

Abundant Fertility



Your Holistic Preconception Care Guide

Congratulations

What a beautiful journey you are embarking on. Baby aside, this is an amazing opportunity to get to know and honour yourself. I hope you use this guide as a chance to nourish and love wholly and completely on YOU as it's my belief that this is when healthy babies are made.

For me, I think the best advice to anyone wanting to boost their fertility is live as though you are already pregnant. This is because when you drink, eat, move, sleep and live as though you are pregnant, naturally your lifestyle will change to support this. That means no alcohol, no smoking, plenty of whole, nutritious foods, getting enough rest and downtime as well as moving in a slow but steady way.



MAKING A MIRACLE

Having a healthy pregnancy is about supporting your body to literally perform a miracle, it needs all the TLC it can get. Just like plants and flowers need the right environment - food, water and TLC to flourish - so too does your body to have a baby. It also is worth mentioning that this goes for the guys too. A healthy baby is 50% you and 50% your partner, so don't think they get off lightly. Whatever changes you make for your fertility they need to make too, top quality sperm come from living a top quality lifestyle, so be sure to share this information with your partner too!

WELLNESS EDIT

The aim of this guide is to support you in living an abundant fertility lifestyle as giving your lifestyle a wellness edit is one of the best ways you can support a healthy pregnancy. The best part of all is there are no side effects, only side bonuses. Also worth a mention is that these strategies can be done in conjunction with fertility treatments and may in fact actually boost their effectiveness. So, that said, here are my top tips for preconception care.





START NOW

If you want to have a baby, ever, start preparing right now. Even if it's 5 years away, fertility is a sign of abundant health. It's like how a plant only flowers when it has conditions that are just right. Fertility is nature's way of saying life is good. Fertility is glowing skin, pain-free and easy periods, no bloating and no PMS. It's boundless energy and a strong immune system. So it makes sense to want to have amazing fertility right now, even if the idea of having a baby is years away.

GET TO KNOW YOUR PERIOD

An absent period or pain, heavy flow, skin breakouts, PMS even bloating are all signs of imbalance. Change these and improve your fertility.

CHOOSE WHOLEFOODS

Wholefoods nourish on a cellular level. They are packed with nutrients in a way processed and packaged foods can never be. Even the ones fortified with everything under the sun can't compete because these synthetic nutrients aren't absorbed and used by the body in the way the natural versions are. So when in doubt always trust nature. The foundation of a healthy daily diet looks like this:

Foods to include daily:

- Whole, fresh and seasonal fruits and veggies
- Natural fats like coconut, olive, avocado, butter and tallow
- Unprocessed meats (preferably cuts on the bone for a collagen boost) and organ meats like liver as well as fish and eggs
- Soaked and activated nuts and seeds
- A range of fermented foods like kefir and sauerkraut
- Include ample dark leafy greens for folate and seaweed for iodine



Then there's some room for the extra stuff, every now and then:

- Sweets made from unrefined sugars like honey, maple syrup and rapadura or coconut sugar
- A few serves of soaked and cooked grains like rice or long fermented sourdough bread
- Unprocessed and well sourced organic dairy

GO LOW TOX

For balanced hormones, switch to natural and low tox products, for everything. I've gone through this one first hand as I struggled with PCOS for years and it wasn't until I switched everything in my home to a low tox version that my cycle righted and my other poor hormone symptoms like bad skin and hirsutism completely went away. I know this can sound a little crazy but from someone who has been there – in order to balance your hormones and really get your body working as it should, it is absolutely worth switching this stuff out.

Beautiful and effective low tox options exist for: Cleaning products, laundry products, body wash, shampoo, conditioner, shaving gel, makeup, moisturisers, skin treatments and face care, perfume and deodorant, scented candles and air fresheners, pads and tampons and more! The easiest way to know if something has to go is by starting to ditch anything that lists 'fragrance' or 'parfum' on the ingredients list. These are umbrella terms for around 3,000 chemicals and toxins, hence, ditch this one ingredient and you'll make significant progress. Need help switching? Ask me how I get 25% off my favourite low tox products.

MOVE DAILY

But like you're growing a little human. That is, gently and with loving care, not like you're a champion kick boxer or running for your life. These more intense activities tend to stress your body, which isn't a bad thing per se, it's just that when you want to have a baby your body needs to know that right now is a happy and safe time, perfect for taking care of a bub. Stressing your body with too much or too intense exercise does not send this message. That said, not moving enough is also no good. A daily walk, swim or jog is perfect to flush out your lymphatic system (toxin removal) and keep your hormones in check. Add in some body weight resistance exercises and stretching a couple of times a week to keep your bones strong and tell your bod that you are strong and fit enough to take care of a baby.



REDUCE YOUR EMF EXPOSURE

Electro smog is the combined cumulative effects of all the electrical and magnetic fields in our modern environment. Yes, I know, I sound a bit woo woo here, but this is a real thing. Our mobile phones, wireless internet and electrical appliances, as well as the quality of electricity and wiring through which it is conducted all collect to produce the electro smog in and around our homes. This can be hard to understand, especially as they are invisible, but try thinking of it like air pollution – less likely in a country home, more likely in an inner city apartment building where you've got yours and your neighbours pollution to think about. EMFs contribute to inflammation in the body and make it difficult for each system to do its job. They have been especially linked to poor quality sleep, poor mental health and an inability to regulate the bodily systems including our hormones. This is one of the biggest areas I made changes in when I healed my PCOS, so I think taking a little time to reduce your EMF exposure is definitely worth a look.

I suggest removing all but the most essential electrical appliances from your bedroom, including your phone, turning off your wifi while you sleep and making sure the wall that your bedhead touches doesn't have any electrical currents going through it on either side. Since you spend a third of your life asleep (yep, true story) being particularly vigilant around EMF exposure while you sleep is important, especially if you have a large appliance like a fridge or a smart metre near your bedhead.





GET PLENTY OF REST

Sleep is foundational to good fertility because it is the time when our bodies reset and clean out the cobwebs. Not getting enough is like planting a seed and expecting it to grow without water, it sure ain't going to flourish! Try setting up your sleep environment to get the best sleep you can. A regular bedtime and device free time at least an hour before bed to boost your melatonin (sleepy hormone) are important to ensure quality sleep. Using some essential oils like lavender, chamomile or vetiver in a diffuser or sprayed on your pillow can also help.

BREATHE TO REDUCE STRESS

Stress is one of the biggest factors in negatively impacting hormones, but it doesn't have to be the heart-racing super busy at work kind of stress. Financial or relationship worries, not enough sleep, poor food choices and too much intense exercise all induce a stress response in the body. To mitigate this, spend a little time every day focusing on your breath. This is proven to be the only conscious thing we can do to shut off the negative stress response. Start with 20 deep belly breaths (with your hand on your tummy breathe in until your hand is pushed out and then breathe out until all the air is gone) as often as you can, first thing when you wake up and just before you go to sleep are a good start, but the more you do it throughout your day, the better.

HARNESS HEALING HERBS

If you've never used herbal medicine before I can understand if you're feeling hesitant. But go with me here, herbs are the original medicines and many of the pharmaceuticals exist today because they were syntheseses - literally made - using the chemistry of herbs as their model.

When it comes to fertility and hormone health in terms of plant medicine I can't go passed clary sage as it gently supports hormone balance and reduces symptoms of PMS. I love to use in oil form morning and night in the first half of my cycle when trying to conceive (from day 1 of my period until ovulation) or daily if I just want an all around hormone boost.

Pairing clary sage with other botanicals like geranium, chamomile, lavender, frankincense, fennel, rose, sandalwood and ylang ylang in an oil and applying on the abdomen and throat morning and night is another beautiful way to support hormones.

When I was preparing to conceive my first son I used an essential oil blend called Clary Calm (a combination of clary sage, lavender, bergamot, chamomile, ylang ylang, cedarwood, geranium, fennel, carrot seed, palmarosa and vitex) with another called Whisper (a beautiful natural perfume blend combining healing flowers like jasmine and rose as well as sandalwood) every morning and night and recently, I've used it to bring on my period again after 16 months without it (after having my second baby).

I know it sounds like it won't help but it can work wonders to ease PMS symptoms and balance periods and hormones. If you' like to get a free sample, email me at hello@wellwithtrish.com





GET OUTSIDE DAILY

Getting outside is important for a number of reasons. Firstly, spending a little time in the sun is necessary to get vitamin D, you can't have healthy hormones without this one! Being outdoors is also shown to reduce stress and improve feelings of wellbeing while also boosting the immune system, all very important if you want to have healthy hormones. And lastly, taking time to be outside improves the circadian rhythm helping us to sleep better. For top results aim for at least 15 minutes outside, preferably mid to late morning.

EATING FOR FERTILITY

Hormones are made from protein and fat. Alas, when you don't get enough of either, or get poor quality versions, poor fertility can result. On top of this, a healthy reproductive system needs a range of specific micronutrients to function - like iodine for thyroid regulation, zinc for healthy sperm and selenium for normal egg functioning. Happily, nature intended for us to eat a wholefoods diet packed with all the stuff needed for a healthy reproductive system, so, just by choosing unprocessed, real foods, your hormones will be getting what they need. On the next page is a 3 day meal plan and recipes to inspire you on your way.



Meal	Day 1	Day 2	Day 3
Breakfast	Green Smoothie	Eggs w Avocado and Sautéed Veggies	Grain Free Granola w Yoghurt and Berries
Lunch	Salad of handful greens, 2 boiled eggs, carrot, tomato, cucumber and 2-3Tbsp olive oil to serve. Optional - cheese	Leftover Orange and Maple Baked Salmon Salad	Leftover Honey Lemon Chicken Salad
Dinner	Orange and Maple Baked Salmon w Sweet Potato and Broccolini Salad	Honey Lemon Chicken	Boosted Bolognese

GRAIN FREE MUESLI / GRANOLA WITH YOGHURT AND BERRIES

Mix, 1C sunflower seeds, 1C pepitas, 1/4C chia seeds OR flaxseeds, 1.5C shredded coconut, 1.5C flaked coconut, 1C chopped almonds, 1C chopped brazil nuts, 1C chopped pecans. Add all ingredients to a large jar, pop on the lid and shake to mix it all up. Serve as is or...

To turn it into granola: add all ingredients to a large bowl and pour over 4Tbsp melted coconut oil, 2 Tbsp runny honey and 2tsp ground cinnamon. Mix thoroughly to combine. Spread evenly on a tray and bake at 130C for 10-15min or until aromatic and toasty golden. Store in an airtight container.

Serve with fresh or frozen berries and some full fat natural yoghurt.

GREEN SMOOTHIE

In a blender combine 2 cups dark leafy greens, 1chopped piece of fruit (I prefer green apple but for a sweeter smoothie ½ banana and ½ cup frozen berries is nice), 1 chopped avocado. Add 1 cup water or your milk of choice and blend on high until smooth. Adding in a handful of nuts or some nut meal is a good option if you need a protein hit.



EGGS WITH SWEET POTATO AND GREENS

Ahead of time: 2 large sweet potatoes, roasted in olive oil and salt. Store in a container and use a scoop each day for breakfast.

When you're ready to eat: Cook 2 eggs to your liking then tip on a plate and cover to keep warm. While your pan is still hot add some more oil then toss in 1 chopped tomato and 1 cup washed greens (like spinach). Sauté, stirring for a couple of minutes. Add the pre-cooked sweet potato and mix to warm through. Crack over some salt and pepper and serve next to the eggs, with ½ -1 full avocado. Sprinkle over some seaweed flakes for iodine and serve.

For an alternate option swap the eggs for some breakfast sausages. I like to buy 100% meat sausages with no flours or fillers.

LEMON AND HONEY BAKED CHICKEN

Cut an onion and peel 2 cloves garlic, place in the bottom of an oven proof dish. Top the onion with a 500g piece of chicken with skin. Combine 1/3C honey, 1/3C lemon juice and 1/3C olive oil and pour over. Bake at 200C for 25-30min or until chicken is cooked through. While the chicken is roasting peel and chop a sweet potato, toss with some olive oil and tip onto a tray to roast while the chicken cooks. In the meantime, wash and chop some greens like broccolini or spinach and then steam for 1-2 minutes. Serve all together.

LEFTOVER LEMON AND HONEY CHICKEN SALAD

Wash and dry 1-2 handfuls salad greens, baby spinach or rocket are nutrient dense choices. Pop them in a bowl, cut up ½ -1 avocado and top the greens. Then cut up any leftover chicken and sweet potato and add to your bowl. Scoop over any of the leftover sauce or a drizzle of balsamic vinegar and olive oil.



BOOSTED BOLOGNESE

Heat 2 Tbsp olive oil in a pot. Sauté 1 finely chopped onion, 1 stick finely chopped celery and 2 finely chopped carrots for 10 minutes, stirring occasionally. When they start to turn golden add 450g mince, 50g finely chopped liver and 2 cloves crushed garlic, sautéing until the mince browns. Should be another 10 minutes or so. Add 2 Tbsp tomato paste and optional 1/3C red wine and mix to combine. Allow a couple of minutes for the alcohol to cook off. Add 2C/500mL broth or water and 2 bay leaves and bring to a boil. Reduce the heat to low and simmer for at least 30 minutes to let the flavour develop. Crack in salt and pepper to taste then serve with your choice of cooked pasta, roasted veggies or veggie noodles.

TIP: while frozen grate or chop the liver into small pieces OR have your butcher mince some with your mince

ORANGE AND MAPLE SALMON WITH PUMPKIN AND BROCCOLINI

Use the leftovers to make into a salad for lunch the next day.

Peel, deseed and chop half a butternut pumpkin. Bake with some olive oil for about 25 min on 200C. Make the dressing by mixing 2 Tbsp olive oil, 2 Tbsp good quality fresh orange juice and 2 Tbsp maple syrup in a small bowl. After the 25min, take the pumpkin from the oven and add 2x 200g salmon pieces to the tray. Pour over half the dressing, the other half will be served with the salad. Bake the salmon and pumpkin together for 10 minutes. While the salmon and pumpkin are cooking, wash, chop and steam 1 bunch broccolini for 2-3 minutes or until just tender. When everything is cooked, serve the pumpkin and broccolini, pour over reserved dressing then the salmon and finish with 1tsp chopped chives and 1 tsp sesame seeds.

SALMON AND PUMPKIN SALAD

Top 2 handfuls of salad greens with leftover salmon and veggies, sprinkle over a small handful of flaked almonds or pine nuts and drizzle over any leftover sauce or some balsamic and olive oil. Serve.



SNACKS

If you're eating 2-3 well balanced meals a day, you may not find the need to snack. That said, some days you can feel hungrier than usual. Use these nutrient dense snack ideas in these times.

- Mixed nuts or coconut flakes baked for 10 min at 150C with a drizzle of coconut aminos and honey
- Boiled eggs mashed with avocado or homemade mayonnaise spread on seed crackers
- Piece of fruit on its own or served with full fat natural yoghurt and sprinkled with cinnamon
- Bulk cook a batch of meatballs, freeze in single serves and thaw morning of to serve cold with dip of your choice
- Homemade roasted root veggie chips – beetroot, parsnip, sweet potato
- Homemade bliss balls or snickers slice

SNICKERS SLICE

Soak 300g pitted medjool dates in boiling water for 20min, drain.

To make the base, blend 1C/115g walnuts, pecans or brazil nuts, 2/3C/80g almond meal, 50g-75g rice malt syrup and 50g coconut oil in a food processor until smoothish and sticky. Press into bottom of a lined 20cm pan. Chill.

To make the peanut caramel topping put the soaked and drained dates in a food processor. Add 150g coconut oil, 150g peanut butter (100% peanuts), and a pinch of salt to taste. Blend until smooth. Spread over the chilled base.

Melt 100g dark chocolate and drizzle over the peanut caramel. Sprinkle over a handful of buckwheat groats then put in the fridge or freezer to set. Slice into pieces and enjoy. Store in the fridge for best results.

Happy baby making

And thank you for inviting me to play a part
in your adventure.

FOR MORE INFORMATION

Head to my website www.wellwithtrish.com
visit me on Instagram @wellwithtrish or
come to one of my online or in person health
workshops.

ABOUT THE AUTHOR

Trish Corbett is a Mama to 2 boys, a
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