

Egg Health Blueprint

Egg quality over quantity



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Fertility
by Erika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping individuals and couples optimize their fertility and hormones to take charge of their reproductive health.

This guide will provide you with essential information on your hormone journey when it comes to improving your egg quality and so raising your progesterone too!!

In case you would still feel overwhelmed by all the options and conflicting information I offer my free **Root Cause & Cycle Mapping Session**: 45 minutes to identify the 2–3 most likely root causes in your case, and map your next steps.

APPLY FOR ROOT CAUSE & CYCLE
MAPPING SESSION



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Welcome

Your journey to better egg health starts now!

If you're seeing this guide, you likely have a deep desire to nurture your fertility and take control of your reproductive health.

You may have heard that you are born with all the eggs you will ever have. While this is true, it is not the end of the story as you will learn on the next page.

Why? Because the quality of those eggs is not set in stone.



90 Days to Egg Health

Why 90 Days?

The egg cell (oocyte) that will be released during your next cycle began its final, rapid maturation process about 3 months ago. This 90-day window is a critical period of development where the egg is highly influenced by its environment. This means you have a powerful opportunity. The choices you make every day meaning the food you eat, how you move, the stress you manage will directly impact the health and vitality of your eggs.

This guide is your blueprint. We will walk through 5 foundational, science-backed pillars that can create the optimal environment for your. Think of this as preparing the perfect soil for a precious seed.

Let's begin.



Pillar 1: Fight Oxidative Stress

What is oxidative stress ?

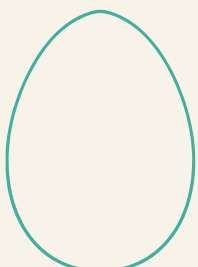
You can think of oxidative stress as a cellular "rust." It happens when there's an imbalance between damaging free radicals (unstable molecules from pollution, stress, and poor diet) and the antioxidants that neutralize them.

Your egg cells, with their precious DNA, are incredibly vulnerable to this damage. High oxidative stress can harm an egg's DNA, potentially leading to lower fertility outcomes.

THE ACTION PLAN TO COMBAT OXIDATIVE STRESS

Flood Your Body with Antioxidants

Your defense against this "rust" is a diet rich in **ANTIOXIDANTS**. These powerful compounds protect your cells from damage.



1. The Antioxidant Grocery List

- **Vitamin C-Rich Foods:** Vitamin C is a potent antioxidant that also helps regenerate other antioxidants in the body. Find it in strawberries, kiwi fruit, bell peppers, grapefruit, oranges, lemon and brussels sprouts.



- **Vitamin E-Rich Foods:** This fat-soluble antioxidant is a powerhouse for protecting the delicate cell membranes of your eggs. Find it in almonds, spinach, sunflower seeds, and avocado.



2. Smart Supplementation

While food is always first, certain antioxidant supplements have been studied for their role in improving egg quality. Supplements like Vitamin C, Vitamin E, melatonin and N-acetyl cysteine (NAC) can be beneficial.

Always consult with your healthcare provider before starting any new supplement regimen to ensure it's right for you.

Pillar 2: Reduce Inflammation

What is inflammation?

Inflammation is your body's natural response to injury or infection. Acute inflammation (like the swelling from a sprained ankle) is a good, healing process. Chronic inflammation, however, is a low-grade, persistent state of alert caused by factors like stress, inflammatory foods, and poor sleep.

This constant state of alarm can disrupt hormonal balances and create a hostile environment for your eggs.

THE ACTION PLAN TO FIGHT INFLAMMATION

Calm your body from within

There are various things you can do to relax and calm your system from inside in order to reduce inflammation



1. Anti-Inflammatory Diet

The most powerful tool against chronic inflammation is on your plate. Focus on Omega-3 fatty acids, which are nature's most potent anti-inflammatories.

- Omega-3s Rich Foods: Make these a regular part of your diet: fatty fish (wild-caught salmon, mackerel, sardines), chia seeds, flaxseeds, and walnuts.



- More Anti-Inflammatory Foods: Turmeric, ginger, leafy greens (like spinach), and berries.



2. Prioritize Sleep for Hormonal Health

Your body does its most important repair work while you sleep. Getting 7-9 hours of quality sleep per night helps lower cortisol (the stress hormone), fights inflammation, and allows your body to regulate the hormones essential for fertility. A dark, cool room and a consistent bedtime can make a world of difference.

Pillar 3: Boost Blood Flow to the Ovaries

What does it mean? And why do I need better blood flow for eggs?

Imagine trying to grow a beautiful garden without watering it. It wouldn't work. Your ovaries are that garden. They need a rich, steady supply of oxygen and nutrient-rich blood to do their job of maturing healthy follicles with eggs.

Poor circulation limits the delivery of these vital building blocks, directly impacting egg quality.

THE ACTION PLAN TO GET YOUR BLOOD MOVING

Maximize your blood flow to reproductive organs

Increasing blood flow to reproductive organs will not only benefit the eggs but also your overall health and potential to conceive.



1. Fertility-Friendly Movement

The goal is not intense, long exercise, which can actually increase stress on the body. Instead, focus on gentle movement or strength that promotes circulation to the pelvic region.

- Examples: brisk walking, yoga (especially poses with gentle twists), tai chi, pilates, weight training, and swimming are all excellent choices.
- Aim for at least 30 minutes most days of the week. You certainly don't need 2 hour long sessions of exercise to be your most fertile self.

2. Hydration is Non-Negotiable

Your blood is over 90% water. When you are dehydrated, your blood volume decreases and it becomes thicker, making it harder for your heart to pump it efficiently to tiny capillaries, like those that feed your ovaries or reproductive organs.

In addition for you body to be able to absorb water efficiently it needs sufficient amount of electrolytes. So don't forget to add those either in the powder form or simply with a pinch of salt. Aim to drink at least 2-3 liters of filtered water throughout the day.

3. Additional Targeted Practices

Acupuncture relaxes pelvic muscles and supports ovarian blood flow.

- Aim for 1-2 sessions/week for 6-12 weeks

Castor oil packs put gentle warmth and pressure over lower belly and can aid circulation and lymph.

- 3-4×/week primarily in follicular phase.



Pillar 4: Fuel Your Mitochondria

What does it mean? And what is mitochondria?

If your egg cell is a giant factory, the mitochondria are its power plants. These tiny organelles are responsible for generating the massive amount of energy (ATP) an egg needs to mature properly and, after fertilization, to divide and grow into an embryo.

As we age, mitochondrial function can decline, which is a key reason why egg quality can decrease over time. Supporting their health is paramount to your fertility.

THE ACTION PLAN TO CREATE AN ENERGY-RICH ENVIRONMENT

Maximize the potential of your mitochondria in every egg cell

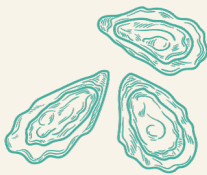
Increase in the production of ATP by mitochondria can in turn help fight oxidative stress.



1. The Mitochondrial Menu

Feed your cellular power plants the nutrients they need to function at their best.

- Zinc-Rich Foods: Zinc is essential for egg maturation and hormone balance. Find it in oysters, beef, pumpkin seeds, chickpeas, and cashews.



- B-Vitamins: These are critical for energy production. Find them in leafy greens, eggs, and lean meats.



2. Powerhouse Supplements

Coenzyme Q10 (CoQ10) or rather ubiquinol (its “body ready” form) is one of the most well-researched supplements for supporting mitochondrial health and egg quality.

As with all supplements, discuss with your doctor if this is a good choice for your specific situation and to determine the correct dosage.

Pillar 5: Control The Blood Sugar

How does blood sugar impact my eggs?

If your blood sugar is dysregulated this causes insulin to be dysregulated too. Insulin then tricks other hormones and ovaries to impair the egg maturation process.

High glucose and insulin also drive cellular inflammation and oxidative stress thus damaging the quality of eggs.

THE ACTION PLAN TO IMPROVE BLOOD SUGAR RESPONSE

Minimize blood sugar spikes by targeted nutrition, supplements and movement.



1. The Blood Sugar Menu

Minimizing the blood sugar spike with nutrition practices

- Eat protein, fats, carbs and fiber with every plate
- Eat 25-35g of protein with every main meal
- Switch simple carbs to complex
- Start your meals with a small salad/fiber
- Reduce refined sugar intake



2. Blood Sugar Supplements

- Myoinositol
- Magnesium bisglycinate
- Berberine
- Curcumin & Cinnamon
- Vitamin D3 - if deficient
- ACV

3. Blood Sugar Movement

- Strength training 3-4x/week (the best)
- Combining what you like - cardio, weights, pilates, yoga, swimming
- 5-10 walks after meals

As with all supplements, discuss with your doctor if this is a good choice for your specific situation and to determine the correct dosage.

You Have the Power to Build Your Blueprint

If you are feeling overwhelmed by this list and don't know where to start - I get you and I've been there!

You don't have to figure out your egg health or optimization of lifestyle to improve your fertility on your own.

I offer my free Root Cause & Cycle Mapping Session: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

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