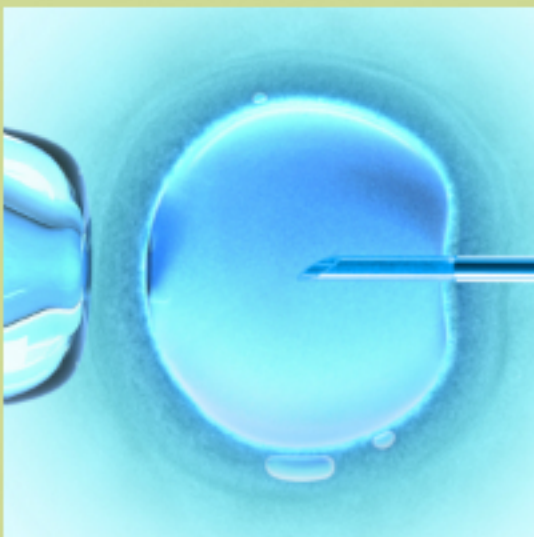


How To Prepare for IVF Success Naturally



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How to Increase Your IVF Success Rate Naturally

by Hethir Rodriguez
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The Complete Guide to Safe Nutrition and Supplements for Natural Fertility
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Introduction to IVF

In this guide, I will share with you the natural methods to increase your egg health and IVF success.

An important note before we begin. The supplements or herbs discussed in this guide should not be taken while you are on any IVF medications. This program must be completed *before* you begin your IVF medications. The cycle of an egg is 90 days and since much of the success of an IVF cycle is dependent on healthy eggs and proper implantation of the embryo, that is what this guide will focus on. What you eat and ingest today impacts the egg you will ovulate or have “harvested” three months from now. Therefore, it’s a good idea to give yourself 90 days to prepare for IVF naturally.

All right, let’s get started!

Begin by downloading [**The Complete Guide to Safe Nutrition and Supplements for Natural Fertility**](#) before beginning your IVF medication or treatment. Download it now, it’s free of charge.

I have created a daily checklist of foods to eat for fertility in the above guide and you’ll also get my free **Fertility Diet Recipe Guide – Breakfasts, Smoothies, Lunches, and Dinners for Optimal Fertility.**



To naturally increase your IVF success rate, there are three things you need to do.

1. Cleanse

Cleansing clears the body of toxins, excess hormones, and old tissues. Why do you need to cleanse? In addition to cleansing the uterus of old contents and stagnant blood, it is the last opportunity you have to rid your body of toxins that could be passed onto your baby in utero and / or through breastfeeding. Thousands of chemicals have been found in breastmilk, all of which can be passed on to your infant. Many toxins accumulate in the liver, uterus, intestines and fat tissues over the years. Some of these toxins are:



- Mercury
- Medications
- Birth control
- Smoke
- Pesticides
- Old menstrual blood
- Excess hormones
- Old fecal matter (in the intestines)
- Alcohol

Caution: Once you are pregnant, you should not cleanse. Cleansing during pregnancy releases toxins that could harm the baby. Also, it is not recommended to cleanse while breastfeeding.

If you have experienced heavy periods, cramping, dark blood or blood clots during your period, then a fertility cleanse is a must for you. If you have been on birth control, fertility medications or eating a typical North American diet, a fertility cleanse benefit you and your baby to be.

What is the Fertility Cleanse?

The Fertility Cleanse uses specific herbs, foods, and techniques to help detoxify your body and uterus prior to becoming pregnant.

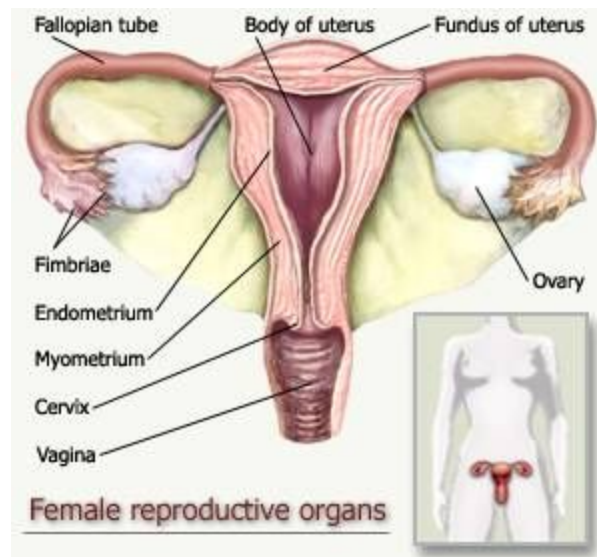
The herbs, vitamins and minerals help the body to release toxins by:

DETOXIFYING THE LIVER

The liver helps to filter toxins from the body including excess hormones. For example, if there is an over abundance of estrogen, the liver will be overloaded until there has been a proper cleanse. Cleansing helps support the liver so it can function at its best.

CLEANSING AND PREPARING THE UTERUS

The cleanse helps the body to prepare the uterus for implantation by increasing circulation and oxygen to the uterus as well as tonifying the uterus. All of this is very helpful in preparation for IVF.

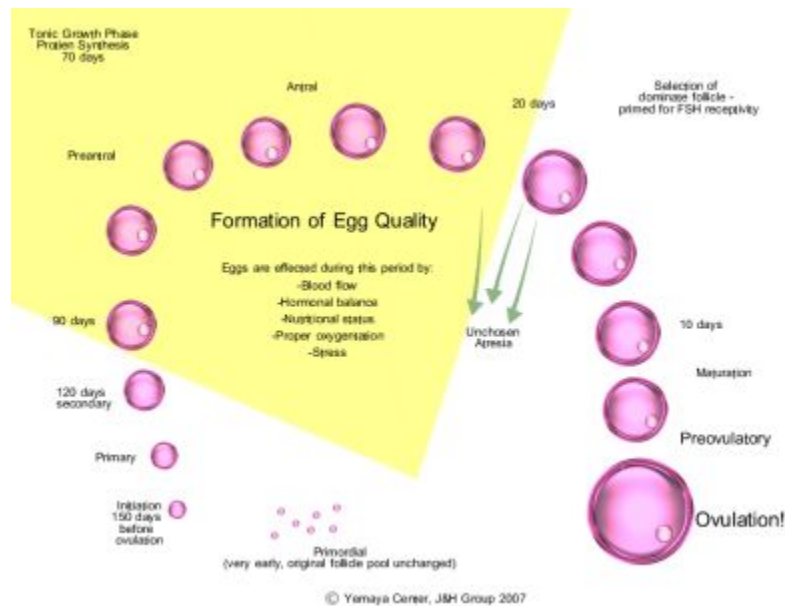


A cleanse will help support the liver in metabolizing hormones. Medications are necessary for IVF, so do yourself a favor and be sure to nourish and stimulate your liver so that it will have an easier time processing the medication.

2. NOURISH

The second part of the cleanse program nourishes the eggs and prepares the uterus for implantation.

Did you know that you can impact the health of your eggs? During the cycle of an egg's life there is a window of opportunity - a period of time when certain factors can affect the health of your eggs that are preparing for ovulation.



By eating a nutrient dense [fertility diet](#), using supporting supplements and superfoods, you can provide your your eggs the nutrients necessary to protect them from free radical damage and become healthier.

In 2007 we put together our own fertility cleanse kit with everything necessary for a complete cleanse and the reports on its effectiveness have been nothing short fantastic and certainly very heartwarming.

You can see what they say [here](#). (Just scroll down to "REVIEWS.")

To access our fertility packages available at reduced pricing, please [click here](#).

Increase Circulation and Blood Flow

Oxygen rich blood flow to the ovaries is essential for good egg health. Blood flow decreases from lack of exercise, dehydration, and thick blood. To increase blood flow to the ovaries, follow these suggestions:

- Drink at least 8, 8oz. glasses of pure water every day. Dehydration can cause your blood to become thick and decrease circulation in the body, as well as

many other issues.

- Exercise - find something to do that includes movement, such as tennis, walking, running, dancing, or yoga. Exercise increases the blood flow in the body, brings fresh blood to all of the cells and helps to oxygenate the blood.
- Give yourself a Self Fertility Massage – Having been a massage therapist (C.M.T.) since 1999, I have seen the miracles of massage for the reproductive system. Massaging your ovaries and uterus is one of the best therapies for increasing egg health and fertility. Massage helps to bring fresh blood to the ovaries and removes old stagnant blood. During the minimum 90 days preparation time, try to do a Self Fertility Massage session at least 4 times per week. This is also something your partner can learn to do for you, so they can participate as well.

You can read more about [fertility massage here](#).

3. Nurture

So you have been eating a [Natural Fertility Diet](#), have done the Fertility Cleanse and have been taking your supplements and herbs consistently. Now it is time to begin to look at some nurturing therapies you may want to use before, during and after your IVF procedure.

The final part of the program contains therapies specific for the IVF procedure. I am a firm believer in a holistic approach to health, which means including various types of therapies to help the body function at its best. The exciting thing about natural therapies and preparing for IVF is that many studies have proven to have a positive impact on the success rate for IVF.



The following therapies are used closer to the time of the IVF procedure, and then again directly afterward. Try to find practitioners near you who can join your IVF team. The benefits are well worth it, plus both of the following natural therapies also help to reduce stress many women feel during this time.

ACUPUNCTURE and IVF

Studies show that acupuncture increases the rate of pregnancy in women undergoing IVF.

Acupuncture applies very thin needles to specific areas of the body, helping the body to become balanced and healthy.

Researchers found that women who underwent acupuncture within one day after embryo transfer increased their success rate by 65% in comparison with those who had no acupuncture or fake acupuncture.



Another study followed 160 women who underwent IVF, 80 of them received acupuncture as well and 34 of those women got pregnant: a success rate of 42.5%. Of the other 80 women, those who received IVF without any acupuncture treatments, only 21 women (26.3%) became pregnant.

And yet another independent study of 114 women showed that 51% of the women who had acupuncture and IVF treatments became pregnant compared to 36% of women who had IVF alone.

Further analysis of the data revealed a much lower rate of miscarriage for the women who had acupuncture as well as IVF.

To increase your chances even more, make sure to seek out your acupuncturist well before your procedure so they are "on call" for after the procedure as timing is crucial for this one! You can learn more about [acupuncture and fertility here...](#)

HYPNOSIS

Hypnosis has also been shown to help increase IVF success rates. In a recent study, the women who used hypnosis had double the pregnancy rate versus the group of women who did not use hypnosis.

According to Levitas's team from Soroka Hospital in Beersheva, hypnosis can double the success of IVF treatment. Levitas's study of 185 women found that 28% of women in the group who were hypnotized became pregnant, compared with 14% of those who were not.

Using hypnosis to prepare for your IVF, during and after, may be one of the easiest

treatments you can apply. You can purchase hypnosis CD's specific for IVF which you can listen to on a daily basis, during your procedure and afterward for best results. Hypnosis also helps to calm the mind during this potentially stressful time.

Supplements & Herbs for Preparation for IVF & Egg Health



100% WHOLE-FOOD PRENATAL MULTIVITAMIN

A 100% whole-food prenatal multivitamin increases egg health and prepares the uterine lining. This supplement ensures that you are getting the essential nutrients. My favorite is the 100% whole-food Baby and Me from Mega Food since it is easily absorbed and utilized by the body. It also can be taken throughout pregnancy without causing nausea or discomfort. It includes the essential folic acid, as well as b6, b12, calcium and vitamin A – all of them necessary for fertility and early fetal development.

ANTIOXIDANTS

Antioxidants are one of the most important components for healthy fertility that every woman and man needs to focus on. Antioxidants help to protect the egg and sperm from free radical damage. Free radicals damage both cell health and the cell's DNA. The ovum (egg) are one of the longest living cells in your body, as the years pass they become exposed and vulnerable to free radicals on daily basis. This adds up!

L-ARGININE

L-arginine is an amino acid that has been shown to increase ovarian response, endometrial receptivity, and pregnancy rates in IVF patients who supplemented with L-arginine.

L arginine works by increasing the blood flow to the uterus and ovaries through relaxing blood vessels and promoting circulation. It is also used to assist in the

production of endometrial secretions which encourages implantation of the embryo.

MACA

Maca is a fertility superfood you can add to smoothies during your IVF preparation period. Maca helps to balance the hormones, but does not contain any hormones itself. It is able to do this by nourishing and balancing the endocrine system. This is essential in preparing for IVF success because healthy hormonal balance contributes to healthier eggs.

ROYAL JELLY / PROPOLIS

Royal jelly and bee propolis are both superfoods which may help to increase the egg quality and quantity. Royal jelly is the food that only the queen bee eats. What makes a queen bee the queen is eating royal jelly exclusively. She was an ordinary bee and then she was chosen and fed royal jelly and became the queen bee who lays up to 2000 eggs a day. It should be taken for at least two months before IVF procedures begin.

Royal jelly is the Queen bee's equivalent of hormonal stimulation. Take daily for best results.

Caution: If you are allergic or think you are allergic to bees or bee products, do not take royal jelly or bee propolis.

To access our fertility packages available at reduced pricing, please [click here](#).

What's Next...

Now that you have learned the steps of how to prepare for IVF naturally and how to eat for optimal fertility in my guide '[**The Complete Guide to Safe Nutrition and Supplements for Natural Fertility**](#)' you are well prepared and ready to get started. Here is a recap of all the points mentioned for you to remember:

- Prepare at least 90 days before your procedure
- Cleanse
- Eat a Natural Fertility Diet
- Increase blood flow and oxygen to your cells with massage & drinking water
- Nourish yourself with supplements and herbs specific for IVF preparation
- Plan any therapies you will use in conjunction with your IVF procedure

I hope you found this guide helpful!



Best wishes,

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P.S. If you have any questions, please [click here](#). If a friend gave you this and you would like free access to our resources, [click here](#). For more information, visit our info site by [clicking here](#).

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