and you want to make sure you're not heading into pregnancy with nutritional deficiencies, hormonal imbalances, or infections.

We recommend both the conventional fertility workup along with additional screening using functional medicine testing offered through our naturopathic doctors.



Functional medicine testing gives an in-depth view of your cellular health and can provide a deeper understanding of the contributing factors to your fertility concerns.

These broader scale tests look further than your reproductive health. They give insight into the relationships between your nervous system, your immune system, and your hormonal system. All of these factors can have an impact on your egg and sperm quality and uterine receptivity.



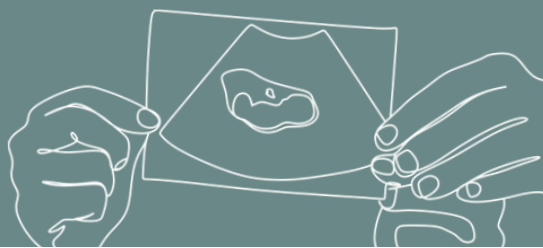
Female Testing

Conventional female fertility testing would include a discussion about your medical history, a pelvic examination, checking your ovarian reserve, basic sex hormone testing, and can include imaging such as an ultrasound.

Functional Medicine Testing

In addition to the basic fertility blood lab work up, testing may include naturopathic functional medicine testing. Often standard blood work can miss important considerations in assessing your health and fertility. We use functional medicine testing to uncover the missing pieces in your case, and investigate the root cause of your concerns. We take a deep dive to look at all aspects of your health, and see how each system is functioning and communicating within your body. Then, we use this information for a more targeted fertility treatment plan.

Naturopathic doctors don't just look for results within the "normal" range – they aim for optimal or functional ranges that give you the best chance of success. It is not about just being within range – it is about being in the optimal range when it comes to reaching your peak fertility potential.



In Addition To The Basic Fertility Workup, Testing May Include:

- Vitamin & Mineral Deficiencies
- Full Thyroid Panel
- AMH Levels
- Hormone Balance & Metabolism
- Fasting Insulin Levels
- Mitochondrial Function
- Detoxification Pathways
- Gut Microbiome
- Stress Hormone Function
- Inflammatory Triggers & Markers
- Neurotransmitter Deficiencies
- Genetics & Nutrigenomics

Male Testing

At least 50% of infertility cases among couples are caused by factors related to men, and research suggests that men may also contribute to unexplained infertility and miscarriages, even when semen analysis results appear normal. However, positive changes can be made in sperm quality through diet, lifestyle adjustments, supplements, Chinese herbs, acupuncture, and low-level laser therapy (LLLT).



#3 Regulate Your Menstrual Cycle



Many uncomfortable menstrual cycle symptoms have been normalized. But normal does not mean healthy, it just means it is common. Many women experience PMS, breast tenderness or distention, cramping, clotting, heavy or scanty bleeding, back pain, acne, headache, and mood swings related to their cycle. But these “normal” menstrual symptoms are not healthy according to Chinese medicine and are indicators of an imbalance in your body. So, it’s important to take steps to regulate your menstrual cycle.

Know What a Healthy Cycle Looks Like

First, be able to recognize signs of a healthy menstrual cycle. Which includes:

- Bleed between 3-7 days
- Bright red blood instead of pale pink or purple/black
- No clots
- No spotting
- Average flow, so not heavy or scanty flow
- No or minimal pain
- No or minimal PMS



Do you experience a healthy cycle or do you have PMS, pain, clots, or irregular flow?

Balance Hormones

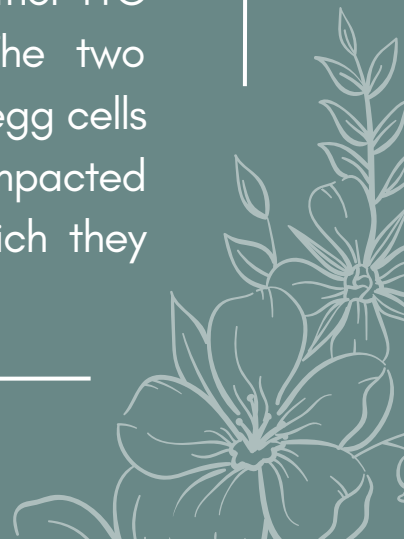
In order to have a healthy menstrual cycle, your body must have a correct cocktail of hormones being produced within your body. Too much of one thing or too little of another throw the intricacies of your reproductive system out of balance causing painful periods and PMS.

Hormonal balance can be accomplished through natural approaches such as Chinese herbal medicine, supplements, hormone balancing diet, lifestyle changes, and meditation. We can also add treatments like acupuncture and low-level laser therapy (LLLT) along with bio-identical hormones.

#4 Nourish the Soil: Optimize Egg & Sperm Quality



One of the predictors of pregnancy success, whether TTC naturally or through IVF, is embryo quality. The two components of a healthy embryo are high quality egg cells and sperm cells. Both egg and sperm quality are impacted by the health of the cellular environment in which they develop.



Egg

Follicles are recruited a year in advance and significant maturation and growth happens during the last 100 days before ovulation or egg retrieval. The goal is to optimize the cellular environment in which the follicles are nourished to support them in reaching their peak fertility potential. We want to make sure their resources are abundant (adequate blood flow and mitochondrial function), ensure inflammation, toxins, and stressors are low and make sure hormones are balanced and cellular nutrition is abundant.



Sperm

Men make about 1000-1500 new sperm every heartbeat. Sperm take approximately 75 to 90 days to mature. It is important to ensure the environment supports and nourishes the sperm during its development, so that sperm can be at their peak fertility potential at the time of fertilizing an egg. A common cause of poor sperm quality is 'oxidative stress' (poor diet and lifestyle), heat insult (hot tub or fever), or inflammation.



Reduce Oxidative Stress

Oxidative stress is a contributing factor to infertility. When there is an imbalance between pro-oxidants or free radicals and antioxidants, your body begins to experience oxidative stress (think of it as body rust) which damages your cells – their lipid membranes and the DNA contained in the nucleus can both be harmed. When your body is damaged at a cellular level, it makes healthy pregnancy difficult to achieve because of the damage being done to the sperm and egg cells. As we age, our defense against oxidative stress weakens so it is even more important to take steps to prevent and reduce this ‘body rust’. Oxidative stress can be managed or even reversed with the Acubalance Fertility Diet, antioxidant supplements, lifestyle changes, and treatments like low-level laser therapy (LLLT), nutritional IV therapy, and Chinese herbs.

Improve Blood Flow

As we age, blood flow to our reproductive organs declines. When a cell is deprived of circulation it leads to discomfort and eventual cell death. Blood flow and circulation are essential for cellular health, including the health of egg and sperm cells.



Strengthen Mitochondrial Health

All our cells are powered by little structures called mitochondria. Eggs have about 200 times more mitochondria than any other cell. When eggs are developing, they use a tremendous amount of energy. And early embryo division (whether in your fallopian tube or in the IVF lab) requires lots of energy. Implantation also requires energy which comes from the mitochondria. After 35 years, the mitochondria wear down. At age 40, nine out of 10 eggs are abnormal.

Studies show that the mitochondria of older eggs are capable of producing significantly less ATP, which is the source of cellular energy. This has a significant impact on fertility, as the rate of division and successful implantation of embryos has more to do with how much energy (ATP) than with maternal age per se.

It's important to take measures to keep the mitochondria as healthy as possible.

- CoQ10/PQQ and other supplements to support mitochondrial function
- Fertility diet
- Avoiding chemicals & toxins
- Heal your gut microbiome
- Healthy lifestyle (sleep, adequate rest, and moderate exercise)
- Meditation – lowering stress
- Chinese herbs
- Low-level laser therapy
- Nutritional IV therapy
- Acupuncture



Reduce Inflammation – “Inflammaging”

Prolonged chronic systemic inflammation leads to accelerated biological aging, also known as inflamm-aging, which can lead to degenerative diseases and premature fertility decline.

If you have systemic inflammation, this could be decreasing your chances of getting pregnant. A woman diagnosed with poor egg quality, endometriosis, PCOS, or unexplained infertility can optimize their fertility by regulating inflammation.

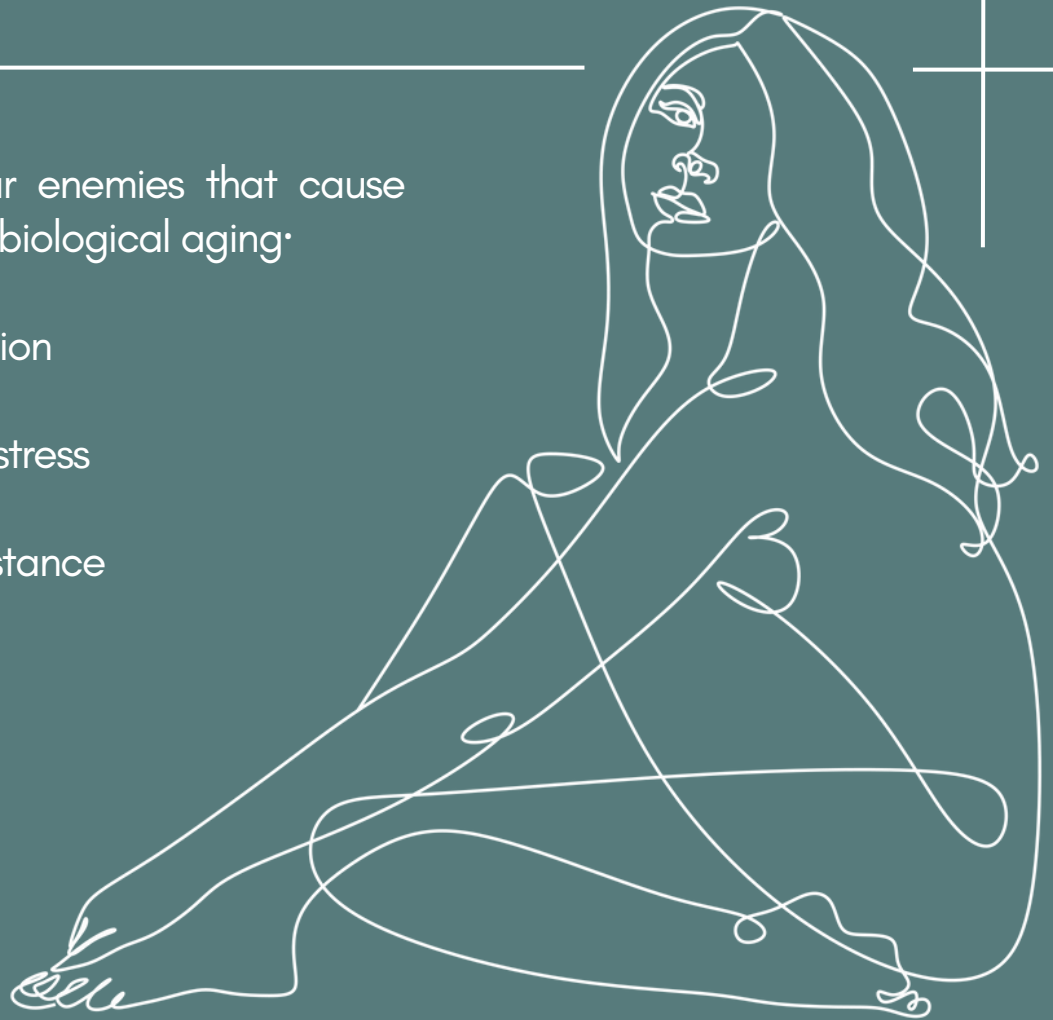


“.....biological and chronological ovarian age are not always equivalent. Furthermore, biological age is more important than chronological age in predicting the outcome of ART.....”

Reproductive Biology and Endocrinology 2009

Three cellular enemies that cause accelerated biological aging:

- Inflammation
- Oxidative stress
- Insulin resistance



It's important to take measures to keep the mitochondria as healthy as possible and reduce systemic chronic inflammation. This can be done through a series of LLLT treatments combined with acupuncture, antioxidant supplements, stress reduction, gentle detox, Chinese herbs, regulating blood sugars, healing your gut microbiome, and following the Acubalance anti-inflammatory fertility diet.

Improving egg quality takes time. It takes about 3-4 months or 100 days during the follicles' maturation process to be selected and released during ovulation. The cellular environment in which your follicles grow and mature during this crucial period can impact your fertility and the future health of your child. In order to reach your peak fertility potential, it's important to be taking proactive steps laid out in this document during the first 100 days of preconception care.

#5 Mind Body Stress Reduction



The focus is to take your body out of a state of alarm (sympathetic mode) because when we are in fight or flight mode our energy is mobilized for survival and our resources are not readily available for healing, and reproduction. The habitual state of alarm over time leads to chronic inflammation which can cause accelerated biological aging and premature degenerative diseases, and also premature fertility decline. When you are able to elicit the relaxation response daily and engage the parasympathetic nervous system (the "**rest & digest**" and "**breed & feed**" nervous system), it frees up your resources for healing, creativity, and reproduction.

Reduce Stress

The best way to lessen your mental stress is to practice self-care and put your mental health first. We encourage those with high stress to try acupuncture along with the self-care practices listed below.



Tips to Reduce Stress:

- Meditation
- Exercise
- Guided meditation & body scans
- Yoga & Qi Gong
- Spa day
- Acupuncture for stress reduction & blood flow
- Low-level laser therapy to engage parasympathetic nervous system
- Chinese herbs & supplements
- Box breathing
- Walk in nature
- Bath with epsom salts
- Community – spending time with those you enjoy



BONUS: TALK TO A FERTILITY EXPERT



Trying to get pregnant can be emotionally, physically, and financially draining leading one to feel frustrated and exhausted and for some even helpless.

Talking with specialists, like a reproductive endocrinologist and our team at Acubalance, can give you the clarity, support, and empowerment you deserve during your fertility journey.



CONCLUSION

Conclusion

We want you to feel safe and empowered and to receive timely expert advice to help guide you on your path to pregnancy and growing your family.

If you'd like more personalized information or a plan for your specific fertility goals, we can help.



*Feel Heard
Find Specific Answers
Get a Personalized Plan*

Want to see if we're a good fit? Schedule a free 15-minute discovery call

604-678-8600 or clinic@acubalance.ca

<https://acubalance.ca/contact/>

All the Best!