



Preparing for Pregnancy

When you keep in mind the ultimate goal of pregnancy, the recommendations below make complete sense. You aren't planning a pregnancy because you want to be pregnant, you're preparing your body and yourself for the ultimate gift of a healthy baby. While some of the recommendations below seem simplistic, they will have a profound effect on your ability to conceive, carry, and deliver your bundle of joy. Please check with your healthcare provider before beginning and let us know if we can help.



Cultivate Calm

Chronic elevated stress is one of the key drivers of hormonal disruption (read, difficulty conceiving and maintaining a baby). While many of us have learned to "manage" our stress with medications or other artificial means, lowering our stress levels through natural methods such as meditation, avoidance of stressful triggers (including people!), or journaling is critical. Babies grow best in an environment of peace and calm.



Improve Gut Health

The stronger your gut health, the better you'll be - as will baby. Be sure you are eating clean, whole foods without pesticides. Increase vegetable variety and intake, as many as 8-12 servings/day. Check for food sensitivities such as gluten, dairy, corn, and soy. Trade nutrient dense, healthy fats like avocados and olive oil for processed carbs and floury products. If you have known gut issues, resolve them *before* conceiving. Consider a good spore-based probiotic as well.

Eliminate Toxins

Another significant source of stress on the body are toxins whether they are from the pesticide-laden food we eat, the chemical-laden environment we breathe, or the products we use in our home. Look at ewg.org to specifically determine how to switch out harmful foods and substances for healthier ones. In general, however, plan to eat and use organic products and simple ingredients you can recognize. If possible, consider a formal detox prior to conceiving.



Address Vitamins & Minerals

While you may be familiar with the standard recommendation for prenatal vitamins *during* pregnancy, it's important to begin taking them prior to conception so you and your baby are properly supported from the start. Specific nutrients you'll want to be sure you're obtaining are folate (not folic acid) and B12, Vitamin D, zinc, iodine, and omega's 3. A good source can be found [here](#).

Optimize Sleep

Second possibly to stress is the lack of good, restful sleep. Being sleep-deprived doesn't just make us cranky, it seriously undermines our health. It's during our sleep that our bodies detoxify and rejuvenate, ridding itself of many of the harmful substances it encounters (and makes) each day. If you're not sleeping well, re-evaluate your sleep hygiene and seek help if you're not getting the restorative sleep you need.

