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IVF & Nutrition

From Chloe's Clinic episode #11- Endo and IVF, A Women's Journey to her Baby with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

Take-away points

- Western and natural medicine must work together when it comes to fertility intervention in order to have the absolute best chance to conceive your baby. Good nutrition is absolutely vital for both parents to be.
- The nutrients required for healthy sperm production and motility include Zinc, Selenium, and Vitamin C also plays a large role in this field.
- Fat soluble Vitamins A, D, E & K are essential for the healthy development and growth of follicles (eggs) in the ovaries, healthy production of fertile cervical mucus, and a healthy uterine lining?
- Fsh oil plays a role in regulating hormones, promoting ovulation & increasing blood flow to your reproductive organs
- What does this all look like on a plate? Enveloping a way of eating to support thriving fertility for men and women is something which I teach in clinic, with educational tools, recipes and high end support.
- **Fact:** *Many couples who go through fertility clinics conceive before they even reach the IVF stage. This is because in most cases, basic cycle charting techniques are taught in order to identify ovulation and make some simple lifestyle changes.*
- Often, the issue which is preventing conception may be simple and can be addressed naturally. If you have pre-existing health issues, this is also something that you want to address prior to fertility intervention.
- If you have heavy painful periods, now is the time to correct them naturally. If you have always had 'gut issues' now is the time to address them. If you live with a reproductive health condition like Endometriosis or PCOS, now is the time to manage your condition holistically through dietary and lifestyle alterations prior to fertility intervention for your best chance.



For further holistic support visit www.chloecollins.com.au
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