kindbody

The Importance of Proactive Fertility Care



Being proactive about your health is self-care. How can you be proactive about your reproductive health today?

Know the (biological) facts.

It's never too late to learn more about your body and your fertility and to understand where things stand.

- Age matters. When it comes to fertility, the most important thing to think about is your age.
- We are born with all the eggs we're ever going to have. We are born with about 2 million eggs.
- Our number of eggs decreases with age. By the time we reach our first period, we have 300,000–400,000 eggs. From there, we lose about 1,000 eggs every month.
- Egg quality is as important as quantity. As we get older, the quality of our eggs also declines. Poor egg quality could result in a higher rate of miscarriage, infertility, or other complications.
- Doctors typically point to 35 as the age at which fertility declines. But fertility isn't just a switch that turns off; it diminishes with time. One in 20 women experiences premature low ovarian reserve before the age of 35.
- Once you know where things stand, you can make an informed decision about your fertility.

Check in on your family history.

Genetics play a role in your reproductive health. If a close female relative started menopause early, had trouble getting pregnant, or was diagnosed with a condition like endometriosis, it's possible you might experience the same issues. Talk to the women in your family and learn about their experience.

Make smart choices about your overall health.

There are things you can do now to improve your overall health and improve your chances of conceiving later.

- Stop smoking. Minimize your caffeine and alcohol intake.
- Avoid highly processed and refined foods like flour, sugar, and seed oils, and add healthy fats to your diet, including olive oil, eggs, nuts, and seeds.
- Increase your intake of omega-3 fatty acids found in flaxseed, chia seeds, and salmon.
- Add eggs to your diet. Eggs contain essential nutrients such as fat-soluble vitamins A, D, K, and E, and choline, that are indispensable for reproduction.
- Eat antioxidant-rich berries, drink green tea, and add dark leafy greens daily.
- Eat more fiber found in seeds, nuts, dark green vegetables, brassicas, berries, pears, persimmons, guavas, and green bananas.
- Stress is one of the most common culprits of overall inflammation in our bodies, leading to all kinds of health problems, including reduced fertility. Even 5 minutes of daily meditation or breathwork can help reduce anxiety.
- Consider switching to glass containers for food and water. Plastics contain endocrine-disrupting chemicals.
- Be mindful of the link between weight and fertility.