

Guided Fertility™



Promoting Pregnancy: Seven Useful Tips



Guide to Assist Your Path to Parenthood

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Seven Tips for Pregnancy Promotion

Table of Contents

1. Prenatal Nutrition: Food that Boosts Fertility
2. Home Fertility Testing: Low-Cost Convenience
3. Life Style Modification: ACOG Recommendations
4. Environmental Considerations: EDCs and Fertility
5. Preconception Health for Men: Nutrition and Lifestyle
6. OB/GYN Visits: Screening and Resources
7. Fertility Tools and Supplements: Screened preconception products that meet industry standards and FDA approval



TIP 1: Prenatal Nutrition

American Pregnancy Association recommends **starting a good prenatal vitamin (PNV)** three months to 1 year *before* getting pregnant. Essential nutrients to look for in your PNV are folic acid, DHA, iron, and B12. Most over-the-counter PNV contain these vital nutrients. Many prenatal vitamins can **promote fertility** by improving egg quality, promoting embryo implantation, and balancing estrogen levels. [Beli Prenatals](#) offer a powerful combination of nutrients that promote fertility.

According to the Academy of Nutrition and Dietetics, **iron-rich foods** can promote ovulation. **Vitamin C** should also be added to your diet to absorb iron. Based on a Harvard study, the Academy suggests *replacing* animal protein with **vegetarian protein**, incorporating **monounsaturated fats** and complex (**high fiber**) carbohydrates.



Iron Rich Foods

- Beans: black beans, chickpeas (hummus), lentils, pinto beans, split peas
- Spinach
- Sweet Potatoes
- Broccoli

Vitamin C Sources

- Citrus: Lemons, Oranges, Grapefruit
- Berries: Strawberries, Blueberries, Raspberries
- Bell Peppers

Vegetarian Protein

- Tofu (Soy)
- Lentils
- Edamame

Monounsaturated Fats

- Avocados
- Olive oil
- Nuts

Complex Carbohydrates

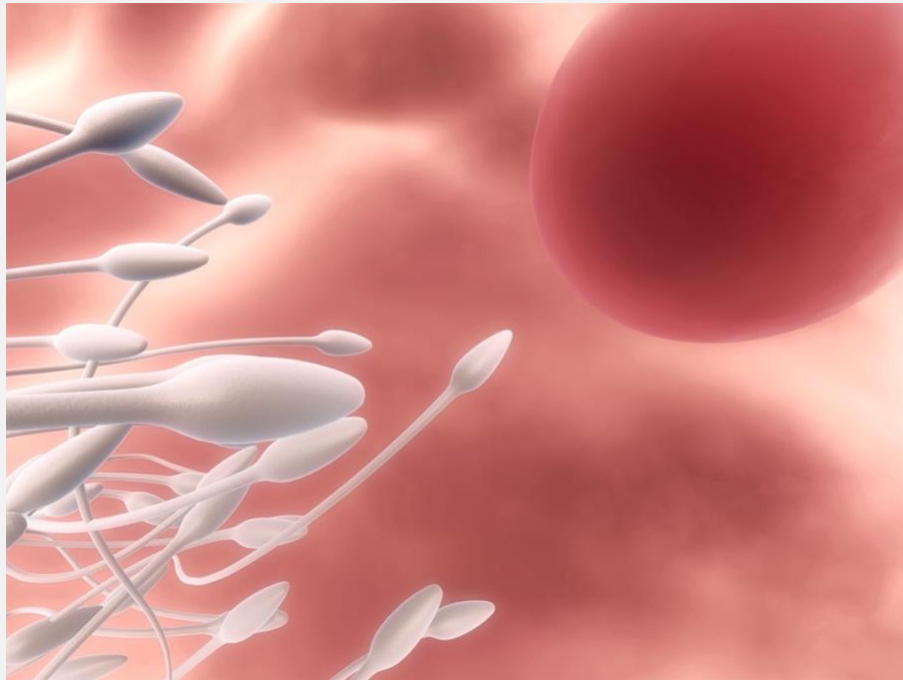
- Whole grain pasta
- Whole wheat bread
- Brown rice



TIP 2: Home Fertility Testing

Ovulation tracking is vital since it determines the best timing for sex so pregnancy can occur. Thanks to significant advances in the fertility field, some routine tests can be performed in the comfort of one's home. For example, **ovulation prediction devices** are a valuable resource, and many types of kits in flexible price ranges are available for ovulation testing. [Mira Max Fertility Starter Kit](#) is a highly sophisticated device that not only identifies ovulation but a woman's fertile window, which enhances chances of getting pregnant by pinpointing a wider date range to have sex.

When assessing sperm health, the three critical parameters are quantity (number of sperm), motility (movement of sperm), and morphology (shape of sperm). **Male fertility tests** such as [Bird & Be At Home Sperm Test Kit](#) can also be done at home using a semen sample. Since 50% of infertility issues are male-factor related, it is important to rule out male fertility issues and address concerns as needed. Men may prefer this test before seeing a doctor, as it is convenient, private, and inexpensive.



TIP 3: Life Style Modification

Lifestyle plays a huge role in fertility. Terminating some habits, modifying a few, and incorporating others can positively impact reproductive health. The **American College of Obstetricians and Gynecologists (ACOG)** recommends the following:

Habits to Stop:

- Smoking: Cigarette smoking can harm egg quality and put you at risk for clots, heart attacks, strokes, and lung cancer.
- Illicit Drug Use: Illegal narcotics can cause hormone irregularities, making it difficult to get pregnant.

Habits to Reduce or Modify:

- Caffeine consumption: one 12 oz. cup of coffee is okay, which is the equivalent of 200 mg of caffeine. According to ACOG, this amount of caffeine will not cause congenital disabilities or preterm delivery once pregnant.
- Alcohol consumption: while trying to get pregnant, alcohol is okay to consume minimally. However, once pregnant, ACOG recommends stopping completely. People who cannot stop drinking alcohol and feel they need help should visit Alcoholics Anonymous.

ACOG recommends achieving a healthy body mass index (BMI) to improve your chances of getting pregnant. According to the NIH, a normal BMI range is 18.5-24.9.

Habits to Incorporate:

- Exercise: start gradually and do not attempt vigorous exercise since that can counteract the health benefits.
- Start PNV and make dietary adjustments if needed (see pg. 3).
- Routine gynecological visit to address any issues before getting pregnant (see pg. 8).

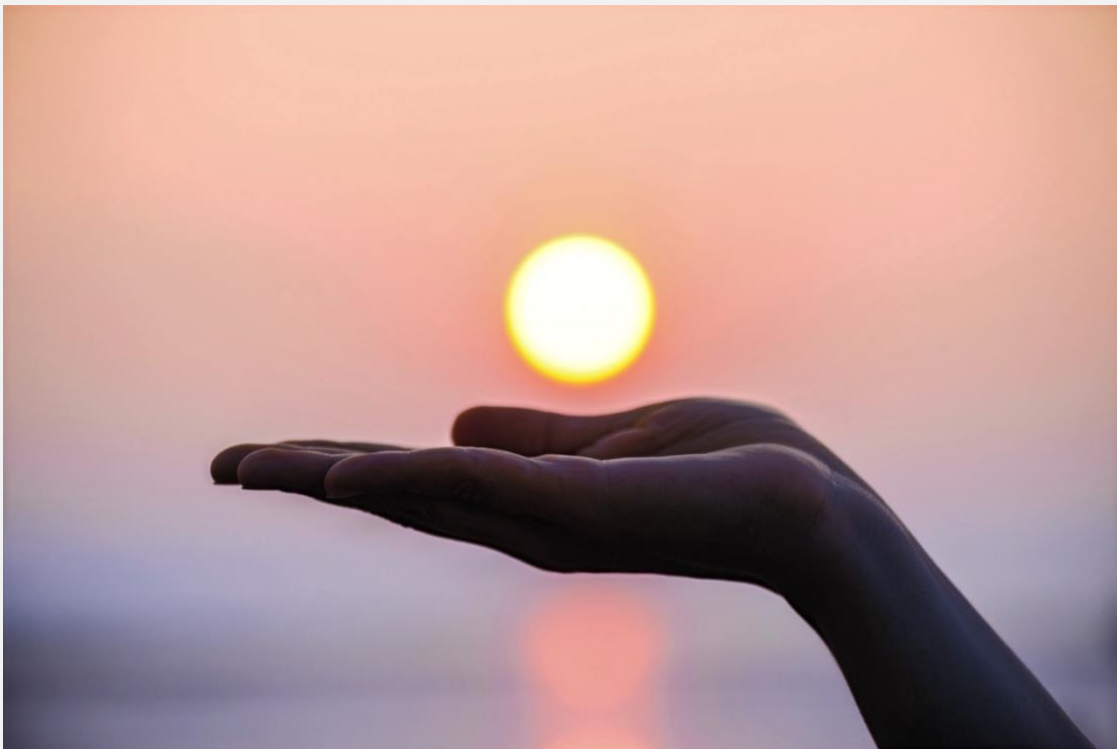
Once pregnant, American Pregnancy Association, has good diet, health, and lifestyle guidelines.



TIP 4: Environmental Considerations

According to the National Institute of Health, **endocrine-disrupting chemicals (EDCs)** can adversely affect hormone levels, which impacts menstrual cycles, ovulation, egg and sperm quality. EDCs can be found in everyday household products, children's toys, furniture, electronics, perfumes, and pesticides. Common EDCs that may affect fertility are bisphenol A (BPA), phthalates, and pesticides. For a complete list of EDCs, the Endocrine Society comprised a comprehensive list.

The Environmental Protection Agency (EPA) has made some strides in banning certain EDCs from being produced in the United States. However, as new data emerge, work remains to be done. Therefore, it is essential to be educated consumers, which unfortunately takes leg work. The Endocrine Society has some useful tips on tackling EDCs in your environment.



TIP 5: Preconception Health for Men

Fifty percent of infertility problems come from issues with men's reproductive health. Sperm quality (quantity, movement, and shape), hormones, and reproductive physiology play a role. These factors include libido (sex drive), testosterone levels, and conditions such as erectile dysfunction. According to the [Mayo Clinic](#), men have options to improve these factors.

1. **Eat organic fruits & vegetables and high-DHA foods:** Foods high in antioxidants (berries, broccoli, spinach, kale, beans) can promote male fertility. Organic is preferable since they tend to be pesticide free. DHA-rich foods low in mercury, such as salmon and walnuts, can also improve fertility.
2. **Incorporate exercise:** Men who exercise have better sperm quality than men who do not engage in physical activity. Sperm parameters have shown marked improvement with exercise and can increase testosterone levels naturally.
3. **Reduce stress:** Cortisol levels are raised with stress, driving testosterone levels and libido down. Meditation, exercise, and socialization can help minimize stress levels.
4. **Change lifestyle habits:** Keeping the scrotum area cool might improve sperm quality. Avoid hot tubs and saunas; choose loose-fitting underwear (boxers instead of briefs), and keep devices away: cell phones and laptops should not be close to this area.
5. **Decrease alcohol intake:** avoid having more than two drinks daily since alcohol is linked to decreased testosterone and sperm production.
6. **Avoid smoking:** Cigarette smoking can lead to erectile dysfunction and decreased sperm count.
7. **Medication and supplements:** If you are on certain medications, talk to your physician to determine if they can cause fertility issues. In addition, supplements like [Beli Vitality Multivitamin for Men](#), are ideal for men over the age of 30 trying to conceive, have been trying for over six months, or are supported by a fertility clinic.



TIP 6: OB/GYN Screening

Obstetric gynecologists (OB/GYNs) offer many resources and vital screening. An OB/GYN can help you **prepare for pregnancy** by:

1. Conducting an overall health assessment and review your medical history
2. Performing routine testing (pap smears, pelvic exams, breast exams) to address any issues before pregnancy
3. Advising which medications you should start or stop
4. Reviewing your vaccination records to ensure all your vaccines are up to date
5. Referring you to other providers as needed, such as nutritionists, therapists, and fertility specialists

If you do not have an OB/GYN and need to research one, helpful questions include:

1. Is the doctor/practice taking new patients?
2. How long will it take to get your first appointment?
3. What hospital do they perform pregnancy deliveries in?
4. Does the doctor practice alone, or do they have associates?

Some women/couples prefer to work with doulas and midwives for a home birth or deliver at a birthing center. In contrast, other women/couples prefer medical doctors and deliver at an established hospital. Both have pros and cons, and it is a highly personal decision. Several factors must be weighed, and discussing these options with your healthcare provider is important once pregnant.



Tip 7: Fertility Tools and Supplements

Fertility Tools

OVULATION PREDICTION DEVICES

Ovulation prediction devices are highly sophisticated digital tests that screen for various hormones and sync to smartphone apps. Home ovulation monitoring is convenient and can provide crucial insight into your fertility health.

Guided Fertility™ evaluated fertility ovulation prediction devices based on the following criteria:

1. FDA approval / FDA listed
2. Backed by experts in the field (fertility doctors)
3. Unbiased customer reviews (based on feedback not linked to the product website)
4. User-friendly website with clear guidance, instructions, and customer support

Based on extensive research, below is our top recommendation:

[Mira Max Starter Kit](#)



1. Ideal for women suffering from **PCOS or irregular cycles with 99% accuracy**
2. Identifies ovulation **and** fertile window: enhances your chances of conception by pinpointing a wider date range to have intercourse
3. **Tracks three (3) cycle hormones:** LH, E3G (estrogen), PdG (progesterone)
4. **Results synch to app:** get hormones scores and highly accurate, personalized, information

[Click here to purchase Mira Max Starter Kit](#)

Enter Code GF333 for
\$25 Coupon



Fertility Tools

HOME SPERM TESTING DEVICES

Fifty percent of infertility problems come from issues with men's reproductive health. Sperm quality, hormones, and reproductive physiology play a role.

The two most important factors when analyzing sperm are:

Quantity: how much sperm men produce

Motility: if the sperm is moving

Guided Fertility™ evaluated fertility home sperm testing devices based on the following criteria:

1. FDA approval / FDA listed
2. Backed by experts in the field (fertility doctors)
3. Unbiased customer reviews (based on feedback not linked to the product website)
4. User-friendly website with clear guidance, instructions, and customer support

Based on extensive research, below is our top recommendation:

[Bird & Be Home Sperm Test](#)



1. **Convenient:** Done at home with a semen sample
2. **Private and Quick:** results are sent to your smartphone in 20 minutes
3. **Video** of the amount of moving sperm, which can be shared with your doctor or kept private
4. **Two tests** so can measure results after three months to see if supplements work

[Click here to purchase Bird & Be Home Sperm Test](#)



Fertility Supplements

PRENATAL VITAMINS

Prenatal Vitamins on the market today are now optimized to promote fertility by:

Improving egg quality
Promoting embryo implantation
Balancing estrogen levels

Guided Fertility™ evaluated supplements based on the following criteria:

- Third-party verification for strength, purity, and accuracy
- Quality combination of essential vitamins to promote fertility

Based on extensive research, below is our top recommendation:

[Beli Prenatal Vitamins](#)



What the Beli Prenatal offers:

1. High quality non-GMO ingredients
2. Vegan friendly, dairy free, gluten free, bioavailable (ready-to-absorb) ingredients
3. **Optimal doses to boost egg quality, embryo development, hormone regulation:**

- **Vitamins B6, B12:** promotes ovulation
- **Vitamin C:** may reduce the chance of miscarriage
- **Vitamin D:** supports embryo implantation
- **Vitamin E:** boosts egg quality, balances estrogen, and promotes healthy endometrial lining
- **Vitamin K2:** assists in estrogen and progesterone

- **Methyl Folate:** an absorbable form of folic acid that improves egg quality and increases chances of conception
- **Chromium:** improves fertility in women with PCOS
- **Zinc:** supports reproductive hormones
- **Choline:** ideal dose for neural tube development

[Click Here to Purchase Beli Prenatal Vitamins](#)



Fertility Supplements

MEN'S FERTILITY SUPPLEMENTS

Men can improve their sperm health through adequate diet and supplements. Men's fertility supplements are ideal for men who meet the following criteria:

Over the age of 30 and trying to conceive
Trying for over six months
Supported by a fertility clinic

Guided Fertility™ evaluated supplements based on the following criteria:

- Third-party verification for strength, purity, and accuracy
- A quality combination of essential vitamins to promote sperm health

Based on extensive research, below is our top recommendation:

[Beli Men's Vitality Vitamins](#)



What the Men's Fertility Supplement offers:

- **Fertility booster** with Shilajit, CoQ10, and Folate
- Improves **sperm motility** with Vitamin C, zinc and N-acetyl-L-cysteine
- Promotes optimal **sperm count** with Vitamin B12 and L-Taurine
- Optimizes sperm and egg **fusion** with Vitamin D and Vitamin

[Click here to purchase Beli Men's Vitality Vitamins](#)



Useful Resources

[Academy of Nutrition and Dietetics](#)

[American College of Obstetricians and Gynecologists](#)

[American Pregnancy Association](#)

[Endocrine Society](#)

[Mayo Clinic](#)

[National Institute of Health](#)

Always consult your healthcare provider before starting any new dietary, therapeutic, medicinal, or physical regimen.

Guided Fertility™ encourages you to follow the medical advice of your physician. We are not in a position to diagnose, treat, or prescribe. Our services are intended for education, health promotion, and emotional support.

