

The background of the entire page is a soft-focus photograph of purple flowers, likely chrysanthemums, with some in sharp focus and others blurred. A white rectangular box is positioned in the lower-left quadrant, containing the IVP logo and the title.

IVP

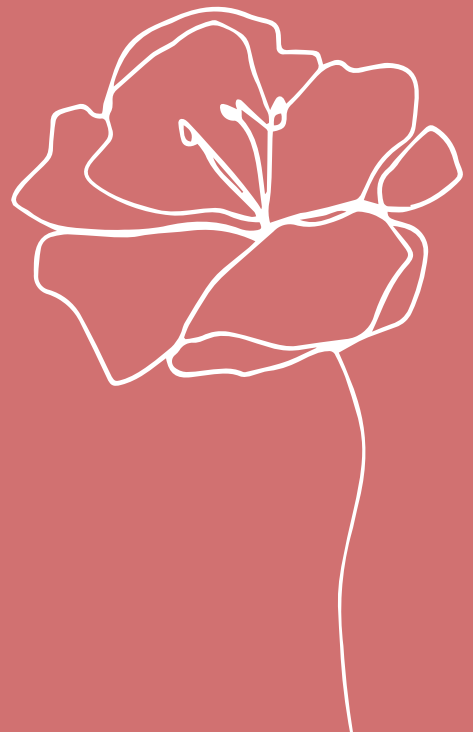
# Preparation Checklist

# 90 Day

## *Preparation Plan*

This is your starting point and having an IVF preparation plan is going to make all the difference when it comes time to move through the IVF journey. We find that it is imperative for women preparing for IVF to make a 90 day (3 month) preparation plan – this would be for the 3 months prior to beginning medications for your IVF. 90 days is how long it takes to impact the health of the eggs that will be used for your upcoming IVF.

The life of an egg (ova) starts off as an immature follicle and is then stimulated for maturation over time by hormones. This process takes 3 months to complete. During that time your eggs are influenced not only by hormones, but what you eat, your stress levels and exposure to environmental toxins.





*Let's get started!*

This guide will help you cover key areas of IVF preparation, so you can optimize your chance of a successful pregnancy and healthy baby!



# 1

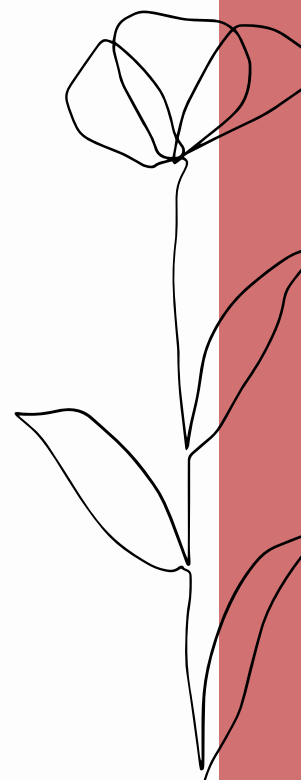
## Prepare through cleansing and increase circulation to the reproductive system

### **FERTILITY CLEANSING**

There is no better time to perform a cleanse than prior to pregnancy. Fertility Cleansing specifically is a great way to focus on key areas of reproductive wellness to help ensure a successful implantation and pregnancy.

Fertility cleansing focuses on liver and uterine health. Liver health plays a major role in removing toxins and excess hormones from the body and uterine health is critical for implantation and a healthy pregnancy. Fertility cleansing supports hormonal health and encourages a healthy uterine environment.

▶ [Learn more about Fertility Cleansing here...](#)







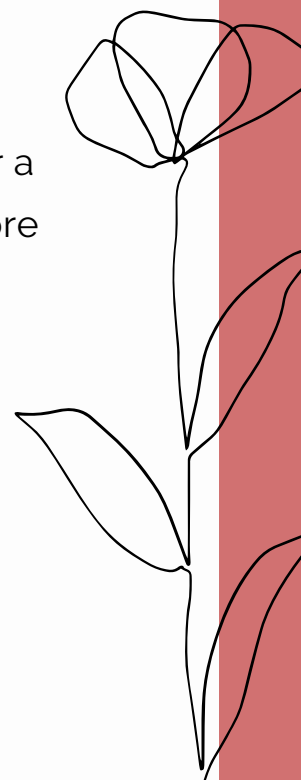
Prepare through cleansing and increase circulation to the reproductive system

## FERTILITY MASSAGE

Fertility Massage is one of the most beneficial ways to increase circulation to the reproductive organs and tone the uterus prior to pregnancy. While a full body massage may help to alleviate stress and help you feel better overall, Fertility Massage is specific to improving the health of your reproductive organs. Focusing on this type of massage is an ideal way to improve your chances of a successful IVF and pregnancy.

There are two ways you can reap the benefits of Fertility Massage, one, you can book regular appointments with a massage therapist that specializes in this type of massage or Mayan Abdominal Massage, or two, you can perform Self Fertility Massage. I have created the Self Fertility Massage instructional video so you can learn how to perform Fertility Massage on yourself, in the privacy of your own home and for a fraction of the cost. You can also do Self Fertility Massage more frequently and it can be combined with bi-weekly or monthly Fertility Massage appointments with your massage therapist.

► [Learn more about Fertility Massage here...](#)





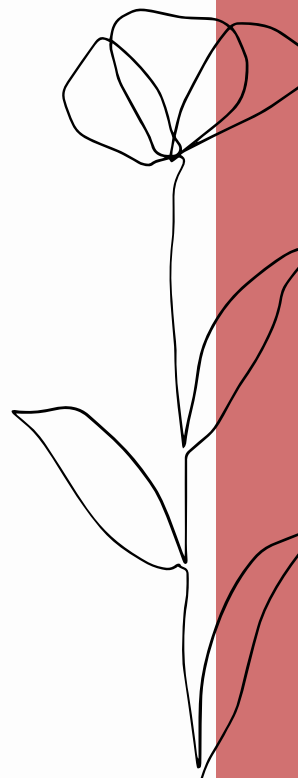
## **Prepare through cleansing and increase circulation to the reproductive system.**

### **EXERCISE**

Another way to increase circulation to the reproductive organs is to exercise daily. Strenuous exercise should be avoided at this time, with more of a focus on gentle, restorative exercise practices. Fertility yoga, a brisk 30 minute walk daily and some dancing are good examples. These open the hips while also increasing blood flow.

### **DRINK PLENTY OF PURIFIED WATER DAILY**

Dehydration can cause the blood to become thick and decrease circulation in the body. Stay adequately hydrated by drinking eight, 8oz. glasses of purified water daily. Avoid drinking from plastic water bottles, which can contribute to hormonal imbalance.





## Cleansing and Increasing Circulation Checklist

- Fertility Cleanse
- Self Fertility Massage or
- Fertility Massage
- Exercise
- Purified water

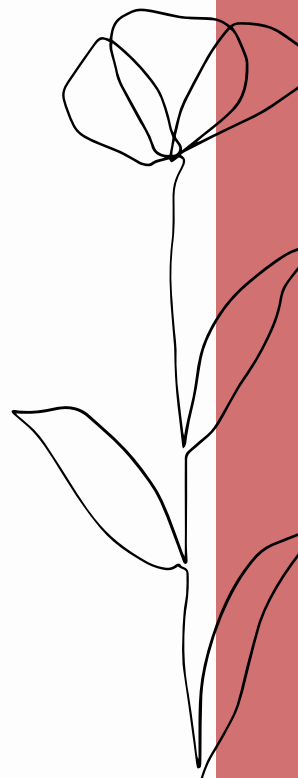


## Eat a healthy fertility diet.

One of the most impactful steps you can take when preparing for pregnancy is to start eating a nutrient dense fertility diet. By eating a wide variety of whole foods you are more likely to ensure you are providing your body with an innumerable amount of nutrients needed to build up your nutrient stores in preparation for pregnancy. Once pregnant your baby is going to be relying exclusively on you to provide what it needs, if you haven't been eating well prior to pregnancy, your baby is going to draw on your nutrient stores, which will leave little left for you. What you eat every day is going to make all the difference when it comes to preparing for pregnancy.

### WHAT TYPES OF FOODS TO FOCUS ON:

**Fiber** - Fiber rich foods ensure healthy digestion which is critical for absorption and utilization of the nutrients in the foods you are eating. Fiber also helps the body remove excess hormones. Examples of fiber rich foods are dark leafy green vegetables, beans, lentils, flax seed (freshly ground), fruits and whole grains.



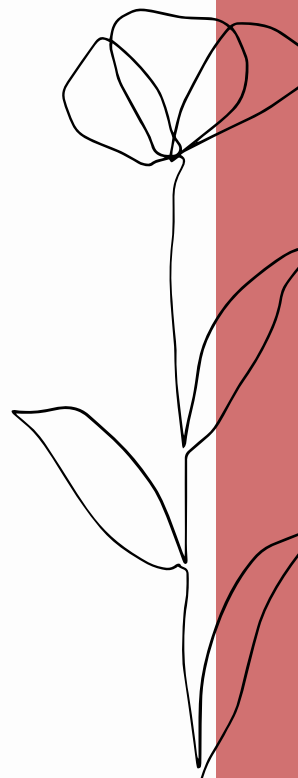


## Eat a healthy fertility diet.

### WHAT TYPES OF FOODS TO FOCUS ON:

**Fats** - Good fats and essential fatty acids (EFAs) are the building blocks of the body's hormones. In order to have balanced hormone levels, we need to be eating good fats. Examples are coconut oil, avocado, raw nuts and seeds and nut and seed butters, and grass-fed butter. Supplementation with cod liver oil or a variety of omega EFAs can also help ensure you are getting enough EFAs in your diet.

**A wide variety of colorful fruits and vegetables** - Fresh fruits and vegetables that are dark and vibrantly colored are rich in antioxidants. Antioxidants protect cellular health by neutralizing free radicals that damage cells and the precious DNA they contain. Eating antioxidant rich foods is especially important to egg (ova) and sperm health. Examples of antioxidant rich fruits and veggies are berries, dark leafy greens, FertiGreens, bell peppers, beets and citrus fruits. Choose organic produce whenever possible to avoid harmful chemicals that can alter hormone balance.



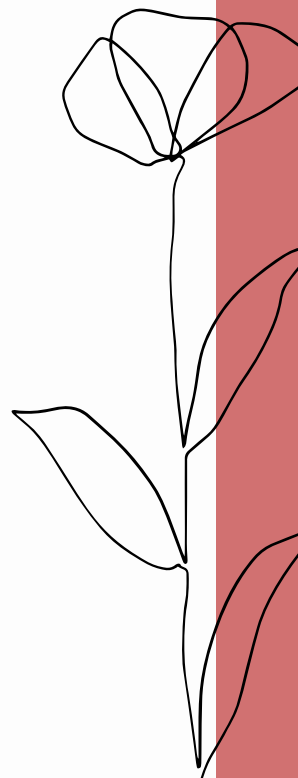




## Eat a healthy fertility diet.

### WHAT TYPES OF FOODS TO FOCUS ON:

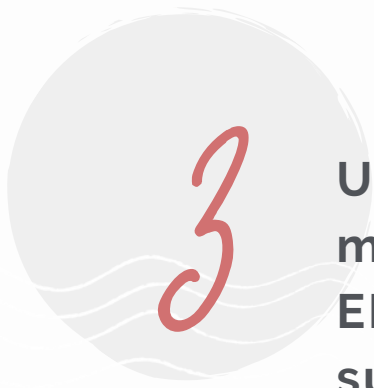
**Organic or free-range animal products** - I just mentioned eating organic produce, this is especially important and maybe even more important when choosing animal products. Why? The animals used for conventional dairy and meat products are raised in cramped, unclean living spaces, fed non-organic and typically GMO feed, given antibiotics and sometimes growth hormones. These contribute to a variety of health issues, including infertility. Any pesticides, herbicides or growth hormones an animal ingests then concentrates in their fat cells and is then passed onto you when you eat products made from that animal.





## Natural Fertility Diet Daily Checklist

- Fiber rich foods
- Good fats and essential fatty acids
- Dark leafy green vegetables
- Antioxidant rich foods
- Organic produce and animal products

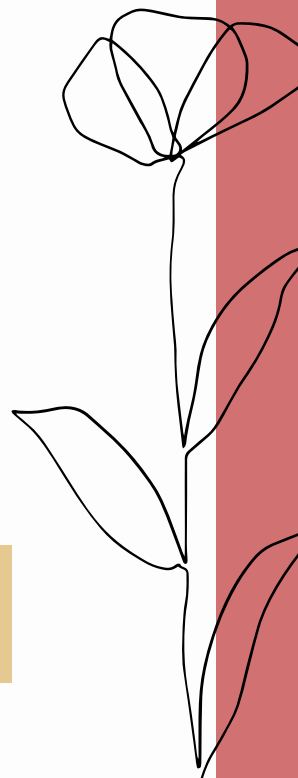


## **Use supplements such as a multivitamin, antioxidants, EFA & superfoods to help support egg health.**

Supporting egg health is important for every woman who is preparing for conception, especially as we get older. There are many things you can do to help support and protect your egg health, but they must be done consistently on a daily basis for at least 90 days to have the best effect. Egg health is influenced by nutrient intake, hormone levels and circulation. The following supplements help ensure you have all of these areas covered, to fill in any gaps that may be missing in the diet.

### **WHOLE FOOD MULTIVITAMIN**

Taking a whole food multivitamin that is specific for women in their reproductive years is going to help bridge the nutritional gap that may be lacking in the diet. In no way should this be a replacement for eating well, but rather a way to ensure you are getting the vital nutrients that are required for making and growing a baby. I formulated Fertile Woman One Daily Multivitamin to help women who are trying to conceive to get the nutrients they need prior to pregnancy.



► [Learn more about taking a preconception specific whole food multivitamin...](#)



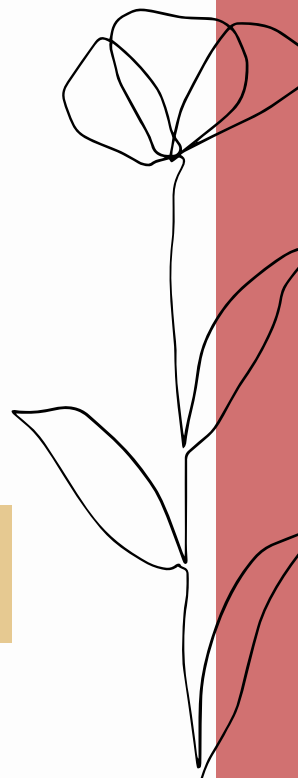
**Use supplements such as a multivitamin, antioxidants, EFA & superfoods to help support egg health.**

## **ANTIOXIDANTS**

covered this briefly in the natural fertility diet section, but in order to truly get a wide variety of antioxidants daily, supplementation helps. Antioxidants are sensitive to heat, so sometimes when you cook food, you lose these nutrients. Examples of important antioxidants are vitamin C, E, Alpha Lipoic Acid, CoQ10 Ubiquinol, and glutathione.

Antioxidants protect cellular health and the DNA contained within our cells. Everyday the body is bombarded by free radicals from things like environmental pollution, poor diet choices and stress. Antioxidants work together to neutralize free-radicals, so they cannot harm cellular health. This is extremely important when we are talking about creating a new life, because the egg and sperm used for creating that new life are themselves but single cells. What is amazing about antioxidants is that they network and revive one another that is why taking a variety of antioxidants is more beneficial than supplementing with just one.

Studies have shown supplementing with specific antioxidants together can improve egg and sperm health.



► [Learn more about how antioxidants help to improve egg and sperm health here...](#)

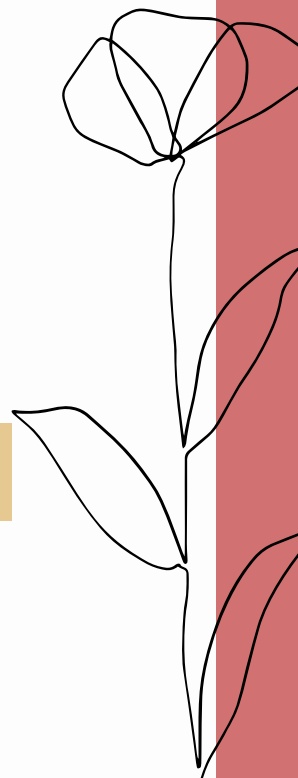


**Use supplements such as a multivitamin, antioxidants, EFA & superfoods to help support egg health.**

## **MACA ROOT**

Hormone balance is vital to achieving and sustaining pregnancy. Encouraging and supporting the endocrine system, which controls the hormonal system is a great way to prepare for pregnancy. Our favorite way to support endocrine system function is with the nutrient dense herb Maca (*Lepidium meyenii*). Maca has been shown to support healthy hormone and energy levels, reduce the impact of stress on the body and increase libido.

Preparing for IVF is typically stressful, can leave a couple feeling less than excited about making love, and often times a hormonal imbalance may be at play as part of the reason for opting for this procedure. Maca supports all of these areas, so you are more than ready when the time comes for transfer and pregnancy.



► [Learn all about how maca supports healthy fertility here...](#)



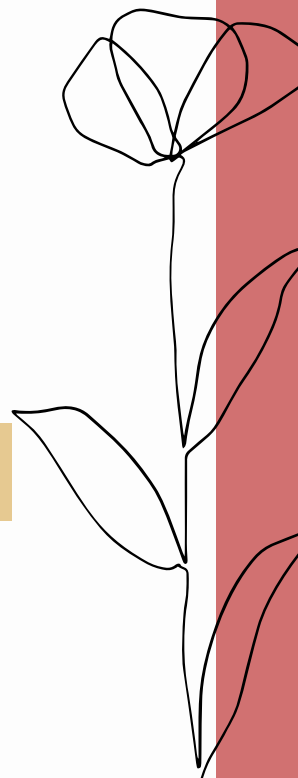


**Use supplements such as a multivitamin, antioxidants, EFA & superfoods to help support egg health.**

## **ROYAL JELLY**

Regular consumption of high-quality Royal Jelly has been shown to help balance hormones, as it provides support to the endocrine system through its superior nutritional profile. It has also been used to protect liver, egg and sperm health, while supporting immune system function. Proper immune system function is critical to sustaining embryo development in very early pregnancy.

This special substance made by honey bees is reserved only for the Queen bee and larva in their first three days of life. This is because it is extremely nutrient dense and is what ensures the health of the entire colony. The hive relies solely on royal jelly to make a healthy queen and to ensure future generations start off as healthy as they can. Royal Jelly is what enables the queen to live far longer than other bees in the hive, and have the ability to produce over 250,000 eggs a season.



► [Find out the full benefits of royal jelly here...](#)



## Supportive supplements checklist

To make it easier for you to include these in your IVF preparation plan, I created the OvaWise Egg Health Kit which contains all of the helpful nutrients discussed above.

### The OvaWise - Egg Health Kit includes:

- Fertile Woman One Daily Whole Food Multivitamin
- Fertilica Choice Antioxidants
- Fertilica CoQ10 Ubiquinol
- Fertilica Maca
- Fertilica Royal Jelly

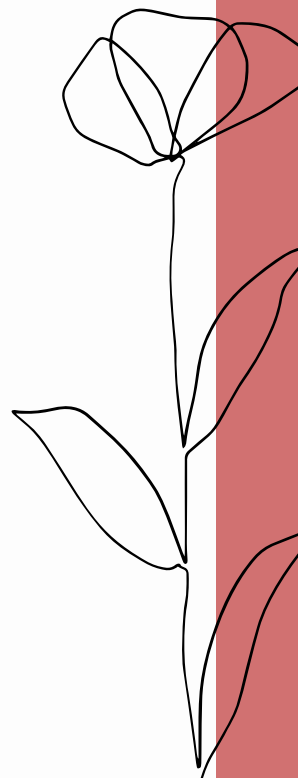


## Create a stress support system with a mind/body program.

Deciding to go for IVF is taking a leap of faith, which can be very stressful and scary for many women. You are putting so much into getting pregnant, but what are you doing to keep calm, centered, and grounded in order to keep that faith alive? This is where a mind/body practice can be your savior by creating a space for staying positive throughout this entire journey.

► [You can learn our top 10 favorite mind and body practices for fertility here...](#)

I really love a handful of mind/body practices for women who are preparing for IVF...





**Create a stress support system with a mind/body program.**

## **CIRCLE + BLOOM IVF PROGRAM**

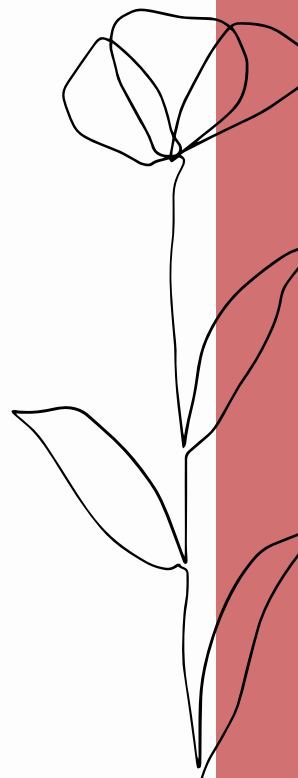
A guided visualization which corresponds to the special requirements of a medicated cycle and includes special attention to the synthetic hormones, timing and procedures done during an IVF cycle.

## **THE FERTILE MIND ASSISTED CONCEPTION PROGRAM**

Uses mind/body hypnosis techniques to help lead the body and mind to a relaxed and prepared state for IVF.

## **MEDITATION**

The age old way to help calm the mind and balance the body and can be done in conjunction with any of the mentioned therapies.





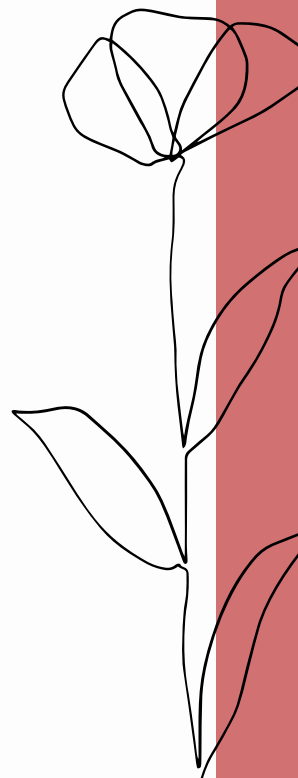
**Create a stress support system with a mind/body program.**

## **EFT (EMOTIONAL FREEDOM TECHNIQUE)**

A technique you can use to balance the energy channels in the body via the same system as used in acupuncture (the meridians). EFT helps to release emotions such as fear, worry and sadness to give way to rational and logical thinking.

## **IVF COUNSELING**

Couples going through the IVF process are typically set up with a specialized counselor to help them process their journey, take advantage of this!







Choose one or a combination of  
a couple to incorporate to your plan

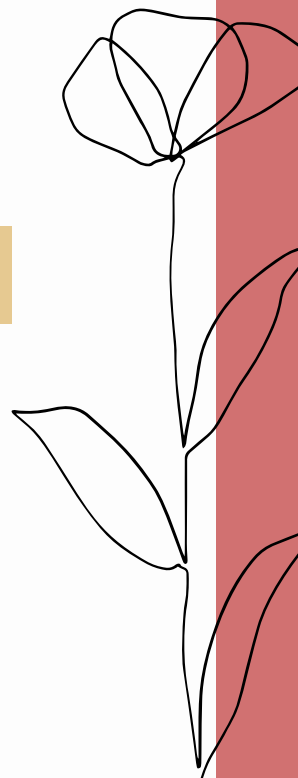
- ☐ Circle + Bloom IVF program
- ☐ The Fertile Mind Assisted Conception Program
- ☐ Meditation
- ☐ EFT
- ☐ IVF Counseling



## Get acupuncture in preparation for and around embryo transfer

Studies show that acupuncture increases IVF success rate. Timing is everything for this step. It is important to start acupuncture at least 3 months prior to egg retrieval. Also, getting acupuncture the day of embryo transfer has been shown to help prevent ectopic pregnancy, miscarriage and increase the chance of a successful pregnancy.

► [Learn more about how acupuncture increases IVF success rates...](#)

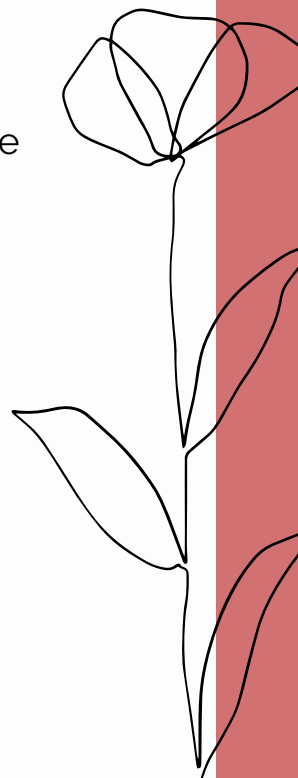




## **Calm the uterus and improve uterine receptivity with uterine calming herbs.**

One aspect of IVF that weighs heavy on a woman's mind is implantation. Soon you will have a healthy embryo (or more) for transfer, now all that needs to take place for pregnancy to occur is implantation. A calm uterus is going to be more receptive to implantation.

There are some specific herbs that have used for hundreds of years to prepare the uterus for implantation and to help uterine receptivity during the first trimester of pregnancy. I suggest using Cramp Bark, Black Haw, Partridgeberry and Milky Oat tops to help create a calm, relaxed uterus in preparation for pregnancy. I have combined these wonderful herbs into a product called UteriCalm. This liquid blend contains herbs that not only calm, relax and prepare the uterus for implantation, they work to support the nervous system, so your body will better handle the potential stress, anxiety and worry of the outcome of this procedure. Uterine calming herbs are best begun at least 1-3 months prior to transfer and continued into the early stages of pregnancy with approval from your doctor.



► [Learn more about how UteriCalm works...](#)

# What About The *Two Week Wait?*

(Post Transfer)

Post-transfer can be a heightened time of worry and anxiety. Fortunately you have been preparing for months to get to this point. To make the wait a little easier, here are some tools in order of importance to help keep you focused on staying positive and nourishing the early development of the embryo.

## How to Survive the Two Week Wait

1. Focus on nourishing your body with healthy whole foods.
  - Take your preconception multivitamin - folic acid is critical in the first weeks of your baby's development
  - Take cod liver oil to ensure you are getting enough EPA and DHA which are important for nervous system and brain development in your baby. They are also really important for helping you to keep a stable mood and outlook!
2. Do your mind and body practice daily, without fail!
3. UteriCalm
4. Gentle, restorative movement and exercise
5. Trust your body and the process

► [For more tips on ways to keep calm and hopeful during the two week wait click here...](#)

# 3 MONTH IVF

## Preparation Checklist

Now it is time to put all this information together. I have created a simple checklist for you to print off and use to help prepare you for your upcoming IVF. I suggest you hang it somewhere you will see it daily as a reminder to help keep you focused and on track.

Here is what your 3 month plan may look like

### Month 1

- ☐ Fertility Cleanse
- ☐ Fertility Diet
- ☐ Self Fertility Massage
- OvaWise Egg Health Kit which includes:
  - Fertilica Choice Antioxidants
  - Fertilica CoQ10 Ubiquinol
  - Fertilica Maca
  - Fertilica Royal Jelly
- UteriCalm
- ☐ Mind and Body Program - daily
- ☐ Acupuncture - weekly

### Month 2

- ☐ Fertility Diet
- ☐ Self Fertility Massage
- OvaWise Egg Health Kit – daily
  - Fertilica Choice Antioxidants
  - Fertilica CoQ10 Ubiquinol
  - Fertilica Maca
  - Fertilica Royal Jelly
- UteriCalm
- ☐ Mind and Body Program - daily
- ☐ Acupuncture - weekly

### Month 3

- ☐ Fertility Diet
- ☐ Self Fertility Massage
- OvaWise Egg Health Kit - stop all supplements except for your multivitamin prior to beginning your medications for IVF.
  - Fertilica Choice Antioxidants
  - Fertilica CoQ10 Ubiquinol
  - Fertilica Maca
  - Fertilica Royal Jelly
- UteriCalm
- ☐ Mind and Body Program - daily
- ☐ Acupuncture - weekly





## Once You Begin Your Medications for IVF and Post-transfer (The Two Week Wait)

As soon as you begin your medications for your IVF you will want to discontinue all herbs and most of the supplements you have been taking. Now is the time to adjust what you will be taking through the IVF process. Please speak with your IVF doctor about using the following supplements during your active IVF cycle. We have found them to be beneficial.

### Fertility Diet

Supportive nutritional supplements

- Fertilica Cod Liver Oil
- Organic Spirulina

UteriCalm - continue on until the pregnancy is well established, around the twelfth week of pregnancy (with approval from your doctor)

Mind and Body Program - daily

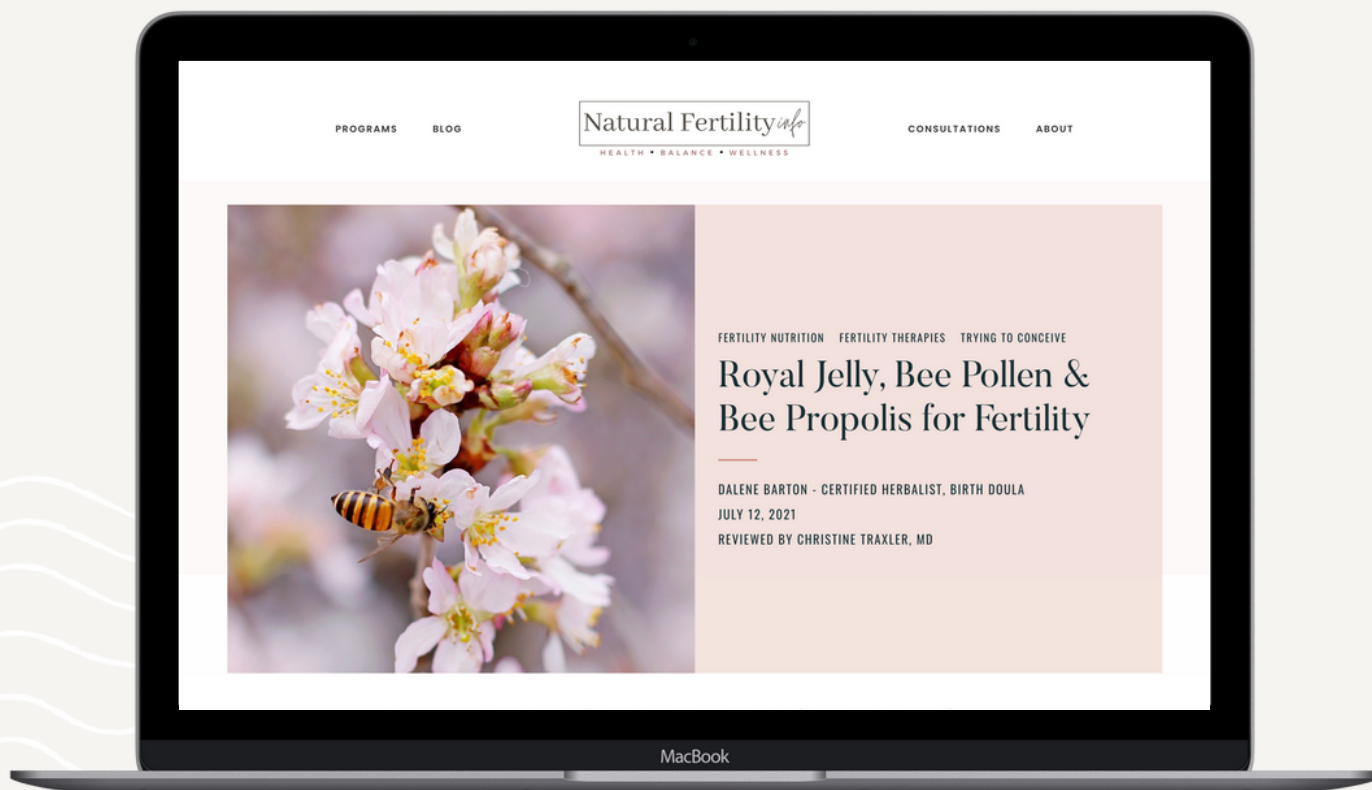
Acupuncture - work with your acupuncturist to make a plan to perform acupuncture just prior to and just after embryo transfer.

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